

THE GLOBE



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Photo by Kim Higley

Humanities 2300 visits holy places to study faith firsthand

Kachina Choate

Staff Reporter

Religion shapes societies. As the world becomes smaller, understanding the lens through which other cultures view the world becomes more important than ever.

Salt Lake Community College's humanities 2300 introduces students to the major world religions. Students not only learn about a variety of faiths in a classroom setting, they also experience them through field trips.

"Studying different religions helps you to understand all the cultures and the people because religion is a lot of culture," said SLCC student Naci DeKeyrel. "It helps you to understand [the people]."

Professor Suzanne Jacobs teaches a class to help students become more religiously literate and aware of the variety of religions by how they affect their world and community. She says that there is more diversity in Salt Lake proper and urban areas than people would think, and that is one reason why she conducts field trips.

SLCC's World Religions class visited the Cathedral of the Madeleine for their weekday mass on Wednesday, July 11.

Field trips are held at the end of each unit. In these outings, students are encouraged to attend and review a religious service of a religion they studied. This summer the students went to the Sri Ganesha Hindu Temple, Urgyen Samten Ling Gonpa (Buddhism), Congregations of Koi Ami (Judaism), Cathedral of the Madeleine (Christianity) and Khadeeja Masjid (Islam).

"Field trips are great, the Buddhist one was very colorful," said DeKeyrel. "I do have a cousin who is Jewish and was converted. Just to see her services and what she does was very interesting."

Not only do students gain firsthand experience with what they have been learning about in the classroom, they also have a

chance to speak with members of the congregation and learn from practitioners of the religion.

Jacobs said that the major purposes of the field trips are to have the students become aware that there is diversity in our community and experience another dimension that is more visible and experiential to that religion.

"I think that religion is something that evolves and develops, grows and never stays the same and it's hard to get that idea from reading about it and talking about it," said Jacobs. "So, actually observing and seeing it and participating, at whatever extent someone wants to participate, is a way to understand that religion is living it's not

Field Trip/ continued on page A4

Math course prereqs have a shelf life

Lundon Bywater

Contributing Writer

The Salt Lake Community College math department is stepping up enforcement of the one-year limit for math course prerequisites.

Like many colleges around the Salt Lake Valley, SLCC requires that students attend math courses no more than one year after completing any prerequisite courses, but has not strictly enforced the rule in the past.

"Statistically students at Salt Lake Community College loose retention of information as time goes on," said mathematics department chair Suzanne Mozdy. "If students don't use the math, they lose the math."

This new enforcement of prerequisite course expiration might present problems for students who planned to slip past the rule before graduation, but there are steps students can take to

Math/ continued on page A5



Keeping exam anxiety under control

Deborah Lindsley

Contributing Writer

The prospect of exams can bring on varying levels of anxiety for all students.

Some students feel a healthy amount of stress, and this in turn motivates them to take the proper measures to be well prepared for an upcoming test. Others feel high levels of anxiety, and this can potentially wreak havoc with a student's ability to perform well.

For the past five years, Linda Richards has been working with SLCC's Disability Resource Center. She has worked with many students who needed anxiety-related guidance.

"It is important to pay attention to your thoughts," Richards said. "Your thoughts always come before your feelings, so if you have your thoughts under control, you can keep your anxiety at bay."

Some students feel higher levels of test anxiety because they place too much emphasis on past performance, or focus on

the negative consequences of testing poorly. These students may procrastinate the exam study sessions until the last minute, and that contributes to the panic that causes poor test performance.

"It is important to pay attention to your thoughts," Richards said. "Your thoughts always come before your feelings, so if you have your thoughts under control, you can keep your anxiety at bay."

Lindsay Peters is majoring in mathematics at SLCC.

"I am always somewhat anxious before a test," Peters said. "Right before a test, I put in my headphones and focus on what I already know. That way, I avoid the temptation of doing last minute cramming with classmates."

Peters understands that it can be detrimental to her performance if she discusses the material right before the test.

"The more I listen to others freaking out about how they're going to do, the more I start to doubt my own preparation."

Linda Richards of the Disabilities Resource Center has five favorite techniques and practices she offers students to help reduce anxiety and enable exam success:

- 1. Prepare.** This means starting early rather than waiting until the last minute to study for a test. Test preparation starts the first day of class.
- 2. Set goals.** These can be long-term and short-term.
- 3. Prioritize.** This includes taking care of your health. Poor health habits can contribute to stress. Make sure you get plenty of rest, relaxation, and sleep.
- 4. Adjust your perspective.** Start by saying positive things to yourself. (I can do this. I am prepared. I know this material.)
- 5. Play.** List five things you do for pleasure and make sure you do these on a regular basis. Give yourself something to look forward to on a weekly basis.

"It's important to remember that the brain learns through patterns," Richards said. "When you are taking notes, use different colors. For example, use a red pen when taking math notes. Use a green pen for history."

"Also, study consistently. If too much time has passed, you will have forgotten most of the information."



STUDENT EVENTS

WED/11

11am-6pm
Cantastoria & The Invincibility Fable
@ Utah Museum of Contemporary Art

1pm-2pm
Healthy Lifestyles Workshop-Getting Fit at Home
@TR Campus, Student Center Parlor A

7pm-8:30pm
'Boys of Bonneville' Free Movie Screening
@UMFA

THURS/12

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

3pm-5pm
Smart Start Orientation
@Miller Campus

5pm-8pm
\$5 after 5pm at Tracy Aviary

FRI/13

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

5pm-8pm
\$5 after 5pm at Tracy Aviary

SAT/14

11am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

5pm-8pm
\$5 after 5pm at Tracy Aviary

MON/16

2:30pm-5:00pm
Club Meeting-Chess Club
@ TR Campus

5pm-8pm
\$5 after 5pm at Tracy Aviary

TUE/17

Pioneer Day-School Closed

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

5pm-8pm
\$5 after 5pm at Tracy Aviary

Submit student events to calendar.globe@slcc.edu
Visit slcc.edu/campusevents/calendar.asp for more student events

Each week a different picture from an SLCC campus will be featured. If you know the location and campus of this week's featured picture, enter to win a prize by emailing your answer to contest.globe@slcc.edu.

Deadline for entries is Tuesday July 24th
Entrants may only win once per semester. Mass Communication staff and SLCC faculty are not eligible to win.

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Due to the high volume of requests for articles we receive, The Globe may not be able to reply to every letter. Due to our limited staff, The Globe may not be able to attend or cover every event or issue submitted. The Globe encourage emails/notices of events. However, any request of coverage of an event or issue should be made within a time frame of at least one week.

Salt Lake Community College

Step Ahead.

The New York Times

Edited by Will Shortz

No. 0612

ACROSS

1 "Th-that's cold!"

4 Humorist Barry

8 Exclaim using four-letter words

13 Richard ____ (anonymous name in court cases)

14 Outfielder Tommie of the Miracle Mets

15 Batter

17 "Et" translated

18 Ruthless figure in "The Godfather"

20 Time of little advancement

22 Rain-soaked dirt

23 East Coast state: Abbr.

24 Drop-____

25 First part of a 1952 best seller's title, followed by 37- and 51-Across

28 Obsidian rock producer

30 Rex Harrison's singer/actor son

31 Detail on a map

32 "Fax" prefix

34 Illegally take, old-style

36 Ladies' patriotic org.

37 More of the book title

39 Attorney's "thing"

42 Ray Charles hit of 1963

43 Ingres or Renoir

45 Verger on adolescence, informally

48 Evoking a "ho-hum"

50 Riata, e.g.

51 Rest of the book title

53 Utter jerk, rudely

54 N.M.-to-N.J. dir.

55 Square peg ____ round hole

56 Total dive, say

60 Husband-and-wife milestone

63 Ring leader?

64 One hoping to get a pass?

65 Universally known symbol

66 Giant tub

67 Howls with laughter

68 Italian "well"

69 Toronto's prov.

DOWN

1 With 59-Down, star of the work revealed by the first letters of the Across clues, which hint at this puzzle's theme

2 Novelist Jaffe

3 1948 John Wayne western

4 Babies' pops

5 Wide-eyed

6 Rome's Via ____

7 Onetime overseas trade grp.

8 Hedge component

9 1960 Elia Kazan film

10 Season under le soleil

11 Squabbling

12 Fail to do as promised

16 Sublease

19 Denver ____

21 Wood knot

26 Designer Carolina ____

27 Suffix with Benedict

28 Inc., overseas

29 "I got it!"

30 Porto-____ (capital of Benin)

33 It's "wider than a mile," in an old song

35 Queequeg's captain

38 Tom Clancy's ____ (2008 video game)

39 1959 John Wayne western

40 Frequently debunked ability

41 Sault ____ Marie

42 Born, in France

44 Moderate pace

45 Ice cream or candy

46 Champion

47 "Still ..."

49 Shooting star?

52 Miniskirts reveal them

53 Songwriter Jule

57 Schoenberg's "Moses und ____"

58 Author Paton

59 See 1-Down

61 "Ain't ____ shame?!"

62 Many a recipient of hand-me-downs, informally

The Globe is an independent student newspaper published Wednesday during Fall and Spring Semester (excluding holidays) and Wednesday during Summer Semester. The Globe editors and staff are solely responsible for the newspaper's content. Funding comes from advertising revenues and a dedicated student fee administered by the Student Media Council. To respond with questions, comments or complaints, call (801) 957-4019 or visit slccglobelink.com. The Globe is distributed free of charge, limit one copy per reader. Additional copies may be made available upon request. No person, without expressed permission of The Globe, may take more than one copy of any Globe issue.

CAMPUS

campus.globe@slcc.edu

SLCC Barbering and Cosmetology salon still open for business

Katie Alvarez
Contributing Writer

After paying for tuition, books, and living expenses, most college students have shallow pockets. Often, there is little money left over for personal spending such as a fresh haircut or a clean shave.

The SLCC Barbering and Cosmetology program offers affordable salon services to the public, faculty, staff and fellow students. Although the program’s eventual closure was announced earlier this year, the program is still open for business through the remainder of its current student’s time at SLCC.

“We will be taking clients until spring of 2014,” said Barbering and Cosmetology daytime coordinator Bonnie Penrose.

Many different services are offered in the program salon. Haircuts, hair styling, and hair coloring are among the many services offered. They offer a beard trim or a shave for men as well.

“I like to go for a shave,”

said SLCC graduate Jose Campos. “It’s relaxing and inexpensive.

A men’s haircut is priced at \$2 and a woman’s haircut is \$3. A men’s beard trim is \$1. An all over color is a minimum of \$15, depending on how much product is used. The price for a coloring service does not include a haircut. An up-do is \$5.

For students, these prices are more affordable than the same services at offered at local salons, which usually cost upward of \$12 for a haircut or \$20 for an up-do.

The program salon also offers esthetic services ranging from eyebrow and lip waxing to manicures and pedicures.

Pricing for waxing services range from \$3 to \$35 depending on the area of the body being waxed. A manicure is \$8 while a pedicure is \$15.

Beginning fall semester of 2012, the cosmetology program’s spa services will be available. The master esthetics spa services will include hot stone massages (heated smooth stones

placed and massaged on key points of the body), \$15; microdermabrasion (an anti-aging facial treatment to soften fine lines and wrinkles), \$30; and chemical facial peels (treatment to slough off dead facial skin to improve texture), \$30-\$40.

A hot stone massage at a local massage spa would cost at least \$75 while a microdermabrasion or chemical peel would cost at least \$90.

Although some clients may be wary of having their locks handled by student stylists, instructors will always supervise any of the services carried out in the school salon.

Current student’s enrolled in the program acquire their experience through course hours in the school salon. Those students need clients in the salon to complete their course requirements.

Earlier this year, the SLCC Board of Trustees voted unanimously to terminate the SLCC Barbering and Cosmetology program by the spring semester of 2014.

School officials were



Photo contributed by Bryan Smith

The Barbering and Cosmetology program isn’t gone yet.

concerned of the cost to keep the program going. The program brings in about \$800,000, but has about \$1.5 million in expenses.

Although the job outlook for hairstylists in the United States is continually growing, the school is concerned about the average salary of a barbering and cosmetology graduate. According to indeed.com, the average yearly salary for someone with an associate’s degree is \$43,000 per year.

The average salary for a hairstylist in Utah is about \$20,000 per year.

Because the program will not be shut down for another two years, the 200 current students will have time to finish their degree requirements.

In wake of the program’s announced closure, the Barbering and Cosmetology program will remain open for business for the remainder of the time they have left.

For an extended list of salon services and prices,

visit the Barbering and Cosmetology website at vwww.slcc.edu/barberingcosmetology.

The Barbering and Cosmetology salon is located at the Taylorsville Redwood Campus in room 178 of the Administration Building.

The summer hours of operation are Monday - Friday from 8:10-11:00 a.m., 1:00-4:00 p.m., and 6:10-9:00 p.m.

For appointments call 801-957-4030.

Student Health and Wellness Services offers free massage for SLCC students

Justin Fulton
Contributing Writer

From a free one hour massage per semester, to family planning, Salt Lake Community College’s Health and Wellness Services, located at the Taylorsville Redwood, South City and Jordan campuses, offers many services for SLCC students.

\$13.50 of every student’s fees goes to the Health and Wellness Services, which allows the center to offer their services for little or no cost, but SLCC health promotions program manager Tatiana Burton thinks that students under-utilize Health and Wellness Services.

“Students don’t utilize our services. The ones that do use the services have known about them for a while,” Burton said. “The most common way of people finding out is by word of mouth. We use posters but no one reads

posters anymore, and we play advertisements on the TVs around campus.”

Health and Wellness Services offers Swedish, deep muscle and pregnancy massages among many massage styles. Every currently enrolled student is entitled to one free hour of massage, and after that is used, students may purchase additional hours for \$30 an hour.

Health and Wellness Services provides other services beyond massages, including confidential STI testing, simple medical procedures and counseling services.

New patient medical visits and first time counseling visits are each free of charge, and visits after that are \$10 for a currently enrolled student. No student will be turned away for inability to pay at the time of the visit, but the prices are for current, enrolled students only.

The Family Planning section of Health and

Wellness Services has free condoms at their offices. They also offer plan B pills, pregnancy preparation and fertility awareness, among other services. Urine pregnancy tests are available to both walk-ins and appointments for a \$10 charge.

“In October we have the Alcohol Awareness Week, where we try to show students that they don’t have to drink to have fun,” said Burton.

“During that week we also have impaired driving prevention, and we try to get the Highway Patrol involved. We also have the Great American Smokeout, where we raise awareness of the risks of smoking and encourage students to quit, even if it’s just for the day.”

The Student Health Awareness Club (SHAC) combines forces with the Health Education and Awareness Promotion Services to hold these on-campus events. These

events are designed to help students be aware of their health and how their choices impact their health. The main office of Student Health and Wellness Services is located on the Taylorsville Redwood Campus, in the basement of the Student Center, in room SC035. Its hours of business are Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 4:30 p.m.

Health and Wellness Services also has locations

at both the Jordan Campus and the South City Campus. These locations will be closed during the summer semester for training for use of new software that will improve the services for students, which will make it possible to make appointments online.

For more information, visit the Health and Wellness website at www.slcc.edu/HW or call the Taylorsville Redwood Campus location at 801-957-4268.



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COMMUNITY

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Boats, bands, and booms at the Fire on the Water festival

Justin Fulton
Staff Reporter

The fifth annual Fire on the Water festival took place on Saturday, July 14 at the Jordanelle State Park, near Park City, Utah.

The Marine Products sponsored event ran from 5 p.m. to 10 p.m. and featured live music, vendors, a parade of boats, barbecue and an explosive finish of fireworks launched from a barge on the lake.

“It was the nicest night of the summer,” said Joy Tlou, lead singer of the band Joy & Eric. “The crowd was great, the weather was great. It was a great night.” Tlou is also the director of public relations for Salt Lake Community College. His band, Joy & Eric provided live music, which helped to set the scene of the festival as the sun went down and the fireworks were prepared.

The boat parade started at 9 p.m. Participants decorated their boats with everything from light up flamingos to disco balls, and made several laps though the area before the fireworks began.

Attendees of the Fire on the Water festival were able to launch their own boats on the lake during



Photo by Justin Fulton

Joy Tlou and his band Joy & Eric Performed at Fire on the Water.

the festival. There were boaters scattered across the lake, tubing, skiing and wakeboarding.

Boats were allowed to stay on the lake during the fireworks show. The only restricted area of the lake was the wakeless area where the parade of boats made their circuit, though boaters were allowed to anchor close enough to get a good view.

“It’s a lot of fun for not a lot of money,” said Utah State Parks employee Tammy Wright.

Wright was working the information booth for Utah State Parks, which was one of many booths set up

around the day use beach area. Marine Products, Rockwell Watches, and Vitamin Water were among the other vendors who were present for the festival.

The famous “Red Bull Girls” handed out cold cans of Red Bull to park patrons. “It seemed that this year’s attendance was less than previous years, but that just meant more space and more fun on the water for us,” said SLCC student Harrison Cleeland.

For a list of events yet to come at various Utah State Parks, visit their website at <http://stateparks.utah.gov/calendar> or contact them at 801-538-7220.

Field Trip

continued from A1

something that is dead.”

This class is not intended to convert anyone to a particular religion. The whole purpose of this class is to open student’s minds to the idea of how religion motivates the people who live it and affects our own communities.

“I like to do the field trips,” said Jacobs. “It broadens our minds and forces us to be more aware, to be more open to the beliefs and practices of others. It’s easy judge or condemn or say that we appreciate another religion without having to experience it but once you experience that you’re kind of forced to the idea that this is real. People really do this and what do I think of it.”

As our culture becomes more global, and more people interact with other countries and ethnicities, religious awareness becomes increasingly important. Religion is often a primary motivator for the way people think and behave.

“I think that if people understood they wouldn’t be so afraid of faith. It helps you to get along and helps the world to be a better place,” said DeKeyrel. “I think that if people understood other cultures, other faiths, other religions it would help everyone get along a little better.”



Photo by Kim Higley

One of the many pieces of religious art inside the Cathedral of the Madeline.

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IN THEATERS AUGUST 3

WelcomeToRecall.com • Facebook.com/TotalRecall

Dear Dick,
I have jumped thru your hoops, twisted, bent and contorted myself into unfathomable positions, leaped, backtracked, leaped again, ducked obstacles, dodged bullets, placated, paced and pantomimed, stretched myself even further than the laws of physics predicted with it’s paramount of plausible possibilities and yet I still have not been able to register for the ONE CLASS I need to graduate. Why? Because for some odd reason every semester someone out there decides that the prerequisites for my required class must change.
Now Dick, I understand that you want to keep up with all the other colleges out there and maybe this ever-shifting nebulous of random requirements is the way everyone else is doing things, but judging on my experience at Portland Community College and the statistics from American School Association and NACADA, that’s not exactly what your community college colleagues are doing. You see Dick, constantly changing course requirements and taking away the instructors ability to over-ride random, unneeded pre-requisites stresses students and pisses them off.
Requiring students to take courses that are not relevant to their major is a great way to get them to not come back next year. And these policies are starting to show in national statistics. Nationwide, community colleges have a retention rate of 60 percent, according to NACADA. SLCC is not doing too badly there, with a retention rate of 57 percent, just below the national average. It’s the actual completion of the course requirements to get a degree that is where we are falling behind. SLCC has a graduation rate of 24 percent, compared to a national average of 37 percent AND according to NACADA, only 14-18 percent of SLCC students who graduate go on to further education where as the national average is 27 percent.
Dick, this low graduation rate is not due to your teachers. SLCC has some of the most caring and dedicated teachers I have ever had the pleasure to meet and most students I have spoken to have similar experiences. It is not due to your tuition rates or the school fees or the cost of books and equipment. It is simply because, as students, we are sick of wasting our time and money on classes that are not required or relevant to the degree we are pursuing just to get into the class that is required for our major.
I have been trying and failing to get into this one class ever since it opened up for registration in spring. This class is only offered in the fall. There is only one time it is available and one instructor who teaches it. I am supposed to graduate in the spring but unless I get into this class, which has two pre-requisites that weren’t required when I started this program and that I do NOT need for my degree, I won’t be able to graduate. I am not the only student with this dilemma. I have been to enrollment services, academic advising, student services, the instructor, the program director, the assistant department chair and the department head. It shouldn’t be this hard.
Dick, you promised when I started that the courses listed then, no matter what, would be the only ones I needed to graduate. You need to keep your promises Dick and allow those of us who do not need the new prerequisites to take the classes we need. Or just keep on doing what you’re doing and watch your graduation rate continue to drop, because I for one will not be sticking around until next fall when this class is available again just to see what new hoops I have to jump thru next.

Yours truly,
A very frustrated Phi Theta Kappa student with currently 65 credits, which will be 77 after summer semester, only 63 of which are relevant and required for my major with still two more semesters to go who averages 15 credit hours per semester and has a cumulative GPA of 3.65 and works three part time jobs.

The lightening burden of gluten sensitivity

Tesia Nadhirrah
Staff Reporter

When I create recipes, my friend tastes them to see if they were good. I call her my taste tester. After she was diagnosed with celiac disease it changed some of the foods that I prepared for her. This was not too difficult task for me because I was not using too many grains in my recipes. Celiac disease is an

autoimmune disorder caused from a gluten allergy. The gluten reacts in the small intestines causing inflammation. The body does not absorb essential nutrients. Having undiagnosed celiac disease can lead to malnutrition. One time I brought my friend a pizza with a crust made from flax seed and vegetables. She looked at and asked if is there was any gluten in it. After I

reassured her that wasn't any she bit into this pizza and burst into tears. My first thought was, "oh no, it doesn't taste that bad does it?" I asked her what was wrong. She looked at me with tears running down her face said, "I thought I would never eat pizza again." With food allergies being so hard to diagnose and having so many symptoms, there are many people, up

to 15 percent of the US population, who need to change their diets because of gluten sensitivity. The gluten allergy runs everything from being mildly intolerant to having celiac disease. Gluten sensitivity is triggered by gluten contact and alleviated by taking gluten out of the diet. Gluten is the protein commonly found in wheat, rye, barley and triticale and causes dough to have a nice elastic texture. With gluten being in so many products gluten is hard to be avoided. Some of the foods that do not have gluten that can be use in place of wheat flour in food preparation include corn, flax, beans, rice, soy, nuts, militant, potatoes, tapioca, arrowroot, amaranth and buckwheat, which in spite of its name is actually a fruit seed related to the rhubarb. I have recently discovered coconut flour works well as a replacement for wheat. A few years ago the label gluten-free would usually mean it tasted bad. Today with creative chefs, research and new foods products, gluten-free can taste really good. If you feel like you have signs of being intolerant be sure to check with your healthcare professional.

Teens

continued from A1

avoid the future problems. "The Academic Advisors will create a plan for you to plan ahead and sequence your math classes," said Salt Lake Community College academic and career advisor Joanne Thomas. "Students should be familiar with the Salt Lake Community College website and look at the information under the testing center and the other Salt Lake Community College departments," Thomas said. "New students should attend orientation because we cover things like that at the orientation." Students can also use the

SLCC "degree evaluation" to avoid having to retake math classes due to expiring courses. This tool can be used to track student progress toward a degree and will help evaluate which classes a student still needs to graduate. "Advisors can run your degree evaluation or you can do it off of your MyPage account," said Thomas. SLCC students are required to take an entry exam for math, which places them into a math class depending on the student's score. Students can place out of the first math class, but the only way students can avoid retaking an expired math course is to set-up a challenge exam at the SLCC Testing Center. The cost for the challenge exam is \$50.

Signs of gluten intolerance:

- Gastrointestinal issues [including acid-reflux or heartburn, gas, bloating pain, gas, constipation, diarrhea IBS (irritable bowel syndrome)]
- Autoimmune diseases (including autoimmune thyroid disease, rheumatoid arthritis, and type 1 diabetes)
- Skin rashes (including dermatitis herpetiformis, eczema and psoriasis)
- Weight loss or weight gain
- Depression
- Headaches
- Bone loss (including osteopenia and osteoporosis)
- Chronic Fatigue
- Unexplained bouts of dizziness or ear ringing
- Aching joints
- Exhaustion
- Irritability and behavioral changes
- Cramps, tingling and numbness
- Decline in dental health
- Anemia

Foods to avoid unless labeled gluten-free courtesy of Mayo Clinic:

- Beer
- Breads
- Bulgur
- Cakes and pies
- Candies
- Cereals
- Cookies and crackers
- Croutons
- Durum flour
- Farina
- French fries
- Graham flour
- Gravies
- Imitation meat or seafood
- Kamut
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Self-basting poultry
- Semolina
- Soups and soup bases
- Spelt
- Vegetables in sauce

Horrorscope: It's a scream

Shad Engkilterra
Staff Reporter

Aries – Mar 21 – Apr 19
Why are you doing what you are doing? Who knows and who cares? It's the millennium. Motives are incidental.

Taurus – Apr 20 – May 20
This is weird, isn't it? To think this fuss is all because of you, I mean, not directly, but in some six-degrees-of-Kevin-Bacon way.

Gemini – May 21 – Jun 20
Just when you think that you might as well go out and investigate a strange noise, the smarter half of you says that you should lock the door and call the police. They are better equipped to handle the situation.

Cancer – Jun 21 – July 22
Don't going running upstairs when you should be running out the front door. Getting in shape can be difficult. Just keep running, just keep running, just keep running.

Leo – July 23 – Aug 22
You may be looking forward to the celebrations coming

up in the next month. Forget about it. The unexpected is the new cliché. What can be more unexpected than no one remembering your birthday?

Virgo – Aug 23 – Sep 22
If you want to survive, you can't have sex, drink or do drugs. It may seem to suck the life right out of you, but in actuality, it will prevent the life from being sucked right out of you. Have you seen Keith Richards lately?

Libra – Sep 23 – Oct 22
Shave your face, get some after shave, rub it on your palms and slap it on your cheeks. Edvard Munch will be proud even without the vocalizations.

Scorpio – Oct 23 – Nov 21
When going out for sushi, you can never be really sure what you are going to get. It's okay to be adventurous – try the dancing prawns. If you still aren't sure what you want, there's always a red herring.

Sagittarius – Nov 22 – Dec 21
It's all a movie. It's all one great big movie. Only you can pick your genre. So what will

it be? Sci-fi, western, drama, comedy or something a little more esoteric?

Capricorn – Dec 22 – Jan 19
It might be fun to drunk dial a random person at 3 a.m. on a Saturday morning, but you should know that prank calls are a criminal offense prosecuted under penal code 653M. And there is that whole pesky caller ID thing.

Aquarius – Jan 20 – Feb 18
Movies don't create psychos. Movies make psychos more creative. So hunker down with your streaming video subscription or the cable movie channel and get creative.

Pisces – Feb 19 – Mar 20
You've already played that game, remember? You lost. It's a new decade, new rules. Go out and win this time.

Horrorscope is a parody meant for entertainment only and to prove that the universe does not revolve around you. "The Globe" denies any resemblance to anything living or dead. In space, no one can hear you scream.

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© Puzzles by Pappocom

Answers can be found on the website at www.sudoku.com

ANSWER TO PREVIOUS PUZZLE

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Freedom of film affects MacFarlane’s creativity in ‘Ted’

Stephen Romney
Staff Reporter

Say what you will about his style of comedy, the success of Seth MacFarlane isn’t really a subject for debate. With three successful television shows to his name, MacFarlane’s latest project, “Ted,” creates intrigue for fans and critics, causing them to wonder if venturing into feature-length films is a smart move. “Ted” shows he’s trying an original idea instead of recycling existing characters and making “Family Guy the Movie.” While his brand of comedy may work for television, is it something that can carry a two-hour feature? The film stars Mark Wahlberg as John, a child who wished that his teddy bear, Ted, voiced by MacFarlane, was alive. That wish comes true and the two grow up together, leading to the main story of John’s relationship troubles with his girlfriend, played by Mila Kunis. It’s one of those stories that you’ve heard many times: the guy is in love with the girl and has to chose between loyalty to the girl or his best friend. However, this film is then layered with several references to popular culture – particularly the 80’s – a common aspect to MacFarlane’s work. The film does have its moments,

and is at it’s core a sweet story. Unfortunately, there are times where the amount of cultural references layered throughout the film just cause it to slow down unnecessarily, particularly because the plot itself is fairly predictable. Two major parts of the film that both worked and didn’t work can be attributed to MacFarlane’s style of comedy. First is the character of Ted. Granted, a living teddy bear doesn’t stay happy and innocent for long, but the frequent off-color expressions get old after a while. There are some funny parts, but there are times where you just want to say “We get it! He’s an a-hole! Just make your jokes and get on with it!” The second concern with the jump from television to the big screen is the fact that MacFarlane doesn’t have to answer to the Board of Standards and Practices. This can have both positive and negative effects. In the case of this film, since MacFarlane isn’t limited, his comedy suffers a little bit as he no longer has to be as clever as he is with his television shows. Some of the “off-limits” jokes are okay, but layer too many jokes and it starts to get boring. Overall, everything about the film is alright. The celebrity cameos are a nice touch – some nicer than others. The veteran actors



Photo courtesy of Universal Pictures

Ted, (right, voiced by Seth MacFarlane) has some words for his pal John Bennet (Mark Wahlberg).

also do a decent job with the material given, despite Mark Wahlberg’s attempt at an accent that keeps disappearing and then reappearing, as if he could decide if he wanted to do it or not. The effects in “Ted” are pretty good and the film does try to keep the comedy flowing during the more dramatic parts of the film. It may not be a gracious step from TV to film, but it’s worth a watch if you’re hanging with some of your buddies and are at a dollar theater. On my personal scale, I give “Ted” a 3/5.





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The final clues for the World’s Greatest Detective

Stephen Romney
Staff Reporter

Note: This is a preview, not a review. The review will be in the paper NEXT week.

In the spirit of the “World’s Greatest Detective,” we’ll be piecing together all the information that is currently available regarding Christopher Nolan’s final installment of final “Batman” trilogy. The film takes place eight years after the events of “The Dark Knight”. Batman has since been run out of Gotham City after assuming responsibility for the crimes committed by Harvey Dent, aka Two-Face. Bruce Wayne’s late night escapades have begun to take their toll on his body. The appearance of the mysterious Selena Kyle, played by Anne Hathaway, and the ruthless mercenary Bane, played by Tom Hardy, force the Batman out of hiding in the biggest battle to ever hit Gotham City. Christian Bale, Michael



Caine, Morgan Freeman and Gary Oldman all reprise their roles in this film as Bruce Wayne, Alfred, Lucius Fox, and Commissioner Gordon respectively. The concept of a “retired Batman” has been explored in comics and to a lesser extent in the television series “Batman Beyond”. This brings up the questions that they tried to bring up in “Superman Returns,” which is whether or not the city needs its hero and how far the hero is willing to go for the greater good. Bane is a villain whose portrayals in film and television have done him little to no justice. Most people usually think

of Joel Schumacher’s “Batman and Robin” which feature a less than dignified portrayal of the character. His appearances in the animated series have also ranged from a Hulk-like brute to your typical muscle-for-hire. The character was created in 1993 as a sort of antithesis to the pulp fiction hero, Doc Savage. As a boy in the fictional country of Santa Prisca, he was forced to serve out his father’s prison sentence in the Peña Dura prison where he strengthened his mind, body and survival skills. As an adult he was used as a test subject for the drug Venom, which heightens a person’s physical capabilities

but leaves the user a permanent addict with near-fatal withdrawals if the drug isn’t taken every 12 hours. The character’s arrival in Gotham is followed by a carefully laid out plan to gain control of the criminal underworld, leading to a fight with Batman. The other notable member of Batman’s rouge gallery is Selena Kyle better known by her moniker, Catwoman. This is definitely a character that has been passed around and altered time and again as she made her television rounds. While most alterations still kept her as a dangerous femme fatale, only two films explored her origins. The first was “Batman Returns” where the character was played by Michelle Pfeifer. The second was the poorly received “Catwoman” starring Halle Berry. In the case of television, her interpretations have been fairly faithful while still keeping her origins under wraps. There are two notable

characters that are featured in this film that have been the fuel for a lot of speculation. These characters are Miranda Tate and John Blake. The former is described as a member of the Wayne Enterprises board of executives who tries to reach out to Bruce Wayne, providing a ray of hope and optimism to counterpoint Bruce’s darker persona. The latter is a Gotham City police officer who is promoted to special duty under the command of Commissioner Jim Gordon. He is described as representing the ideals once held by Batman and the commissioner. These characters are being played by Nolan’s go-to actors, Marion Cotillard and Joseph Gordon-Levitt, who were both in Nolan’s “Inception”. The speculations included Cotillard playing Talia al Ghul, daughter of the villain Ra’s al Ghul, which resulted from various on-set photos and an interview with a child

actress who let it slip that she was playing a “young Talia”. In the case of Gordon-Levitt, the speculation has ranged from being either a new Joker, a member of the League of Shadows or even being Robin or Batman’s replacement. As it stands John Blake is just John Blake, but who knows what Nolan has up his sleeve. The film’s storyline has been compared to three major Batman story arcs. The first is “Knightfall”, the story which debuts Bane’s character. The second is Frank Miller’s “The Dark Knight Returns” where Batman returns to Gotham City after a ten-year absence. Finally, there’s “No Man’s Land” in which Gotham is overrun by gangs. With all of the footage we have seen thus far there is no doubt that that Nolan has a grand finale planned for his last Batman film. Be sure to pick up the paper next week for the full review of “The Dark Knight Rises.”

LIFE AS A FRESHMAN by C.A. Trahan

