

# THE GLOBE



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ISSUE 1/ FALL '12

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Photo by Justin Fulton

## THUNDER ON THE BLACKTOP

### Loud music and louder cars at Rocky Mountain Raceway's 10th year of Midnight Drags

**Justin Fulton**

Staff Reporter

For over ten years, Rocky Mountain Raceway (RMR) has hosted Midnight Drags, a regular event that allows drivers to see how fast their vehicle really is. Midnight Drags races are legal and safe, and anybody over the age of 18 can race their car, no matter what kind of vehicle it is, as long as it passes a simple tech inspection.

"It gives people who want to race their vehicles a vessel to come out and compete in a safe and contained environment, with a full safety team on hand," said RMR general manager Mike Eames. "It's a great environment for people who don't want to compete in elimination type races and just want to run for fun."

Music is also a large part of the event. Radio station U92 is one of the sponsors of the Midnight Drags, and they have a DJ present

**Midnight Drags participant Tony Alarid stands next to his 13-second quarter-mile Dodge Charger R/T.**

at the events who provides loud music, racing commentary and spectator contests.

The music is loud, but the thundering motors of racing cars are louder.

The midnight drags average 180 entrants, and 2,000 spectators. It costs \$15 to enter a vehicle into the midnight drags, and \$7 for spectators.

Vehicle registration begins at 8 p.m., and racing begins at 11 p.m. and ends at 2 a.m. Trucks, motorcycles, and even 4-wheelers are often entered alongside cars. SLCC Student Harrison Cleeland races his 1999 Dodge Dakota R/T, which he does his own modifications on.

"I enjoy racing" Cleeland said. "It's also fun to come just to watch.

I come to watch the fast cars, but it's also fun to watch the slow cars that think they are fast"

It doesn't matter how fast or slow the vehicles entered are, as long as they pass a simple tech inspection. The inspection includes checking to make sure the vehicle has all lug nuts, and that the vehicle is licensed and insured.

Inspectors look over the entire vehicle to see what kind of motor it's running and how modified it is, and then make an educated guess on how fast a vehicle will run. Higher performance machines require additional safety measures, such as helmets and even roll cages.

Racer Tony Alarid races his

**Drag/ continued on page A3**

### County group 'Gloriana' coming to SLCC

**Kachina Choate**

Staff Reporter

Gloriana is coming to Salt Lake Community College, presented by the people who brought the Plain White T's, Michelle Branch and the Jabberwockies.

As part of the Student Life and Leadership's fall concert series, Gloriana and Tyler Hilton will be playing on Nov. 14 at 7:30 p.m. at the Lifetime Activity Center (LAC) of the Taylorsville Redwood Campus. Bleacher seats are \$10 general admission (\$5 students), and floor seats are \$24 general admission (\$10 students).

"We try to do one big concert and try to bring a group to the college that give students a chance to come see a big musical act at a discounted price," said Student Life and Leadership coordinator Tyler Anderson.

Gloriana has just released their second album, which debuted at

**Gloriana/ continued on page A4**



### Free tutoring for SLCC students

**Lundon Bywater**

Contributing Writer

Students who want a helping hand with homework, writing papers or studying need look no further than the Salt Lake Community College Tutoring Lab.

SLCC provides free tutoring for subjects such as biology, chemistry, physics, reading, math, languages, computers, writing and accounting.

"We have textbooks for all the main math classes and most of the textbooks for the science classes that students can borrow as long as they remain in the tutoring lab," said Tutoring Lab office clerk Shirley Turley.

The Tutoring Lab's offers focused tutoring, which pairs the student with a tutor for the duration of the semester. Applications for focused tutoring are accepted until one week before classes start.

The second, less structured option is a simple walk-in. The lab tutors are available to help

students with homework.

"The tutors are very helpful with homework and they are very knowledgeable in the subjects that they tutor," said physical therapy student Hamilton Zortez.

Zortez goes to the tutoring lab four days a week after he gets off of work so he can get extra help with homework.

Although his experience in the

tutoring lab is limited to math, he says that he will make use of the Computer Lab and Writing Lab tutoring services when he starts his corresponding computer and writing classes.

"We work with students with any writing class on assignments and papers," said Student Writing Center coordinator Clint Gardner.

Gardner makes it clear that the

Writing Lab services are not a source for proof reading, rather a source where students can learn how to write better papers.

"Our purpose is for students to become better writers overall," said Gardner, "The outcome is to be a better writer in the end."

There Writing Lab also offers online tutoring. More information about this can be found at [www.slcc.edu/swc/](http://www.slcc.edu/swc/).

There will soon be workshops posted online to assist students with extra tips and help that they need.

"We are in the process of videotaping some workshops on how to study better that will be available on our website," said Turley.

This new addition to the tutoring lab will be more convenient for students who are at home studying, all they have to do is go to the website and watch the videos.

For more information, visit SLCC's tutoring website at [www.slcc.edu/learningcenter](http://www.slcc.edu/learningcenter).



Photo by Lundon Bywater

**Salt Lake Community College students check out The Learning Center services for summer semester finals.**





# STUDENT EVENTS

WED/22

**\*\*Fall Semester Begins\*\***  
10am-5pm  
Speed: The Art of the Performance Automobile  
  
11am-6pm  
Cantastoria & The Invincibility Fable  
@ Utah Museum of Contemporary Art  
  
9pm-11pm  
Movies in the Park: Kung Fu Panda 2  
@ Cresent Park, 230 E 11000 S, Sandy  
Cost: FREE

SAT/25

9am-2pm  
Farmers Market  
@ Gardner Village, 1100 West 7800 South  
  
11am-5pm  
Speed: The Art of the Performance Automobile  
  
5pm-8pm  
\$5 after 5pm at Tracy Aviary

SUN/26

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

THURS/23

10am-5pm  
Speed: The Art of the Performance Automobile  
  
5pm-8pm  
\$5 after 5pm at Tracy Aviary

FRI/24

10am-5pm  
Speed: The Art of the Performance Automobile  
  
12pm-4pm  
SLCC Dance Company Auditions  
@W-230 Dance Studio, SC Campus  
  
8pm-10pm  
Movies in the Park: Zoo-keeper  
@ Green Park, 8400 W 3729 S, Magna  
Cost: FREE

MON/27

2:30pm-5:00pm  
Club Meeting-Chess Club  
@ TR Campus  
  
5pm-8pm  
\$5 after 5pm at Tracy Aviary

TUE/28

10am-5pm  
Speed: The Art of the Performance Automobile  
  
5pm-8pm  
\$5 after 5pm at Tracy Aviary

Submit student events to [calendar.globe@slcc.edu](mailto:calendar.globe@slcc.edu)  
Visit [slcc.edu/campusevents/calendar.asp](http://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, entrer to win a prize by emailing your answer to [contest.globe@slcc.edu](mailto:contest.globe@slcc.edu).

Deadline for entries is Tuesday August 28th  
Entrants may only win once per semester. Mass Communication staff and SLCC faculty are not eligible to win.

# THE GLOBE STAFF

**Editor-in-Chief**  
Brandon Crowley  
[brandon.crowley@slcc.edu](mailto:brandon.crowley@slcc.edu)

**Campus Editor**  
[campus.globe@slcc.edu](mailto:campus.globe@slcc.edu)

**Opinion Editor**  
[opinion.globe@slcc.edu](mailto:opinion.globe@slcc.edu)

**Photography**  
[photo.globe@slcc.edu](mailto:photo.globe@slcc.edu)

**Assistant Editor**  
Julie Hirschi

**Photographer**  
Kim Higley

**Reporters**  
Kachina Choate  
Stephen Romney  
Julie Hirschi  
Justin Fulton  
Marina Cespedes

**Layout Designer**  
Aisha Steger  
[aisha.steger@slcc.edu](mailto:aisha.steger@slcc.edu)

**Advisor**  
Julie Gay  
[julie.gay@slcc.edu](mailto:julie.gay@slcc.edu)

**Advertising**  
Paul Kennard  
[p.kennard@chronicle.utah.edu](mailto:p.kennard@chronicle.utah.edu)

Salt Lake Community College



Step Ahead.

# THE GLOBE OFFICE

Technology Building  
Room 325-G  
4600 South Redwood Road  
Salt Lake City, Utah 84124

Phone: 801.957.4019  
Fax: 801.957.4401  
Email: [globe@slcc.edu](mailto:globe@slcc.edu)

The Globe Online  
[globeslcc.com](http://globeslcc.com)

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.

## The New York Times

Edited by Will Shortz

No. 0718

ACROSS

1 Grind

6 Toronto transport

10 “Funky Cold Medina” rapper Tone \_\_\_\_

13 Cardiological concern

14 Fleming and McEwan

15 Gershon of “Showgirls”

16 1864’s March to the Sea?

19 Abbr. before a judge’s name

20 Fraternity letter

21 Main event in “The Crucible”

22 Something once consulted before plugging in headphones?

27 Compass heading

28 Counselor’s org.

29 It breaks in “Rock-a-Bye Baby”

32 Up to, informally

33 L’homme upstairs?

37 Wearing togas and saying “Ave,” e.g.?

41 Milky gem

42 Qty.

43 Oscar winner Sorkin

44 Swabby’s affirmative

45 Words after count or clue

47 The Marshall Plan, e.g.?

53 Cropped up

54 Gerund maker

55 Typing units: Abbr.

57 Hot-button issue hinted at by 16-, 22-, 37- and 47-Across?

62 Splotchy

63 Frau’s refusal

64 1979 film with the tagline “In space no one can hear you scream”

65 \_\_\_\_-mo

66 Ocean predator with giant jaws

67 George of “Cheers”

DOWN

1 Nasty cut

2 Not in any way, in dialect

3 Play space

4 Orch. section

5 Black Forest \_\_\_\_

6 Doughboy’s headgear

7 Pitcher Martinez

8 Tennis’s Ivanovic

9 Its logo features a multicolored butterfly

10 Wife of Augustus

11 15-time N.B.A. All-Star who announced his retirement on Twitter

12 Psychologist Jung

15 Expert

17 Some outlawed international trade

18 Image in the final scene of Michelangelo Antonioni’s “L’Avventura”

23 Photocopier setting

24 Lyricist Gus

25 Primary

26 Fit

29 Bud

30 Alley \_\_\_\_

31 Actress Thurman

32 Explosion maker

33 Actress Rigg who played the only Bond girl to wed 007

34 U.S. ally whose capital has the letters U-S-A in the middle of its name: Abbr.

35 Rock genre

36 Blue Angels org.

38 Rudolph of “S.N.L.”

39 \_\_\_\_ corner

40 Bust

44 Traitorous Aldrich

45 Dav after hov

46 Many a NASA worker: Abbr.

47 Line on a forest map

48 Name said twice after “O”

49 Not new

50 Copy

51 Author depicted next to a steamboat on a 2011 stamp

52 Just beat

53 Hooded vipers

56 On the way

58 Musician Brian

59 Gen \_\_\_\_

60 Cold and wet

61 Proiect’s end?

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](http://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.



COMMUNITY

community.globe@slcc.edu

# Protests over Lagoon zoo animals’ captivity

Julie Hirschi  
Staff Reporter

The Wild Kingdom Train is one of Lagoon Amusement Park’s most classic rides, and features a number of exotic animals. The attraction has recently come under fire from members of a local animal rights group who are concerned about the animals’ treatment and living conditions.

Several protesters have been rallying to get the animals removed from Lagoon, a place that they see as unfit for wild animals, and placed into a sanctuary. Utah Animals Rights Coalition (UARC) is the group backing these protests and calling for action by Lagoon and its patrons.

“I had never done animal activism at this point but, last year, my awareness of this was raised over a family dinner table discussion about the recent trip to Lagoon,” said Jordan Kasteler, a former SLCC student, “From there, I made it my mission to help these animals.”

Kasteler heads the campaign to have the

animals removed and runs the Facebook page “Stop Imprisoning Animals! Lagoon Amusement Park” which has close to 1500 “Likes.” The group has an internet petition with over 30,000 signatures on Care2.com and Change.org, and has grown international notoriety.

“Wild animals that normally roam for miles in the wild are kept in small cages on slabs of concrete day in and day out,” said Kasteler. “They are subject to Utah’s volatile weather and noise pollution from the rides. Occasionally you’ll have kids throwing rocks or trash at the animals too and they have no protection from that.”

Many people are surprised to learn that there is a zoo at Lagoon and don’t associate the amusement park with wild animals. Many others have fond memories of the train ride and the animals, but do think that the enclosures could be better improved.

“It’s one of my favorite rides,” said Lagoon patron Emmy Patterson, speaking about the Wild Kingdom Train ride that takes visitors past the animals.

“They could upgrade the [animal’s] homes a little more though.”

Dick Andrew, VP of Marketing and spokesperson for Lagoon says that the protesters don’t represent the mainstream Lagoon patron.

“We all know that not all of us, I’m talking about of the 2 to 3 billion people on the planet, have the same sensitivities or the same interests,” said Dick Andrew. “We know that there are some people that, there’s nothing you could do that would satisfy them in whatever their cause is.”

Andrew says the claims that Kasteler and the UARC have made against Lagoon are false, and that the last offense was in 2006. Andrew says they have a trained staff of six animal care employees, at least four of which are on duty 365 days a year. They also have three expert veterinarians which visit the animals monthly. They are subjected to a number of unannounced visits and inspections to make sure they are complying with regulations.

“As strange as this sounds, the powers that be have a

love of animals and I know that sounds incongruous with what I’m saying. Frankly, that’s why we have animals at Lagoon,” said Andrew. “We are in absolute compliance with the rules and regulations from the United States Department of Agriculture. We have to be. If we weren’t we couldn’t be in business.”

According to Kasteler, Lagoon has had 18 citations from the USDA over the past 15 years for violating the Animal Welfare Act.

“The AWA only covers a minimal standard of care for certain types of animals. In other words, it’s hard to get a citation,” said Kasteler.

People for the Ethical Treatment of Animals (PETA) recently came out with a statement on their website that includes a list of grievances and violations against Lagoon. It states that Lagoon has failed to meet the minimal federal standards, with violations that include cruelty to animals, animals kept in small enclosures and unexplained deaths.

Lagoon has about 80 animals residing in their zoo

including Siberian tigers, African lions, zebras and deer. All but one animal, a bald eagle that was injured, have never lived in the wild according to Andrew. He said that the majority of the animals they take in come from zoos which have failed or people that could no longer keep the animals for various reasons.

“I know there are people that none of this is satisfying to them because they’ve told us they’re not going to rest until all of these animals are sent to a sanctuary,” said Andrew. “Well what a myth that is. Most of our animals, we took them in from sanctuaries.”

Andrew said that the animals have better healthcare than most people and that they spend hundreds of thousands of dollars on the care and maintenance of their animals. They were inspected twice this year and both times received a “no non-compliance items identified during this inspection” report.

“I’ve wanted to ask [the protesters] but haven’t talked to them,” said Andrew. “Do they mean a sanctuary like the one that

was back in the Midwest, where the guy went berserk and turned all his animals loose and law enforcement ended up having to shoot the animals? Is that the kind of sanctuary they have in mind?”

Andrew doesn’t see the activists as a much of a threat to Lagoon’s business, and says that only a handful show up to the protests. According to him, only about 12-18 people have shown up for the protests, many of them children.

Kasteler disputes that count. He says they have done nine protests so far, with around 35-45 people showing up to each one, and he sees interest growing.

“Unfortunately, Farmington City has put us far away from Lagoon, as Lagoon owns most property around there,” said Kasteler. “Utah Department of Transportation allowed us to use a strip of land they owned across from Lagoon’s parking lot the last protest, but Farmington City police are fighting that. It’s clear whose pockets are lined by Lagoon’s economic impact.”

## Gloriana

continued from A1

the number two spot on the Billboard Country Chart and the number ten spot on the Billboard’s Top 200.

Gloriana performs country songs with pop and harmonic melodies. Before they were headlining their own concerts, they were the opening act for Taylor

Swift.

“[We] feel like we got [Gloriana] at the right time,” said Anderson. “[We] feel like we’re getting them just as they’re breaking and hitting their stride as a country group.”

The opening act for Gloriana is Tyler Hilton. Hilton is a songwriter and actor. He played Chris Keller on the CW’s One Tree Hill. He has also opened for Hilary Duff on her “Still

Most Wanted Tour.”

The mission of Student Life and Leadership is to “create leadership environments and hands-on experience providing students opportunities to have a voice, get involved, and find their place, and shape moments of inspiration.”

Students plan the fall concert as part of this mission. This year, they decided they wanted to do something that has not been

done at SLCC before, and they felt like Gloriana was the best choice out of the many options they had.

Planning this concert not only gets students involved, it also gives them a chance to gain hands-on experience in planning large-scale events.

“Students who serve in leadership positions that are on the boards, they get a chance to see what it takes to plan a big scale event like this. All the months of

planning that it takes, the time and resources,” said Anderson.

Members of Student Life and Leadership hope that this will be a moment of inspiration not only for their fellow students at SLCC, but also other members of the community.

Events like the fall concert are opportunities for community members to experience what SLCC has to offer. It is also a chance

for student officers to work within the community and build relationships.

Students who would like to be involved in planning next fall’s concert or other activities can go to Student Life and Leadership’s website at [www.slcc.edu/sll](http://www.slcc.edu/sll) to find the application, events calendar, information about the fine arts lectures, clubs and organizations.

## Drag

continued from A1

2006 Dodge Charger R/T, which has been extensively modified by his mechanic, Alan Jacobsen.

“I come to beat my best

times, and to see how my build is coming along,” Alarid said. “[Jacobsen] has been the mechanic for this entire build. We’re hoping to run faster than 13 seconds tonight.”

There are three more scheduled midnight drags at RMR for the 2012 season,

weather permitting: Friday, Sept. 7, Friday, Sept. 14, and Saturday Oct. 6.

For more information, visit RMR’s website at “<http://www.rmrracing.com>” [www.rmrracing.com](http://www.rmrracing.com) or call their office at 801-252-9557.



Photo by Justin Fulton

SLCC student Harrison Cleeland stands next to his 15-second quarter-mile Dodge Dakota R/T.



Photo by Justin Fulton

Tons of vehicles show up for the Midnight Drags.

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# A brown bag lunch saves money, makes mealtime special

Tesia Nadhirrah  
Staff Reporter

The beginning of school is a time to think about what we will eat when we are at school or work. Close to a third of our meals are eaten outside of the home. A Jan. 2012 survey by Accounting Principles reveals that 66 percent of American workers buy their lunch instead of packing it, and spend an average of \$57 per week on lunch and coffee.

Buying your lunch can not only be expensive, but if you are on any kind of special diet, such as gluten free, sugar-free, vegetarian, or if you are health conscious about your food, then food choices on campus for purchase are very limited. Settling for the same old sandwich can get boring. Are there any simple ways to plan a brown bag lunch? Well, yes it can be. One of the first changes should be the way in which we think about food and lunch. Think about making your lunch special, and something to be envied.

So how do you make your food the envy of others? It's important to include food that you like. There's no sense of packing peanut

and jelly sandwich if you despise peanut butter.

A quick and easy way to have something special and ready for lunch is to make an extra dinner portion that can you pack that night and get ready for lunch the next day. One thing you might want to try is if you're having a soup, place a portion of soup in the freezer, and when you leave it out all day and will be thawed by lunchtime.

Lunch does not always mean a sandwich. It can be salsa, hummus or fruit dips with vegetables or baked chips. There are many types of salads that can be prepared ahead of time. If you're worried about your lunch becoming soggy, place the different components of your lunch in separate containers and then combine your salad just before eating. This is an easy way to have a very fresh, scrumptious salad for lunch.

Prepare food that will give you the physical and mental energy needed for your school or work day. Fresh fruits provide a natural mental boost. These can be included in your lunch or taken for snacks. It is important to remember to keep your blood sugar level

to maintain a happy healthy life and a clear mind.

Buying a thermos is a great way to add dimension to your lunches. They not only allow you to keep things cold without a refrigerator, they also allow you to keep things warm. Think about taking soup, pasta or stir-fry in a wide mouth thermos.

When thinking about lunch, think outside of two slices of bread. Consider bagels, tortillas, pita bread and my favorite: collard greens in place of bread. Be creative and think of your lunch as a picnic. Be sure to take time for yourself at lunch away from your work, by doing this can improve your performance.

Bringing food to school or work is a good way to save money. Investing in reusable lunch boxes and utensils can save even more money. When choosing your lunch equipment choose something that makes you happy.

If saving about \$3,000 a year is something of interest to you then brown bagging your lunch is the way to go. Bringing your own lunch and coffee or beverage to school or work you could save up to \$250/month.

## Veggie Philly Wrap

© Nadhirrah 2012

### Wrap

- Collared greens, kale or cabbage

### Mushroom

- 3 Portobello mushrooms, thinly sliced
- 1/2 cup cold pressed olive oil
- 1 grapefruit, juiced
- 2 teaspoon cumin, ground
- 2 teaspoon coriander
- 1 teaspoon rosemary
- 1 teaspoon celery seed
- 1 tablespoon raw apple cider vinegar

Place sliced mushrooms in a bowl and place the remaining ingredients over the top and marinate while preparing the vegetables.

### Vegetables

- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1 1/2 cup broccoli, chopped
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1 teaspoon Himalayan Crystal Salt or natural sea salt
- 1 teaspoon savory, ground
- 1/4 cup cold pressed olive oil

Place all vegetables in a bowl. Mix the cold pressed olive oil, spice and garlic and pour over the vegetables. Let marinate while preparing the cheese.

### Cheese

- 1 cup sunflower seeds, soaked overnight
- 1 cup pumpkin seeds, soaked overnight
- 3 tablespoon raw apple cider vinegar
- 1/2 teaspoon oregano, dried
- 2 teaspoon onion powder
- 1 teaspoon Himalayan Crystal Salt or sea salt
- 1/4 cup or more water

Place all ingredients in a blender and blend until smooth.

### Putting it together:

Place the clean wrap flat and then layer the mushrooms, then vegetable and finally the cheese. Roll the wrap and enjoy.



## Lunch Ideas

- » Homemade hummus with fresh vegetables or crackers
- » Tabouleh salad
- » Pizza or pizza bites
- » Philly wrap
- » Stuffed tomatoes/peppers
- » Taco salad
- » Soups
- » Leftover dinner





ARTS & ENTERTAINMENT

arts.globe@slcc.edu

# ‘The Odd Life of Timothy Green’ is sweet, but was picked out of season

Stephen Romney  
Staff Reporter

We all know about Disney’s forays into animation and summer blockbusters, but we haven’t recently seen much in the way of sentimental family films released by the company, Disney Channel movies notwithstanding. In this summer of superheroes, animated comedies, and action thrill-rides, does this film even stand a chance?

The film stars Joel Edgerton and Jennifer Garner as a husband and wife that are told by doctors that they are unable to have children. As a measure to cope with the resulting devastation, the couple lists all of the attributes that they wanted their child to have onto a notepad and then lock the pad into a box and bury it in their garden. That night,

after a freakish rainstorm, they find a young boy in their house by the name of Timothy, who has all the attributes they listed and calls them Mom and Dad.

The best way to describe this film is that it’s a hybrid of a Disney Channel TV movie with a Hallmark TV movie except with a higher budget that was spent hiring a good team of writers rather than on CGI. The story is very heart-warming and puts a surprising degree of focus on the parents rather than on the child, which is probably where most other studios would shift the focus. Rather than be a film about a magical boy and his adventures, it’s a film about how two people with their own sets of problems adjust to the struggles of parenthood as the duty is quite literally thrust upon them in a matter of days.

However, there are times where the story is a little ambiguous about certain things but that ambiguity seems to be more in line with how much the characters know about what’s going on. I had a few issues with that but they get points for keeping a fairly realistic scope on the events of the story.

The only problem I had with the story was how it would constantly bounce between the parents and Timothy. There are moments in the film where, if this film was supposed to be from the parent’s perspective, it shows us things that the parents never really learn about over the course of the story. It doesn’t even inform the audience what it is we’re supposed to learn from those scenes.

From a technical

Green/ continued on A7

## Yoga benefits SLCC students

Katie Alvarez  
Contributing Writer

Yoga is known to unite mind, body, and spirit through warrior, candlestick, and chaturanga dandasana poses.

SLCC students are benefiting from yoga classes in many surprising ways.

“Too often we focus on our busy, pressure filled days,” said SLCC yoga instructor Trish Stranquist. “Yoga asks us to refocus our attention on our breath and other physical sensations as we practice. “

Stranquist’s students have learned to be more compassionate. Students are surprised to learn that a physical practice can affect the way they understand themselves and others.

Students experience a heightened awareness of themselves and others in addition to the physical benefits of a yoga practice. This kind of realization results in better relationships. Being able to relate to people in a more meaningful way develops a stronger relationship with friends and confidants.

“It’s [yoga] has helped me be more patient and able to stabilize my mood,” said SLCC yoga student Gisele Lacerda. “I feel more at peace.”

Confidence is another

surprising benefit of a regular yoga practice. It takes a lot of time and willpower to be able to hold certain poses or to even consistently unroll the yoga mat to begin a practice. But once students achieve their yoga goals, they feel they can do anything. They see themselves in a new way that, before, was unclear.

Yoga is also known to enhance digestion and make students more apt to be mindful of their eating habits. For some students whose usual diet consists of no more than chicken fingers and a large soda, practicing yoga has increased cravings for leafy greens and a bottle of water.

“I’m more aware of my body and how the food I eat affects it,” said Lacerda

Beyond the obvious benefit of increased flexibility, some of the other physiological benefits of yoga include improved posture, an increase in energy levels, and improved balance. Practicing yoga can even increase cardiovascular efficiency.

“You also increase lung capacity and improve circulation and all of this can dramatically improve the functioning of the immune system,” said Stranquist

Yoga is often used as a treatment to correct posture for people suffering from

head aches. According to yogajournal.com, about 75 percent of headaches are a result of muscle tension due to posture problems.

“Regular practice is a natural way to alleviate things like back pain, headaches and arthritis and provide overall stress relief for the body and mind,” said Stranquist.

SLCC offers two yoga classes: HLAC 1057, yoga I, and HLAC 1058, yoga II. Each class is one credit hour.

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There is also a Yoga Instructor Training program offered by SLCC’s continuing education department. The program is recognized by the Yoga Alliance and is a 200-hour school. The program is 13 credit hours, containing five different classes.

For more information about Yoga Instructor Training, visit <http://www.slcccontinuinged.com/yoga>.


“The more you practice yoga, I think you’ll find yourself naturally wanting to make healthy and positive changes to your life,” said Stranquist.

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# ‘ParaNorman’ is more than just a Tim Burton clone

**Stephen Romney**  
Staff Reporter

“ParaNorman” was another one of those films that I didn’t have high hopes for mostly because the stop-motion animation market has become over-saturated with studios trying to replicate the success of Tim Burton or Aaron Aardman. On top of that, this is being brought to us by Focus Features, the studio that also distributed the over-hyped 3D animated film “9.”

However, this is coming from the same animation studio behind “Coraline,” so it was all up in the air for me. In the end, this film turned out to be something more of along the lines of a DreamWorks homage to the horror film genre combined with the character development seen in “Coraline” but taking those elements a step further.

The film is set in the small town of Blithe Hollow, known for its famous witch trial and witch-related merchandise. Our main character is a boy named Norman, voiced by Kodi Smit-McPhee, who has the ability to see and speak with ghosts. Since he’s the only one with the ability, naturally the townspeople are wary of him and dismiss his ability as a cry for attention or severe case of psychosis. He is later informed by the ghost of his uncle, played by John Goodman, that he must be the one to stop a curse placed upon the town by the witch who was executed by the town’s Puritan settlers.

While the beginning of the story is much like what you’ve seen in the trailer, there are moments that weren’t in the trailer that make the story more than just a gimmick. It spends a great deal of time exploring

the emotions of the characters involved while still keeping it humorous. There are some jokes that really surprised me since they were the kind that took a lot of guts to put into the script. It’s not that they were vulgar just surprising and clever, not like what you would find in your average animated family film.

During the second and third acts the story becomes really intense, with a genuine blend of gripping drama and chilling horror. It’s during this part of the film where it really pulls you in as you get heavily invested in the story. Although I can’t say much without spoiling it, the climax of this film is one of the most intense climaxes I’ve ever seen in a movie, especially a stop-motion animated family film.

Overall, this is an incredible film that surpassed my initial expectations in spades. The jokes are a nice balance of mild crudeness and clever subtlety with some jokes that make you do a double-take after you hear them. It’s layered with simple, yet

engaging drama and some genuinely spooky moments. It’s definitely a family film in every sense of the word. I only wish that studios

would release films like this around Halloween instead of in August. On my personal scale, I give “ParaNorman” a 5/5.



Courtesy of Focus Features



Courtesy of Focus Features

**With a balance of scares and comedy, Norman hides from a zombie who’s lost his ear.**

## Green

*continued from A5*

standpoint, this film does a really good job with what it’s limited to. It doesn’t try to make itself look like an independent film nor does it rub in your face the fact that it’s a high-budget production. The shots range from simple to complex without going overboard on what they are trying to show. The color scheme of the town is very active as things change over the course of the story and as the changing of the seasons from summer to autumn. The music is where you get the “Hallmark” feel as you can tell the composer is trying their best but is fairly limited by what’s



Courtesy of Disney

**While the film focuses on the two main stars, Jennifer Garner (left) and Joel Edgerton (right), CJ Adams (middle) is able to hold his own.**

actually happening as there are no sweeping vistas or climaxes for which to accentuate the music. In fact, most of the

really dramatic scenes are without music; as if the composer felt that it would cheapen those scenes. Overall, this is still a pretty good film but I feel that Disney released this film at the wrong time. It’s as if Disney knows that this is the end of the summer movie season and that

the film’s transition to autumn in the story makes the release symbolic, but this film should have been released around Thanksgiving rather than August. On my personal scale, I give “The Odd Life of Timothy Green” a 4/5.

## LIFE AS A FRESHMAN

by C.A. Trahan





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$$\log_2 z$$



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