THE L



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Photo by Julie Hirschi

Free StrengthsQuest workshops align students with their individual talents

Kachina Choate

Staff Reporter

those talents into strengths.

Community students, faculty and staff with a free workshop alternative.

"What StrengthsQuest does is career or personal life. identify that we all have talents, More than one million people and if we focus on our talents we StrengthsQuest assessment research as to what makes a good have used the StrengthsQuest can build and capitalize on those skill-based interest test to discover and become better," said Student their talents, and then develop Life and Leadership director Curt Larsen. "So Michael Phelps Anybody can purchase access can win gold medals galore in to the StrengthsQuest program swimming but he doesn't compete online, but Student Life and on the badminton team. He focuses Leadership has developed a on what he is naturally good at and partnership that provides Salt then builds on those so that they College are strengths."

StrengthsQuest is different from

Student Life and Leadership Coordinator Brandi Mair works with Strengths team member Mike Kesler as student Amy Cutter looks

other skill-based interest tests in down into 37 different themes that it emphasizes what a person is good at and not so much on what they are not. This assessment lists the top five talents in order to help a person use those talents

After completing online and attending a 90-minute leader and the strengths that they workshop, a person is able to learn about talents they may not have known they had before the assessment. These talents can then be turned into strengths and skills. StrengthsQuest has four main areas of strengths which include executing, influencing, relationship and strategic thinking. Those categories are then broken

that an individual may possess. After identifying the talents and practicing them they can be made into strengths.

StrengthsQuest is not just one to achieve success in academic, of those generic personality tests. It was developed by Gallup, and is the based on nearly 50 years of Gallup possess.

> Last year Brandi Mair, coordinator in Student Life and Leadership, applied for and received a grant in order for students, faculty and staff at SLCC to participate in this assessment at no charge.

"If you take the StrengthsQuest,

Strengths/ continued on page A5

Single mothers overcome college challenges

Marina Cespedes

Staff Reporter

Single-parent students at Salt Lake Community College have different reasons for attending school. Some look to get out of poverty and give their child the life he or she deserves. Some still want to pursue the profession of their dreams.

Jennifer Jones, a 41-year old mother of two had her first boy out of marriage when she was 23. She later married the father of her child, and they had a daughter seven years later. When she and her husband eventually separated, it not only left her a single mother, but a single income mother. She never received a penny for child support.

"Most of my challenges have been anything extra like school clothes, lunches, registrations, medical bills, and normal daily activities you want do with your

Mothers/ continued on page A5







Students at SLCC go Google for email

Julie Hirschi

Staff Reporter

Students logging onto their MyPage accounts this semester received a notification that their MyMail email accounts were switching over to the new Google BruinMail accounts starting Aug. 17. Students have 120 days to migrate their mail and contacts over from the MyMail account

to the BruinMail before the old system is obsolete.

The MyMail system only offered students 100MB of storage whereas Google offers students 25GB of storage space for email and Google Apps such as Google Docs, Google Groups and Google Calendar. These features help users to collaborate with other students, keep track of homework due dates and schedules all online. "MyMail was dated, had limited space, was clunky to use, the user tools were very early nineties technology," said Darren Information Technology at SLCC. Hunter, programmer analyst for

SLCC. "Google offers us a lot difference." of options especially as students internet more. Also Google opens up for smart phones and tablets where the MyMail had problems. This is an upgrade in technology. the people have."

Students will now be able to access their BruinMail through their smart phones and can immediately get their mail where with the old MyMail account that was difficult to do. There is also functions.

"The only two things that should impact [students] is that one, they got a new email address and number two, if they had forwarded the MyMail account to their personal email, they need to go into Google Apps and forward it Google Apps is not a hundred to their preferred email address," said Casey Moore Director of hard to get themselves compliant."

Moore emphasized that if are collaborating and using the students have signed up for a waitlisted class to make sure that they have checked their new email or start having it forwarded to their personal email because Their service meets the needs that they have only 24 hours to respond back about getting in the class. Also many professors may have sent information to students through the new email.

According to Moore, the change was partly motivated by lack of compatibility between the old the advantage of working together system and the new software with other students and grouping developments through the MyPage interface. Another issue was with the Americans with Disabilities Act (ADA) compliance and the accessibility for students with disabilities.

"MyMail was much less ADA compliant," said Moore. "The percent but they are working very Although this change is an upgrade "Otherwise they should notice no in the system and technology, not

everyone is happy or excited about the change.

"I hate it," said Michael Summa, a SLCC student in the nursing program. "I only have 110 days to change all my emails. It sounds like I have to reestablish all my email stuff and then there are all these extras with it. It's kind of like the phone. It was frustrating to see [the change to Google mail]. You're better off with a Hotmail or Yahoo! account because they're not going to change from Yahoo! to something else. And who knows what if they decide to change from BruinMail to something else, if Google charges them. I was disappointed with the change."

Summa expressed his concern about how he had to now import all his addresses and inform others of his new email address. Some question why messages sent to the MyMail addresses will not be forwarded to a user's new BruinMail address. Some students

Gmail/ continued on page A6

STUDENT EVENTS

WED/29

9am-10:30am Juana Bordas - Keunote address @ TR Campus, STC Oak Room

<u>9am-10:30am</u> Juana Bordas - Book Signing @ TR Campus, STC Oak Room

<u>9am-10:30am</u> Juana Bordas - Student Converation @ TR Campus, STC Oak Room

THURS/30 3pm-5pm

Smart Start Orientation @ Miller Campus Cost: Free

4pm-8pm SLCC Arcade @SC Campus, East Parking Lot Cost: Free

7pm-9pm SL&L - Mike Super: Magician/Illusionist/Comedian @TR Campus, SEC Cost: Free

FRI/31

<u> 10am-5pm</u> Speed: The Art of the Performance Automobile

<u> 10am-12pm</u> SLCC Volleyball Tournament - SLCC vs. Mt Hood College @TR Campus, LAC

<u>2pm-4pm</u> SLCC Volleyball Tournament - SLCC vs. Western Nebraska @TR Campus, LAC

SAT/1

<u>9am-11am</u> SLCC Volleyball Tournament - SLCC vs. Central **Wuomina** @TR Campus, LAC

1pm-3pm SLCC Volleyball Tournament - SLCC vs. MSU-West Plains @TR Campus, LAC

SUN/2

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

MON/3

<u>*Labor Day - No</u> School*

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

TUE/4

<u>10am-5pm</u> Speed: The Art of the Performance Automobile

<u>5pm-8pm</u> \$5 after 5pm at Tracy **Aviary**



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.

Deadline for entries is Tuesday September 4th Entrants may only win once per semester. Mass Communication staff and SLCC faculty are not eligible to win.

Edited by Will Shortz

THE GLOBE STAFF

Submit student events to calendar.globe@slcc.edu

Visit slcc.edu/campusevents/calendar.asp for more student events

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Salt Lake Step Ahead. Community Step Ahead. College

No. 0725

The New Hork Times **ACROSS** 48 Puccini's Cio-Cio-

51 Barber, at times

reports

55 "Prik khing"

57 "Superman_

Dhabi

60 More embarrassed

forest creature

screwed up?

66 Short operatic

67 Is exhausted

68 See 8-Across

69 See 8-Across

DOWN

1 Smart ___ whip

2 Tour ride

3 Hosp. figures

4 In-your-face

a Japanese

restaurant

6 Runner from a

5 Bowlful at

cuisine

1 Insect segment 8 With 68- or

69-Across, what 16-, 32-, 42- and 60-Across each

consists of

13 Get by 14 Big name in

16 Fools evaluate

bodies of water? 18 Flier of legend

19 "___ bin ein Berliner"

20 Opposite of baja 21 Dump, so to speak

24 "Rabbit, Run" writer

28 Ocean State sch

29 Competition of

sorts

30 Scrap for Fido 32 Renter finds a buyer for fish?

39 Sign up 40 Oospheres, say 41 Amalgam, e.g.

42 Musical combo designs experiments?

45 Elevs. 46 Cartoon "devil," for short

47 Hairy sitcom cousin

comedy) bomb scare, e.g. 23 Isn't upright 7 Super Mario Bros. 25 Change in Chile 26 Like chicory 8 "Lopez Tonight" channel

9 The Crystals' "_ Rebel" tosspot

11 Lyre-holding Muse

33 MacFarlane of

toppers marketing?

"Ted"

12 Nora Ephron work 34 Palindromic time 50 Rock bottom

vis-à-vis coffee 29 Guardian Angels'

14 Metric system

prefix

15 Ben-Gurion

successor

17 Funny Caesar

22 "Me, Myself &

____" (2000

21 Cartoonist Feiffer

35 It might be served with a cinnamon stick

36 Girl's name that sounds like two letters of the alphabet

37 There's a drawing

of it on TV 38 Ways of operating: Abbr.

43 Gymwear item 44 "Less Than Perfect" actress, 2002-06

48 What a sucker may have 49 "Don't try to be

briefly 62 Schubert's "The ___ King"

63 ____ v. Wade

64 Home of Ukr.

65 Tosspot's affliction

52 Opera that

Cairo

53 Go (for)

59 Wacky, as

humor

61 "V" visitors,

premiered in

54 Subjected to a hex

56 Carded at a club,

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.

Due to the high volume of requests for articles we receive, The Globe

COMMUNITY

community.globe@slcc.edu

Tie-dye Fest 2012 makes a colorful splash.

Kim Higley Staff Reporter

On Friday, Aug. 24, Salt Lake Community College greeted the new semester with a twist and a splash of color. The annual Tiedye Fest filled the SLCC Taylorsville Redwood Campus's west patio with students, friends and family intent on making a colorful new addition to their fall wardrobe. Student Life and Leadership sponsored the event and provided free tee shirts, brightly colored dyes and help with folding up the perfect tie-dye pattern.

"We wanted to welcome the students back," said Student Life & Leadership advisor Brandi Mair. "We wanted to get students' attention and make the first week back to classes fun. We hope that this event helps to foster school spirit and gets people involved with other events that go on here."

For more information on upcoming events at any of the SLCC campuses Leadership's OrgSync page the tie-dye process.



Photo by Kim Higley

visit the Student Life & SLCC student John Beck shows off his favorite part of



Student Life and Leadership provided free tee shirts, colorful dyes and instructions on how ot make your own tie-dye.

Haris Kisija decides on the finishing touches for his wearable work of art.







Photo by Kim Higley

For some, picking out the perfect color was the hardest part.



FIND A NEW PAD TO RENT.

Propertycond is Utah's newest, easiest, and fastest way to find a place. to rent. No other site gives you the advanced filtering and search tools. that Propertypend has, which allow you to focus on only the most relevant and up-to-date listings. When you're ready to find a new place to rent, use Propertypond.





OPINION

opinion.globe@slcc.edu

When it comes to smoothies, green is 'In'

Tesia Nadhirrah Staff Reporter

Green drinks and smoothies are all the rage. Many celebrities such as Oprah, Dr. Oz, Megan Fox and Alicia Silverstone are toting the qualities of green drinks. The green smoothie name may be new but the green smoothie concept is several decades old.

Nutritionists, doctors and health experts are always telling us we need to eat more greens. Research has shown is that only about 5 percent of those people who are eating healthy food vegetables in their diets.

been right when he said, "It's not easy being green." thing we need to know is the difference between a green drink and a green smoothie.

vegetables and fruit that contain vegetables and fruit that have been blended whole in a blender, which retains the fiber.

Greens should account for one to five percent of per day. Which means if a person is eating 3000 calories should be from breaks down to about three heads of lettuce per day. That would be a lot of salad to eat.

It is much easier to drink ingredients.

JOB POSTING

GROUP LEADERS (10-15 kids) for SLC School District After School program

19.5 hrs/wk; M-TH 2:30-5:30/6pm and Fridays 12:30-5:30/6pm.

Start at \$9.50 per hour.



Photo courtesy of Summer Bear

get enough dark green leafy Green drinks are refreshing for the mind and body.

Kermit the Frog may have and fruit. Because you are last in the refrigerator for consuming more greens, a couple of days, although you get a lot more nutrient fresh is always better. Let's see if we can make it and antioxidant properties a little bit easier. The first that are contained in raw and near a smoothie bar, fruits and vegetables.

in nutrients, minerals and In Utah both Jamba Juice enzymes that our bodies and Roxberry have green Generally speaking, need to function properly. smoothies on the menu. a green drink contains Greens also balance your If you're at a health food pH level. Green drinks store you're likely to find have been juiced in a juicer, that include dark green pasteurized green drinks which strains out that the vegetables are high in the on the shelf for purchase. If fiber. Green smoothies omega-3 essential fatty none of these options work acid which is good for for you, there are several brain function. Greens also types of green powder support the immune system available that can be mixed because they are full of into water. antioxidants.

a person's caloric intake rich in fruits and vegetables are purchasing a premade good for you, but there are green drink or powder many studies that show make sure that you keep calories a day 150 of those vegetables are good for trying different kinds preventing heart disease, because some of them will dark leafy greens, which obesity, type II diabetes and taste better to you than many types of cancer.

The best way to drink your greens is to blend important you find a green them yourself using fresh drink or smoothly that They rather than eat a large simple to make and loaded don't enjoy what you're quantity of vegetables with nutrition. Smoothies eating you're not going

If you're out shopping you'll find that you can Green vegetables are high purchase one from them.

The most important thing Not only is eating a diet to remember is when you others.

> I believe it's really are you really enjoy. If you to continue eating healthy foods

Although drinking your greens is really good don't forget to also enjoy your

Popeye Juice

Ingredients

- 4 limes freshly squeezed
- 2 cups spinach clean wash
- 2 peaches, peeled
- 1/2 cup pineapple
- 1/2 cup pineapple or apple juice 1/2 cup mango
- 10 ice cubes

Directions

Wash and prepare all the ingredients. Place the ingredients in a blender and blend until well blended. If you have a powerful blender less juice is needed. If you have a smaller horse-powered blender more juice may be required to blend your drink smoothly. Blend until well combined and smooth.

Simple Green Smoothie

Ingredients

- Handful of favorite greens (kale, lettuce, spinach, etc...)
- 1-2 cups favorite berries (fresh is best but frozen will work)
- 2 bananas, apple or pear
- 3/4 cup water
- Any other add-in you would like (flax seed, vitamins, vegetable protein, etc...)

Directions

Place the ingredients in a blender and combine until smooth and creamy. If you have a powerful blender less juice is needed. If you have a smaller horse-powered blender more juice may be required to blend your drink smoothly.



Photo courtesy of Summer Bear

Green drinks are now commonly found in grocery and convenience stores.



ARTS&ENTERTAINMENT arts.globe@slcc.edu

'The Last Story' is a charming and unique RPG

Stephen Romney Staff Reporter

Release Date: Aug. 17, 2012

Platform: Wii

I first found out about "The Last Story" when researching the various fan petitions that were circulating over the internet. One of them was Operation Rainfall, a petition directed at Nintendo of America, that asked them to import three role-playing games that had been created for the Nintendo Wii. Those games were "Xenoblade Chronicles," "Pandora's Tower" and "The Last Story."

My interest was further piqued when I discovered that this game was produced by Mistwalker, the video game company that was founded by Hironobu Sakaguchi, the creator of "Final Fantasy." Having played one of the company's previous outings, "Lost Odyssey," I had some mixed feelings coming into this game.

The story of the game follows Zael, a young member of a mercenary group that is determined to become a knight. After a successful job, Zael encounters a mysterious young woman while wandering around town. It turns out that this woman is the daughter of the Count that hired him in the first place.

The story follows several JRPG clichés. However, what makes the experience



enjoyable is the likable cast of characters that comprise your first party. The story, from a visual storytelling standpoint, starts out slow but it does so in order for the player to get acclimated to the controls.

The battle system in this game is definitely unique. It takes the fastpaced action of most action RPGs and combines with strategic elements lifted from more real-time oriented RPGs such as "Final Fantasy XII." One of the key elements is the use of your surroundings to turn the tide of battle, as a great deal of combat relies on stealth and manipulating the position of enemies, such as luring them away from spellcasters or areas you're are incredibly difficult to trying to protect.

Outside of combat the game plays like a fairly traditional RPG. However, there are the occasional challenges to break up the flow, such as scanning areas and towns for treasure and some story-

based minigames. Another key draw to the game is the ability to customize the appearance of the characters you

control. Not only does the equipment you give them change their appearance, but you can also change the color of the armor based on what kinds of dyes you have available. This is great for people who like that extra degree of customization.

In the case of online play, there are two primary modes: Deathmatch and Co-op. In the online mode it uses the characters from a game file, meaning whatever equipment or levels they have in the game are the same as seen in the online mode. While in Deathmatch, a lowerleveled player may be able to outsmart a stronger player. In Co-op, having a full party is key, as the bosses you fight in Co-op

Overall, this is a great game and definitely one of the more accessible role-playing games on the market. If you're a JRPG fan, or even a fan of western RPGs, you'll enjoy this game. It may have its clichés but it still makes for an enjoyable adventure. On my personal scale, I give "The Last Story" a





GLOBE KSI NO

Mothers

continued from A1

children," Jones said. a huge problem because I love to take my kids swimming, to the movies, out to eat, camping, fishing, rough."

the Ogden Weber Applied Technology College as Redwood Campus. a mother of two. The Base, where she works today. Jones also found family.

"Had it not been for my Wellness Services. "People made it," said Jones.

nbc.com/revolution

places where she can get burnout." backing from other women in similar situations.

at the SLCC Taylorsville with their professors.

and see

a great support from her Scott Kadera, counseling out." manager at SLCC Health &

fantastic dad and terrific who are perfectionists, for brother I would have not of example, and who think they can 'do it all,' may be For some single mothers, taking on too much and "Managing money has been day care becomes one of the putting themselves at risk of

Many students anticipate the homework "They become like a load of a typical college and to lagoon so that's been natural support group for course. Single parents in each other here," said Sharlie particular can increase their Jones completed the Barber, manager at the Early chances for success in a electronics program at Childhood Lab School class by communicating

"Let your teachers know "To avoid becoming what you are going through education she obtained led overwhelmed, it's important and your situation as a single to a job at the Hill Air Force to pay attention to yourself parent," Kadera said. "Also, build a good support system what your limits are," said with people who can help

Resources for the SLCC single mother

- Raising a child with no partner puts all decisions on one adult, and there are times when a single mother might need outside help or advice. Dialing a call to 2-1-1, which is number for the United Wav Information and Referral Center, could be useful at that moment. The Center Support group can help with a range of topics such as abuse, adolescents, divorce, parenting, and many other issues.
- Child care at SLCC assists with the cost of licensed child care. The Child Care Assistance Voucher Program supports low income students by supplementing the cost of child care. For more information about child care program call (801) 957-4567.



Courtesy of XSEED Games

While "The Last Story" is riddled with cliches, its unique visual style make for an eye-catching experience.

Strengths

continued from A1

that can be the beginning of a really interesting journey," said Larsen. "Identifying the way you do or don't cope well with circumstances and different situations at school, at work, in other parts of your life, can really enhance your sense of selfefficacy and well-being and really have a positive impact on your outlook as a SLCC student and then as a citizen after you leave this campus."

Students interested in participating in this assessment can call Student Life and Leadership at (801)957–4052 or e-mail brandi.mair@slcc.edu to sign up for the workshop to take the assessment.

Fall Student StrengthsQuest training dates

Friday September 7	12:30-2:00 pm
Wednesday September 19	3:00-4:30 pm
Tuesday October 2t	12:30-2:00 pm
Wednesday October 24	3:00-4:30 pm
Thursday November 2	12:30-2:00 pm
Wednesday November 28	3:00-4:30 pm

In Parlor A or B in the Student Center Call 801-957-4652 for more info.



SLCC's Student Produced Entertainment Show Vatch it at www.vimeo.com/channels/whatsbruin

Register for COMM 2200 to join the team!

ARTS & ENTERTAINMENT arts.globe@slcc.edu

'Premium Rush' is heavy on concept, light on development

Stephen Romney Staff Reporter

In action movies, there are high speed car chases and then there are high speed foot chases. An action movie with high speed bike chases would be the next step. So far the concept seems as if the only thing that is hurting "Premium Rush's" chances is its own release date.

As the readers of this paper are undoubtedly aware, this is the time everyone is going back to school. Much of that disposable income that summer blockbusters rely on isn't as plentiful during these early months of autumn.

With that said, how does this film hold up? At first glance, it seems like your run-of-the- mill action thriller, except on bicycles. However, there are elements of this film that are enjoyable and indeed creative but the film reeks of a small budget.

The film stars Joseph Gordon-Leavitt, who plays the devil-may-care bike messenger Wilee. After given a last-minute delivery he finds himself being pursued by a crooked detective, played by Michael Shannon, leading to a chase throughout New York City.



Photo courtesy of Columbis Pictures

'Premium Rush' offers a mix of speed and tricks. Pictured here: Joseph Gordon-Levitt (center) and Michael Shannon (right).

Like mentioned earlier, the film does some really creative things with its premise, such as the various split-second route calculations and an overall GPS motif throughout the film. Where it suffers is that there are a lot of things brought into the film that either come out of nowhere or are given little development.

One thing I would have liked is to get to know characters more. Most of what we're given is basically snippets of character development that almost feel a tad stereotypical.

The action sequences in the film are pretty cool as they come across as a

hybrid of car chases and Parkour chase scenes. This, combined with the slowmotion calculations make for a nice looking film. One thing I definitely enjoy is the absence of shakycam movements. The way the whole film is shot is smooth and crisp, which complements the action scenes really well.

One issue I had with the film was its frequent changes in tone. While the overall tone was fairly serious, there are times in the film where there are moments that you think are jokes but you're not quite sure if you should laugh. One good bit of comedy is a running gag involving as bike-riding policeman, but

other times, during some more dramatic scenes, there will be an occasional insertion of comedy that seems as tad out of place.

Overall, I found this to be and enjoyable film, but the story could have used a little more refinement and some elements could have been introduced more gracefully. The action scenes are fun to watch, but do border on the unrealistic side during certain parts of the film. This is definitely one of those films that you can rent on Netflix, but not something that you should rush out and see in theatres. On my personal scale, I give "Premium Rush" a 3/5.

FRACTURED Finthsy

by C.A.Trahan

Monkey MAGIC

BASED ON THE SONG BY GODIEGO

ORIGINAL NOVEL BY WU CHENG'EN



BORN FROM AN EGG ON A MOUNTAIN TOP...

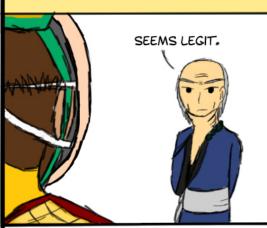


THE PUNKIEST MONKEY THAT EVER POPPED ...



HE KNEW EVERY MAGIC TRICK UNDER THE SUN...

TO TEASE THE GODS (AND EVERYONE) TO HAVE SOME FUN.



COME BACK NEXT WEEK FOR THE CONCLUSION!

> (YEAH, I'M PULLING A SCHEHERAZADE. WHAT OF IT?!)

Gmail

continued from A1

who know and are used to the old system are having a difficult time getting accustom to the new format and change.

"The transition is probably hard to reeducate yourself to the new format but once you're back into that and back up to speed it might be better," said Summa. "I'm not seeing it yet."

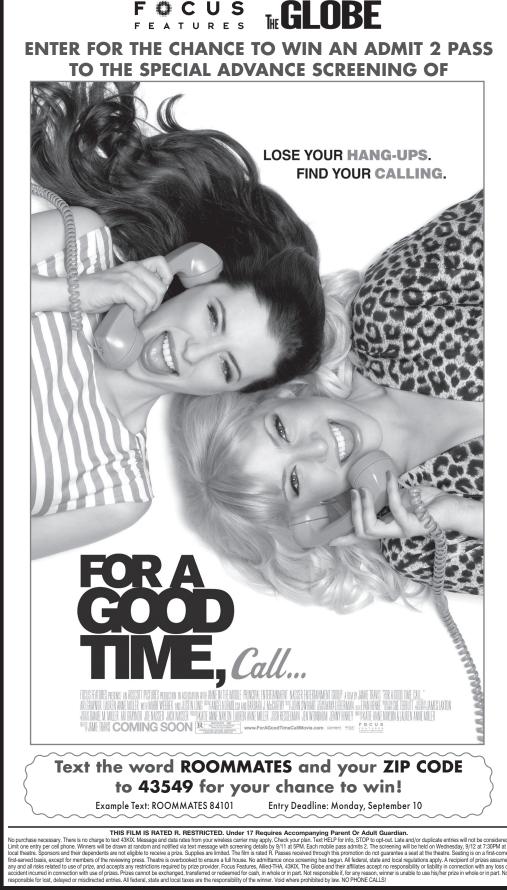
Some face a learning curve to get to know the new interface. For others already using Gmail it will be an easier change and will offer more options.

"I love it," said SLCC student Amy Cutter. "It's like using Gmail. I'm able to link my calendar, so I know when my homework is due. I actually like it. Once they get it up and running better I'll be really excited."

New messages have already begun to be sent to student's new addresses which end in @BruinMail. slcc.edu rather than the @mymail.slcc. edu. All user names and passwords will remain the same. Students will have the option of keeping their new BruinMail address long after they have left college, to keep contacts and important information handy.

"[The change] should be really smooth," said Moore. "There are some instructions on slcc.edu/google about how to forward your mail and all that kind of stuff. If they have any problems just call the help desk."

Students can access the new BruinMail at the top right hand corner of their MyPage account. Contact the help desk at 801-957-5555 or Help.Desk@slcc. edu.



OPENS IN SALT LAKE CITY ON SEPTEMBER 14

www.ForAGoodTimeCallMovie.com | www.Facebook.com/ForAGoodTimeCall www.YouTube.com/ForAGoodTimeCallFilm | Twitter_Hashtag: #ForAGoodTimeCall

