# 

WEDNESDAY SEPTEMBER5,2012 **ISSUE 3/FALL'12** 

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# Mike Super mystifies at free SLCC event

**Justin Fulton** 

Staff Reporter

Award winning magician Mike Super captivated an audience of students and non-students at the Taylorsville Redwood Student Event Center on Thursday, Aug.

Super is the 2007 winner of the NBC vote-in talent-search television program "Phenomenon." In Thursday's SLCC performance, he involved the crowd in many of also comedic. He cracked jokes his tricks, and even called multiple audience members to come up on stage with him to experience his magic first hand.

"This was my first time com-

ing to a student event, and I was really excited" said SLCC student Regan Flack. "I love free things."

Flack was one of the many SLCC students in attendance at the free event, and she brought her whole family. At one point in the show, Flack's sister was called on stage and held a glass pitcher as, without physical contact, Super made it shatter by using energy from the audience.

Super's act was mystifying, but throughout the performance, and was careful to use "ta-da Americans" as the "politically correct" term for magicians.

In 2007, Super and nine other

**Photo by Justin Fulton** In the Student Event Center on Tursday Aug. 30, 2012, Mike Super shattered this pitcher, without touching it, by using energy from the audience.

magicians competed on "Phenomenon." He won the contest, which landed him a cash prize of \$250,000. Along with the cash, Super has also been given his own T.V. show, which is slated to start on NBC in 2013.

"[Super] has performed here at SLCC before" said Student Life & Leadership Taylorsville activities Vice President Katie Sanderson. She played a role in helping get Super here to perform again, just as he performed at SLCC at the Bruin Bash 2 years ago.

Super's show is just one of the many activities that the Student Life & Leadership has planned for SLCC students this fall. Recently, they put on a Tie-Dye event for SLCC students, and they were also in charge of the

Welcome Back Week activities.

"Our activities are free through the student fees that are paid to Student Life & Leadership," said Sanderson.

Although they are free, and advertised across campus through several mediums, Sanderson feels as though not enough students are aware of the events.

"I really wish students were aware of our events, we really do this for them," said Sanderson.

More information about Mike Super can be found at his web page http://www.mikesuper.com/. Also, a calendar of events out in by the Student Life and Leadership can be found at www.slcc. edu/sll and they are also on Facebook, https://www.facebook.com/ slccstudentlifeandleadership.

# Short wait for services at Miller

**Marina Cespedes** Staff Reporter

With six buildings, including the 30,000 sq. foot Karen Gail Miller Conference Center, Miller Campus is among Salt Lake Community College's larger locations.

Miller Campus will accommodate more than 2,400 students this semester, but many students don't know that it also offers many of the same student services that are available at locations such as Taylorsville Redwood Campus, South City Campus and Jordan Campus.

Students can get transcripts, apply for graduation certificates and talk to a career adviser with less waiting time than at some of the larger SLCC campuses.

"Many students don't realize we have a Financial Aid Office, Student Employment & Cooperative Education Services, and Advising Center at the Miller Campus. Also, the campus has a cafeteria," said Shannon McWilliams, Director of Student Services of South Region

Miller/ continued on page A4



# Calligraphy is a fading art of control and expression

**Kachina Choate** 

Staff Reporter

In a day when text messages are prevalent and cursive writing is often no longer a requirement in public schools, Salt Lake Community College teaches calligraphy – the art of beautiful writing.

Calligraphy has a long history, and can be used to express a person's feelings through lettering. The calligraphy class, ART 1060, is open to students who want to learn how to make marks with intention and in a creative way through control of their hands.

"[Calligraphy] is the art of learning how to make letters and words beautiful, and ways of doing it.

Ways based upon what you're trying to do – Expressing yourself," said Ron Tate, professional calligrapher and instructor.

Calligraphy began when man started writing on cave walls, and cursive writing is just its latest

"[Early men] were trying to show what was going on, they would use pictures then. Egyptians used pictures before they did lettering and so it goes back thousands of years," said Tate.

Tate feels that it is a shame that cursive writing is no longer required learning in elementary school. He says that society loses something when the ability to write by hand is gone.

Students who take the calligraphy class learn control over their hands and ways to express on paper what they are feeling. Like the Egyptians did with the pictures on the walls.

"The point is the enjoyment of the journey of being able to learn how to do it," Tate said. "Then you can do whatever it is you want to with it, just like any course."

With computers, texting and



Photo by Kachina Choate

Professional calligrapher and instructor Ron Tate shows how to letter with pen and ink.

other electronics, the art of handwriting is diminishing.

Calligraphy/ continued on page A3

**SLCC PICS** 

# STUDENT EVENTS

# **WED/05**

5:30pm SLCC Men's Soccer vs. Westminster Soccer field west of the LAC @ TR Campus

# THURS/06

4:<u>30pm</u> Irish Heritage and Culture Club Meeting Senate Chambers Student Center @ TR Campus

<u>5pm-9pm</u> Fashion's Night Out @ Fashion Place Mall

<u>5pm-7pm</u> Back to School BBQ @ Miller Campus, Culinary Building Quad Free Food! Friends and family welcome!

# FRI/07

10am-5pm Speed: The Art of the Performance Automobile @ Utah Museum of Fine Arts

<u>4pm</u>

ASCE Club Meeting SI 054 @ TR Campus

# **SAT/08**

7:3<u>0pm</u> Miss Imagen Showcase The Grand Theatre @ South City Campus Sponsored by International Student Services

# **SUN/09**

<u>11am-5pm</u> Speed: The Art of the Performance Automobile @ Utah Museum of Fine

# MON/10

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

## **TUE/11**

All Day 9/11 Day of Service

8am - Wed 10pm Club Rush

<u>6pm</u> Volleyball vs. Western Wyoming CC

LAC @ TR Campus

<u>6pm</u> SLCC Men's Soccer vs. Weber State Rio Tinto Stadium Sandy,

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

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# The New York Times

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abbr. Persian mathematician known for his

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DOWN 1 Food, colloquially 2"Quo Vadis" setting

3 Fine steed 4Flippered fish-eater with a double coat 5"Shame on

you!" 6Male swine 7 Less than cordial

8E-commerce site owned by eBay

Each week a different picture from an SLCC cam-

pus 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, September 10th.

Entrants may only win once per semester. Mass Communication Center staff and faculty are not eligible to win.

Edited by Will Shortz

No. 0801

# THE GOBEOFFICE

Technology Building Room 325-G

4600 South Redwood Road Salt Lake City, Utah 84124

> The Globe Online 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.

PUZZLE BY DOUG PETERSO

King" maiden 10 Butler's or neat expletive 34 "Interesting ..."

11 Accessory for the fastidious dresser 12 Music genre

13 Green stuff 18 Priam's wife 22 Arctic seabirds 24 With much

room to spare 26 Crude acronym 27 "Doctor

9"Idylls of the

Zhivago" role 28 Million Mom March issue

30 Suffix with beat

35 Run smoothly 37 Sweltering

29 St. Louis pro

38 Rhyming tribute 39 Began stirring

42 Get from (advance slightly)

44 Its capital is Minsk 46 White House family

47 Obi-Wan

that doesn't fit in carry-on luggage

61 Jest with

48 Examine

49 Evasive

54 Costa\_

word

limb?

58 Sports

carefully

50 Carries on

55 New Year's Eve

56 One out on a

57 Qatar's capital

equipment

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

# SLCC's literary magazine offers students a rewarding experience

Julie Hirschi

Staff Reporter

but also works a full-time lege." job. With all that McFarland Folio.

McFarland had worked literary editor.

ing, editing and compiling between 100 to 200 student

incredible, rewarding expe- involved." rience," wrote McFarland a lot of fun to work with time."

mester, there are many opportunities for them to find extracurricular activities life. and events that they can be involved in which can aid publication.

Folio is a student-run land. magazine that is published the semester with a public some form or other." reading event and gallery. tions film, photography and

student's work since 1999. It originally started as an multimedia. English department project that published essays from creative students to submit English 1010 and 2010 classes that has expanded Farland. "The process of to encompass art and other submitting is rewarding, in forms of literature.

editorial staff and a theme which incorporates the overall submissions of that given year.

"We're still very much brainstorming ideas for this year and what direction we want to go," said Brandon Alva, this year's faculty advisor of the publication. "We definitely want to keep a lot of the good things going that Folio has been do-

ing in the past, [such as] a lot of campus outreach. We want to publish a wide vari-Like many students at ety of submissions from all Salt Lake Community Col- types of students, so that we lege, Jason McFarland is can fairly represent the dinot only a full-time student verse population of the col-

Last year's themes were had on his schedule, he still Memoria and Shiver & made time to be involved in Sigh. The folio staff picks SLCC's literary magazine the theme after they have received the submissions For the past two years and are inspired by those submissions for a particuon the magazine as a staff lar title. The new editors member and was last year's that have been selected this year are C.J. Armantrout as His job included collect- the Literary Editor and Ryan Carter as Design Editor.

"I think the biggest thing submissions for the maga- that I would want students to zine which included written know is that being involved works, visual arts, and mul- with Folio in whatever way timedia. He even submitted their schedule will allow can his own multimedia art proj- be a rewarding experience," said Alva. "Just come out to "Every semester was an our events, submit and get

As busy as McFarland's in an email about his Folio schedule was he says that experience. "It was always his experiences with Folio have helped him to discover other passionate people to his passion for the producencourage SLCC's creative tion of multimedia rich with other students through forms of digital storytelling. Folio. I really enjoyed my McFarland says that the experiences and relationships As students start to settle he gained from Folio have in to their classes this se- and will continue to benefit him academically and professionally for the rest of his

"I basically consider all the academic work I'm intheir career or academics. volved in means to that One event students can par- end: to give me knowledge ticipate in is the Folio Zine and experience necessary to where students can submit work fluently in a variety of art and literary pieces for multimedia arts and for various projects," wrote McFar-

"I like multimedia content every spring and fall and is creation and plan on doing launched towards the end of that for the rest of my life, in

McFarland is finishing up Submissions include writ- his degree here at SLCC in ten forms of poetry, short Film Production and Genstories, essays, non-fiction eral Education. He plans to and even academic writings. transfer to another school Visual medium submissions next summer. His hope is to such as multimedia produc- become a sound designer for film or commercial producsculptures are also accepted. tion or, with his experience Folio has been publishing as a literary editor, somewhere in the vast field of

"I would encourage all work to Folio," wrote Mcitself, but the friendships Every year there is a new and feeling of creative-com-

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Photo by Julie Hirschi

Jason McFarland presents at spring 2012 Folio reading.

will undoubtedly result in of quality artistic work." new creative works.

students to share their work e-publications and other munity that can result are make you not only help oth- currently being accepted. incredibly encouraging and ers to share but raise the bar

> Fine arts, literary and later this week. By sharing what you multimedia submissions are

deadlines will be released story on The Globe website

Check out the Folio web- and submission guidelines.

site at www.folioslcc.org or Dates for submission the online version of this for more details on dates

# Calligraphy

Calligraphy is becoming a lost art in many ways. Because computers control so much of peoples' day to day lives, they are at a loss and can't use their hands if the keyboard is removed.

"That's all part of the joy of learning so that you don't simply ignorantly go around saying I can't do things without electronics because at some point you many just have to say 'I have to sign my own check."

Most people who learn calligraphy do so as a hobby and do it for the pleasure of creating something beautiful. There are some, like Tate, who become professional calligraphers but that

"I paid for my college education a lot doing calligraphy, doing signs for companies," said Tate. "I found out that people would actually pay you to do these things and I could do it."

"I think that everybody

- On Bus Line

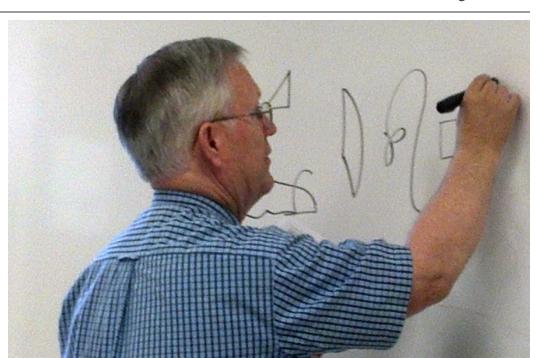


Photo by Kachina Choate

Tate shows how Cleopatra's name was written.

owes it to themselves to see if they can actually learn to skillfully write," Tate said. "They don't have to be artists, just learn how to control their hand to be able to say that I can make a circle or a straight line or a curved mark the way I want it to go without saying I can't do it."



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# CAMPUS

# Miller

lege.

Student services at the ing skills. Miller Campus do not require setting up an appointment for most of the services it offers. Walk-ins are welcome to students and the waiting time is rarely more job. than fifteen minutes.

"Miller Campus assists students with their finan- Lake Community College cial aid needs and is able to see students quicker than at some other campuses," said Christy Millard, Director of Financial Aid at the Miller President of Operations at Campus.

"We encourage students er Campus Job Fair. to come see us and take advantage of our location for experience with our interns those who live on the south placed at APEX through end of the Valley."

vices offers opportunities to learn strategies for inter-Salt Lake Community Col- viewing with potential employers, as well as job seek-

> One of the benefits getting involved with Cooperative Education Services is the potential to earn college credit while working on the

> "We know from past experience that students at Salt are ambitious, courageous, and make excellent candidates to our company," said Jennifer Kaczmarczyk, Vice APEX Logistics at the Mill-

"We've had a positive Salt Lake Community Col-Student Employment and lege and excited to be here Cooperative Education Ser- to meet new candidates."

# **Services offered at Miller Campus**

- Student Services Assists students with admissions, registration, transcripts, repeated grades, personal information updates, graduation applications and major changes.
- Academic and Career Advising Mondays 9:30-6:00 and Thursdays 8:30-4:00. Walk-ins only, no appointments. Rarely more than a 15 minute wait.
- Financial Aid Open Monday through Friday 8:00-4:30. Walk-ins only, no appointments. Rarely more than a 15 minute wait.
- Disability Resource Center Tuesdays 8:00-12:00. Appointments and walk-ins welcome.
- Student Employment & Cooperative Education Wednesdays 9:00-12:00. Walk-ins and appointments.
- Student Life & Leadership Activities are planned throughout the school year.
- Cashiering Monday and Thursday 8:00-5:30, and Tuesday, Wednesday and Friday 8:00-4:30. Parking permits, parking ticket payments, tuition payments and STIL payment plans.
- Library Monday through Thursday 8:00-8:00, Friday 9:00-1:00.
- Open Computer Lab Monday through Thursday 7:30-9:00, Friday 7:30-4:30.
- OneCard SLCC student ID cards. Monday through Friday 8:00-4:30.
- Learning Center Offers math tutoring for currently enrolled students. Monday through Thursday 8:00-6:00, Friday 8:00-3:00.
- Faculty Support Monday through Thursday 6:00-10:00, Friday 8:00-4:30.
- Bookstore Temporary for first 3 weeks of school, Monday through Thursday 9:00-1:00 and 4:00-7:00, Friday 9:00-1:00. Also open for finals week for book buyback with very short lines.
- Cafeteria and Internet Cafe Monday through Thursday 7:00–8:00, Friday 7:00–1:00.

# Radio SLCC Your Online Student Source

# Salt Lake Community College







### July Full and Part-time Staff Stars:

(\*)Cynthia Baron, Cathy Blake, (\*)Raema Christensen, Bob Colomb, (\*)Chris Cooper-Baker, Trina Frandsen, Jonathan Hair, (\*)Jessica Harmon, Chuck Hayes, (\*)Gordon Johnson, Steve Long, Clint Stoker, Bev Workman, ESL Tutors.

(\*) July prize winners

Here are partial comments from this month's Staff Star submissions:

Cynthia Baron: Secretary III, Developmental Education/Learning Center (PT): 1. Cindy has been an amazing asset to our department! This semester she has taken our old files (grades, attendance, etc.) and scanned them and made electronic files for the entire department. An enormous job. 2. She is a sweet person who is a working machine. Cindy has a ready smile as she takes on monster jobs. 3. Cindy has been instrumental in making our department work smoothly and has been a significant source of innovation.

Cathy Blake, Accounting Technician II, Cashier Services (FT): Cathy, Accounting Technician II is always willing to help and takes on new projects and tasks. We are lucky to have her in our Department, and at

Raema Christensen, Secretary III, FTLC (PT): Raema Christensen greets faculty, staff and students with respect and a willingness to address their immediate needs for assistance with a "hands up" approach.

Bob Colomb, Specialist II, Regional Administration (PT): Bob works hard and is always ready and willing to help any instructor and any student with a smile. He is efficient and well mannered to all that come in

Chris Cooper-Baker, Administrative Assistant I, FTLC (FT): Ms. Cooper-Baker is always going beyond the job description to improve the FTLC environment. She is very patient and professional in working

Trina Frandsen, Specialist I, Student Life & Leadership (PT): 1. Trina is a dedicated, hardworking and honest employee who gives 110% to her job. Trina goes above and beyond to help customers and especially the students. 2. Trina Frandsen is very customer service oriented. She has a kindness about her that makes people

visit the Lair just so they can say hi to her. She truly deserves the Star Award.

Jonathan Hair, Budget Analyst, Academic Affairs (FT): A very big THANK YOU to Jonathan Hair for helping to educate me on the process for getting contracts approved and the process it takes to get there. Jonathan understood my need. He took the extra time and responsibility of hand-delivering the contract to me in my office, complete with a smile!

Jessica Harmon, Desktop Support Technician, IT (FT): Jessica has been a delight to work with! Always positive, smart, fun, and ready to help! She is a new technician, so she doesn't know everything, but when there is something she doesn't know, she finds out quickly, and she completes the job quickly and completely.

Chuck Hayes, Painter, Facilities Services (FT): A big shout out to a man behind the scenes... Chuck Hayes! Chuck, you are a quality craftsman, and we are so grateful to have your expertise here at SLCC. You are also a man of character and wisdom.

Gordon Johnson, Web Developer III, IT (FT): Gordon has been working with us to design a Speaker Database for the College! He has created a fantastic tool for our employees, as well as the community. Gordon, you make work fun. You are easy to work with; you make good things happen. YOU ROCK!

Steve Long, Technician IV, Printing Services (FT): Steve is a great "people person" with a gentle demeanor and an eye for excellence and detail. He is an indispensable member of our team and, in some ways, its heart.

Clint Stoker, Specialist II, Center for Innovation (FT): Clint is an exemplary employee. He is friendly, approachable, professional, and catches onto processes and procedures quickly and easily. He's definitely a team-player, and is committed to the College!

Bev Workman, Advisor I, Academic Advising (PT): Bev is quick to recognize the needs of students and advocates for them in a helpful, professional way. She cares about their stories, their goals, and their educational plans and works hard to help them succeed.

ESL Tutors, ESL Department: The ESL Lab is celebrating its 10 year anniversary and I would like to recognize the tutors that work there. We are grateful for each of them, for sharing their talents and





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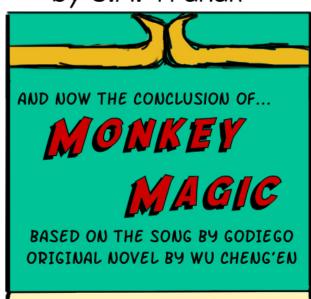
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Deadline for Fall 2013 program is December 31, 2012

# ARTS&ENTERTAINMENT arts.globe@slcc.edu

# Fractured Fantasy

by C.A. Trahan



WHAT A COCKY AND SAUCY MONKEY THIS ONE IS!



ALL THE GODS WERE ANGERED. SO THEY PUNISHED HIM.



UNTIL HE WAS SAVED BY A KINDLY PRIEST.





AND SUCH WAS THE START OF THEIR PILGRIMAGE WEST ...

Have a story for Fractured Fantasy?

Send your ideas to: studiofantasma@yahoo.com Or PM me at: cidolfus-a-trahan.deviantart.com



# Like most off-season fluff, 'Lawless' is not flawless

**Stephen Romney** 

Staff Reporter

Rated R for strong bloody violence, some sexuality and nudity.

these masterpieces? In the case of this film I'd assume the latter

the three Bondurant brothers, played by Shia LeBeouf, Tom Hardy and Jason County, Virginia.

When a corrupt district atthe film becomes focused on good imagery. greed and revenge. The stolow the three-act structure.

takes a more episodic ap- a "clean vs. dirty" motif his real voice tends to sneak give "Lawless" a 3.5/5.

Mobsters and organized crime have always been inspiration for some of the most classic films, as well as films studied by students here at SLCC. Recent forays into this genre have the tendency to pale in comparison to those early films. Is it because of society's superficial tastes, or are studios just afraid to put in the amount of dedication required for

Based on the book "The



**Courtesy of The Weinstein Company** 

Like other gangster movies, "Lawless" has its fair share of violence. From left to right: Jason Clarke, Tom Hardy, and Shia LeBeouf.

World," "Lawless" follows halfway through does it re- story. ally start to feel like a threeact film.

came to the film's climax.

torney, played by Tim Tolin a little unclear, "Lawless" and sadistic deputy, played is still pretty good from a of the visuals. by Guy Pierce are brought in technical standpoint. The

Wettest County in the proach to the events. Only in both the visuals and the through.

Although the characters ten, but doesn't really logue. I almost wish we had Clarke. The brothers are no- experience constant danger have anything quotable or gotten to see more of him torious bootleggers who run due to their, I didn't really memorable. There are mo- than some of the other chartheir operation in Franklin see any clear stakes as we ments where you can tell acters. they're trying to have "that While the story itself is big scene" but the dialogue less" to be kind of boring. It can't quite match the quality gets points for being a visu-

to crack down on the numer- cinematography of the film well, with Guy Pierce's per- fairly lackluster dialogue ous bootlegging operations, is well planned and pulls off formance being a nice over- it comes across as off-seathe-top delivery to contrast son fluff. I haven't read the It doesn't play around some of the more subdued book, so I don't know how ry of this film, while fairly with colors too much, as performances. The only faithful it is to the source engaging, is a little slow at most of the costumes are real detraction is how Shia material, but I feel that it times and doesn't really fol- kept in a very earthy tone LeBeouf occasionally loses probably would have done for the protagonists and his accent while delivering better as a miniseries a la Like most films based on very "black and white" for some of the lines. It's not so "Roots" rather than as a feanovels that aren't marketed the film's antagonists. The bad that it breaks the illusion ture film. to teens or children, this film film also plays around with of the film, but too much of

Tom Hardy gives a good The dialogue in "Law- performance, since it's more less" is pretty well writ- about mannerisms than dia-

Overall, I found "Lawally pleasing film, but with The film is acted pretty its semi-episodic pacing and

On my personal scale, I

Weekly

# Top three summer movies (sans superheroes)

**Stephen Romney** 

Staff Reporter

ly come and gone, bringing list is based on the movies a somewhat lackluster end I reviewed during the sumto an exciting summer mov- mer for The Globe. Visit the ie season. Since many other online version for the supercritics will no doubt be cre- hero list top three? ating their own countdowns of their favorite releases, I figured I might as well do sonally enjoy this movie as the same. For the purpose much as others, I do have of this article, the three su- to admit that despite it's perhero movies released this flaws it's proven successsummer will be left off this ful at the box office, raking particular list. This is mostly in over \$50 million?ap in

then this article would be based on my excitement as a comic book fan rather Summer has now official- than an actual analysis. This

#3. Ted

JOB POSTING

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

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Now while I didn't perdue to the fact that if I didn't, it's opening weekend. Seth

undoubtedly opened a new nings.

As for the film itself it may have had too many bad were in the film give you

MacFarlane's first foray in something to look forward to feature-length films has to should you watch it in a dollar theater or on Netflix door for him, much to the with your buddies. A good chagrin of FOX which relies chunk of the movie could on MacFarlane's comedy have been cut down but I for most of the primetime was still entertained despite revenue on Sunday eve- some of the occasional frus-

trated sighing I exhibited. #2. Prometheus

This film had a lot going jokes but the good jokes that for it, but then took a nose dive during the third act, as well as trying to sever ties to the "Alien" franchise that was created by director Ridley Scott. There was a great attention to detail in the visual design and the characters had their lovable quirks. What lost me was the massive exposition dump in the third act and several of the unanswered questions left by the film for the purpose of generating speculation and hype for the potential sequels.

> So why is this film in the number two slot? Despite its flaws with the story, it at least showed more effort behind the film that what could be said for "Ted". Although it shows that the film was meant to be a prequel to "Alien", they at least tried to make it hold its own. However, I'm one of those people who believe that if it was meant to be a prequel, then just make it a prequel.

Reel/ continued on page A6



# OPINION

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# Going dairy-free can be less painful than you think

Staff Reporter

There was a time I swore I really missed when I that I would never give up my chocolate milk. That was until I found a worthy substitute.

What could replace such a classic dairy treat? Nut and seed milks are a great alternative.

There are many reasons to choose not to drink dairy milk. One of those reasons might be that there are 50 million Americans who are lactose intolerant or allergic to dairy.

The difference between that intolerance causes adverse reactions to the food, in this case dairy products, but does not affect the immune system directly. An allergy is something that affects the immune system directly.

Dairy is listed as the number one allergy on the common allergy lists.

When people are allergic to dairy they are allergic to the proteins it contains. If they are intolerant they cannot digest the lactose, which is a sugar found in dairy.

dairy there are options available. Many types of non-dairy milk substitutes are available on the market such as rice, soy, coconut, almond and other nut milks.

Almond milk is one of the better substitutes for dairy milk. It is lower in calories and high in vitamins and minerals. It is also lactose, gluten and cholesterol free.

Some of my other favorite milks are hempseed, sesame seed and pumpkin seed milk.

Now that the milk has been discussed, what about cheese?

There are a variety of different vegan cheeses to purchase on the market, many of which are soy based. There are also different ways to make simple nut or seed cheese.

Most of these types of cheeses require soaking, blending and fermenting of

One of the things that decided to stop eating dairy was yogurt. There are many recipes that derive yogurt from nuts and seeds. Fortunately, there are dairy-free yogurts on the market. My favorite happens to be coconut yogurt.

Ice cream is another big item that most people miss when they are trying to eliminate dairy from their diet. There are many dairyfree ice cream options on the market, but they tend to be high in fat and sugar. I intolerance and an allergy is choose coconut ice creams over the soy based ones. Ice cream can also be made using nut milks. The higher the fat content of the nut, the better tasting the ice cream

> Nuts and seeds can be used to make almost any type of dairy that a person may want to consume.Personally, I use them to make mayonnaise, cheeses, milk and ice cream.

One simple way to have dairy and nut free ice cream is to peel and freeze bananas. After the bananas have been frozen, place them in If you choose not to drink either a blender or food processor and mix until they are smooth and creamy. Or better yet run them through a juicer, such as a Champion Juicer.

> There are now machines on the market designed specifically to make banana ice cream.

Finally, a word of caution: be careful not to consume too much soy, such as from soy milk.

Not only is it also a high allergen, but in my opinion it should be used sparingly because the body has a hard time digesting too much of

There are warnings for pregnant and nursing women that advise them to not use soy products, along with warnings for men with prostate cancer, women with certain types of tumors.

In some cases, hyperthyroidism has been associated with soy consumption.



Photo courtesy of Summer Bear

# Nadhirrah gets ready to milk the seseme seeds.

# Ingredients

- 1 cup almonds, soaked overnight
- 2 cups pure water

### **Directions**

Soak the almonds overnight. Drain off the water and place into a blender with two cups of pure freshwater. Blend for a minute or two.

**Almond Milk** 

Using a milk bag, clean nylon sock or cheesecloth over a big bowl pour the contents of the blender into the bag. Squeeze the liquid out of the milk bag. That liquid is now your sesame milk. Use the pulp that is left over and in your bag for cookies, crackers or bread.

Some people enjoy sweetening their milk with raw agave.

## **Variations**

This milk can be made with any nut or seed that you can imagine, examples include Brazil nuts, pumpkin seeds, hemp seeds, sesame seeds and hazelnuts just name a few.

# Reel

#1. Snow White and the Huntsman

I know I'll probably get a lot of flack for placing this film above "Prometheus", but I placed this film at number one because it had fewer flaws present than the ones in "Prometheus". The major flaws of this film were the lack of focus on our "assumed" protagonist and its

length. The film's strength lies in the layer of depth given to the villainess and to the world in which the story is set. The film has a unique visual style that is dark and gritty but is also balanced with the more fantastical, fairy-tale elements. While the film was rushed due to the announcement of "Mirror Mirror", the fact that it didn't try to compete during the same weekend gave it the advantage. If they gave better direction to the film's star, Kristen Stewart, or had a more charismatic actress in the role, it would have been much stronger film.



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# MY THREE PANELS by C.A. Trahan



DEGREES OF (as applied to waiting in line for groceries)

# **Non-dairy Frosty**

This is the drink that made it possible for me to give up cholate milk.

## Ingredients

- 2 cups sesame seed milk
- 2 to 4 bananas, frozen
- 1/4 cup raw honey or raw agave 4 tablespoons raw carob powder
- 5 strawberries or cherries (optional)

### Directions

Peel the bananas and place on a cookie sheet or in plastic bags and freeze.

Note: it is very important to peel the bananas before freezing.

Place the frozen bananas in a blender along with the sesame milk, honey, carob and strawberries.

Blend until it is thick and smooth. Pour into a glass and enjoy.

### **Variations**

For a strawberry frosty - omit the carob.

For a vanilla frosty - omit the carob. Add 2 inches of vanilla bean or 2 teaspoons of raw vanilla powder.