

THE GLOBE



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Photo by Stephen Romney

Club Rush showcases the many ways students can get a college experience beyond the classroom.

Marina Cespedes

Staff Reporter

Club Rush, Salt Lake Community College's annual club showcase event, took place over three days last week at South City, Jordan and Taylorsville Redwood Campuses.

Club Rush is designed to bring awareness and boost membership for the great variety of clubs that SLCC has to offer. These groups are formed to unite students with similar interests, hobbies or even cultural backgrounds.

"I think having something to be a part of makes school much more bearable," said Caitlin Prentice, Student Life and Leadership Vice President of clubs and organizations.

Each year at Salt Lake Community College over 60 clubs and special interest groups are formed. These groups often enhance the quality of student life by fostering social interactions, leadership development and a connection to the college by promoting diversity, service and learning outside the classroom.

"If you're a part of something then you're more likely to finish your degree because you won't just go home after class; you have a connection to the college," said Prentice.

SLCC is one of the most diverse colleges in the state. A large mix of culture and diversity means a large mix of clubs for students. Clubs are formed by students, for the benefit of students as they promote overall wellness and quality of life.

Special interest groups are located across the Salt Lake valley at all 13 campus locations. These clubs range from Phi Theta Kappa, which recognizes and encourages scholarly academic excellence among two-year college students, to the Chess club that fosters cross cultural friendships through chess. At this year's Club Rush, the majority of SLCC's clubs were

represented at Taylorsville Redwood Campus due to the larger capacity of students and various areas of study. South City and Jordan Campus each hosted ten clubs or more.

Not all clubs are free. Clubs generate their own funds, so many require a minimal fee, and fundraisers are often held to generate larger funds.

For example, the Black Student Union Club charges five dollars to become a member, and they also host a dance each semester to help raise funds.

"We raise money from the dance to buy and donate toys to Toys for Tots," said Black Student Union member Nora Esquivel.

Special interest groups like these form a support group for students. Students are encouraged to have

Clubs/ continued on page A3

Free flu shots offered by Health & Wellness Services

Nichole Steinfeldt

Contributing Writer

Since Sept. 17, Salt Lake Community College's Health & Wellness Services has offered a flu shot clinic. The first 400 students who attend the clinic can receive a free flu shot at the Taylorsville Redwood, South City, or Jordan campus. As of press time, about half of these free shots have been claimed.

The Center for Disease Control and Prevention (CDC) recommends a flu vaccination every year, and according to the FDA Center for Drug Evaluation and Research, the flu shot prevents 70 to 90 percent of young, healthy adults from getting sick.

"It is recommended that you get the flu shot as soon as it is available. This should provide protection if the flu season comes early," said Sharon Taylor, a certified nurse

Golf/ continued on page A3

New College Preparatory Math program offers a fast track through pre-college courses

Kaitlyn Blackburn

Contributing Writer

Salt Lake Community College recently developed a College Preparatory Math 0001 course that prepares students for college level math.

Math 0001 will allow students to work independently through the material of Math 0900, 0920, 0950, and 0990 in one course rather than taking several classes each semester.

"The idea is to allow students to accelerate through their math and it could save time and money," said Gary Campbell, director of the Learning Center Programs. College Preparatory Math is divided into 12 modules which cover all the learning material that is usually taught in the entire course of Math 0900, 0920, 0950, and 0990 classes.

Students begin College

Preparatory Math 1 (CPMA 1) where they complete the first four modules. Once each of the four modules is completed, students move onto CPMA 2 and CPMA 3. After the last four modules are completed, students can then register for Math 1010 the following semester.

Each module has a mastery test at the end that requires a specified passing grade. If a student does not complete all 12 modules needed in order to move forward, that student can pick up where they left off to complete the course. At the end of the twelfth Module, students need to pass a timed comprehensive final assessment in order to finish the program.

College Preparatory Math is for students who are motivated and are comfortable working at their own pace.

"I know there are students who prefer to be face to face with their

teacher but there are also students who opt to register for College Preparatory Math as they are kind of in a hurry to move onto Math 1010," said Celestina Punzalan, a College Preparatory Math teacher. College Preparatory Math can be a review that will count as credit or audit for students who are placed into an advanced math course such as Math 1010. College Preparatory Math is also eligible for students who qualify for Financial Aid.

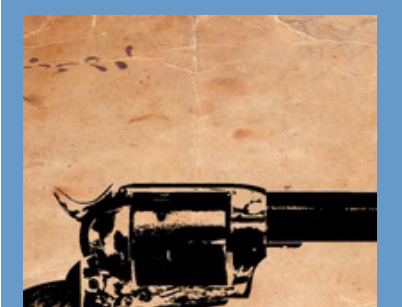
All students enrolled in College Preparatory Math begin CPMA 1 regardless of previous math courses or Accuplacer scores. Students enrolled in College Preparatory Math need to take Essentials of College Study 1020 as a prerequisite or co-requisite which can also fulfill the Interdisciplinary requirement for the college.

Students are able to get help while taking this course. Tutors

and instructors provide classroom and lab support. Students are not allowed to use their own laptops in the classroom or on tests but personal laptops can be used at home for homework.

SLCC is not the only college to adopt this type of program. According to the National Center for Academic Transformation, 30 institutions have designed a new approach to introductory courses with high student enrollment. Three of which are Iowa State University, Northern Arizona University, and Riverside Community College.

Campbell has been running College Preparatory Math since spring 2011. Fall semester 2012 is the first semester to have all three CPMA courses within the program. Currently, College Preparatory Math is offered at Taylorsville Campus, Jordan Campus, and South City Campus.



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Local Music Reviews
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STUDENT EVENTS

WED/19

12pm-1pm

Nuestras Naciones!
@TR Campus, Alder Amphitheater

1pm-2pm

The Conversation: What is holding you back in life?
@SC Campus, N182
Cost: Free

5pm-7pm

Club Meeting - Japanese Club
@ Student Center basement, Senate Chamber

THURS/20

4:30pm-7:30pm

Club Meeting - Irish Heritage and Culture
@ Student Center basement, Senate Chamber

FRI/21

4pm-6pm

Men's Soccer: Utah State vs. SLCC
@TR Campus, Soccer field West of LAC

4pm-5pm

Club Meeting - ASCE - Membership Meetings
@ TR Campus, SI 054

SAT/22

10am-12pm

Men's Soccer: U of U vs. SLCC
@TR Campus, Soccer field West of LAC

1pm-3:30pm

Memoir Writing with Ana Castillo - SLCC Community Writing Center
@SLCC Community Writing Center

MON/24

12pm-1pm

Mayda Del-Valle: Acclaimed Poet and Spoken Word Artist
@TR Campus, SEC
Cost: Free

2:30pm-5pm

Club Meeting - Chess Club
@TR Campus, Markosian Library

12pm-1pm

Mayda Del-Valle: Acclaimed Poet and Spoken Word Artist
@Cafe Mestizo
Cost: Free

TUE/25

10am-5pm

What is your dream job? MCAP Career Advancement Program
@ SC Campus N195

3pm-4pm

APA Citation Workshop
@TR Campus, AD 226

4:30pm-7:30pm

Club Meeting - Irish Heritage and Culture
@ Student Center basement, Senate Chamber

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

THE GLOBE

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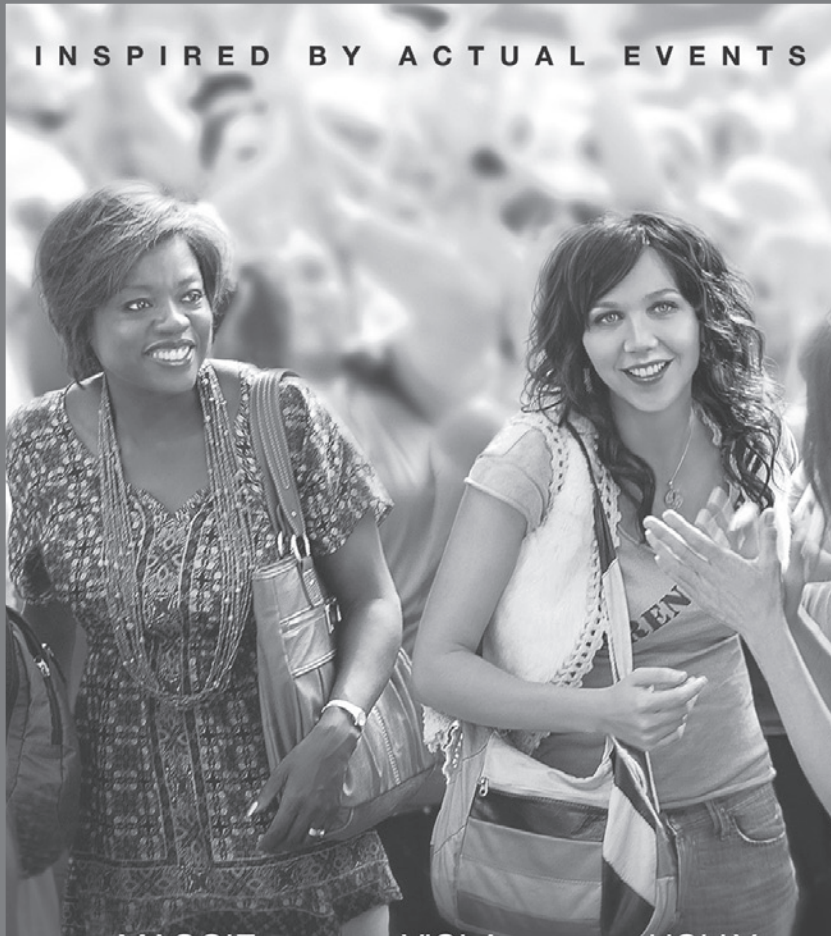
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IN THEATRES SEPTEMBER 28

Tuesday, September 25 at 7:00pm

The New York Times

Edited by Will Shortz

No. 0815

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COMMUNITY

community.globe@slcc.edu

2012 Valley Player of the Year picked up by SLCC Women’s Basketball

Timothy Janssen
Contributing Writer

SLCC Women’s Basketball head coach Betsy Specketer has high hopes for this year’s team. The Bruins have added several talented freshmen this year, including new point guard Mercedes Riggs.

Riggs joined the 2012-13 SLCC team as one of nine newly-recruited freshmen. She comes from Timpanogos High School’s state championship team, and was named the 2012 Valley Player of the Year. Having seen the type of talent an experienced Riggs brings to the group, coach Specketer is all smiles.

“She’s a proven winner,” Specketer said. “She excels because she’s just motivated to be first. That’s a nice quality to have in a point guard. Success seems to follow this girl, so we’re glad she chose Salt Lake Community College.”

Growing up, Riggs played basketball with her mother and four sisters. This helped her establish a sense of motivation, leadership and discipline. Even as the youngest of her siblings, she proved to be the most competitive.



Photo courtesy of Lise Peshell

Mercedes Riggs is one of the newest additions to the SLCC Women’s Basketball team.

talent in martial arts while attending a class with a friend. She soon decided that it was what she wanted to do as a hobby.

“My instructor said I was naturally good at it,” Riggs said. “They encouraged me to come more so I kept with it and got my black belt.”

Much is involved in the process of earning your black belt, and Riggs knew coming in that it wasn’t going to be easy. It took her two years, with intense training, such as fighting in the rings (known as “sparring”) and meditation in order to achieve the black belt. Even though the meditation sessions were only an hour long, Riggs found it difficult to sit still.

“People tell me I’m always on the move,” she said. “I like to do stuff.”

Family is important to Riggs. Ultimately, her decision to choose

basketball over taekwondo was largely impacted by her parents and sisters. Although she is no longer taking part in martial arts, the attitude she had while in the ring seems to have carried over to the basketball court. It helped her mental toughness, the desire to push and go farther. She has that mindset.

Currently undecided with her major, she has expressed interest in sports psychology. She also enjoys public speaking and taking on a leadership role. Riggs believes that establishing a mindset of discipline is the best way to succeed academically at SLCC.

“Just never give up and keep working hard no matter how hard it might be. In the long run, it’s gonna pay off.”

Flu

continued from pg 1

practitioner at Health & Wellness Services.

After the 400 free flu shots are given out, students are still given the opportunity to receive a flu shot for only 17 dollars. Clinics outside of Salt Lake Community College normally charge up to \$24.99 for a flu shot.

“I am scared of needles but I would rather get the shot than have the flu,” said SLCC student Bridget Martinez.

Although Salt Lake Community College’s Health and Wellness Program doesn’t offer the nasal spray form, it

is a viable alternative for those that have a fear of needles. As the nasal spray is a live virus, Taylor only recommends it for adults under 55 years old.

Influenza can occur at any time of the year, but it’s most commonly contracted between October and May. The flu virus changes from year to year and the vaccine needs to be updated from one season to the next to protect against the most common circulating viruses.

There are over 200 types of viruses that can cause the flu, which is a large factor in the need for adults to get an annual vaccination. In addition, a person’s immune system declines in its effectiveness over time, so a yearly shot is recommended

for optimal protection.

“Getting the flu shot prevents getting sick with the flu, which can be severe and cause time off work and school,” said Taylor.

Even though the shot will help prevent the flu, the FDA offers recommendations for young adults who get sick with influenza. To overcome the symptoms and get better, infected people should get rest and drink liquids such as water, juice or soup. Also, the spread of disease can be prevented by covering the mouth, washing hands and staying home. Another precaution is to stay away from smoking or drinking alcohol.

To avoid getting sick, visit the Health and Wellness online at slcc.edu/hw/.

Club

continued from pg 1

a voice and get involved. Real world activities such as fund raisers inspire students and create leadership environments and hands on experience.

Club Rush is not the only opportunity to get involved. Most clubs are still open to accept new members at any time, although sports clubs often enforce a tryout deadline.

Students are able to join or even start a new club from any campus. Four easy steps to starting a club can

be found at www.slcc.edu/clubs-and-organizations. Students can get information and a full list of clubs at the Student Life and Leadership office located on the second level of the Student Center at Taylorsville Redwood Campus or online at slcc.edu.



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CAMPUS

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SLCC Basketball player adapts to life in America

Walker Gale
Contributing Writer

Sean Chow came to the U.S. in search of a better education and a starting position on the Salt Lake Community College Men’s Basketball Team.

Upon arrival, Chow realized that life was going to be different than what he had known in Taiwan. Despite the culture shock that is common among non-English speaking students, he has proven to be an invaluable asset for the Bruins.

“Sean is exceptionally talented and carries himself very well on the court,” said basketball assistant coach Paul Marble.

Before entering the U.S., Chow had already accomplished much. He displayed his talent at the national Lebron James camp held in China, where he was awarded the MVP. Chow was initially recruited by former head coach Norm Parish through overseas connections.

“Sean is great. He does all the right things and he is a matchup problem,” said teammate Morgan Hesleph. When Chow first started playing basketball for SLCC, he found his lack of English to be a struggle, both on the court and in the classroom.

“He has gone through the ESL program and done remarkably well” said Marble.

Chow hopes to play ball for two years and continue his basketball career at a four-year school somewhere in the United States.

Taiwan, Chow’s native country, is approximately the size of two U.S. states, but has a population that exceeds 20 million people. “It is crowded where I



Photo courtesy of David Hubert

Sean Chow has been a valuable addition to the SLCC Men’s Basketball team.

am from,” said Chow. “[Although] I miss a lot of things – food, family, and my girlfriend.”

Although Chow misses things about his hometown, as he grows accustomed to the American way of

life he finds himself more accepting and has begun to really like certain aspects of living in Salt Lake City. “People out here are nicer,” said Chow. “The girls here are prettier than in my hometown.”

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Eccles Lab has a new outdoor focus for children

Jefferson Curtis
Contributing Writer

The Eccles Early Childhood Development Lab has a brand new stance on preschool education: Take the children outside. The Eccles Lab combines affordable child development programs with a real-world learning environment for students of the SLCC Family & Human Studies Department. Their new “Nature Explorer Program” encourages children to go outside and not only see nature, but be a part of it as well.

“There are a lot of learning opportunities in the outdoors that are really important for children,” said Eccles Lab manager Charlie Barber. “Going on a nature walk and observing the world plants the seeds of curiosity.”

The Eccles Lab has started a children’s garden as part of their Nature Explorer program. In these gardens, the children grow many different kinds of vegetables and flowers.

“We have a children’s garden outside. We have them digging in the dirt and being part of that and planting seeds,” said Barber. “[The children] picked the

tomatoes themselves and they came inside, washed them and sat down and they all wanted to try it.”

The lab uses the phrase “No Child Left Inside,” a spin-off of the phrase “No Child Left Behind” coined by Richard Louv, which is the name of the education program enacted under President Bush.

“We kind of used [No Child Left Inside] as a little bit of a slogan,” said Barber. One of the reasons they are pushing this program is because of the impact it has on children with ADD and ADHD. When the children have more time outside it helps them to concentrate better.

“There is large body of research that’s showing us now that children who are outdoors have more relief,” said Sally Schramm, professor at the Eccles Lab. “The greener the environment, the more the relief for children with ADD and ADHD.”

Some parents have noticed the impact that this program

has had on their kids and are very happy with the program’s results.

“My son has grown because of this program and he’s only been here a few weeks” said parent Ina Grill. “I think the program is awesome.”

Grill has noticed that her son is more interested in the outdoors, pays attention better in class and really enjoys his time at the Eccles Lab.

In order to complete their project and provide a better nature-inspired program, Schramm, Barber and their coworkers have designed a natural setting playground for the Lab.

“Our new playground design is amazing,” said Schramm. “We are hopeful to receive administrative approval soon.”

This playground would be non-commercialized, have gardens, streams, rocks, crawl tunnels and an open grass area. They feel that a state-of-the-art playground would allow children to learn, explore and grow.

★ ★ ★ ★ ★

JOB POSTING

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IN THEATERS SEPTEMBER 28

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COMMUNITY

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No pills required with a diet that includes mineral-rich foods

Tesia Nadhirrah
Staff Reporter

Today’s farming methods have caused the demineralization of our soil. These methods have stripped our soil of its natural minerals, which causes the vegetables grown in that soil to lack in nutrients that older generations once had.

That being said, some people think that the best way to get your minerals is from a pill. A supplement is just what it name implies, which is to supplement or compensate the lack of minerals in our diets. When a good, healthy, nutritional diet is consumed, little supplementation is needed. A pill is not to replace those vitamins and minerals that you can get from eating vegetables and fruits.

Yes, you can still get your minerals from vegetables. Minerals come from the soil. The amount of minerals that are in vegetables depend on the quality of soil they were grown in. This is why it is best to know your farmers and how they have treated their soil so you can get the highest nutrition in your food.

While vitamins are essential to carrying out functions of a normal

healthy body, minerals are the building blocks for the cells of the body. Science has shown that there is a link between mineral deficiency and some diseases in the human body.

Naturopathic and certified nutritionist Dr. Craig Summers says in his book “Raw Food Bible” that the thyroid gland needs iodine to function properly. If that iodine is missing then a goiter can appear. If the iodine is added back into the diet then the goiter will disappear.

Some of the best ways to get minerals in my opinion is from organic fruits and vegetables. An even better source would be from sea vegetables such as seaweed and Irish moss. Irish moss is extremely high in antioxidants, minerals and other nutrients. It is grown in the Atlantic and has many trace minerals including iodine, calcium, iron and magnesium.

It is really important to remember to consume your dark leafy greens, such as kale, as they also contain high amounts of minerals. Natural unrefined sea salt contains a variety of trace minerals. My personal favorite is the pink Himalayan salt. There are two major

types of minerals the body needs. First are the essential minerals which include oxygen, calcium and magnesium. Second are the trace minerals which include iron, zinc, selenium and potassium. Signs of selenium deficiency include cataracts, calcium deposits in the tissues, elevated cholesterol and increased susceptibility to cancer. A natural source of selenium comes from Brazil nuts. If wheat is grown in selenium rich soil than wheat germ is also a good source of selenium. Dr. Summers eats a handful of Brazil nuts every day for his selenium intake. There are many sources of iron such as dried apricots, most dark green leafy vegetables and sesame seeds. In fact, an ounce of sesame seeds has almost three times the amount of iron as an ounce of beef liver. Pumpkin seeds, dried watermelon seeds and cocoa powder are all good sources of zinc. Avocados, dried herbs including parsley, basil and dill, pistachio nuts, pumpkin seeds and bananas are all good sources of potassium. Calcium can be found in collard greens, broccoli, almonds and rhubarb. Foods that are rich in magnesium include

artichokes, dried figs, almonds, sweet potatoes and pumpkins. The most important thing to remember about minerals is to make sure that you are consuming a wide color variety of fruits and vegetables. To get a larger intake of your vegetables try juicing or drink green smoothies. For more tips about living a balanced life, visit Summer Bear at www.summerbear.org.



Photo courtesy of Summer Bear

Sesame Eggless Salad

- 2 cups sesame seed pulp, saved from making sesame milk
- 1 red bell pepper, finely chopped
- 1 small carrot, finely shredded
- 2 green onions, finely chopped
- 1 tablespoon parsley
- 1 tablespoon dill
- 1 teaspoon mustard seed powder
- 1 tablespoon turmeric
- 2 teaspoons lovage
- 1/4 cup nut mayo

Place two cups of sesame seed pulp that was saved from making sesame milk in a bowl. Chop and shred the bell peppers, carrots, onions, parsley and dill then add to the bowl.

Add the remaining ingredients and mix well with the nut mayo. Adjust the seasonings to taste. Enjoy this refreshing salad or stuff it in a tomato or pepper.

Lovage may be a relatively unknown perennial herb today but it was well known to the ancient Greeks and Romans.

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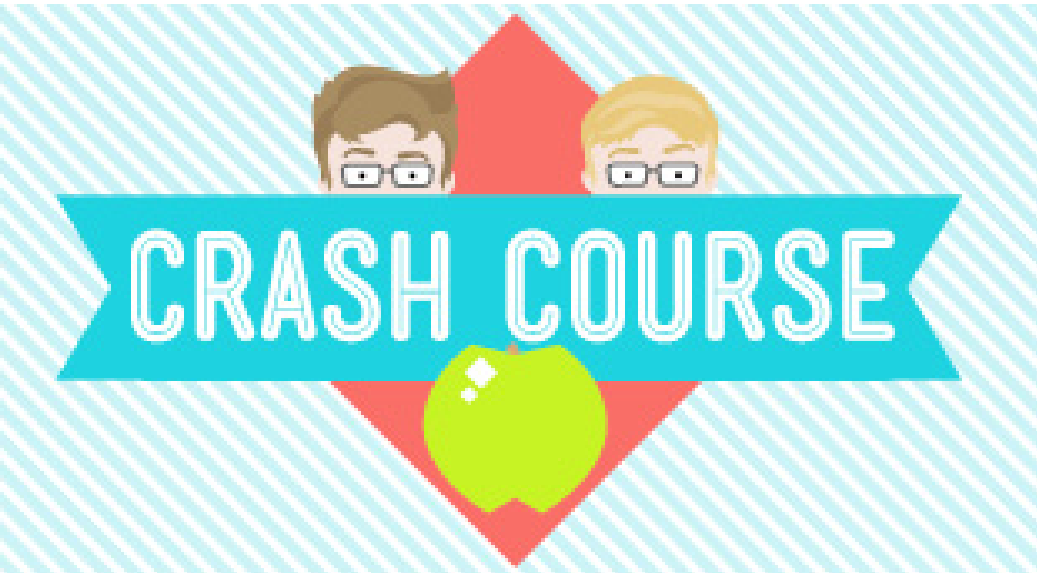
‘Crash Course’ is webseries infotainment with no tuition required

Stephen Romney
Staff Reporter

Educational videos we had to watch in school were often boring. They were filled with a repetitive stock music track, a monotone voice-over and stock footage that we had no thought of comprehending because we would use the time that the lights were off to take a quick nap. If only there was a way to learn about biology and history in a fun, engaging way that actually makes us think. To those who ask that question, I suggest for you, “Crash Course.” Crash Course is one of two educational initiatives taken by John and Hank Green, better known to the internet as the Vlogbrothers, whose main YouTube channel boasts over 250 million subscribers. The two major topics discussed on Crash Course are biology and world history. For this review, we’ll be focusing on the world history series that is hosted by John Green. (Sorry Hank.) The series follows a mostly chronological progression as we begin with the agricultural revolution of

early man and then learn about the different ancient civilizations. The primary focus of the series is to not only to look at world history, but also to take a look at different subjects that are still debated among historians such as the fall of the Roman Empire, the significance of the Renaissance and the mysterious details regarding the death of Captain James Cook. Each episode delivers facts quickly by way of a continuous summary provided by John Green and animations by the company’s YouTube channel, ThoughtBubble. Some may recognize their animation based on a Vlogbrothers video that addressed healthcare reform. In addition to the summaries and animation the series also features various running gags, such as the Phrase of the Week, The Open Letter and various belittlements of John Green’s past self. The series uses a very unique approach to education and takes full advantage of the medium of internet video. The discussions in the comments section of each

video are open to which a team of historians are on stand-by to answer questions asked by the viewers, addressing multiple viewpoints on a given topic. These videos take a very basic set-up, as one might find in episodes of SLCC’s own internet broadcast shows such as What’s Bruin’ and Student Express, and injects it with subtle sight gags, self-referential humor and the unique art style of ThoughtBubble’s animations. All of it results in a nice, easy to view package that both entertains and educates. If you’re the kind of person that likes to learn interesting facts about history and biology without sitting in a classroom for two hours, then this is the outlet for you. If you are taking a world history or biology course, then this video series also makes for a handy study resource. Since this is a review of a series rather than a film, I won’t assign it my usual rating. I do highly recommend this course as a better alternative to the various brain-melting amusements that are found all over cyber-space today.



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ARTS & ENTERTAINMENT

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Music review: Local artists defy genres and hip-hop clichés

Justin Fulton
Staff Reporter

Local musicians are always a treat to come by. There’s talent all around us just waiting to be discovered. Two local artists on the rise are Jake Workman and his band The Ghost and the Guest, and Santo Guzman. They both have new albums on the market which can be found on iTunes.

The Ghost and the Guest (5/5 stars)
The Ghost and the Guest is comprised of three artists: Ty Matsumura on drums, Jessica Workman providing vocals, and Jake workman on guitar, mandolin, bass,

and vocals. They have a very distinct sound and style, and I personally have a hard time putting a genre label on them. While they have a folk music feel to them, they also seem like a blending of western fold music with rock opera. Their recent self-titled CD is more than just a collaboration of songs. It’s a complete conceptual album blending a story in with its music. That story being the life of a man named Henry Pickett Pratt, who lived in the late 1800’s and early 1900’s, which was a wild and adventurous time. Workman read a copy of Pratt’s journal, which is where the inspiration for

this album came from, and then he wrote the album during his studies at the University of Utah. “His story is one of forgiving others and self” wrote Workman in a preface of The Ghost and the Guest. Every song on this album is a different story from Pratt’s life, from his upbringing in Colorado, the death of his wife and a period of Pratt’s life where he hopelessly wandered the land after his wife’s death. Every song is captivating and showcases Workman’s prowess of several different instruments, such as the song “The Same” which provides a very tasty example of talented mandolin playing. My personal favorite would have to be the song “Pickett.” This song has a very fast tempo, with a passionate story told of Pratt wandering the country, looking for revenge on his wife’s murderers. The passion of the song comes through very strongly in

Workman’s voice. “Pickett” pulls the listener in with a tempo slow down, which is brought back up to speed with Jake yelling the line “they’re not taking me alive!” Elapsed (4/5 stars)
Elapsed is Santo Guzman’s first album, through the record company Feel Good Music Coalition. His style comes across as a relaxed, upbeat style of hip-hop. His music is even, dare I say, inspirational. Guzman is a young but talented hip-hop singer. He’s been writing rhymes since the sixth grade, a lot of which has been inspired by watching his parents, who emigrated from Mexico, work hard to make ends meet. Guzman’s songs have many different topics, ranging from peer pressure to join a gang, to having a crush on a girl at school. Elapsed is a good listen. I don’t often find hip-hop artists palatable, but it’s safe to say that I found Guzman to be an exception. One of the aspects of the genre that tends to drive me away from it is the content of the songs, which is not an issue with Elapsed. “Feel Good Music is a label focus on making heartfelt, fun, and real to like music minus the vulgarity and sexually explicit content” states the company’s website, and Elapsed sticks to that creed. There is no vulgarity or explicit content to be found anywhere on Guzman’s album. I find that very respectable, and honestly, I believe it means Guzman’s got some serious talent, if he can create great, clean music. Overall, Elapsed has a very fun, upbeat, easy to listen to feel. My personal favorite from the album is “Vivo Bien.” This song is very upbeat and blends some Spanish into the lyrics. While the entire song



The Weekly Reel

How to read a Romney review

Stephen Romney
Staff Reporter


I have been reviewing movies for The Globe a little over a year now. One question that I am asked is how my rating system works and what is my criteria for a good film. This week, I’ll be laying some of the ground rules I follow when writing my review. The first rule I adhere to is that the film must be readily available to the movie-going public. While I do attend special screenings when I have the opportunity, most of the time I watch the first showing available at the theater on opening day. It’s because of this rule that I don’t review any limited releases, art house films that are screened for a limited amount of time, or any film that is not available nationwide. If the readers of my review aren’t able to see it in theaters, then there’s no point in reviewing it. If you have been reading my reviews for a while, then you’ll most likely have noticed that I tend to put unofficial partitions between criteria. I usually boil it down to two major areas. The first area I focus on is the story, how well the film manages to tell its story and how invested I get into the events and characters. The second is the technical aspects of the film, how it’s written, shot, edited and various other factors that pertain to the actual production of the film. Using these two general fields I rate on a scale of 1 to 5, which I outline below. 5 - This rating is given when the film is perfect in every way and can be enjoyed by any movie-goer regardless of demographic.

A good example of a film I would rank a number five would be “Back to the Future.” 4 - This would be when the film is good, but is only enjoyable by a specific audience or the film may have flaws that are noticeable, but doesn’t detract from the overall experience. This is where I rank films such as “The Dark Knight Rises” or “Snow White and the Huntsman.” 3 - Here is where the film’s flaws detract from the viewing experience, but I am still moderately entertained. This is also where I rank films that are boring and bland. A recent example would include both “In the Cold Light of Day” and the remake of “Total Recall.” 2 - I would give this rating when the film is so bad that I contemplate walking out of the theater, but still somehow manage to stay through the whole film. I’ve yet to actually find a film this bad, but the best example of a film I would give this rating to would include Baz Luhrman’s “Romeo + Juliet” and the 1990s remake of “The Haunting.” 1 - This is where the film is bad enough that I walk out of the theater or stop the DVD. The only film that I have given this rating to in my video reviews is “Dragonball Evolution.” Other films that would fall on this list include the Paul W.S. Anderson “Resident Evil” films and “The Last Airbender.”

Next Week: In honor of the release of “Dredd,” we’ll take a look at the history of the character and the comic’s magazine 2000 A.D.



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