THE L



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Bruins Men's Basketball finishes strong in season opener

Walker Gale Contributing Writer

finished the game 94 to 69, leaving measly 15 points. their opponents holding their heads in an easy defeat.

energetic and ready to compete at their top levels. It showed in the first ten minutes of play, as Bruins SLCC Men's Basketball punished had already built an eleven point the Alumni Pump-N-Run in their lead, scoring 26 points while their Nov. 1 season opener. The Bruins struggling opponents scored a

The scoring onslaught from the Bruins did not stop there. With Head coach Todd Phillips started four minutes remaining in the first Skyler Halford, Jaden Jackson, half, SLCC was up by 18 points. Gary Payton II, Sai Tummala, and SLCC players continued to score Seth Weinheimer who all came out at will, showing no mercy as their

Skyler Halford was the Bruin's key player / Gary Payton II throws down a monstrous dunk.

rate. Although many of the Bruins my performance," said Halford. played very well there was one

tally continued to rise at a steady

guard Skyler Halford. Halford kept fans on their feet with his high intensity play and aggressive attacks at the basket. Scoring 26 points, dishing out four assists and swiping three steals, Halford was the Bruins key player and had an outstanding game. Halford led the way for the Bruins in the well-earned defeat over the

"I felt really good about the way we played and I was happy with

As only a six-foot-one guard, you player that stuck out and shined wouldn't think he would be able to bright: returning combination pull down four boards, but he did. It reflects on his position on the court as a leader doing whatever it takes to help his team win.

> "I guess being the oldest player on the team and a returner from last year, has given a certain leadership role on our team," said Halford "I've been blessed to have lots of leadership opportunities in my life

Basketball/ continued on page A4

National Geographic explorer speaks at Grand

Trisha Gold Staff Reporter

Explorer-in-Residence at the and the Caribbean and about the National Geographic Society spoke to students and staff during Community College.

photographer, writer filmmaker for National Geographic. His lecture was on "The Wayfinders: Why Ancient Wisdom Matters in a Modern have the same view of life. World." Davis showed images of

the elimination of judgment," said for the suspension of judgment."

Davis said that the cultures of the world make up a web that knowledge. creates an ethno sphere and that great legacy".

Davis spoke about the Buddhist, Polynesians, the Anaconda and other cultures from the Amazon, On Nov. 1, Wade Davis, the Andes and the Inca, Haiti Voodoo in Africa.

Davis shared that there are the Tanner Forum on Social Ethics Industrial intrusions, such as in the Grand Theatre at Salt Lake a bulldozer taking out a forest versus men with darts and spears Davis is an ethnographer, defending their forest home. and He also shared that there are Ideological intrusions, such as cultures telling others that they are less intelligent because they don't

Davis said that science has photographs that he took on his proved by DNA that all humans journeys to accompany his lecture. are traced to a single ancestral "Anthropology never calls for history from Africa and how mankind are all brothers and Davis. "Anthropology simply calls sisters in the way that they all share the same ancestry and therefore the same capacity for intellectual

According to Davis this ethno sphere is "humanities difference between each person is simply the way in which each

culture has chosen to apply that is the recipient of many awards capability, some by storytelling and memory and some by science Fairchild Medal which recognizes and record keeping.

"Storytelling can really change

Utah Alumni Pump-N-Run.

one person. Change is storytelling." A book signing concluded the event. Davis is the author of 13 books, with two more to be released in the next year. He

and was recently given the David achievements botany exploration.

Funded by the O.C. Tanner the world," said Davis. "Change is Company, the Tanner Forum on Social Ethics brings world renowned guests to SLCC to speak on important topics regarding social ethics within the community.



Wade Davis, Explorer-in-Residence at the National Geographic Society, served as guest lecturer for this year's Tanner Forum on Social Ethics.

Utah author gives back to SLCC

Julie Hirschi Staff Reporter

Samantha Simon, businesswoman, author and Salt Lake Community College alumni, is now giving back to the school and the community as a business and entrepreneur mentor for

Simon will be speaking and answering questions at a panel discussion on management at SLCC's "Entreprecurious" event in the Student Center at the Taylorsville Redwood Campus on Monday, Nov. 12.

"I believe life should be an exciting adventure full of imagination," said Simon of her business experience and her book.

Simon was attending SLCC, working towards her general education requirements and business education when she started her own business, the Samak Smoke House and Country Store. She ran the company, selling

Author/ continued on page A3





STUDENT EVENTS

WED/7

All Dau Wipe Out Domestic

@ TR, Jordan, and Miller Campus

1pm-2pm

The Conversation - What is holding you back in life? @ SC Campus, N182

<u>1pm-2pm</u> Profiles in Leadership: Identity and Inclusivity @ TR Campus, SEC, Oak

THURS/8

2pm-8pm SLCC Women's Basketball Tournament @ TR Campus, Bruin Arena

<u>5pm-7pm</u> Profiles in Leadership: Identity & Inclusivity @ TR Campus, SEC, Oak

7:30pm-10:00pm SLCC Film Bootcamp Premier @ Fort Douglas Theater, 245 South Ft Douglas

FRI/9

All Dau Wipe Out Domestic Violence TR, Jordan, and Miller Campus

<u>8am-12pm</u>

Friedrich Nietzche vs. Pierre Bourdieu: Education as a creative product @ TR Campus, SEC, Oak Room

<u> 2pm-8pm</u> SLCC Women's Basketball Tournament @ TR Campus, Bruin Arena

SAT/10

<u>2pm-8pm</u> SLCC Women's Basketball Tournament @ TR Campus, Bruin Arena

7:30pm-9:30pm Salt City Jazz Choir Concert "The Great American Songbook" @ The Grand Theatre

SUN/11

Veterans Day

MON/12

SLCC Food Drive

<u>8ат-брт</u> Have you seen Clem? @ TR Campus, SEC

11:30am-12:30pm Friedrich Nietzche vs. Pierre Bourdieu: Education as a creative product @ TR Campus, SEC, Oak Room

12:00-1:30 Radio SLCC Live Remote

TUE/13

SLCC Food Drive

10am-1pm International Opportunities

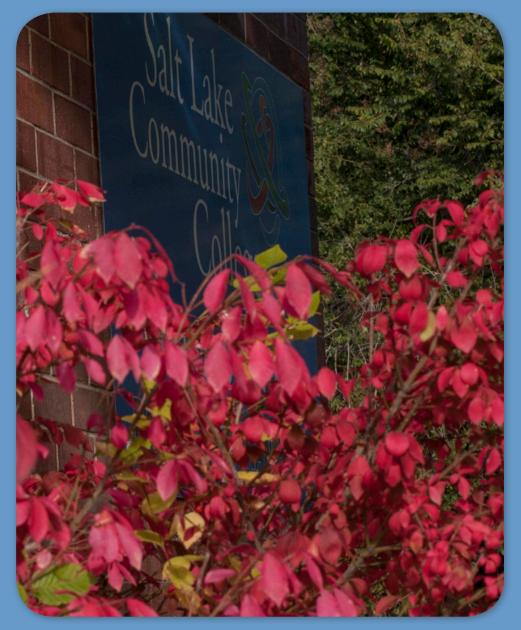
@ TR Campus, SEC

5:30pm-8:00pm StepAhead Scholarship Night @ TR Campus, SEC

7pm-10pm

Gloriana Concert @ TR Campus, LAC Main

Submit student events to calendar.globe@slcc.edu Visit www.globeslcc.com/calendar for more student events



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

Deadline for entries is Tuesday November 13th Entrants may only win once per semester. Mass Communication staff and SLCC faculty are not eligible to win.

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Wednesday, November 7 2012

35 & 37 Leave quickly

39 Not live

42 "Uh-huh"

47 "Yippee!" 49 Catholic

remembrance

55 Mitchum rival

59 See the light of

in the Congo

63 Bags with

64 Indigo plant

65 Ready to be

66 ___ attack

67 ____ Pop, 2010

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

Salt Lake Step Ahead. College

ACROSS

1 Harness horse's

5 Light bluish green

9 Reading chair

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15 It's just under 8:

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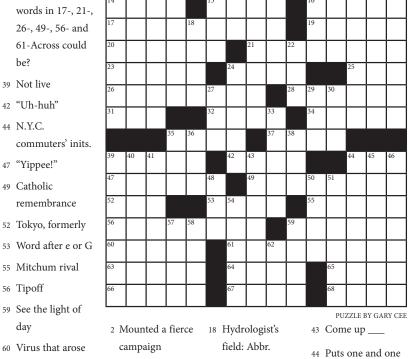
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old-fashioned love letter 8 Foul-up 9 "Colors" org. 10 Throw ____

7 Salutation in an

11 Screwy in the head

36 Mrs. Morgenstern on "Rhoda" 38 D.D.E. opponent 39 Meadowlands team

33 Fantastic bargain

35 The Doors' "Love

__ Madly"

58 Soak up some 59 Snakelike

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(Asian range)

57 Heartfelt request

___ Club

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45 Set off

DOWN 12 Suppose 40 Birders' magazine 34 Kind of colony in 62 Korean War "Papillon" 1 Kind of blanket 13 Fizzy water 41 Plug fighter

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CAMPUS

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SLCC Zumba class is more than an exercise regime, it's a party

Kachina Choate

Staff Reporter

people have danced their instructor." way to fitness with Zumba, fitness program.

is a chore, and a large part years. of Zumba's appeal is that it part of their goal of evolving Alberto Perez

first time I went I was lost, loved it." like most people are, but

loved it. Within just a few so popular, according to beginner sometimes finds months I had people tell me Roquemore, is that it is not I needed to become certified More than 14 million and I did, and became an program as it is a party.

the Latin-inspired dance fitness instructor, and has been a certified Zumba instructor as best they can For many people exercise instructor for the past two

"Zumba started over ten makes a workout fun. As years ago by a guy named curriculum, the SLCC Roquemore said. "He taught Department of Health and aerobics and one day he Lifetime Activities offers forgot his music. He went Zumba dance fitness classes. to his car and grab his tapes "I went to a class and loved did all kinds of Latin music it," said SLCC instructor and told people 'this is my Sue Roquemore. "The very routine for the day' and they

One reason Zumba is

so much like an exercise Zumba is not as regimented Roquemore is a longtime as many fitness programs. Participants follow the and they get to add their own flair to all the dances.

> "I think that (people) love to dance, especially girls," Roquemore said. "I think that girls, from the time they are tiny, love to dance and it just kind of gets your grove on to get in there and just get to dance and have a good time."

> While popular, many people are daunted by Zumba's initial learning curve. A

the fast pace, unfamiliar music and moves hard to follow.

"People get really intimidated. It is fast, it's music they are not used to hearing, a lot of times it's moves they are not use doing," Roquemore said. "I think people get discouraged. Don't. Go and have fun."

Roquemore says that many people leave a workout and wish that it would go on longer.

"I think [SLCC] added it because it is such a fun way to exercise," said Roquemore. "Come Zumba. Come party."



Photo by Kachina Choate

Sue Roquemore leads the SLCC Zumba Class.

Author

continued from A1

beef jerky and gift baskets at SLCC had been helpful for eight years.

After selling her business, Simon went back to school and finished a bachelor's help so much, and that it degree in Spanish. She was through connecting then started a real estate company out of Utah County that helped others make money investing in real estate. Things changed for her financially after the housing market fell. She had always wanted to be a published author. She loved to draw and wanted to write something marketable that people could use.

That's where her seven year old nephew Clyde comes into the picture. When Clyde was two years old, she would take him around Utah and find fun things to do. She would call them "Utah Adventures". Many of her friends and neighbors would ask her what they had planned for that weekend. She had the idea to write a book for parents, grandparents, aunts and uncles of things to do with kids during the weekends.

Her book is entitled, "Utah 4 Kids", and is filled with ideas of places that she discovered with her nephew. The book also contains her own drawings of little creatures called "Fardoodles" that get kids connected and engaged with the book.

Simon wants to help mentor and connect with students, entrepreneurs, authors and anyone who

wants to start their own business. She expressed how the direction and guidance of the Business Department and professors to her and that she wants to give back. She said that classes and books can only with people that she was

really able to succeed. "Books will teach some to start and operate their

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things, but then you have own businesses". to get in the trenches," said Simon.

Entreprecurious is an annual event hosted by the Business Department and DECA at SLCC that organizes "presentations, workshops, networking, and competitive events to help hopeful entrepreneurs the knowledge, leverage, and tools needed

For a list of speakers visit the Entreprecurious page on Facebook. Simon's book is sold at the Taylorsville Redwood campus bookstore and will be distributed to the other SLCC bookstores. Visit her website at utah4kids. com for more information.





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OPINION

Wednesday, November 7 2012

A Thanksgiving primer: know stuffing from dressing

Tesia Nadhirrah Staff Reporter

November is the month to remember and give thanks, and Thanksgiving is one of my favorite holidays. It's unfortunate that the holiday is often viewed as simply a day to overeat and watch football.

In our efforts to stuff ourselves we really should know the difference between stuffing and dressing. If I can't change the nation's Thanksgiving traditions, at least I can expand our culinary lexicon.

In "The Joy of Cooking," a defining characteristic of stuffing is the act of putting the food into a bird before cooking. Dressing, on the other hand, can use similar ingredients, but is simply cooked on the side.

Since I don't eat birds, I use my own definition. Stuffing is something that has been stuffed into something else, such as stuffed zucchini blossoms or stuffed peppers. Dressing is something that could be stuffed in a tomato or pepper, but prepared and served as a side dish and not about a balanced life or stuffed.

Dressings have become the center of my Thanksgiving meal. One of my favorites is cornmushroom dressing.

This holiday dish contains some of my favorite foods including leeks and red bell peppers. One of the reasons I love this dish is because I reserve it for November and Thanksgiving. When food is only prepared on special occasions, it is something to look forward to and a real treat.

Leeks look like giant green onions, and in fact they belong to the same family. There is research that link leeks to heart health.

The main thing to know about leeks is how to wash them. Because of overlapping shapes, dirt tends to easily get stuck and must be carefully and fully washed out. I thinly slice the leeks, separating the rings and then place them in a bowl of cold water. I gently move the leeks around to remove the dirt.

Whether you use this recipe as a dressing or a stuffing I hope that you will enjoy it as much as I do.

For more information Nadhirrah visit www. summerbear.org

Corn-Mushroom Dressing

- 1 Leek, light green and white part chopped
- 1 cup Mushroom
- 1/4 cup Parsley, chopped
- 3/4 cup Celery, chopped
- 1 Red Bell Pepper, chopped 1 cup Green Onion, chopped
- 1 1/2 tsp. Thyme
- 1 tsp. Poultry Seasoning
- 1 tsp. Crushed Red Pepper
- 1 1/2 cup Gold Flax, ground in coffee grinder
- 1 1/2 cup Almonds, soaked overnight 2 cups Cashews, soaked 1-3 hours
- 3 cups Corn
- 2 tsp. Himalayan Crystal Salt or natural sea salt
- 1 to 2 cloves Garlic
- 1 1/2 to 2 Tbs. cold pressed olive oil 1/2 to 1 cup water

Place almonds, cashews and 2 cups of corn in a food processor and coarsely mix, adding water until it looks like a thick dough.

Combine remaining ingredients and gently mix them in with the nuts and corn.

Place in a dish and dehydrate at 100° F for about 8 hours or until desired moisture is achieved. Makes 4-6 servings

Basketballl

that have taught me a lot," said Halford

the high intensity game.

crowd with two back to back tomahawk SLCC up and astonishing 25 appreciation. 54 to 29.

three point shot.

along with our tempo, we Western got out to an early lead

and maintained it through out the entire game," said Hesleph.

continued from A1 The biggest highlight of the game came from small forward Gary Payton II. Payton is a very athletic and In addition to Halfords has exceptional jumping great play, Jaden Jackson abilities. Just after the start and Morgan Hesleph gave of the first half, the Bruins impressive performances in got out on a fast break and passed the ball to Payton, Freshman shooting guard who leapt high in the air to Jaden Jackson ignited the throw down a thunderous dunk three-point shots to put made the crowd erupt in

points, ending the first half After an exciting game the Bruins come out on top, While former redshirt defeating the alumni Pump-Morgan Hesleph came into N-Run 94-69. The Bruins the game and contributed by continue on their journey stealing the ball for an easy to reach the National title uncontested layup, and then as they did in 2009. They a few plays later knocked leave for Arizona to play in down a big crowd sparking a tournament on Nov. 9., where they will face Tohono "Our energy was good O'Odham and Arizona



In-depth News for the SLCC Community Watch it at: bit.ly/insightnews

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Energy drink overload is unhealthy for students

Stephanie Rallis Contributing Writer

Energy drinks like Red Bull, Monster and Rockstar are essentials for many college students, but many also don't fully understand the risks that come with

these products. Students use energy drinks throughout the semester to give them energy for school, work and other activities. SLCC student Jeremy Hanson used to rely on them on a daily basis.

"I used to drink energy

drinks everyday," said Hanson. "I was a big fan of the 5 Hour Energy. My body was so used to them that I would drag if I didn't have at least one a day. Many nights I was up late doing homework or studying I would use energy drinks to keep me awake."

Most energy drinks contain at least as much caffeine as an eight-ounce cup of coffee or a 12-ounce soda. The small "energy shot" drinks like 5 Hour Energy contain an even higher concentration of caffeine-between 90 and

171 mg per ounce.

Caffeine is addictive and can act as a stimulant and a diuretic. As a stimulant, caffeine can cause heart palpitations, insomnia and anxiety attacks.

In addition to the caffeine, energy drinks also contain large amounts of sugar and herbal stimulants.

"I was having problems sleeping at night," said Hanson. "I thought I might have had insomnia. I also had dizzy spells throughout the day. I told my doctor that I was drinking

energy drinks frequently and he told me to stop immediately. As soon as I went off them my sleeping improved."

When consumed in large amounts, caffeine can cause jitters and irritability. Caffeine is a diuretic that causes the kidneys to get rid of extra fluid from the body. If consumed while sweating, energy drinks can cause severe dehydration.

"I replaced my energy drinks with water and it made such a difference in how I felt," Said Hanson.

Many younger people mix energy drinks with alcohol. Alcohol and caffeine together can cause severe dehydration that can be dangerous, and the energy from caffeine can make a person underestimate his or her impairment from alcohol.

The consequences of consuming this much caffeine includes seizures, liver damage or even death. In pregnant women, energy drinks can cause late miscarriages, small fetus size and stillbirths.

"I'm so glad I stopped drinking energy drinks when I did," said Hanson. "I didn't realize the harm I was doing to my body."





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ARTS&ENTERTAINMENT arts.globe@slcc.edu

'The Man with the Iron Fists' is a martial arts movie for a new era

Stephen Romney Staff Reporter



I have to admit, I'm a bit of a sucker for martial arts movies. Hollywood's ever-increasing adversity to risk has made it harder and harder for stylized martial arts movies to get the green light in recent years. On the other hand, more and more companies are looking to produce films in China in order to ensure the release of that film will rake in that beloved overseas revenue.

This is in part due to the fact that the Chinese government only allows 20 U.S. films to be shown in Chinese theaters every year, whereas films produced in China by Chinese studios don't fall under that rule.

With the popularity of martial arts movies, the

guaranteed revenue from Chinese audiences, and the backing of Quentin Tarantino, things are looking good for the directorial/acting debut of RZA.

"The Man with the Iron Fists" is set in Jungle Village, home to warring clans and an enigmatic blacksmith, played by RZA, who is constantly making weapons for these very clans. When a shipment of gold is set to pass through the village, many strange and deadly characters come out of the woodwork in order to steal the gold and take control of the village.

The story has an omniscient focus that almost takes on a neo-noir feel. The focus constantly bounces between the Lion Clan, the blacksmith, and the characters of Zen Yi, played by Rick Yune, and



Courtesy of Universal

Dave Bautista (left) as Brass Body, RZA (right) as the blacksmith.

Jack Knife, played by Russell Crowe. Most of the emphasis is placed on the very stylish fight scenes that range from moderately realistic to pure fantasy.

The visual style is reminiscent of the old martial arts films that were brought to the US during the 70's and 80's, complete with Chinese opening credits and some of that classic "Wire-Fu." Many of liked and disliked was the

the fights and cool to watch, lack of emphasis on our but the best ones are in the final stretch of the film.

That final stretch also takes a bit of a turn for the weird. The film suddenly implements comic-bookstyled split screen shots and some really weird fantasy elements that, while making sense story-wise, are still a little odd.

One thing that I both

assumed main character. On one hand, it was kind of strange that the blacksmith was narrating events that he wasn't there for, a common trope of films like this. On the other hand, I like the fact a unique storytelling style, that RZA didn't try to make himself look like the be-all end-all character, saving a lot of his key moments for the third act when all the plot Dragon," as well as dark

the film takes on sort of a spaghetti western feel while you're watching it.

Overall, "The Man with the Iron Fists" is an enjoyable film, with fastpaced and stylized action, and a nice payoff at the end. It is definitely a film for people who enjoy films like "Bloodsport" or "Enter the threads converge. As a result, and gritty pulp fantasy.

'Wreck-it-Ralph' is Disney's love letter to gamers

Stephen Romney Staff Reporter



In Pixar's "Toy Story," all the toys come to life when there are no humans around. Have you ever wondered it that applied to video games? Well, Disney has decided to answer that age-oldquestion-I-just-made-up with their 52nd entry to

the Walt Disney Animated Classics series.

Like "Toy Story," "Wreckit-Ralph" features instantly recognizable characters from popular franchises like "Sonic the Hedgehog," "Street Fighter," "Pac-Man," "Super Mario Bros" and even older games like "Q*bert," "Joust" and "Pong."

The story follows Wreckit-Ralph, voiced by John C. Reilly, who for 30 years has been the villain of the popular arcade game Fix-it Felix Jr. When Ralph is shafted from attending the anniversary party, he decides to prove that he can be a hero by "game jumping," which is when characters go to a different game in the arcade.

The film also features the voices of Jane Lynch, Sarah Silverman, and Jack McBrayer.

The story is definitely

that of an animated family film, but it does offer quite a few things for gamers and adult viewers. There are references and cameos galore for nerds to geek out over, in addition to jokes for both adults and children. Some parts are predictable, but enjoyable none the less.

The animation is par for the course when if comes to Disney's forays into computer animation. The characters are expressive

and lively. The sets are elaborately rendered and match each of their respective games.

There are a great deal of subtle nuances and sight gags to keep the viewer engaged without becoming too distracting. Even though this isn't one of the usual "animated musicals," that same Disney magic is still present.

The voice acting is also excellent, with only one or two of the cast being instantly recognizable. However, that recognition is part of the character's design, most notably with Jane Lynch and Jack McBrayer.

The dialogue between the characters is also natural and flows really well. There's never a moment

where it feels like a cold read. Even in the cameos, you can tell the actors they brought in were giving it their all.

Overall, "Wreck-it-Ralph" is a real treat. It's a love letter to gaming and manages to have something for everyone. It's paced well. The animation is slick and lively. The voice performances are fully developed and realistic while still being lighthearted and approachable.

While the plot does have some predictable elements, the film makes up for it with lovable characters, subtle references, and below-theradar jokes for the adults.

"Wreck-it-Ralph" is definitely a must-see film for both Disney fans and gamers, past and present.



Courtesy of Disney

Ralph (John C. Reilly) attends a support grop for video game villains, featuring characters like Bowser, Zangief, M. Bison and Clyde.



