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ISSUE 16 / FALL 12

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# SLCC Chem Club joins Festival of Trees to benefit Primary Children's

**Stephanie Rallis** 

Contributing Writer

to prepare their display for the in the Festival of Trees. Festival of Trees. The Chem club, Center.

The Chem club spent countless

October," Chem club Chairwoman Kristi Nuckles said.

The festival will be hosted at Members of the American the South Towne Expo Center on Chemical Society club arrived at Nov. 28 through Dec. 1, 2012 from the South Towne Expo Center 10:00 a.m. to 10:00 p.m. This isn't at 7:00 a.m. on Monday, Nov. 26, the first time SLCC has had a part

"Over \$15,000 has been raised as they call themselves, had exactly by the wonderful donations from 12 hours to set up the display, SLCC," said the festival's Public which was included in the auction Relations Chairwoman Robyn held Tuesday, Nov. 27, to benefit Austin. "Every penny raised helps the Primary Children's Medical children at the Primary Children's Medical Center."

The festival is organized by a hours preparing for this year's volunteer board of eighty-five women who invest their time "Planning [our display] began in and talents from thousands of

**SLCC American Chemical Society Club members Chandelle Hunt** and Kristi Nuckles prepare the club's Festival of Trees Display

individuals, businesses, families in Utah.

"My extended family goes to the Festival of Trees every year," said SLCC Business student, Alex illnesses. Morgan. "Every year someone in the family buys a tree. Last year my Children's Medical Center," said family bought a Disney tree. It is so Morgan. "I and others in my much fun to see the creativeness of family have spent a lot of time in the different themes and decorated Primary Children's and we have trees."

According to the festival board, over \$30.8 million has been raised through the festival since 1971. The festival donates every penny raised to the children at Primary Children's Medical Center.

Festival of Trees supports other and theme. programs such as music therapy. The hospital has a music therapist night are available for purchase working full-time for pain management, physical therapy and

and emotional release. The festival also supports research programs for children undergoing cancer, heart disease, prematurity and other

> "We love to support Primary had nothing but great experiences. It is a first class hospital."

Opening night featured an invitation-only silent auction of trees, centerpieces, gingerbread, playhouses, quilts and wreaths. The festival includes over 700 In addition to charity care, the decorated trees of every shape, size

Any trees not sold on opening

Trees/ continued on page A4

# Flu shots still available at SLCC

**Chase Lester** Contributing Writer

With January and February being the height of the flu season, it's still early enough to get the flu shot and have a chance to avoid the flu this winter.

Andrea Williams, a freshman at SLCC, wished that she hadn't passed on the opportunity to get a flu shot last flu season. She consciously made a choice to not get the shot. The result was a weeklong illness and a few days spent in bed. She had gotten the flu.

"It was my first semester at college and I remember there was a student in one of my classes who came to class pretty sick," said Williams. "A couple of days after that, I was throwing up and had a fever of 102."

After Williams got over her flu, she made her mind up to not pass on the flu vaccine again.

Flu/ continued on page A3







# SLCC Student Cruises Campus on a Segway

**Stephanie Rallis** 

Contributing Writer

Journalism student, Timothy Janssen uses a Segway personal transporter on and off campus.

Janssen approached about his Segway by know what it is and why he uses it. He got a Segway for easier transportation in the community and it has changed his life.

"Instead of using my energy on had a lot of fun with it." something that is hard for me, I conversation starter."

Janssen was born in Romania. He was adopted as a baby and brought to the United States at age one. Janssen was born with mild

Christian school in Salem, Oregon. before." He wanted to get a taste of being has often been away and get a feel for college life.

"I have met a lot of people on fellow students. Many want to and off campus just from their curiosity," Janssen said. "Students ask me for rides. On campus students call me the mall cop.

The Segway is a self -balancing get to have a little fun with my scooter on two wheels. When Segway," Janssen said. "It saves stepped on, it automatically me a lot of time and it is a great balances and acknowledges something is there. The Segway costs \$4,000 to buy new. Janssen Colorado for \$2,400.

Cerebral Palsy and has difficulty Segway, it's going to be a little shaky wall outlet and when fully charged

walking and balancing on his if you're not used to it," Janssen a smiley face appears on the handle legs. After graduating from Alta said. "Just because it balances on High School in 2009, Janssen its own doesn't mean you don't spent his first year of college at have to pay attention. I've had so Corban University, a small private much fun that I've crashed on it

In the state of the Oregon, he had his first Segway crash in a parking lot.

"I crashed into a parking block," Janssen said. "The Segway was fine, but I wasn't. It took the wind out of me and I was rushed Chicks always ride for free. I have to the hospital in an ambulance. The doctors thought my neck was broken. Luckily, that was a false alarm. The Segway is not meant for tricks, but I have had success taking it up and down the escalators at the mall before."

The Segway has an electric found his used in a warehouse in charge and can travel up to six miles on a 12 hour charge. To "When you first step on the charge it can be plugged into any

bars. The top speed is 12 mph. It has three different speeds: mild, medium and rocket.

"The only bad thing about the Segway is that insurance is not provided with it," Janssen said. "If something happens to it I would have to buy a new one with money

from my own pocket." Janssen also has trouble hearing and often uses hearing aids. The SLCC Disability Resource Center provides him with an auditory training device for his classes. The auditory training device is a battery pack device that amplifies sound to better hear the teacher.

"The Disability Resource Center is great," Janssen said. "I always have my doctor's note for permission to take my Segway into classes, but the Disability Resource

Segway/ continued on page A3

# STUDENT EVENTS

# **WED/28**

<u>4рт-брт</u> Goodie Giveaway @ SC Campus, East **Entrance** 

<u>5pm-7pm</u> Primary Children's Medical Center Charity @ TR Campus, Atrium of SI Building

брт-8рт SLCC Meadowbrook Campus Open House: School of Applied Technology @ Meadowbrook Campus, Building B Room 206

# THURS/29

4:30pm-5:30pm Club Meeting - Irish Heritage and culture of Ireland @ TR Campus, SEC, Senate Chambers

<u>9am-11:45am</u> World AIDS Day - Free HIV testing @ TR Campus, SEC,

Room 035

FRI/30

<u>4:00pm-5:00pm</u> Club Meeting - ASCE -Membership Meetings @ TR Campus, SEC, SI

#### SAT/1

11:30am-12:30pm Utah First LEGO League **Build Party** @ TR Campus, SI Building, Main Floor Atrium

2:30pm-5:00pm kosian Library rm 146

> 7:30pm-9:30pm Showcase Week @ SC Campus. Black Box Theater

SUN/2

#### MON/3

Club Meeting - Chess @ TR Campus, Mar-

10:30am-2:00pm Ginaerbread House

TUE/4

Contest @ TR Campus, SEC

4:30pm-5:30pm Club Meetina - Irish Heritage and culture of Ireland @ TR Campus, SEC, Senate Chambers

7:30pm-9:30pm Songwriters Showcase Concert @ SC Campus, The Grand Theatre

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, entrer to win passes to Castle of Chaos by emailing your answer to contest.globe@slcc. edu.

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

# THE GLOBE STAFF

## Editor-in-Chief

Brandon Crowley b.crowley@bruinmail.slcc.edu

# Campus Editor

campus.globe@ slcc.edu

**Opinion Editor** opinion.globe@ slcc.edu

Photography photo.globe@ slcc.edu

#### **Assistant Editor**

Julie Hirschi

#### Guest Editor-in-Chief Justin Fulton

Photographer Kim Higley

#### Reporters Kachina Choate

Stephen Romney Julie Hirschi Justin Fulton Trisha Gold

# Layout Designer

Aisha Steger aisha.steger@ slcc.edu

#### Advisor

Julie Gau julie.gay@slcc. edu

#### **Advertising**

Paul Kennard p.kennard@ chronicle.utah. edu

# Salt Lake Community College

# Step Ahead.

Wednesday, November 28 2012

# THE GLOBE OFFICE

#### Technologu Building Room 325-G

4600 South Redwood Road Salt Lake City, Utah 84124

Phone: 801.957.4019 Fax: 801.957.4401 Email: globe@slcc.edu

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# CAMPUS

campus.globe@slcc.edu

# 30 and going back to school

**Chase Lester** Contributing Writer

Going back to school in your 30's can be hard for someone who was out of school for a long time.

Many people are looking to advance their career at this age or take a new path because they realized they desire more than just a job. Whether it is one way or another, making the choice to return to school at 30 years old can be trickier than it might look at first glance. Candice Guinta, a 30-yearold laboratory assistant at LDS Hospital, has made the decision to go back to school.

"I have just been thinking lately of how important it is that I go back to school," Guinta said. "I would like to start a family in the coming years. But on the salary I make right now, it's barely enough to support myself."

Guinta has been out of school for more than 11 years. Guinta is an independent person who dreams of having a partner and children in the near future. Raising the family of her dreams requires not only financial independency but a well-rounded education.

Guinta also sees other

Guinta, supporting a family seems a good fit for Guinta company." isn't the only important part because she would like to of a better salary. Other stay in the medical field. important factors include reaching it as well as having costs, a saving account in case of her motivated financial hardship.

to school will provide me Intermountain Healthcare with skills that will help me employee program has to find a better paying job," maintain a GPA of 3.0 to Guinta said. "I am hoping to receive such help. put some money away."

get tough.

"I am working a job right degree in Chemistry. now that is not really taking me anywhere. I can't really Chemistry will allow me go very far in my job," to oversee productivity Guinta said. "Someday after in the lab I work in, and I I graduate from college, I will be able to move into think I will be able to go so management," much farther in a career and said. "Without a [chemistry] feel like I am actually doing degree, I am stuck just something with my life."

reasons where a better go to SLCC through the the formulas and putting my

**Employment** for the future and actually helps Guinta pay tuition which to keep good grades. Anvone "I believe that going back who is enrolled in the

find a job someday where I Eric Woodbury, a Research won't have to live paycheck and Development Lab Tech to paycheck so I can actually for a cosmetic product company, feels the same Guinta also feels that way as Guinta. Woodbury, going back to school to a 32 year old, has gone as gain a degree will help her far as he can in his company become a better contributor without some type of degree. to society. Guinta believes Woodbury likes his job; that having a degree from however, he has decided to college will open many go back to school to finish doors to her. Dreams of up his degree. He's back being able to reach her goal at SLCC finishing up his keep her going when things generals before he transfers to a University to finish up a

"Getting my degree in Woodbury mixing chemicals all day. Guinta has chosen to I really want to be writing

salary would help. To Radiology Tech program. It name on something in the

Woodbury just wants the chance to make a difference in the company. The degree setting a financial goal Intermountain Healthcare he is seeking will allow him to do just that.

> Woodbury's decision to go back to school was due to the success of his friends.

> "All my friends have been finished with school for years now and have moved forward," Woodbury said. "But I have felt stuck for a few years. My decision to go back to school has been based on seeing how successful my friends have been in their lives, and I want that."

> Guinta and Woodbury are showing commitment to school through grades and are on the way to landing their dream job. Reaching the age of thirty has made them realize what they want to do with their life as well as given them a path to reach success.

For more information on employees' benefits at the Intermountain Healthcare go to www. intermountainhealthcare. org/about/careers/ training/Pages/home.aspx

## Flu

Anthony Jacobs, an SLCC are the elderly. graduate, also does not get Statistics like these are flu shots. He has been lucky in his adult life to avoid any major flu, but his reasoning Healthcare (IHC) for the to not get the flu shot has safety of their patients and more to do with needles.

Jacobs. "I avoid having mandatory for all their any shots, unless it really is employees unless employees necessary."

the flu vaccine as a necessity, Jacobs on the other hand termination of employment does not. Jacobs knows his can be the result for not risk at getting the flu, but complying. he would rather risk getting To help employees comply sick than getting the shot.

two weeks to set in for the shots to all employees. there is to not get the flu.

The Center for Disease time staff. have Flu Control (CDC) conducted studies the US between 10 and 20 flu virus can easily spread. percent of the population are

infected with the flu virus.

The most affected by flu related deaths are those 65 continued from A1 years old and older. Ninty percent of flu related deaths

important to local companies as Intermountain such employees. In recent years "I just hate them," said IHC has made the flu shot have a valid health concern While Williams now sees for not getting vaccinated. Suspension,

with the mandatory flu

The flu vaccine takes about vaccine, they offer free flu antibodies to develop in the IHC is not the only company body. The sooner the flu shot that offers free flu shots to

is given, the better chance their staff. SLCC also offers free flu vaccines to their full

shots are also over recommended to three decades regarding flu students at SLCC as it is a related deaths. Each year in high traffic area where the

Flu shots are still available at the SLCC medical clinic for \$17. No appointment is needed. But for minimal wait times, it is best to make an appointment. Flu shot times, locations and more information can be found at www.slcc. edu/hw/medical-clinic.aspx.

# Segway continued from A1

Center is also always there to make accommodations."

Janssen has had problems in the past taking the Segway on public transportation systems. UTA buses and track stations would not allow the Segway on board.

"Many people had not seen anything like it before," Janssen said. "I had to take it to the UTA headquarters to get it approved. I had to provide a doctor's note and a pass by the UTA to take it on buses."

They first appeared in 2001 when they were unveiled by Dean Kamen, inventor of the technology. Janssen owns the first invention, known as the Segway PT (Personal Transporter).

"The Segway has helped me tremendously physically and socially," Janssen said. "I often wonder if my high school experience would the Segway back then."



Photo courtesy of Stephanie Rallis

have been different if I had Timothy Janssen's personal Segway for transportation at home and around campus.

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# OPINION

opinion.globe@slcc.edu

# Christmas time candy with a healthy twist

Tesia Nadhirrah Staff Reporter

Fudge is Christmas time favorite. Not many people stop to think what is behind the rich chocolate treat.

How and who created fudge is disputed. One of the more popular stories takes place in 1886.

"Oh fudge," said the baker who messed up on a caramel candy recipe. The good news is that the fudge candy tasted good.

What is undisputed is that in 1886 fudge was sold in Baltimore for forty cents a pound.

In 1888 Emelyn Battersby Hartridge, a student at Vassar College in New York got the recipe for fudge and made it for the senior auction. This treat became very popular and desired by

many women's colleges.

The first fudge recipe only has four ingredients. That is not the problem with fudge. Anvone who ever made an original fudge recipe knows that there is a trick to get it right.

Fudge is very delicate and requires one to be very precise when measuring and constant stirring while it was cooking. Fudge so often fails because it is so easy to over or under cook. Over time with so many

failed fudge attempts cooks started playing with the recipe to make it "fail proof." If you are anything like me, then you will know that this is really a misnomer, even the fail proof failed.

Today there are so many types of fudge including but not limited to peanut butter, divinity and pumpkin.

Even with all the different choices and recipes, fudge remains hard to make. The fudge that contains sugar and marshmallows is not good for the body and the butter is known for depositing fats and cholesterol into the blood stream.

So how do you have your fudge and eat it without feeling guilty is a question most people have. They have made up their minds not to think about it. Along with many people I have given it much thought. In this recipe, there are three or five basic ingredients and then any additional ingredients such as nuts, coconut, or peanut butter.

Instead of using butter and milk I use coconut oil

and cacao butter. I mix the two so that the fudge will remain more stable at room temperature. On the positive side, if cacao butter cannot be found the recipe is just as good as made with just coconut oil.

Coconut oil is good for the body both internally and externally. Many research studies have shown some of the coconut oil health benefits to include stress relief, maintaining cholesterol levels, relief from kidney problems and heart diseases.

Instead of using cheep bad for you chocolate, I use carob powder and if I really want to be fancy, I use half cacao powder. Carob has been known to improve digestive health, lower cholesterol and regulate blood glucose levels. Raw cacao has higher levels of antioxidants than regular dark chocolate.

Raw honey is the sweetener of choice for this recipe. Honey has been used to improve the immune system, heart disease and bad breath. For people who do not wish to use honey then the sweetener of choice is coconut nectar. Coconut nectar can be bought online or at health food stores.

Let's enjoy our fudge and have a Marry Christmas this year.

For more information about living a balanced life visit www.summerbear.org

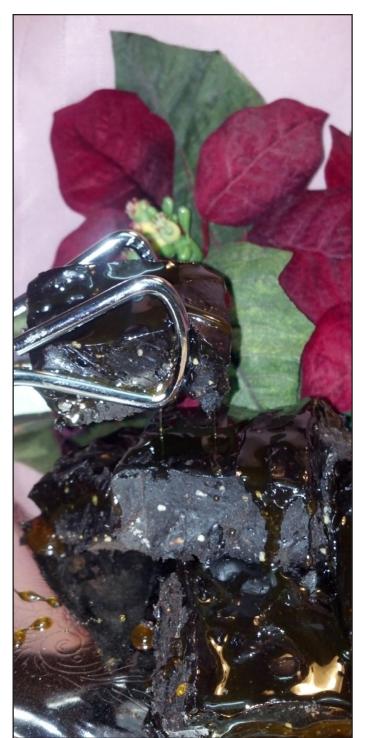


Photo courtesy of Summer Bear

Who says fudge can't be healthy?

FILMDISTRICT

#### **Christmas Fudge**

Preparation: 15 minutes. Chill: 2-4 hours.

- 1 c. unrefined Coconut Oil
- ¾ c. raw Cacao Butter
- ¾ c. raw Coconut Nectar or raw Honey
- 1 c. raw Carob Powder
- 1 inch Vanilla Bean or 2 Tbs. pure Vanilla
- 2 c. Walnuts or Pecans

Chopped pecans that have been soaked and dried before using, it is important that pecans are dry for the texture to be correct. Note: raw pecans or walnuts can be

Melt the cooking oil in a warm pan or a double broiler over hot water make sure that the internal temperature of the coconut oil does not go above 100°F.

To the cup of melted coconut oil, add the coconut nectar or raw honey, carob, and vanilla. Mix until everything is very smooth and it starts to get thick. It is important to keep stirring while in this process. This procedure will give the fudge a nice texture.

Add the pecans and place into a cake pan. Cover it and refrigerate for at least an hour. Serve by cutting it into pieces and keep any leftovers in the refrigerator.

## Trees

continued from A1

throughout the rest of the festival.

A photo with Santa is another activity families can enjoy at the festival. The gift boutique is a place to find unique gifts for someone special while supporting the cause.

"I look forward to The Festival of Trees every year," said Morgan. "It's festive and fun and it never seems like

Tickets can be purchased at the door, \$5 for adults, \$3 for children and \$4 for senior citizens. Discount tickets are available at most Zion's Bank branches. For more information go to festivaloftreesutah.org

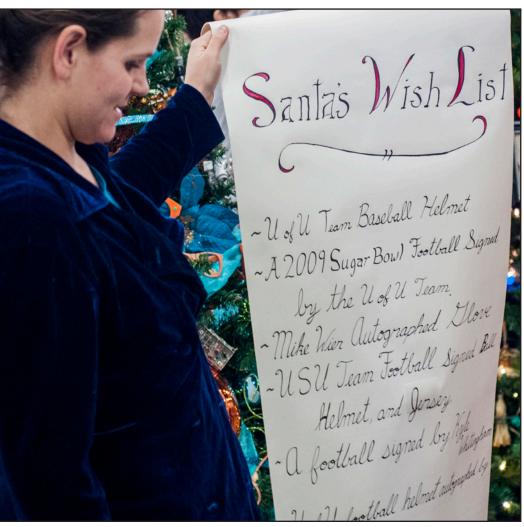


Photo by Trisha Gold

SLCC student Chandelle Hunt prepared an ornate scroll listing all the collectibles included in the display.

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# ARTS & ENTERTAINMENT arts.globe@slcc.edu

# 'Life of Pi' adds up to high budget foreign film

**Stephen Romney** Staff Reporter



I was fairly won over by this religious fantasy. For the movie's premise when I first most part, the film feels looked at the trailer. Going into this, I was expecting a where two mortal enemies have to work together. What and in terms of the story. I got is best described as an American foreign film with a visuals, this is definitely touch of Hermann Hesse.

The story follows a young man named Pi Patel, played by Suraj Sharma with because the 3D kills some Irrfan Kahn playing Pi in his of the green screen effects adult years. When his family throughout the film, making decides to move to Canada, the outlines around the the ship they are on sinks during a thunderstorm, the only remains being a single life boat carrying Pi and a few of the animals that were well, there's a nice balance on the ship, most notably an of tension, atmosphere, adult Bengal Tiger.

From the get-go, this "Life of Pi" feels like it was taken from a novel. It has the same episodic quality most adult fiction novels take when adapted to lifetime, it makes it easier film. As a result, the story is to watch. far denser than the trailers let on. Most of the story is framed as an interview between the adult Pi and a writer looking for a story. Part of the way through, the movie almost forgets its own framing device, replacing the narration with narration provided by the teenage main character as he keeps a journal. Although you engaged throughout the previous framing device is recovered by the end of the movie, it was still pretty weird and confusing.

From a technical

standpoint, much of the "Life of Pi"'s emphasis is on the visuals, which are incredibly expansive, as well as ranging from gritty realism to dream-like grounded in reality, but then when you get to the dark and gritty survival flick third act, things take a bit of a weird turn both visually

> Speaking of the one of those movies that's best seen in 2D rather than 3D. The reason for this is actor stand out even more.

Aside from the 3D messiness, the "Life of Pi" is put together quite gritty realism, and cerebral hallucination. The pacing of the film also makes things move a lot more quickly. Given that this movie essentially covers a

Overall, this is a pretty good film if you're looking for something that's focused on the visuals while telling a story that is left open to your own interpretations, at least as much as they were willing to risk. While there were some iffy parts of the story, it still keeps the movie's two-and-ahalf hour runtime. On my personal scale, I give the "Life of Pi" a 4/5.

> Check out Stephen Romney's movie reviews on YouTube at www.youtube.com/ StudioFantasma



Photo courtesy of Fox 2000 Pictures

The film has a mix of realistic shots and aesthetically pleasing shots. Pictured: Suraj Sharma and his furry

#### **Justa Pal's Dating Advice**

Justa Pal,

What's the best first date activity? -Kendell

I've been asked this question by so many people; it definitely is a common one. The first date is so crucial to the development of a relationship.

One of the most common first date ideas is dinner and a movie. Sure, it's a classic and sounds like a good idea. WRONG!

Dinner dates can be risky. If you don't know your date very well, you run the risk of over, or even underwhelming them. The type of restaurant you pick, the price range, even the popularity of the establishment can all send the wrong signals.

Then there's the movie. Going to a movie and sitting awkwardly next to your date and not talking for two hours is not a way to get to know someone. Save the movie dates for later, the main point of the first date is for you and your date to get to know each other better.

In my experience, the best first dates have always been something casual. Such as meeting up at a Jamba Juice, getting smoothies, and taking a walk around a park. Since it's beginning to get cold out, don't be afraid to take it inside, to a mall, perhaps. Make sure you keep it upbeat and fun, however.

Thanks for the question Kendell, I hope I helped you out!

--Justa Pal

Agree? Disagree? Or do you have any questions of your own? Feel free to email me at justapalda@gmail.com I look forward to hearing from you!



Step Ahead

# ARTS&ENTERTAINMENT arts.globe@slcc.edu

# 'Rise of the Guardians' enchants, excites and will likely endure

Stephen Romney
Staff Reporter



While most other marketing teams try to bombard you with advertising, the buzz about this film has been pretty quiet. One particular crowd that's shown more excitement for this movie has been the animation buffs. In the case of this "Rise of the Guardians", the lack of hype makes for a pleasant surprise which, given this film's premise, gives it the advantage.

"Rise of the
Guardians" stars Chris Pin
as the voice of the young
and mischievous Jack Frost,
who is chosen to become
a guardian of children's
hopes and dreams. Jack
Frost is chosen for this
when the embodiment of
fear and darkness known

as Pitch Black, voiced by Jude Law, threatens to bring the world back to the dark ages when all the children only believed in the Boogeyman. His fellow Guardians are Santa Claus, voiced by Alec Baldwin, the Tooth Fairy, voiced by Isla Fisher, the Easter Bunny, voiced by Hugh Jackman, and the Sandman, who has no dialogue.

This story has a very timeless feel to it. It's not bogged down by pop culture references, nor does it suffer from the various pitfalls of the animated family film. Rather than try to be strictly for children, it tries to keep it's whole audience engaged without having any elements that feel shoehorned in. The biggest factor of its timelessness are the jokes and exploration of just who these Guardians are to the world, to each other and to

themselves.

The animation in this movie is quite stunning. Movements are fluid and expressive and help to build the overall visual aesthetic. While most other computer animated movies try to keep a very simplistic style, "Rise of the Guardians" shows a great attention to detail in how the characters look and move.

The voice acting is also really well done, but the only mild drawback is Alec Baldwin's performance. While it's not a really bad performance, it comes across as a performance he had some struggles with, almost like he's fighting against his own voice in order to stay in character. He sounds like he's having fun with the role, but it's a case where it could have used a little more polish.

Overall, this is



Photo courtesy of Dreamworks SKG

There are many notable stylistic differences between the respective realms of each Guardian.

an incredible movie that's most likely to endure for while. It has a timeless, watch-anytime charm that I haven't seen in a movie since "The Nightmare Before Christmas". Rather than strictly being a Christmas show, it keeps itself accessible enough so that no matter when you watch it, it'll be enjoyable. It has a very unique aesthetic that doesn't try to rip off any other film, so this is well worth your time as a movie-goer. On my personal scale, I give "Rise of the Guardians" a 5/5.

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Photo courtesy of Dreamworks SKG

The film makes use of contrasted colors as part of the characters' respective motifs.

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