

THE GLOBE



WEDNESDAY
JULY 17, 2013
ISSUE 4 / SUMMER '13

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SLCC GREEN ACADEMY PREPARES GREEN FUTURE

Djinni Yancey
Staff Writer

Salt Lake Community College's Green Academy offers many choices for students aspiring to careers in energy management through Continuing Education Units and courses.

The Green Academy assists individuals who have a desire to increase skills and knowledge in a rapidly changing workforce toward a career in green technology.

"We offer everything about alternative and renewable energy from an Associate of Applied

Science degree in Energy Management to some large-scale Certificates of Proficiency that have been approved by the Board of Regents and all the way up to the Board of Trustees to a one-hour course that students can buy for themselves if they need to re-license as either an electrician or contractor," says Judy Fisher, Program Coordinator at



SLCC Green Academy. Programs and courses offered through the SLCC Green Academy include Energy Management, Electric Sector Training and Solar Photovoltaic Systems.

"The state should ensure that industry is engaged in developing, promoting and assisting with

contemporary skill-training workshops and programs in conjunction with regional education centers in order to provide qualified, work-ready employees to fill the retirement gap," says Utah Governor Gary Herbert, recently in his 10-year energy plan.



Photos by James Nguyen

Above: Solar panels at Meadowbrook campus

Left: Thaniel Bishop demonstrates solar panels

The SLCC Green Academy is training students to fill the demand for skilled technicians in the workforce. One of those areas at SLCC this summer semester is the Solar Photovoltaic Systems.

ACADEMY see page A3

Online

"Pacific Rim"
Review
globeslcc.com



Campus

Former student now
Crossfit gym owner
pg. 4

Yellow Pig's
Day
pg. 3



Utah Brewery
Review
pg. 5



Movies

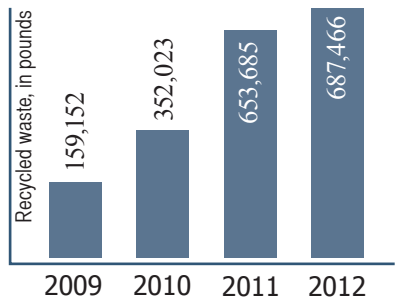
"The Way,
Way Back"
Movie Review
pg. 6



Student initiative drives SLCC's recycling success

Aaron Clark
Staff Writer

In 2008 Salt Lake Community College students told the college that they wanted to have a recycling program put into place and felt it was important enough that they were willing to put their money where their mouths were. Students were willing to give \$1.50 per student from student fees to help pay for the recycling initiative, and in the four years since SLCC has made great strides in going green.



Pounds of recycling at SLCC

"We recycle here because our students demand it," says Rand Web, head of Environmental Health and Safety at SLCC. "We thought that was important because we are here for the students, and we look at their dollars as sacred dollars. Students are the driving force behind this initiative."

The recycling program at SLCC focuses on reducing the amount of waste that ends up at landfills. The key to SLCC's recycling program has been landfill diversion, which means going through the different waste streams and seeing what can be prevented from ending up in a landfill. For example, when the college replaces a computer, it is not just thrown out; the computer is broken down piece by piece and recycled by whatever parts are still usable.

"We figure we used to have 60 to 70 percent of our waste that used to go to our landfill but now goes into

RECYCLING see page A3

Community garden unites SLCC

Teamwork and generosity are staples of the gardening activities.

Andrea Day
Contributing Writer

With what started back in February 2009 by former Salt Lake Community College student Jason Thornton, SLCC Community Gardens has grown from what was a single location at Miller campus to three locations that include Taylorsville-Redwood Garden, East Garden and the newest addition, the Jordan Garden.

The vision of the community gardens began while Thornton was serving time in prison. Not only was it a survival method while he was serving his time but a way for him to give back to the community at large once he was released.

The idea was to create a garden on campus, where the students, faculty and staff could work together to grow fresh vegetables, herbs, flowers and donate all the food to non-profit organizations, or they could keep the food for themselves. Thornton's goal was to "advocate for sustainable food systems primarily through volunteerism, lectures [and] to fill the need of food production in our economy," he quoted to The Globe in February 2009.

The three community gardens have between 11 and 15 garden boxes that have a wood perimeter of an approximate 4'x 6' each.

"Most of the time it is a department or a group that has a box as opposed to an individual," said Paula Michniewicz, SLCC Instructional Designer who also volunteers and oversees the community gardens.

Many of the boxes have handmade signs that label the sponsor's name.

"We gather here Thursday mornings at 9 a.m. We weed and water each other's gardens. We take care of each other," said Michniewicz.

There are about 17 different school departments/student groups along with about 30 to 35 individuals who seed and maintain the different garden boxes, according to Michniewicz. The gardens consist mostly of vegetables such as tomatoes, squash and beans. There are herb boxes as well as flower boxes to attract bees to help with the pollination process.

Beyond food production, the gardens create a great segue for faculty and staff to get out of the office to water and weed during a therapeutic break-time. People from all



Photo by James Nguyen

The community garden at Taylorsville Redwood Campus

GARDENING see page A2

Tips for energy conservation

Reducing your carbon footprint and saving money on your power bill starts at home.

Jessica Stewart
Contributing Writer

The Climate Theory suggests the earth will experience extreme weather events, as levels of greenhouse gases increase. Hurricane Sandy pummeled the east coast, catapulting the Jet Star rollercoaster from Seaside Heights New Jersey, into the Atlantic Ocean. Venice Italy has been flooded for a third of the year, and here locally in Salt Lake City, June brought record breaking temperatures, hitting a high of 105 degrees, two days in a row.

If that's not enough to shock you into reducing your carbon footprint, maybe saving money on your power bill will.

You can take a few simple steps to reduce your carbon footprint, by limiting the amount of carbon dioxide everyday activities produce. The easiest way is to start at home.

Electronics

Turning off your electronics instead of leaving them on standby mode saves energy, but electronics still use power, when they're plugged in. You can unplug them after each use, or use a surge protector.

Surge protectors can be used for multiple devices in the same area. When your electronics aren't in use, turning off the surge protector will save energy. Smart power strips are available, for as low as \$30. Smart Strips automatically cut off power, when you turn off your devices.

Leaving electronics on is similar to leaving a faucet running. You won't hear the rushing water, but you'll be wasting the same amount of energy.

The use of televisions accounts for four percent of the energy consumed in America, according to the Environmental Protection Agency. You can still reduce the amount of energy you use, while watching TV.

The light output of TV's, are responsible for most of their energy use. You can dim the picture by turning down the backlight, or activating the power-saving setting. Watching a dimmer picture will conserve energy.

Furnaces and lighting

When furnace filters get clogged with dirt and grime, they don't work efficiently. Dirty filters wreak havoc on your health, the environment and the cash in your wallet. Changing or washing filters every thirty to sixty days, allow you to get the most efficiency from your furnace.

Replacement filters are often sold in discounted quantity packs, but washable filters are environmentally friendly, because they last longer. The initial cost of a washable filter is more than a replacement filter, but the savings add up.

According to energy.gov, fifteen percent of your household energy use is consumed by lighting. You can reduce that amount of energy by using compact fluorescent bulbs, or LED lights.

Fluorescent lights may have a bad rap for making people look unattractive, but modern compact fluorescent lights are energy efficient. They use

TIPS see page A4

Something stirring in the valley

Organizations strive to help clean up the air in Utah.

Christel Ward
Contributing Writer

Yellow, gray, dirty air. That is what is commonly found outside on the coldest days of winter and on the hottest days of summer in the Wasatch Valley. Nobody likes it, but many believe there isn't that much that can be done.

The health effects of pollution, especially during an inversion, are well-documented and -studied according to Professor Jim VanDerslice, Ph.D. of the Department of Family & Preventive Medicine at the University of Utah School of Medicine.

"As far as air quality being a public health problem, I certainly agree with it," says VanDerslice.

However, he tends to stay out of the way when it comes to joining organizations.

"I try to do research on this, and sometimes, there is a bit of a perceived

conflict when you're involved with something that is a political effort that clearly has an agenda on one side," says VanDerslice. It is necessary to choose carefully one's involvements, and for him, continued research will make the biggest difference.

Environmental and political groups have been popping up over the last few years concerned about the health effects of Utah's smog. They believe something can be done.

Salt Lake Community College has a sustainability group that focuses on the community garden and recycling.

Utah Physicians for Healthy Environments is pushing for Governor Herbert to impose more restrictions on industries.

Mormon Environmental

CLEAN AIR see page A3



STUDENT EVENTS

WED/17

10:30am-12:30pm

Stories that Spring to Life: Week-long Pop-Up Books for Kids, 5-part workshop @ SLCC Community Writing Center, 210E 240S Suite8 Cost:\$100, To register call: 801.957.2192

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street

SAT/20

9:00am-11:00am

Draper Days Parade, Bruin Parade Band @ Draper

1:00pm-3:00pm

Say It with Style!: Speech Writing with Doug Woodall, 3-part workshop @ SLCC Community Writing Center, 210E 240S Suite8 Cost:\$30, To register call: 801.957.2192

WED/24

9:00am-11:00am

Days of '47 Float Parade, Bruin Parade Band @Salt Lake City

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street * Free Admission

SAT/27

9:00am-5:00pm

Tracy Aviary - FREE Creamies Ice Cream Day @ Tracy Aviary 589 E.1300 S

1:00pm-3:00pm

Say It with Style!: Speech Writing with Doug Woodall, 3-part workshop @ SLCC Community Writing Center, 210E 240S Suite8 Cost:\$30, To register call: 801.957.2192

THURS/18

10:30am-12:30pm

Stories that Spring to Life: Week-long Pop-Up Books for Kids, 5-part workshop @ SLCC Community Writing Center, 210E 240S Suite8 Cost:\$30, To register call: 801.957.2192

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street

MON/22

5:00pm-8:00pm

Tracy Aviary @ 589E 1300S *\$5 after 5pm

6:00pm-8:00pm

Days of '47 Float Preview, Bruin Parade Band @ South Towne Expo, Sandy

6:30pm-8:00pm

DWS-Gay Writes Group @ SLCC Community Writing Center, 210E 240S

THURS/25

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street * Free Admission

MON/29

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street * Free Admission

5:00pm-8:00pm

Tracy Aviary @ 589E 1300S *\$5 after 5pm

FRI/19

10:30am-12:30pm

Stories that Spring to Life: Week-long Pop-Up Books for Kids, 5-part workshop @ SLCC Community Writing Center, 210E 240S Suite8 Cost:\$30, To register call: 801.957.2192

8:00pm-11:00pm

Friday Night Flicks @ Wasatch Hollow 1700 S 1650 East

TUE/23

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street

6:00pm-8:00pm

Handcart Days, Bruin Parade Band @ Bountiful

FRI/26

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street * Free Admission

TUE/30

12:00pm-1:00pm

Lunch Bunch Concerts @ The Gallivan Center, 239 South Main Street

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

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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 encourages 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.

HORRORSCOPE

An Inconvenient Horrorscope:
Nothing is scarier than the truth

Shad Engkilterra

Staff Writer

Aries

Mar 21 – Apr 19

The era of procrastination, of half-measures, of soothing and baffling expedients, of delays is coming to a close. In its place, we are entering a period of consequences. My four year old nephew is dreadfully afraid of the consequences, even if he doesn't know what the word means.

Taurus

Apr 20 – May 20

The moral imperative to make big changes is inescapable, so don't be the blonde who trips in the woods while being chased by machete wielding maniac. Face up to the moral imperative and make the required changes. The sooner you do, the less painful it will be.

Gemini

May 21 – Jun 20

This is not a political issue, so much as a moral issue. If we allow that to happen, it is deeply unethical. It is your time to seize this issue. Are you ready to change the way you live?

Cancer

Jun 21 – July 22

After the first 7, 8, 9 years, you could see a pattern developing. I'm not sure why you didn't do anything about it, except maybe 7 scares you

Leo

July 23 – Aug 22

Sure, the victories aren't really victories; the defeats aren't really defeats. That is just life. The upside is that any time you are feeling defeated, just remember it isn't a real defeat. If you can forget the first part of the equation, you will live more happily.

Virgo

Aug 23 – Sep 22

Gold bars or the entire planet – you choose. Just be sure to consider the case of King Midas first. Starvation is a terrible way to go, and if we don't have a planet...

Libra

Sep 23 – Oct 22

If the issue is not on the tips of their constituents' tongues, it is easy for them to ignore it. That means it is time for you to get up in arms, call your reps and congressmen and tell them what you think about student interest rates, air quality or whatever other topic you think should not be ignored.

Scorpio

Oct 23 – Nov 21

Communicate this really clearly. Doing the right thing moves us forward. The solutions are in our hands. We

Sagittarius

Nov 22 – Dec 21

You're dealing with something that is highly emotional. It may calm down a bit if you eliminate all drugs from the equation. Stay on your meds, though. Otherwise things could get a little scary.

Capricorn

Dec 22 – Jan 19

What gets us into to trouble is not what we don't know, it's what we know for sure that just ain't so. For example, that noise in the dark basement. It's nothing, so don't even worry about it. It's not like anyone or anything could be hiding down there anyway.

Aquarius

Jan 20 – Feb 18

It is difficult to get a man to understand something if his salary depends upon his not understanding it. Maybe it is time to look at the work you are doing not through the lens of putting food on your table but taking food from another's table.

Pisces

Feb 19 – Mar 20

It was a hard blow, but what do you do? You make the best of it. Accept the finality of this outcome, take a nature hike through the Book of Revelation, and remember learning it from your parents. That's something special.

* Horrorscope is a parody meant for entertainment only. "The Globe" denies any resemblance to anything living or dead. When you are having dinner with killer tomatoes, never ask for the ketchup.

GARDENING

continued from A1

over show up and get to know one another while they garden together. It creates a great sense of community, and often people walking by will stop and visit as well.

The gardens have also become a learning tool. The garden boxes located behind the Eccles Early Childhood Development Lab School are used to teach preschoolers how to seed and plant. They get to watch their gardens grow.

"Last year the children grew sunflowers. They would have fun measuring them to see how fast they would grow," said Michniewicz.

Growing a garden is a process from preparing the dirt, to planting the seeds, watering, fertilizing and caring for the life that is developing before your eyes. By comparison, this is similar to the process of reform that Thornton experienced from going to prison, to growing and making the changes necessary to give back to the community. That is what the SLCC Community Gardens are all about.

The New York Times

Edited by Will Shortz

No. 0528

ACROSS

1 Native Kiwis

6 Big name in power tools

10 Educated guesses: Abbr.

14 Extra Dry brand

15 A, to Mozart

16 Kind of suit worn by a 21-Down

17 Garbage scow that docked with Mir?

19 It's fit to be tied

20 Swapping out Sheen for Rose?

22 Fall result, maybe

24 "That's all ____ wrote"

25 Actor Brynner

26 What an actor plays

27 Excite, as an appetite

30 Roman encyclopedist who died after the eruption of Vesuvius

32 "What Do You Do With ____ in English?" ("Avenue Q" song)

33 Romanov bigwig

34 "Rocks"

35 Boy Scout's reward for karate expertise?

40 Nintendo console

41 Pepper's partner

42 Sum

44 Nahuatl speaker

47 Case for an ophthalmologist

48 Word before "sum"

49 "I am so stupid!"

50 Move hastily

52 Move aimlessly

54 Caveman's injury after discovering fire?

58 Puerto ____

59 Feeling when one's voodoo doll is poked?

62 Designer Marc

63 Coin of Colombia

64 Jungian archetype

65 Slough off

66 Snare

67 Undergo a chemical transformation

DOWN

1 "No ____!" (Spanish "Uncle!")

2 Dadaist Hans

3 Providing hints of the future

4 Havens who sang at Woodstock

5 Some intellectual property

6 Good Housekeeping emblem

7 Soprano ____ Te Kanawa

8 Consume

9 Bloodletting worm

10 Biblical book once combined with Nehemiah

11 Mrs. Woody Allen

12 1986 Tom Cruise film

13 Like a cold, hard gaze

18 Cold one

21 Cool one, once

22 Garment under a blouse

23 Former Virginia senator Chuck

28 "Bali ____" ("South Pacific" song)

29 Dadaist Max

31 Was in the vanguard

33 Meditative martial art

34 "My goof!"

36 Ram's mate

37 Like the apparel donned in "Deck the Halls"

38 Fragrant white flower

39 Razor feature

43 Palme ____ (Cannes award)

44 Likes a bunch

45 City NE of Geneva

46 "Growing Pains" co-star Alan

47 "Growing Pains" family name

48 V-8, e.g.

51 Like a schlimazel

53 Egypt's Sadat

55 The "G" in EGBDF

56 Toon who plays a baritone sax

57 Feed, as pigs

60 Maker of the Canyon truck

61 Consume

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 globeslcc.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

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ACADEMY


continued from A1

Starting in August 2013, the Electric Power Technology Program will prepare students for careers as electrical maintenance technicians, line-workers, metering technicians, power-plant operations specialists and sub-station technicians.

Many of the courses offered at SLCC Green Academy meet the standards for the Utah Division of Occupational and Professional Licensing (DOPL), as well as teach the National Electronic Code (NEC).

SLCC is also is an approved institution for several certification exams in the energy field.

Further information is available by contacting the SLCC Green Academy at www.slcccontinuing.com.



Efforts are underway to meet the demand for contemporary skill-sets in power generation and transmission for the electric utility sector. Over 42% of the technician level workforce in sub-station management, metering, and line technology will retire within the next five years.”

-Utah Governor Gary Herbert

RECYCLING

continued from A1

recycling,” says Web. “The idea is to break even. If you think recycling pays for itself, it doesn’t. You get three cents a pound for paper but it costs five cents a pound to collect it. You have to buy bins to collect the different types of recyclable waste and then pick them up and transport them.”

SLCC has tried to be efficient with its recycling efforts and has worked with the shipping and receiving departments to have their employees, who were already making pickups and deliveries at the different campuses, also pick up the recycled waste.

“We took an existing system and blended it into our recycling program to maximize our recycling dollars,” says Web. “We might make ten thousand dollars a year from recycling but then we turn around and put it right back into recycling.”

The efforts of SLCC to turn



Photo by Shad Engkilterra

The recycling station at Taylorsville Redwood Campus

more of their waste stream into recycled waste have been successful. In 2009, SLCC recycled 159,152 pounds of waste and in 2010 increased that total to 352,023 pounds. Over the last two years, SLCC has almost doubled that amount with 653,685 pounds recycled in 2011 and 687,466 pounds in 2012. As a result of their dramatic improvement, SLCC was named by the Utah Recycling Coalition as the

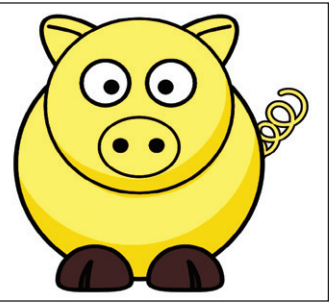
2012 Recycler of the Year.

“Our success is a direct result of this student-initiated program which, depending on enrollment, also generates enough revenue to hire six part-time students,” says Web. “I look at this as an environmental health issue. Landfill diversion is the name of the game; it’s all about what you don’t have to bury. As a society we can’t just continue to bury everything.”



Jessica Bustamante

Contributing Writer



Eating Yellow Pig cake, singing Yellow Pig carols and solving Yellow Pig problems are traditions for some college campuses when celebrating Yellow Pig’s Day, which is recognized every year on July 17.

Created by mathematicians Michael Spivak and David C. Kelly at Princeton University during the 1960s, Yellow Pig’s Day glorifies the particularly special properties of the number 17 and the phenomenal world of mathematics. Spivak is the mastermind behind the “Yellow Pig,” which he subtly placed throughout his series of mathematics books, and Kelly still gives a lecture on the number 17 every year at Princeton University.

According to the American Mathematical Society, mathematics exists throughout numerous facets; therefore,

Yellow Pig’s Day

July 17 is a mathematician’s holiday, and Salt Lake Community College’s Mathematics Department is increasing its numbers.

the number 17 shows itself in a number of ways.

The number 17 is a prime number, forward and backward. It is the sum of two squares, and the difference of two squares. It is also the sum of one perfect square and one perfect cube. The number 17 lies between a square and a double of a square, which just so happen to be the only two numbers whose perimeters equal their areas.

But the number seventeen appears in more than just mathematics. The Romans feared the number 17 because the Roman numeral for seventeen is an anagram of VIXI, which means “I’m dead.” The haiku intuit the number 17 by its 5-7-5 (17) structure.

Clever yellow pig, with seventeen eyelashes; Show us all your ways.

“[Math] is the world’s most useful language,” said Kyle Costello, a mathematics professor at Salt Lake Community College. “It’s what we use to model the phenomenon we’re studying, that we’re interested in learning about, be it physical or conceptual.”

This includes the environment; in fact, Joseph Fourier, a mathematician, is

credited for the discovery of the greenhouse effect in 1824. Air pollution, resource depletion, nuclear waste, renewable energy – the environmental issues of the world call on mathematicians for help.

“More than 100 different organizations from around the world have come together to outline mathematics’ integral role in solving real-world issues,” said Jerry McNerny, a member of the United States Congress (D-California) speaking in the House of Representatives on November 16, 2012, according to mpe2013.org.

Campus Explorer reports environmental engineering to be among the top 25 fastest growing occupations, and like most engineering programs, SLCC’s environmental engineering program is not without math.

According to Costello, SLCC’s Mathematics Department is hiring on two new professors next semester; he estimated that the department has doubled over the last ten years, seven of which he has been a part.

“Aside from its truth and certainty,” said Costello, “[math] is one of the most useful and beautiful subjects I’ve ever encountered.”

An eye or aperture for business

Salt Lake Community College graduate starts photography business.

Jessica Stewart

Contributing Writer

Cara Stosich is a Salt Lake City native, who found herself living in San Francisco after graduating from high school in 2006.

As an artist, attending the Academy of Art University seemed like a logical choice for Stosich. While she thought the university would offer an outlet for creative exploration, she quickly realized she was wrong.

“The Academy of Art University was expensive; I was paying around \$9,000 a semester. I felt that the cost of tuition forced me to focus on one specific area. I didn’t have any room for exploration, and the pressure stifled my creativity,” said Stosich. “I moved back to Salt Lake City in 2006 and continued my education at the community college.”



Photo courtesy of Cara Stosich

SLCC graduate Cara Stosich brings success into focus.

Salt Lake Community College provided a unique learning experience for Stosich. The low tuition cost allowed her to explore different areas of interest, without having the pressure of declaring a major. While completing her generals, she immersed herself in visual art and event-planning classes.

“Salt Lake Community College allowed me to grow and expand my artistic abilities while discovering new areas of interest,” said Stosich.

Stosich transferred to the University of Utah (U of U) after graduating from SLCC in 2008 with an Associate’s Degree in General Studies. While attending the U of U, she bought a “starter camera,” the Canon EOS Rebel T2i, for a European cruise.

“I’ve always liked taking photos, but my trip to Europe exposed me to different cultures and beautiful architecture. That trip made me realize photography was

my true passion,” said Stosich.

Although Stosich majored in behavioral health and science, she pursued a career in photography. Her life has changed dramatically over the years. She’s married, has a 2-year-old son, and in January of 2012, she started her own photography business.

“One of the hardest things about starting my own business was figuring out how to manage my time. I have a 2-year-old son to take care of, a husband who I want to see and a house to manage,” said Stosich. “On top of all of that, I have to edit photos, plan sessions and keep up with social media outlets. I’ve figured out how to manage everything, and it’s exciting to see everything come together.”

When Stosich started her business, her focus was broad. Her work consisted of family portraits, engagements, weddings, events and concerts. After her first year,

she realized she needed to specialize in a specific area and decided to shift her emphasis to individual portraits and events.

“I want to create a portrait session for an individual that’s unique, and I plan on offering a customized style for each session. When people walk away from their experience, I want them to feel beautiful,” said Stosich.

Although photography offers an outlet for Stosich’s creativity, she says it’s not the only form of art she uses to express herself: she finds inspiration in dance.

“Every Tuesday night, I go to the Salt Lake Movement Collective at Sugar Space in Sugarhouse. I feel that the atmosphere allows me to let myself free—free of judgment and free to be creative in my movement. The energy I find translates back into my life and my work,” said Stosich.

For more information about Stosich go to carastosich.com.

CLEAN AIR

continued from A1

Stewardship is still so new that the members are trying to solidify their purpose, but they know that air quality is part of it.

Utah Tar Sands Resistance is concerned about the air but also about other environmental issues.

HEAL Utah, Peaceful Uprising and Utah Moms for Clean Air also focus their efforts on different aspects of cleaning the air.

These groups provide information to help

individuals and companies to adopt habits that lessen air pollution. They also help lead reforms with petitions and raised voices.

Students who want to breathe cleaner air are able to join the organization that aligns with their values.

Two types of pollutants that are particularly concerning are ozone and particulate pollution. The Air Now website, run by the Environmental Protection Agency (EPA), lists at-risk groups that that are affected more by poor air quality, and children are on that list.

“It definitely affects the children and teachers. However, children need to go outside; sometimes, we let them,” says Cindy Hill, Director of The Avenues Preschool, about keeping children inside during inversion periods.

Inversion is a natural occurrence in the Salt Lake Valley due to being closely surrounded by mountains and the Great Salt Lake.

Inversion is not the same as pollution. It helps trap pollution, but pollution comes from man-made sources.



Photo by Elaine Emmi

Smog Lake City has some of the worst air quality in the nation.

CAMPUS

campus.globe@slcc.edu

TIPS

continued from A1

seventy-five percent less energy, last up to six times longer and produce less heat than traditional incandescent lights.

One of the concerns regarding compact fluorescent lights is the small amount of mercury they contain. If that's something that's troublesome to you, try an LED light.

The technology of LED lighting is developing rapidly. They are now available for household use. The initial cost of LED lights is more expensive than incandescent, and compact fluorescent lights, but they last longer and are more durable.



LED lights remain cool, traditional incandescent lights and compact fluorescent lights emit heat. By using LED lights you can limit the amount of heat in your house, and save on the cost of air conditioning.

According to energy.gov, the use of LED lights has the largest potential impact on energy conservation in the United States.

You can reduce your carbon footprint and your power bill, by following these suggested energy conservation tips.

Former student now Crossfit gym owner

SLCC alumnus Greg Schell speaks about his growing business and gives advice to students headed in the business direction.

Walker Gale
Staff Writer

Former Salt Lake Community College student Greg Schell took what he learned from school and applied it to a desired career, resulting in his ownership of Brickwall Crossfit, a fitness gym.

“The amount of knowledge I took from each educational community has helped me a lot. There are a couple guys from SLCC that I wouldn’t be here without,” says Schell.

Schell crawled his way up the ranks. Starting off as a local Gold’s Gym employee, Schell switched focus to being a personal trainer. After that, he conquered fitness management leading into a job directing an athletic club in Boise, Idaho.

Now Schell owns and manages an up-and-coming fitness club that caters to a variety of members and offers SLCC students and U of U students a discounted rate of \$85 a month.

Led by Schell and two other training coaches, Aubrey Waldron and Sarah Butler, Brickwall Crossfit is a community and fitness gym that allows members to engage in rigorous workouts to transform their bodies into what they desire.

After three years of grinding, a relentless work ethic has allowed Schell to accomplish his goal. Schell has



Photo by James Nguyen

Kody Frank demonstrates a muscle up.

a strong passion for what he does and is willing to wake up at hours that most would cringe just thinking about.

“I wake up every day at 3:30 to 4:30 depending on if I’m teaching a class at 5 a.m. or 7, and I’m here until 8:30 or 9 [p.m.],” says Schell.

Schell has proven that

anybody can achieve what s/he wants through hard work and planning; he has conquered many obstacles and is now in a position to motivate young adults who have aspirations of achieving business goals.

“If you don’t love it, don’t do it. I mean my hat is my tie, and I wear cool shorts,” says Schell.

SLCC Cycling Club invites students to spin their wheels

Aaron Clark
Staff Writer

Many students may be unaware of the fact that Salt Lake Community College has a very successful cycling program and is open to anyone with a bicycle. The club was recognized by the school in fall of 2011 and began their first season of competitive racing in 2012.

The focus of the SLCC Cycling Club is to help promote and grow collegiate cycling at the racing level in the Inter-Mountain Conference. By offering a collegiate cycling program to aspiring young cyclists, it gives them the opportunity to pursue a career in cycling while obtaining an education.

“SLCC Cycling Club is for any student, faculty or supporter of the community college who is interested in riding bicycles,” says Mike Trussell, President of the SLCC Cycling Club. “Our

goal is to provide opportunities for riders interested in racing competitively and for those who simply enjoy riding.”

Most college cycling clubs are student-funded; only a few universities give out scholarships for cycling. Collegiate cycling is overseen by USA Cycling and comprised of 12 geographically divided conferences with over 300 clubs and roughly 4,700 licensed riders.

“There were a lot of students here who were interested in racing on a collegiate level but they needed a club in order to do so,” says Trussell. “The focus was to introduce collegiate racing here at SLCC and I think over the next few years collegiate cycling is just going to explode.”

Cycling clubs are split into several different divisions based on the amount of students enrolled. Division I is for schools with at least 15,000

students, and Division II is for schools with less than 15,000 students. Despite being new to collegiate racing, SLCC has already seen success against the competition in their first full year of racing.

“In 2012 we killed it! We did really well, [and] we had several riders qualify for Nationals,” says Trussell. “We were biking against schools that have big enough cycling programs that they give out scholarships for it.”

The cycling club is not just about racing as it encourages riders of all skill levels to join the club and have opportunities to ride with other students and faculty. Some of the most exciting benefits of the club, according to Trussell, are being able to stay in shape and receive discounts on cycling equipment.

“Cycling is such a healthy way to live your life; it has definitely changed the way I view fitness and gave me a purpose for waking up in the

99 bottles of beer, about 97 too many

Salt Lake Community College executive summary finds that students are binge-drinking.

Jessica Stewart
Contributing Writer

It’s Saturday night at A Bar Named Sue. The band Isaac Farr Trio is playing a rendition of Sublime’s “Santeria”. A group of college-aged women are air-humping each other and performing a dance move known as the Jersey Turnpike.

Alcohol consumption among college students isn’t something new. It’s part of America’s culture. “National Lampoon’s Animal House” and “Revenge of the Nerds” are classic films that portray the excessive alcohol use of college students.

“Our culture is filled with messages [about alcohol]. You drink to have fun. You drink to reduce anxiety. You drink when you’re stressed,” says Craig PoVey, Program Administrator for the Utah Division of Substance Abuse and Mental Health (DSAMH).

Moderate alcohol use, according to the 2010 dietary guidelines for Americans, is considered one drink a day for women and two for men. Drinking moderately offers health benefits. It reduces the risk of developing heart disease, dying of a heart attack and having a stroke.

But more than half of the alcohol consumed in America, according to the U.S. Centers for Disease Control and Prevention (CDC), is in the form of binge drinks.

PoVey believes that people who drink develop their own language regarding the use of alcohol, because they aren’t aware of the scientific standards.

Sean Erikson is a SLCC student, majoring in Criminal Justice. He categorizes drinkers with three labels: champions, average and beginners.

“I can probably smash about 15 American beers, depending on the day, maybe a little bit more,” says Erikson.

Erikson calls himself



a “champion” drinker. The amount of alcohol he consumes is above the standard of binge-drinking. But he believes that the definition of binge-drinking depends on a person’s tolerance and the potency of the alcohol.

“I think it’s [binge-drinking] all a recipe for disaster. A person enters into a climate where getting drunk is the outcome they’re looking for,” says PoVey. “They consume more; they consume it faster. They start thinking the norm would be to drink a pitcher of beer not one drink in an hour.”

Tolerance occurs when an individual continuously consumes alcohol. A person who has high tolerance may be able to drink more without showing the same effects as someone without tolerance, but their blood-alcohol content level remains the same.

“Tolerance is one of the things I wish people would understand. It’s a key indicator of where you’re at and to know whether it’s a problem or not,” says PoVey.

Higher tolerance leads a person to consume more alcohol. Everyone is born with a level of tolerance and a trigger point, according to PoVey. Those who have a higher tolerance have a lower trigger point, which puts them at risk for addiction.

Large quantities of alcohol when consumed quickly can cause blackouts and memory lapses, which is an indicator of brain damage.

An individual’s brain isn’t fully developed until his/her mid-twenties, according to PoVey. The last part of the brain to develop is the frontal

cortex, which guides logical thinking.

“Every time someone gets high or gets drunk, it retards that development and that section of the brain to the point that they’re not making good decisions and their brain isn’t maturing fast enough. It impedes their rise to adulthood,” says Jeff Marrott, the Training Manager of DMSAH.

The spring 2013 Executive Summary of Salt Lake Community College, provided by the American College Health Association, shows that 39.1 percent of students had reported alcohol use within the last 30 days. An analysis was taken of the students who had reported having more than one drink. The estimated blood-alcohol concentration level (BAC) reached 0.10, or higher, for 86.9 percent of those students.

Binge-drinking, in accordance with the National Institute on Alcohol Abuse and Alcoholism, is considered to involve five or more drinks for a man in two hours and four or more drinks for a woman. This amount of alcohol raises the BAC levels to 0.08.

The SLCC students, who had an estimated BAC level of 0.10 or higher, were above the scientific standard of binge-drinking. That standard is in place because excessive alcohol use can correlate with negative outcomes. It can lead to addiction, poor judgment and neurological damage. But the scientific standard of binge-drinking is different from what is socially acceptable, among those who drink.

Binge-drinking doesn’t mean a person is alcohol-dependent. However, the SLCC students, who had an estimated BAC of 0.10 or higher, are at-risk of addiction and brain damage.

“Nobody has been told that there are limits to drinking and how to drink responsibly if you choose to drink,” says Tatiana Burton, the Program Manager for Health Promotion, at SLCC.

“

Every time someone gets high or gets drunk, it retards that development and that section of the brain to the point that they're not making good decisions and their brain isn't maturing fast enough. It impedes their rise to adulthood.”

-Jeff Marrott, the Training Manager of DMSAH



morning to train,” continues Trussell. “A lot of students don’t have much money to spend on equipment and we have sponsors in local companies that give discounts to students in our club.”

During the cycling season, which begins in March, the club generally meets on Fridays for group rides and during

the winter will host spinning classes to stay in shape for the racing seasons. The club also helps with training beginner cyclists to become ready to race on the collegiate level and train for century rides, which are 100-mile bike rides.

“A lot of our new members are nervous about doing their first century ride, and they are

worried about cramping up and not making it,” says Trussell. “My first century ride was a terrible experience—it took me thirteen hours to finish, but our club provides mentors and training partners who have been there before and can help you prepare.”

For those students who want to join the club and race at the collegiate level, there are some specific qualifications. Students need to have the proper cycling equipment, be in good standing with the school and maintain a 2.5 GPA. There is a yearly fee of \$20 which helps fund SLCC cycling races and will give club members access to the bike shop and supplier discounts. Contact Mike Trussell at slcccycling@yahoo.com for more information.

CAMPUS

campus.globe@slcc.edu



Utah Brewery Review: Uinta Brewing Company

A top-shelf brewery that gives beer-enthusiasts a reason to stay in Utah, Uinta Brewing Company is brewing, bottling and canning first-class beer.

Clinton Baker
Contributing Writer

Bottom Line: From the most common lager to the double IPA, Uinta Brewing Company delivers high-quality brews that give Utahns a reason to be proud.

“Earth, wind, and beer,” is the slogan for Uinta Brewing Company, and it elegantly illustrates where the company’s priorities are.

Uinta, a brewery based in Salt Lake City, has combined a love for beer with a sincere appreciation for the environment. Uinta brews over 20 different kinds of beer and does so in an environmentally responsible fashion.

All of Uinta’s beers are brewed with 100 percent renewable energy sources such as solar and wind power, which gives Utahns another reason to enjoy a tall glass of Uinta beer.

Cutthroat Pale Ale is a local favorite and is on-tap in many pubs and bars throughout the valley. Named after the state fish, Cutthroat is a pale ale that could be mistaken for an

amber ale with plenty of color and a strong malt profile.

Caramel malt is the dominant flavor of this brew, and with an underlying hint of citrusy hops, it tastes well-balanced. Thanks to the sweet malts and the surprisingly light body, this beer goes down smooth and leaves you wanting more.

Cutthroat Pale Ale is a very drinkable session ale that packs enough flavor to make you question if you’re still in Utah, and it is mild enough to let you keep on drinking. If you like pale ales and dark amber ales, this would be a great beer for your next weekend barbecue.

Another popular beer from Uinta is their Golden Spike Hefeweizen. As the name indicates with hefeweizen, this is a light beer with dominant flavors of wheat and citrus.

Hefeweizen is an interesting style of beer that has a tough time competing when it comes to flavor, but this beer holds its own. A hint of grapefruit and a finish of yeast are the most

notable tastes, but true to style, this hefeweizen is incredibly drinkable.

A light-mouth feel paired with plenty of carbonation make this beer refreshing and a good choice for a warm summer evening.

Overall, this hefeweizen is well-done and above average. True-to-form, Uinta delivers in the hefeweizen category and has provided a solid beer that’s fun and easy to drink.

If hefeweizen is your preference, this is a suitable option, but if not, I would recommend one of Uinta’s more substantial brews such as the Baba Black Lager or Trader IPA.

Uinta Brewing Company is a consistent brewery dedicated to making great beer. They pair flavor with drinkability and provide plenty of options for beer-drinkers in Utah.

More information can be found at their website, and high-alcohol beer can be purchased at Uinta’s Little Big Beer Store located at 1722 S. Fremont Drive (2375 W).

‘The Power of Latino Leadership’ gives Latinos a step forward and honors the past

Learning from the past leads to the future in Bordas' new book about Latinos.

Aldo Gomez
Staff Writer

With the rise of hot-button political subjects like immigration, Juana Bordas’ new book teaches that even though Latinos and Hispanics are becoming part of the culture, they must not forget their roots in order to become great leaders. “The Power of Latino Leadership” is aimed specifically toward Latinos, but the book’s message is universal and a welcome source of insight into Latino culture.

“The Power of Latino Leadership” is not a textbook, and that is its most outstanding quality. Bordas’ voice is very much a part of the text, and readers may feel like they are conversing with Bordas rather than attending a college seminar. The subject of the book is broad enough to fill a semester class, but its dynamic presentation makes it approachable to anyone, from young Latinos who do not know much about their culture to a middle-aged

business man who wants to know what the Latino world has in-store for him.

The book is split into five sections. The first two sections in the book discuss how the Latino culture has evolved over the years, how it has merged in the West and how Latinos are in a cultural stage where they should start to lead others.

Part Three discusses the culture of Latinos and how it applies to leading others. Bordas accomplishes this by using examples from everyday life. Bordas often mentions family as a staple of Latino culture, since Latino families are close-knit, and the elders in each generation are expected to lead the others by example, meaning that by the time Latinos need to lead a team in a professional setting, they are already accustomed to groups and contradicting personalities.

The fourth chapter talks more about the results of Latino leadership. Latinos

tend to live in community settings with families and neighbors, celebrating life and creating relationships, and these are aspects that transfer to leading others. Latinos in leadership positions tend to create communities out of their teams with an upbeat social attitude as well as a can-do spirit.

The final chapter of the book talks about the Latino future – where today’s leaders are headed and where tomorrow’s leaders will come from. Latino leaders should set an example to other cultures in working toward a better society by being diverse and honoring the past.

“The Power of Latino Leadership” was an enjoyable and educational treat. The book gives knowledge and insight on a personal level and never feels boring or senselessly prolonged. I would recommend this book to anyone who wants to learn about Latinos and their culture.

Check the Spanish version “El poder del liderazgo latino” at www.globeslcc.com

Tuition and fees are just too high

T.J. Stokes
Contributing Writer

Salt Lake Community College is a good school compared to others around it, but it is still too costly for most students. Lower tuition would encourage more people to attend college and improve the workforce.

Many people in America plan on attending college after high school, but for many, that dream is over before it begins. A large number of these people attend college many years after they have a child, serve our country, or were forced into the workforce and had to make a living for themselves to have a roof over their heads and food to eat.

Once two-to-four years have passed and dedication to their jobs has not resulted in adequate compensation, a drastic change must take place. The financial aspect of school makes going back nearly impossible for most who would like to attend and educate themselves.

Working full-time and being a part-time student leads to potential burn-out because school is still a second or third priority.

The tuition at SLCC needs to be lowered, or the amount of money from Pell Grants

needs to be increased. At the community college level, most students are paying their own way through school, and those same students are applying for financial aid and being shot down left and right.

Plenty of students are denied financial aid because their parents make too much money. Yet oftentimes the student never receives money toward school from those same parents.

Students who work are struggling to survive, but financial aid says that they earn too much income. Only those who are on the verge of being homeless and are unemployed are eligible for the entire amount of financial aid, which usually results in a refund of the left-over tuition ranging from \$100 to \$1,500 back to the student.

A majority of the students pay their own way and are forced to apply for student loans. These loans are much easier to acquire but are due for repayment six months after they have completed college attendance. In today’s economy, that is hardly enough time to be hired at a quality job, and now students are paying for an education before it has made them a single penny.

A student obtaining a two-year degree at 12 credits or more pays about \$1,585, and that’s not including books or a parking permit that costs \$35 for limited parking spaces.

The student can expect to be approved for a student loan of \$3,000 at a freshman status. Students in their second year can expect \$4,400. That’s per school year. The summer semester is not covered. That’s a possible \$8,000 in loans just to be halfway done. If the student attends a university afterward, those numbers can skyrocket.

Tuition increased about a year ago from \$110 a credit to \$167 a credit. These numbers need to come down.

Lower those rates and raise the amount of a Pell Grant that students can receive so they don’t feel punished for wanting a better future or making more money. Being able to attend school is said to be a privilege, but students are facing negative consequences for not having parents to carry them through it.

Students have the power of numbers and can gather together to push for lower costs. If enough speak out, the message will be heard by someone with the power to make a change.

'I had a comic, but it melted!'

(I'm totally not BS'ing because I'm out of ideas. Not. At. All.)

Salt Lake Community College

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MATHEMATICS TUTOR

Ken Alford, a retired college mathematics professor, is both able and willing to tutor students in any of the mathematics courses offered at Salt Lake Community College this summer.

The first one-hour lesson is free. The charge for all lessons after that is 35 dollars per hour.

Call Ken Alford at 606-622-1483 or e-mail kenealford@gmail.com.

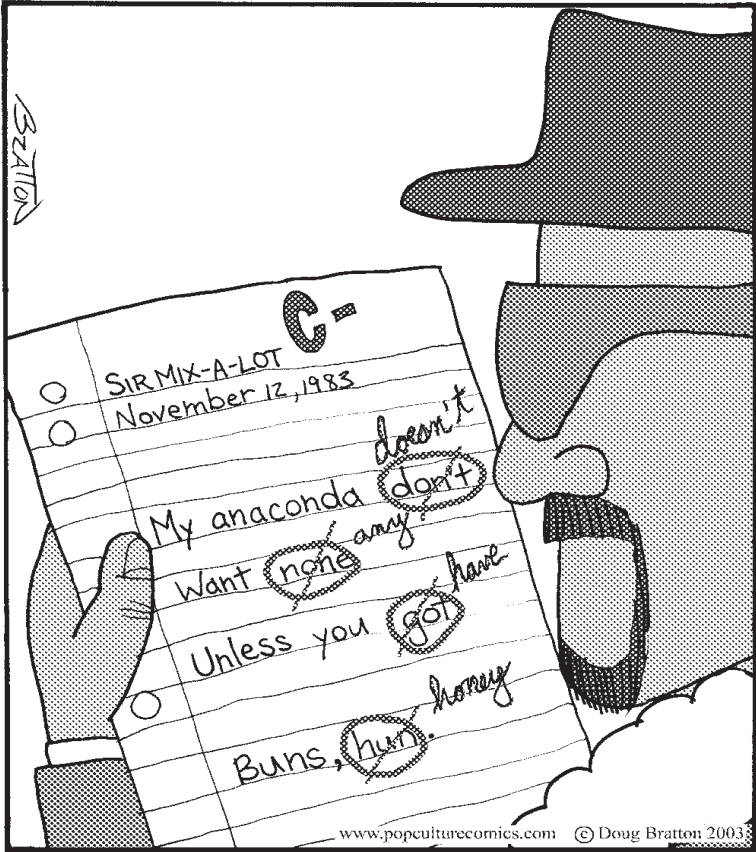
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ANSWER TO TODAY'S PUZZLE

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Sir Mix-a-Lot in High School English Class

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ARTS&ENTERTAINMENT

‘The Way, Way Back’: A studio’s attempt to recreate ‘Little Miss Sunshine’ at a water park

Stephen Romney
Staff Writer



The independent film circuit is an interesting thing. More often than not, many overly pretentious, overly artistic, or overly ambitious films make their rounds at many of the major-league festivals such as Sundance, Tribeca and Cannes. However, there are times when studio members will find something that they feel has a chance at appealing to the slightly cultured but still technically mainstream audiences. Such is the case for this particular subject for review, coming from the same studio that produced the indie-sleeper hits “Little Miss Sunshine” and “Juno”. “The Way, Way Back” stars Liam James as Duncan, a 14-year-old saddled with spending the summer with his mom, played by Toni Collette, her new boyfriend Trent, played by Steve Carell, and his daughter, played by Zoe Levin, at Trent’s beach house in an unspecified seaside town.

During the vacation, Duncan finds an unexpected friend in Owen, played by Sam Rockwell, the manager of the Water Wizz water park. This sets the stage for your typical coming-of-age/unforgettable summer story where Duncan begins to work through his anxieties and hang-ups. Rounding out the supporting cast, we have AnnaSophia Robb, Maya Rudolph, Allison Janney and Amanda Peet. The first thing I noticed right off the bat is that it feels like the studio was hoping to recreate the same style and setting of “Little Miss Sunshine” and failed at this due to the film missing a few key factors: namely the dysfunctional yet natural dynamic between the characters that made “Little Miss Sunshine” so likable. Sadly, this film never quite hits that stride. While it does an okay job of giving us a fairly relatable main lead, as well as some downright repulsive supporting characters, there’s never really a dynamic that’s established. Part of it is because there are just some



Photo Courtesy of Fox Searchlight

This film is your typical “Summer from hell turns into summer of your life” story with Liam James (pictured) as our lead.

characters who don’t really add to the story in any capacity aside from spewing an excess of venom. On that same note, the beginning of this film is a bit unpleasant. However, I’m willing to dismiss this on the grounds of artistic license as it helped me as a viewer to empathize with the main character.

The story really begins to pick up once Sam Rockwell’s character is introduced. That character, while being a laid-back party animal, didn’t feel nearly as ridiculous and cartoony as some of the supporting cast that were introduced at the start of the film. In the case of the acting, it’s good for the most part,

but some performances are hindered by the writing and the fact that some of the characters were just unnecessary. While I can give Steve Carell props for going against type, his performance was lacking in certain regards. I understand he’s not supposed to be agreeable, but this is also a case where

the writing could have been improved. Another problem I had with the film was how forced the drama and the Aesop felt, the Aesop being the moral or message a film is trying to get across. This is also an example of the studio attempting to recreate the same aura as “Little Miss Sunshine” without a clear understanding of what made that film work. I understand that one has to resolve the plot somehow, but the more dramatic moments could have been handled a little bit better, even if you were going for the “unresolved” family drama for which other independent films are known. Despite those glaring issues, the movie did manage to win me over by the end, as there are definitely some good bits to be had later in the film, particularly with the comedy as well as Rockwell’s performance. If you’re able to stomach the very “indie” feel, then it’s worth checking out. While it could have been better, it’s still entertaining if you’re in the right mindset.



Stephen Romney
Staff Writer

With the release of “Pacific Rim”, there will no doubt be a resurgence of interest in one of the genres that inspired it. No, I’m not talking about mecha anime, although the influence is undeniable. I’m talking about the genre in which the antagonists get their name: Kaiju. As stated in the opening of “Pacific Rim”, kaijū is a Japanese word made from two kanji symbols meaning “strange” and “animal.” It is colloquially understood to mean “monster.” In order to understand the history of the kaijū genre, we’ll take a look at the franchise that started it all – Godzilla. When a Japanese-Indonesian co-production funded by the Toho Motion Picture Company fell apart, the producer in charge of the project, Tomoyuki Tanaka, was tasked with coming up with a film that could take the release slot of the failed project. On a plane ride back to Tokyo, Tanaka read about The Lucky Dragon. On March 1, 1954, a Japanese tuna trawler, The Lucky Dragon No. 5, sailed too close to the Marshall Islands, where the United States was conducting the Castle Bravo thermonuclear test on Bikini Atoll. The entire crew was exposed to the nuclear fallout and eventually died from radiation poisoning. The controversy surrounding the incident prompted Tanaka to pitch his idea to Toho Production Chief Iwao Mori, with the basic premise of a monster being awakened by nuclear bombs and rampaging through Japan. The original story was drafted in less than three weeks by thriller novelist Shigeru Kayama, who had written several stories featuring mutated sea creatures. It was then turned into a screenplay by Takeo Murata and Director Ishiro Honda with many of

A tale of monsters and men



Photo Courtesy of Legendary Pictures and Toho Co. Ltd.

A painting of Godzilla by Gonzalo Ordóñez Arias made to promote the upcoming Godzilla remake.

Kayama’s ideas making it into the final draft. Honda, in turn, drew inspiration from his time serving in the Japanese Imperial Army during World War II and having walked through the decimated Hiroshima on his way home after the war had ended. Because of that experience, he was able to make the allegorical connections between the monster and the atomic bomb even stronger. The task of bringing Godzilla to life fell to cinematographer turned visual effects artist Eiji Tsuburaya, who drew inspiration from films like “King Kong”, which relied on stop-motion animation to bring the monster to life. However, as they had only a few months to shoot the film, Tsuburaya figured that the best method for creating the monster was by having an actor wear a costume and stomp around on miniaturized sets—a process that was rarely, if ever, implemented in monster movies of the West. The film was released on November 3, 1954, and met with mixed to negative reviews. Critics accused the film of exploiting the destruction of Hiroshima and The Lucky Dragon incident. However, the film gained respect in its home country, winning the Japanese Movie Association award for Best Special Effects. The film eventually made its way to the U.S., first airing in theaters catering to Japanese-American communities during

the ’50s and ’60s. It was later re-edited to tailor it to American audiences including new scenes with actor Raymond Burr as reporter Steve Martin, whose “coverage” of the destruction was used to minimize the amount of dubbing needed. With the success of “Godzilla”, a new franchise and genre was born. Tsuburaya’s unique use of suited actors and miniaturized sets paved the way for future films and television series in the genre. This is also where the genre goes through an interesting transition. While the first film in the franchise was a serious drama reflecting on the ills science creates when left unchecked, the later films tended to be more light-hearted, embracing the sillier aspects of the “creature feature” as seen in the film’s direct sequel “Godzilla Raids Again”, where the monster re-appears in order to destroy Osaka like he did Tokyo in the original film. The film also employs the cross-over trope by bringing in another monster Toho had created named Anguirus, establishing the series tradition of Godzilla fighting other monsters throughout the series. As the series progressed, Toho became aware of Godzilla’s popularity with children and, as such, began tailoring the franchise to be more kid-friendly with films such as “Godzilla vs. Hedorah”, where he’s made into a defender of the environment, à la “Captain Planet”. This is

also seen with the introduction of Jet Jaguar (pronounced Jet Jagger) which is Toho’s answer to Tsuburaya’s popular “Ultra Series”. When the franchise was rebooted in 1985, Toho attempted to return to its darker roots by once again making Godzilla the villain. However, it wasn’t long before the cycle repeated itself as the studio sought to appeal to audiences across the board by making later films in the style of mainstream blockbusters, much like how superhero films are made in the U.S. This series, known as the “Heisei series”, came to a head in “Godzilla vs. Destoroyah”, where Toho ultimately killed off the character by way of nuclear meltdown in order to make way for the upcoming “American Godzilla” film franchise that was being produced by Sony. After the train wreck that was Roland Emmerich’s “Godzilla”, Toho began producing Godzilla films once again, starting with “Godzilla 2000”, which was yet another reboot taking place after the events of the original film. This is something that would occur frequently throughout the Millennium series of films until the series ended with the film “Godzilla: Final Wars”, where Toho’s entire roster of monsters got together for one last rumble. Since then, Godzilla’s appearances have been minimal, only coming forth in a dream sequence of the film “Always Sunset on Third Street 2”. However, another American reboot of the franchise is in the works and set for release in 2014, being produced by Legendary Pictures, the studio behind “Pacific Rim”. While the genre at-present isn’t as prevalent as it was in its heyday, its influence can still be seen in numerous anime and tokusatsu programs that are currently airing. As for the upcoming Godzilla reboot, after looking at “Pacific Rim”, I can definitely say that the film is in good hands. With the advances in CGI, we may see a renaissance of the genre some time in the future.

Experience child-like happiness with Laughter Yoga

Rachael Folland
Staff Writer

There is a new way to experience the art of laughter: mixing Yoga and lots of “ho-ho, hee-hee’s.” Originating in India, Laughter Yoga has become a popular way to release endorphins and relax. Salt Lake Community College offers a Laughing Yoga class for fitness credit through the Health and Lifetime Activities department. Taught by Delan Jensen and Julie Pudmire, the class includes lectures about health and wellness, stress management and laughing exercises. “When you laugh, you feel relaxed in your body. For me, when I am happy, I feel relaxed,” said student Patricia Gamarra. Laughter can help people cope with stress and anger. The human body needs to have the stimulation that stems from laughter. When a person laughs, it causes blood to start flowing throughout the body. Laughter is a healthy part of living. “Laughter is a normal thing for us to do. It’s natural for us to want to laugh. Our body reacts to laughter in a way that helps you relieve stress. When you laugh and you do a big hearty laugh, it’s like internal jogging for the organs in the body. It gets the body stimulated,” said certified Laughter Yoga leader Julie Pudmire. Each session of Laughter Yoga consists of breathing, clapping, body movement and laughter exercises. Instructors will have students lie on the floor on their backs and laugh. Before long everyone is laughing, and the blood gets flowing. “There are three things that are contagious: yawning, germs and laughter. When someone yawns, we all start yawning. When someone laughs, we all laugh,” said Delan Jensen, certified Laughter Yoga leader. “An adult laughs only 14 to 17 times a day, [while] a child will laugh up to 400 times a day. What we’re bringing back is that child-like happiness. The more you laugh, the happier you are.” Many would agree that the average human does not laugh enough throughout the day. Laughter is a way to relieve stress and cope with issues that are difficult in life. Laughter is associated with happiness, which can be hard to come by in a taxing world. “Humans are more worried about different things. They forget that happiness is important,” said student Patricia Gamarra.

