

THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY

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What's Hip, Hot, and Happenin' on Campus

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Wednesday

22

Hispanic/Latino Heritage Celebration: Art Exhibit, "Homage to Posada"

When: 8am — 4pm
Where: South City Campus

Hatching a New You

When: Wed, October 22, 11am — 12pm
Where: Redwood Campus

Visual Art & Design Guest Lecture - Daniel Holland from Pixar

When: 2pm — 4pm
Where: South City Campus

Profiles in Leadership

When: 5pm — 6pm
Where: Redwood Campus

The Power of One: Writing and Performing a One-Person Show - Part 1

When: 6pm — 8pm
Where: Library Square

Thursday

23

Hispanic/Latino Heritage Celebration: Art Exhibit, "Homage to Posada"

When: 8am — 4pm
Where: South City Campus

Mortuary Science - Health Sciences Open House

When: 4:30pm — 7:30pm
Where: Jordan Campus

DiverseCity Writing Series Fall Reading and Reception

When: 6:00pm — 8:30pm
Where: Library Square

Rimers of Eldritch

When: 7:30pm — 9:30pm
Where: South City Campus

Little Shop of Horrors

When: 7:30pm — 9:30pm
Where: South City Campus

Friday

24

Hispanic/Latino Heritage Celebration: Art Exhibit, "Homage to Posada"

When: 8am — 4pm
Where: South City Campus

SLCC Men's Soccer vs. USU

When: 7:00pm — 8:30pm
Where: Utah State University

Rimers of Eldritch

When: 7:30pm — 9:30pm
Where: South City Campus

Little Shop of Horrors

When: 7:30pm — 9:30pm
Where: South City Campus

Saturday

25

Children's Halloween Carnival

When: 10am — 12pm
Where: Redwood Campus

SLCC Baseball vs BYU

When: 12pm — 2pm
Where: Jordan Campus

Tales of Terror: Horror Writing Part 2

When: 1pm — 3pm
Where: Library Square

Rimers of Eldritch

When: 7:30pm — 9:30pm
Where: South City Campus

Little Shop of Horrors

When: 7:30pm — 9:30pm
Where: South City Campus



Monday

27

Hispanic/Latino Heritage Celebration: Art Exhibit, "Homage to Posada"

When: 8am — 4pm
Where: South City Campus

CAM on South City Campus Presents: NPR's Brooke Gladstone

When: 11am — 12pm
Where: South City Campus

The Student Voice Project: Immigrants

When: 12pm — 1pm
Where: Redwood Campus

Strengths Quest Presentation

When: 2pm — 4pm
Where: Redwood Campus

CAM on South City Campus and KUER Presents:

An Evening With Brooke Gladstone

When: 7pm — 8pm
Where: South City Campus

Tuesday

28

Hispanic/Latino Heritage Celebration: Art Exhibit, "Homage to Posada"

When: 8am — 4pm
Where: South City Campus

SLCC & UEN 2014 Cheese Challenge

When: 6:30 — 8:30pm
Where: South City Campus



For more information on these events, please visit:

www.globeslcc.com/calendar



Photo by Htet Aung

The Globe is proud to present a new Instagram contest! Show us #lifeatslcc through the eyes of your camera. A winning photo will be printed in The Globe each week and the winner will receive Quick Wits tickets, an iTunes gift card or a Bruin Bites gift card. Here's how to enter:

Instagram users / In the caption of your photo, please include:

- a mention of the MCC handle (@masscommcenter)
- the hashtag #lifeatslcc
- the hashtag for your campus, e.g. #SouthCity

Non-Instagram users / Alternate submission method:

- Email contest.globe@slcc.edu with an attachment of your photo
- Provide a caption for your photo and include the hashtag #lifeatslcc and a hashtag for your campus, e.g. #TaylorsvilleRedwood

Disclaimer: By uploading an image to Instagram where you mention @masscommcenter, or attaching any image that is sent to contest.globe@slcc.edu you are allowing The Mass Communication Center and any of its student mediums to redistribute that image at their discretion (print, online, social media, etc.) If your image is ed by MCC media, proper credit will be given as the source of the image.

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SLCC President's **Art Gallery**

Riley Shewak

Contributing Writer

The President's Art Gallery returned to SLCC's South City Campus earlier this month. This is an exhibition with such humble beginnings, but that is finally making strides amongst the art community.

The annual Presidents Art Gallery exhibition returned to the multipurpose room at South City Campus. Entries spanned a diverse array of mediums while providing the chance for any Utah artist to enter. Not all made the cut as a jury of art contemporaries slimmed down the exhibition to 100 entries.

South City's own Rob Adamson achieved best of show honors receiving \$1,000 for his oil-on-canvas piece, *Bryce Canyon*. Benjamin Higbee and Katie Johnson took home \$500 for second and third respectively. Rounding out the awards was Randall Forbush's oil painting, *Lightbulbs*, taking home the Presidents Award & Purchase prize.

The exhibition kicked off Friday, Oct. 10 with hors d'oeuvres and a judging of the art.

Highlighting the event was a ten foot high 500 lb. metal sculpture of a tree with sound activated L.E.D. lights and Stephen Speckman's *Women of Camatin* photo series.

"The Presidents Art Show has come a long way in 20 years we used to be in a dark dusty basement down-town," said Rob Adamson.

As a local high profile artist and SLCC instructor for 20 plus years, Adamson has venerable wisdom when it comes to art in Salt Lake. "Artists aren't marketing people," he said. He then goes on to explain that this is why shows like this are so important throughout the valley.

SLCC was represented well at the exhibition. Numerous student and faculty entries were lining the walls. Even the piece making the most buzz, *Tree of Light*, was fabricated by students Tyler Smith and Jodi Mardesich

"There's finally a tangible support for art," said Anita Albright. Albright is a member of the SLCC Art Committee and has been apart of the SLCC art scene just as long as Adamson. She beams with enthusiasm as she describes the humble origins of the exhibition.

"In the beginning we were scrambling for money and space," said Albright. Now they have full reign in the ample space provided by the multipurpose room just east of the library. To put the cherry on top, The Art Committee acquired erectable walls this past summer. The walls further establish this year's event as an all-time high for all involved.

SLCC student Victoria Flores used the word "striking" to describe the diversity of art at the show. Flores was sure to return with her sister whose graduating from SLCC this spring with a degree in art.

Unfortunately, it's too late to see many of the pieces in person. However, an online gallery will be up shortly. Having seen the work first the first time online Albright said, "They just look so much better in person."

The Presidents Gallery has been a mainstay of SLCC for over 20 years. Its humble beginnings resemble the rise of not just the art community at SLCC; It represents the growth of the school opportunities. For more information, visit slcc.edu/artshow.



Photo by Michael R. Gault

Gordon Storrs points out "The Great Plan" by Dallen Garner.



Photo by Michael R. Gault

Gordon Storrs shows Dan Toone's sculpture, titled *Encircled*.



Photo by Michael R. Gault

Four Bears Mandan Medicine Man, by Richard Prazen. The sculpture is made from welded steel, brass, copper, and stainless steel (2014).

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Nutrition: food for thought

Brook Bartlett

Contributing Writer

“Let food be thy medicine.”

-Hippocrates



■ Photo courtesy of Brook Bartlett



■ Photo courtesy of Brook Bartlett

As flu and cold season approaches, it's important to know what foods to eat. Selecting nutrient-rich, whole foods is crucial for a speedy recovery, and may even prevent sickness in the first place. From curing sniffles to a stomach bug, certain foods have proven beneficial for those who know which to use.

According to television health guru, Dr. Oz, the best food for allergies is kale. Kale contains flavonoids that reduce the body's histamine response and can help reduce allergy symptoms like nasal congestion and sneezing. It's also an anti-inflammatory food that can help ease the pain of sinus infections.

Dr. Oz recommends for an upset stomach a combination of foods that he calls the BRAT Diet. BRAT stands for bananas, rice, applesauce and toast. These low-fiber foods give your digestive system a break while replacing essential nutrients that may have been lost due to vomiting or diarrhea.

The best food for a cold is chicken soup, according to Dr. Oz. He says the zinc in chicken – particularly dark meat chicken – helps shorten the duration of a cold, while the water and salt keeps the cold sufferer hydrated. A squeeze of lemon adds some much-needed vitamin C.

The cold remains common for a reason. “The average adult gets three colds per year, each lasting an average of nine days,” says Jane Sadler, MD, a family practice physician at Baylor-Garland Hospital in Garland, Texas.

According to health.com, “super foods that fight colds” include:

Garlic: garlic contains allicin, a sulfuric compound that produces potent antioxidants when it decomposes. Garlic packs the biggest antioxidant punch when eaten raw, but is also

available in capsule form.

Anise seeds: These licorice-flavored seeds have antibacterial properties and can ease coughing and congestion. According to the American Pharmaceutical Association's Practical Guide to Natural Medicines, a typical recipe is to add one cup of crushed anise seeds to one cup of hot water, and flavor with sugar, garlic, cinnamon, or honey (if desired). Sip up to three times a day.

Citrus fruits: Studies do show that taking vitamin C at the first sign of illness may reduce a cold's duration. Also, red peppers are high in vitamin C.

Yogurt and kefir: Eating probiotic foods, such as yogurt and kefir, is a good way to replenish healthy bacteria, which promote digestive health and help prevent stomach ailments. Consuming probiotics, whether in food or supplement form, also lowers the risk of upper respiratory tract infections.

Tea: A hot cup of tea can help break up chest congestion and soothe a sore throat. All tea; black, green, or white, contains a group of antioxidants known as catechins, which may have flu-fighting properties. In a 2011 Japanese study, people who took catechin capsules for five months had 75 percent lower odds of catching the flu. Other research suggests catechins may help boost overall immunity, metabolism, and help protect against cancer and heart disease.

Blueberries: Are full of antioxidants and immunity boosters, especially when they grow in the wild. In 2007, Cornell University scientists found that wild blueberries contained the most active antioxidants of any fresh fruit.

Oats: Oats contain a type of fiber called beta-glucan, known for its cholesterol-lowering and immune-boosting properties.

Dark chocolate: Ounce for ounce, pure cocoa contains more of the disease fighting antioxidants than most berries—and it's loaded with zinc, to boot. Look for chocolate that contains 70 percent or higher cocoa.

Perhaps the most important thing to do is “stay hydrated,” according to William Schaffner, MD “this cuts down on symptoms like a sore throat and stuffy nose.”

Quotes and information are from "As Soon as You Feel Symptoms." - Stop a Cold in Its Tracks and "The Best Foods to Eat When You're Sick" The Dr. Oz Show.

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Cook-up some new friends with SLCC's **Culinary Arts Club**



SLCC's Culinary Arts Club member chefs "Reinvent Seasonal Living on the Farm" as they prepare to 'cook-up' some delectables at a recent cook-off in South Town Mall.



Culinary Arts Club member chef cuts and prepares variety of produce.



Carlos Artiles-Fortun

Contributing Writer

SLCC's Culinary Club shares insight into their meetings and what they do as a club to better their cook and catering skills. The Culinary Club gives students an opportunity to network, share ideas, showcase talents and listen to lectures from chefs. They also use the lessons that they learn to cater festivals and fundraisers.

"The Culinary Club exists and we welcome all SLCC students," said Chris Williams, President of the Culinary Club. The club was created four years ago and its purpose is to, "promote extracurricular activities for students, giving opportunities not given by the school."

The club provides many different activities where students can get real world experience when it comes to cooking and catering. The club participates in The Chef Dance at the Sundance Festival. At this event they get to cook under the supervision of

world renowned chefs. Being in the club gives students the opportunity to make gourmet foods for Hollywood guest. In the past, the guests have included Morgan Freeman, Denzel Washington and Jamie Fox.

Fundraisers and community activities are one of the biggest things the clubs does. They recently had a fundraiser BBQ to give members the chance to go to Las Vegas for the Food Show Expo. Students there can participate in forums, meet big chefs, distributors, and food industry professionals.

This month the club will be catering for March of Dimes, on Oct. 25. In December they will be partnering with the Queer - Straight Alliance Coloring Outside the Lines Club for their AIDS Awareness Dinner. They are currently selling pies for Thanksgiving as a fundraiser.

"Whether you are an experienced culinary student, or just a regular student, you are welcome to join," said Williams.

The club meets every first Monday and last Wednesday of the month in room 101 in the Culinary Arts building at the Miller Campus. At meetings, members can network, share ideas, showcase talents, and listen to lectures presented by chefs and more. Those interested do not need to be experienced with cooking, and will learn from the 30 club members and activities.

For additional information, contact Chris Williams on Facebook, SLCC Culinary Club, or by

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Image courtesy of Jomar Machado.

SLCC Culinary Arts Institute makes for **World-Class** dining

Meghan McColgan

Contributing Writer

SLCC culinary students are taking the right steps to stand out among the thousands of chefs in the job market. The Culinary Program at Miller Campus has been preparing the chefs of the future for the past 25 years.

“Do you know we are the only culinary program in Utah that is accredited by the American Culinary Federation? Do you know the difference between the front of the house and the back of the house in a food service installation? Do you know our Associates degree includes classes in Cost Control, Marketing, Menu Design, Food Safety, Catering as well as many cooking classes,” writes Interim Program Director Bob Burdette.

The Culinary Program is great for students looking to go into the culinary field and for those already in foodservice looking to advance their skills.

The program is very hands on and teaches students all the skills they need to go into the culinary field, including herb horticulture. At the campus they have their own garden where students learn how to grow and care for their own herbs, and soon students will be able to do so year round with the new greenhouse coming soon.

They also learn menu design where the students learn and review and analyze different types of menus and wine classes where they get training on pairing food and wines, students also to learn how to cater, bake, prepare savory food, and how to run a food business.

The culinary program will soon offer specialty cuisine classes such as classic French, Latin American, Mediterranean, and Asian cooking classes. Students can earn a certificate of proficiency taking only one semester all the way up to an Associates of Art degree that will transfer to other schools.



Photo Courtesy of Bob Burnette

SLCC Culinary Arts Institute located at Miller Campus.



Photo Courtesy of Bob Burnette

Photo Courtesy of Bob Burnette

Photo Courtesy of Bob Burnette

Food artistically designed and prepared by Culinary Arts student chefs.

Not only do students learn to cook food, they also can learn to grow it. The program keeps growing, yet there are currently only 104 students enrolled, and Burdette says he would like to double that by next fall.

“The Culinary Program at Salt Lake Community College’s Miller Campus is one of Utah’s best kept secrets,” says Burdette.

For more information about the culinary program go to slcc.edu/culinaryarts.

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Photos Courtesy of Bob Burnette

Culinary students learn to manage and operate a professional kitchen.

SLCC Affiliates sell produce and wares at Farmers Market



Photos by Guadalupe Sandoval Rodríguez

Tamara Brune-Wharton

Contributing Writer

SLCC students, alumni, and affiliates sell products at the SLC Downtown Farmer's Market. Clockwise; Somphop Gimsong, Brian Watkins and Fusako Tomiyama of Asian & Heirlooms, Teri Hansen Cone of Limeaid, Nick Oakey of Tea Leaves & Melody, Ana Valdemoros, of Argentina's Best Empanadas, employs Alma Nolasco (SLCC student), Navia Sarellano (SLCC student) works the Chad & Sean Produce booth, and Levi Tuaone and Mele Tuaone, of Mololo Gardens, enjoy working together with their family.

The Downtown Farmers Market at Pioneer Park is nestled within a full city block in the heart of Salt Lake City. Current and past students and affiliates of SLCC are a significant part of the market's success, as they sell a broad-range of products to the public.

"Everyone asks, 'where do we get it,'" says Teri Hansen Cone, a SLCC alumni and co-owner of Limeaid, as she describes growing demand for her mixed juice infused limeade. She and her husband started the business a few years back and, due to success at the market, says, "We are trying to scout out locations and eventually go year-round."

The north-side of the Market hosts food products, where hand-made empanadas, home-canned sauces and salsas meet traditional corn, squashes, peppers, and tomatoes, and, the more unusual, sea beans, figs, and exotic teas to delight the adventuresome palate. "I attended a year and a half [at SLCC], then transferred to USU," says Tamara Hed. She and her husband Randy Hed started Blue Spring Farm near Tremonton and have found a special niche with hearty homegrown vegetables at the Market, as well as expanding sales online and during winter markets.

The Tuaone family sells produce in their booth. Father Levi Tuaone proudly laughs and says nearly his entire family went to SLCC. Daughter Mele Tuaone, a SLCC alumni, says she enjoys working closely with her family at the Market, but says of the long hours, "it's a hard business to make money."

Fusako Tomiyama, proprietor of Asian & Heirlooms, a 100 percent organic urban vegetable farm, says her son taught Marshall Arts at SLCC. Brian Watkins, assisting in Tomiyama's booth, says he feels a part of SLCC as past chair of Liberty-Wells Community Council, which encompasses South City Campus.

On the Market's south side, merchandise booths display a variety of wares; including feathered hand puppets, painted gords, repurposed furnishings, cut pewter jewelry, Victorian plate portraits, and yard sculptures. Nick Oakey, a former SLCC student, joined Tea Leaves and Melody with a couple of friends. They sell spun wooden cups, called gords, with metal straws, along with South American Yerba Mate Tea. "He designed the gords [cups] and we just started making them," said Oakey of his business partner.

Frank Falk, owner of LOC ART and a custom designer who transforms vintage horns and random metal into iPhone speakers, describes a long history with SLCC. "My wife and son went to SLCC and my son is in concurrent enrollment as a senior at Olympus High," says Falk. A customer purchases a new speaker set, as Falk tells how he scours the internet for unique pieces and has purchased items from Europe and Australia. He adds business is doing quite well.

For more Farmers Market information, visit slcfarmersmarket.org

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