Recipe of the Day

Crunchy Turkey Salad

Provided by: www.allrecipes.com

What you need:

1 cup cooked, cubed turkey meat
2 celery, chopped
2 tart apples, cored and cubed
1/2 cup chopped walnuts
1/4 cup sour cream
1/4 cup mayonnaise
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice
1 tablespoon honey
1 tablespoon prepared Dijon-style mustard
1/4 teaspoon salt
ground black pepper to taste

What to do:

In a large bowl, combine the turkey, celery, apples and walnuts.

Prepare the dressing in a small bowl by whisking together the sour cream, mayonnaise, parsley, lemon juice, honey, mustard, salt, and pepper. Pour over turkey mixture and toss to evenly coat. Refrigerate until chilled.

How empathy factors in to murder

After 3 teenagers killed homeless man, experts look inward

Amy Sherman
KNIGHT RIDDER TRIBUNE

MIAMI — It's one of the most basic human traits: We care about others.

Even newborns may have empathy: They react to the distress of their peers by joining in their cries. As we get older we feel angry with others at times, but our inhibitions stop most of us from lashing out violently. One psychologist says there's no such thing as a person who is completely devoid of empathy.

How then can we explain how three Florida teenagers allegedly beat three homeless men, killing one of them?

Psychologists say they can't speculate about the behavior of these particular teens.

But, in general, scientists know some factors do make it easier for people to act without empathy. Among them: Do the attackers see the victims as part of a lesser, different group? Are the attackers acting in a group rather than as individuals? Were they themselves victims of bullying or abuse? Were drugs involved?

Every time the answer is yes, it gets easier for the attackers to overcome the basic inhibitions against hurting others.

The public will likely learn more about the lives of three defendants during court proceedings in the next several months. Billy Ammons and Brian Hooks, both 18, and Tom Daugherty, 17, have been charged with first-degree murder in the Jan. 12 beating.

Norris Gaynor, who died from his injuries, was bludgeoned so severely — his head swollen to three times its normal size — that his father could not recognize him. A surveillance video that aired nationwide showed two of the teens repeatedly swinging baseball bats at the head of a man curled up the ground in Fort Lauderdale, Fla.

Psychologists generally define empathy as the ability to put yourself in someone else's shoes.

It's easy for people to lack empathy for those they perceive as unlike themselves.

TRAFFIC ● CONTINUED FROM 8

first thing we saw," Svelling said, joking of course.

The real reason behind their choice? The television series "Law and Order."

"I saw an episode that touched on it and provided a resource to find out more on the Web site humantrafficking.org. "Which was a great thing, because it shows that narrative film can be used to do what documentary does," Curtis said.

After Curtis proposed the idea that she described as "completely ridiculous," and "couldn't be passed up," on the class' Blackboard site, the two guys jumped on board.

These three are no amateurs when it comes to filmmaking however. Johns and Svelling recently wrapped on their latest narrative piece, "Gaps," which will be screened at the Nickelodeon Theatre on May 9, at 8:15 p.m.

"I've also done lots of skateboarding videos for skateboard shops and companies," Johns said.

Curtis is mainly a documentary person, citing that everything she films is aimed to educate on some issue, which she believes all media work should do.

Making a documentary may seem like an easy task because you don't have to worry about casting, scripting, or costumes. But what you don't hear about is all the pre-production, behind-the-scenes stuff.

"The pre-production involves more research and getting more solid on your subject," Johns said. "With narrative, you're thinking more about location and how your audio is going to be. With documentary, it's still extremely organized but not so much 'how are we going to set up this shot?' but 'we'll set up this shot however we do it when we get there."

Svelling added that with documentaries it's all about the message you want to convey and making sure you put the right message on the screen to get that message across.

"There's a lot more responsibility attached to a documentary. In the post-production, you tend to be more tied to your production, even though you're finished. There's a huge follow-up and that's a huge part of the process," Curtis said.

What exactly are the plans for this documentary?

You can catch the film May 2 at 7 p.m. at the Nickelodeon Theatre. All of the documentaries from the class will be shown. This piece, roughly titled "Human Trafficking in South Carolina," will be followed by a 30-minute community forum.

"We're going to have any experts we can get to discuss the topic, our film and how our film can encourage other people in the community to get active." Johns said.

You can also catch up with this group and their project at their weblog, located at www.humantrafficking.blogspot.com.

"We actually want to help make people more aware with this film, and get something done." Svelling said.

The group has been working on this assignment for two weeks with the April 28 deadline looming. Luckily, any final editing can be made up until the film is shown on May 2. At this point, the group is completing the shooting and working on archival footage of other PSAs, newscasts and other media related to human trafficking.

"People need to know what this is in case they see something like this happening. South Carolina just passed a law against it, and they can now actually do something," Johns said.

Some of the experts the group is trying to interview for the project include the local amnesty international group and Rep. Katherine Stipes from Beaufort, who actually headed up the bill against human trafficking.

"It's very powerful," Svelling said.

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EXERCISE ● CONTINUED FROM 8

on "The Oprah Winfrey Show" to promote her "S-Factor" stripping workouts, pole dancing and exotic dance-inspired exercise has permeated popular culture and moved from the strip club to the health club.

"With it being on 'Oprah' and getting a lot of media play, the interest is starting to grow. It's been big for a while on the East Coast and West Coast, but we're in the Midwest. People are conservative here," said Kania Kennedy, 30, who teaches women to bump and grind through Exoticise classes.

Like Kennedy, Kari Shaver, 34, then a stay-at-home mom, heard about the trend on 'Oprah' and ESPN. She was inspired to learn and eventually began teaching pole dancing through her own company, Pole Addiction, in Port Huron, Mich.

In her third week of the evening beginners' Pole Addiction class at Attitude, a Detroit lingerie boutique, Minnie Love's tattoo peaked out from under pink shorts as she strained to pull herself up onto the silver pole.

"When I was growing up, this was a no-no. It wasn't the proper thing to do. Now it seems to be nice-naughty," said Love, a 51-year-old leasing agent who wore fuchsia polish on her toenails.

Both Kennedy and Shaver are adding classes to their schedules to meet demand.

One recent evening, Kennedy's students strutted about, facing their reflections in the mirrored wall and fluidly followed her through a dance number that included such provocatively named moves as the "booty pop" and "thigh high."

Temeka Fulgiam, 30, is a medical assistant who enrolled in Kennedy's Fit-Tease class "for a workout and toning and for fun. I feel sexier, and I've already noticed some toning has started. I did one dance move at home. It went well," she said.

SUMMER ● CONTINUED FROM 8

the game boasts a user base of over 6 million users worldwide, making it the most popular and most successful massively multiplayer online role-playing game ever. The game chronicles the war between the Alliance and Horde factions of the world of Azeroth. Players can choose from several races for their in-game avatar, such as the "Undead", "Orcs," "Night Elves and Humans." Many USC students play this game in their off time and a Facebook group exists called "World of Warcraft Players at USC." Currently, the group boasts 32 members, but it is unlikely that such a number is a true reflection of the number of USC students who play the game.

Another popular MMORPG is "City of Heroes." This game puts you in control of creating and becoming your own comic book superhero. Many gamers believe this game to have one of the most in-depth character creation systems in an MMORPG. Gamers can create any type of superhero they want to, and they can even re-create some of the famous ones such as Wolverine and Superman. Several months ago, the game's creators released an add-on title called "City of Villains" that gives players the ability to create their own villains.

First-person shooters are also favorites among online gamers. Despite their violent nature, first-person shooters can be the most fun games to play online. "Counter-Strike" is a favorite among many college-age students around the world. The object of the game depends on which server you choose from. Objectives range from "disarm the bomb" to "neutralize the enemy force" and "rescue the hostages."

The "Battlefield" series is another popular first-person shooter game that puts players into a military situation. The newest in the series, "Battlefield 2," puts players in the modern world of military combat. Players will find themselves playing as the Americans, the Chinese, or the Middle East Coalition. The game is essentially a game of capture the flag, with specific points on the map being valuable and strategic locations.

Perhaps you're not a PC gamer, but find yourself enjoying the latest games coming out for the four major consoles.

The Xbox 360 has just seen the release of one of the most anticipated games of the past few years: "The Elder Scrolls IV: Oblivion." The game puts you into the role of a character of your own creation that is given the task of saving world and closing the gates of Oblivion. The game has seen high praise from many gaming media outlets all over the world.

With the Xbox, PlayStation 2 and GameCube seeing the end of their lives, many gamers are beginning to pick up some great games for cheap prices.

The Xbox has several popular games from great prices with their "Platinum Hits Collection." Games like "Star Wars: Knights of the Old Republic", "Burnout" and "Madden" are a part of this collection and have a price of around $20.

The GameCube and it's "Player's Choice Collection" have some of the system's best-known titles for sale. "The Legend of Zelda: The Wind Waker," "Super Mario Sunshine" and "Animal Crossing" fill out this collection of affordable titles for $20.

The PlayStation 2's "Greatest Hits Collection" is a compilation of some of the best titles the system has to offer. The latest added games to this collection include "Gran Turismo 4" and "God of War."

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DEMIRICOUS ● CONTINUED FROM 8

Ben Parrish. By 2005, the band self-released two demos and signed to Metal Blade Records.

Wilson says the band has been extremely content with its current luck.

"We had really good representation and a manager who got things done," he says. "We couldn't be happier to sign with Metal Blade Records. It felt like joining a big family. It was one of the best decisions we've made."

The members of Demiricous have always felt a deep love for old-school thrash, but realized that no one was making music like that anymore. The band took matters into its own hands to put the rawness and anger back into metal. Influenced by Megadeth, Pantera and Slayer, Demiricous gives an unrelenting attack of heavy riffs, solos and vocals.

So far, the band has shared the stage with the Black Dahlia Murder, Exodus, Obituary, King Diamond, Extol and Malevolent Creation and has played the main stage at the New England Hardcore and Metal Fest where they were well received by the crowd.

Currently on tour with Still Remains, Nodes of Ravier and If Hope Dies, the band faces audiences unfamiliar to the purer forms of metal. "The crowd is a lot of 14-year-olds with white belts and those hair-do's" Wilson says. "Sometimes people will move around, but then they just stop and stare."

The unwelcoming apathy could come from the band's appearance. Demiricous likes their hair long and beards scruffy, giving the finger to fashionable listeners.

"We're just a couple of old guys playing heavy music," says Wilson, unworried if the preteen audience doesn't quite get it.

The band remains somewhat indifferent to way the metal genre is going, with all the scream-post-etc.-core bands out there. "I don't want to get on anybody for calling themselves [metal]," Wilson explains. "I don't want to be close minded about it. As long as they're making heavy music it doesn't bother me."

In 2005, Demiricous released its first full-length album, "One," for Metal Blade Records. The recording process was a new experience for the band that is used to recording four song demos with their friends.

"We spent a month in the studio with ten to twelve hour days of pretty monotonous work," Wilson says. "We spent most of it just listening to our songs over and over. But the experience was great."

Demiricous will bring its straightforward thrash metal to New Brookland Tavern on Monday. Doors open at 6 p.m., admission is $10.

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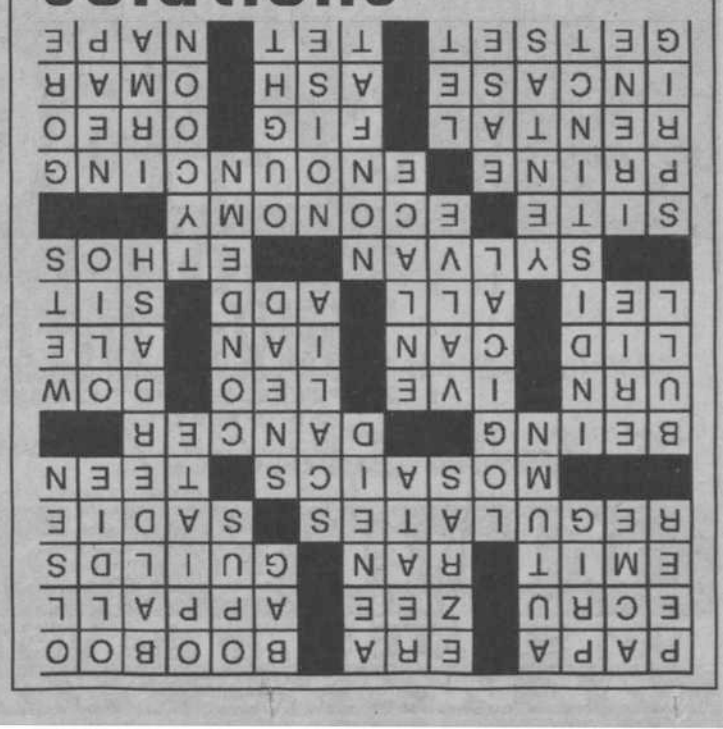
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