

THE GLOBE



WEDNESDAY
JANUARY 23, 2013
ISSUE 2 / SPRING '13

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Photo by Trisha Gold

Seasonal depression is real and potentially debilitating, but it can be prevented

Kachina Chaote
Staff Reporter

The long, dark, cold months of winter can cause a person to develop seasonal depression – the common name for Seasonal Affective Disorder, or SAD.

SAD is a mood disorder associated with depression that happens about the same time of year every year.

“(SAD) can come on in September, and it peaks in December and throughout February though April, so called winter blues,” said Nathan Roll, SLCC nursing student and emergency medical technician at the University of Utah Hospital.

SAD typically strikes during

winter months when there are shorter daylight hours, though it can also occur in the summer.

“It is hard to determine the diagnosis for seasonal depression,” said Roll. “A doctor has to diagnose it, if for three seasons in a row, you have depression over the winter months.”

While it’s unknown what specifically causes SAD, there are some likely suspects including the overall mental health, genetics, age and a person’s body chemistry.

“A lack of light will upset your sleep wake cycle and may cause a problem with the chemicals in your brain,” said Roll. “In most cases, some of the cause of SAD is low vitamin D levels. It’s a chemical change in the brain.

It’s the amount of sunlight we receive.”

During the summer months, there is a lot of sunlight, a good source of vitamin D. The shorter months of winter can upset the circadian rhythm or the sleep-wake cycle, which can lead to depression. The reduced light may lower levels of serotonin, the brain chemical that affects moods and can lead to depression.

The signs and symptoms include anxiety, unusual or decreases in activity level, loss of self-esteem, hopelessness, despair and social problems such as avoiding social contact and decreased physical contact.

Three out of four patients who have been diagnosed with SAD are women between ages 18 to 30. Other risk factors of having seasonal depression include living far north or south of the equator or

having a family history of clinical depression or other mood disorder such as bipolar.

“Most doctors prescribe light therapy for SAD,” said Roll. “Light therapy consists of sitting next to a box light for an hour in the morning. They also have a light that turns on and stays on throughout the day in your house, and that sometime helps.”

Exercise, a regular routine and exposure to light may help prevent SAD. Exercise has been shown to defend against feelings of depression and anxiety, and people can get out and stay motivated by keeping a regular routine.

Roll said that it is important to have as much light exposure as possible and encourages people to keep the window blinds open during winter months to get as

SAD/ continued on **page A3**

A week of MLK events

>>SLCC and U of U to celebrate Dr. King’s legacy

Shad Engkilterra
Staff Reporter

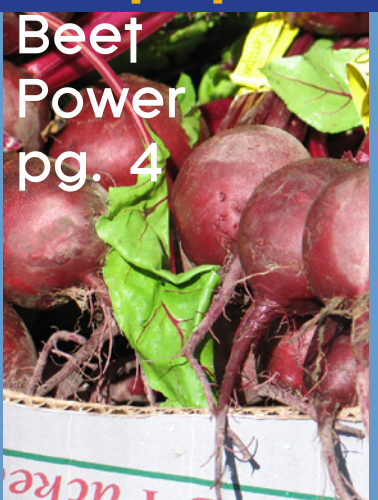
On Tuesday, Jan. 29, Winners of the Martin Luther King Humanitarian Embracing the Dream Award will be honored in a ceremony held in the Oak Room of the Taylorsville Redwood Campus Student Event Center. The 9 a.m. event will be preceded by a reception at 8:30 and followed by a discussion about Dr. Martin Luther King’s “Beloved Community” at 9:30.

The award ceremony and discussion conclude a string of upcoming Salt Lake Community College celebrations of King’s legacy. Other events include a panel discussion on Jan. 23, a reading on Jan. 25 and a keynote address on Jan. 28. The University of Utah will also be honoring King

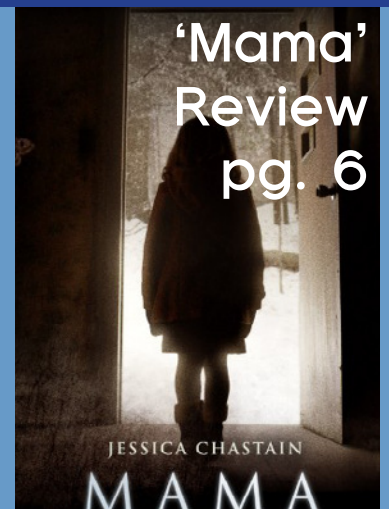
MLK/ continued on **page A3**



Nutrition



Movies



‘The Voice of the Prairie’ resonates at The Grand Theatre

>>The South City based theatre’s next presentation reveals the importance of storytelling.

Shad Engkilterra
Staff Reporter

Salt Lake Community College’s Grand Theatre presents The Voice of the Prairie by John Olive. The show will run from Jan. 24 through Feb. 9, 2013. Tickets cost between \$10 and \$24, but SLCC students get in for free.

The Voice of the Prairie is set at the turn of the century (1890 to 1920) and tells the story of Davey and Frankie, a blind girl, and their journey as they meet, lose touch and rediscover each other through the power of radio.

“It’s all about the importance of storytelling,” said actor Jonathan McBride. “It’s a beautiful script.”

The story deals with the question of technology and how it can affect people. It also deals with the relationships of people and how they become different as people grow.

“We are all changed by our circumstances, it’s up to us to decide what we do with that change,” said The Grand Theatre’s community outreach coordinator Kate Rufener.

Rufener was surprised at how quickly she got attached to characters that didn’t necessarily have characteristics she admired.

McBride, David Hanson and Stephanie Purcell play multiple roles on the stage. John Caywood is the director for this production.

“It’s extremely fun and extremely challenging from an actor’s point of view,” said McBride. The play is a lasting theater piece that will stick with audience members.

“I was able to get my hands on the script,” said McBride, “I instantly fell in love with John Olive’s words.”

Rufener said that theater can be a good way for students to learn about what they are studying.

“It’s a good reference for understanding the historical time period,” said Rufener.

According to McBride, students should come to see the production.

“There’s always the thrill of going into a live performance not knowing what to expect,” said

McBride. The actors try to give the same performance every time, but there will always be something different and special in each live performance.

Performances will start at 7:30 p.m. Thursday through Sunday with evening performances also scheduled on Jan. 23 and Jan. 30. Matinee performances are Jan. 26 and Feb. 2 at 2 p.m. On Jan. 24, Eileen Hallet Stone will give a talk about “the influence of technology on community connection and progress.” The lecture is free and starts at 6 p.m.

“It’s a beautiful story. It’s not trying to fix anything,” said McBride. “It’s a beautiful escape from real life.”

STUDENT EVENTS

WED/23

****Tuition Due****

12:00pm-1pm
Conversations on Social Issues: The New Racism
@ TR Campus, Mar-kosian Library, Rm 226

5pm-7pm
Japanese Club
@ TR Campus, Senate Chambers

7:30pm-9:30pm
The Voice of the Prairie
1/2 Price Preview Night

THURS/24

4:30pm-5:30pm
Club Meeting - Irish Heritage and Culture
@ TR Campus, Senate Chambers

7:30pm-9:30pm
The Voice of the Prairie
@ SC Campus, The Grand Theatre

FRI/25

4pm-5pm
Club Meeting - ASCE - Membership Meetings
@ TR Campus, Senate Chambers

7:30pm-9:30pm
The Voice of the Prairie
@ SC Campus, The Grand Theatre

7:30pm-8:30pm
Public reading of "The Meeting" with Panel Discussion
@ First Unitarian Church, 569 S 1300 E, SLC, UT

SAT/26

10:00am-4:30pm
Peaceful Uprising's BOLD SCHOOL
@ 1411 S Utah St, SLC, UT

2pm-4pm
The Voice of the Prairie Matinee
@ SC Campus, The Grand Theatre

7:30pm-9:30pm
The Voice of the Prairie
@ SC Campus, The Grand Theatre

MON/28

12pm-1pm
Martin Luther King Jr. Address by Professor Michele Goodwin
@ TR Campus, Oak SEC, Oak Room


2:30pm-5:00pm
Club Meeting - Chess Club
@ TR Campus, Mar-kosian Library,

TUE/29

8:30am-12:00pm
Humanitarian Awards Ceremony and Panel Discussion on Martin Luther King Jr.
@ TR Campus, SEC, Oak Room

4:30pm-5:30pm
Club Meeting - Irish Heritage and Culture
@ TR Campus, Senate Chambers

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Visit www.globeslcc.com/calendar for more student events



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

Deadline for entries is Tuesday January 29th
Entrants may only win once per semester. Mass Communication staff and SLCC faculty are not eligible to win.

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

Salt Lake Community College



Step Ahead.

The New York Times

Edited by Will Shortz

No. 1219

Crossword

Edited by Will Shortz

ACROSS

1 Bamboo muncher

6 Paparazzo's target

11 "Very Funny" network

14 Like radon

15 Scout pack leader

16 Spink's opponent in two title fights

17 Start of a thought by British journalist Miles Kingdon

19 CD-___

20 Falstaff's princely friend

21 Flower-shaped decoration

23 Thought, part 2

27 Hardly a win-win situation?

28 Album track

29 A Monopoly token

30 Thought, part 3

34 Salon supply

36 Places for mills, once

37 Some varsity players

41 "The lowing herd wind slowly o'er the ___" (Thomas Gray line)

42 Thought, part 4

43 Morales of "Caprica"

46 One of a deadly seven

47 Pull down

48 Thought, part 5

54 Anonymous one, in court

55 Ingested

56 Conquistador's booty

57 End of the thought

63 O. J. Simpson trial judge

64 "When thou ___ down, thou shalt not be afraid": Proverbs

65 Where Sanyo is headquartered

66 Alternative to "smoking"

67 Brown ermine

68 Skewered fare

DOWN

1 Water ___, Inc.

2 New England's Cape ___

3 "The Matrix" role

4 BBC time-traveling series

5 Counselor-___

6 Insensitive sort

7 Heart chart, briefly

8 Eye lustfully

9 Poet whose work inspired "Cats"

10 Low man on stage

11 Calculus, familiarly

12 Pie-eyed

13 San ___ (Hearst Castle site)

18 Country music's ___ Young Band

22 Actor Estevez

23 Commercial ending for Sun or Star

24 Warm, so to speak

25 "JAG" spinoff with Mark Harmon

26 ___ reaction

27 Frank McCourt memoir

31 One of baseball's Alous

32 "Norma ___" (Sally Field film)

33 Thurman of "The Avengers"

34 Gloomy guy?

35 Wind dunnit

37 Spirit of Islamic myth

38 Onetime Dodge

39 Nanette's "nothing"

40 Mach 1 breaker

42 Super Smash Bros. Brawl console

43 Prohibit by judicial order

44 Reach an altitude of

45 When some do lunch

46 Den system

49 Eurasian range

50 Tailored ___ (customized)

51 Old gang heater

52 "Things could be worse"

53 Pick on

58 G8 member

59 Cousin of TV's Gomez

60 "CSI" setting

61 Rap sheet entry

62 Amount of cream

PUZZLE BY MIKE BUCKLEY

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 slccglobelink.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.

COMMUNITY

community.globe@slcc.edu

Peaceful Uprising calls for agents of change

Derrick Gainsforth
Staff Reporter

Peaceful Uprising is calling for individuals to be ‘agents of change’ for the environment in Utah. The group has initiated a yearlong training program called “Bold School” with the objective to educate and create a new batch of powerful, peaceful activists.

Bold School will address post-capitalism economics, and guest speakers will include two Westminster economics professors.

“I think there’re lots of reasons college students should be involved,” said Peaceful Uprising director Henia Belalia, a former Greenpeace worker from San Francisco, who came to Utah to support Tim DeChristopher during his trial. “Historically speaking, so much change has come from college students.”

Peaceful Uprising is an organization created in the wake of climate change activist Tim DeChristopher’s 1.8 million dollar cumulative bids on public lands.

On December 19, 2008, DeChristopher walked into a Bureau of Land

Management auction of Utah’s Red Rock public lands to protest the auction. DeChristopher placed and won bids on 14 parcels of land before he was removed from the auction by federal agents.

On April 1, 2009, DeChristopher was indicted for making false statements as well as two felony count violations of the Federal Onshore Oil and Gas Leasing Reform Act.

After more than two and a half years in a hard fought, nationally publicized legal battle, DeChristopher was tried and sentenced to two years in federal prison.

“The thing about the movement to resist in a state that’s very conservative,” Belalia said. “That movement is even more radical because it’s pushing back against something so much stronger.”

The next Bold School event will be held on Saturday, Jan. 26 beginning at 10 a.m. at the Wasatch Commons (1411 S. Utah St. SLC, UT). It is scheduled to run until 4:30 p.m.

“Changes happen because ordinary people decided to do extraordinary things,” said Belalia.



Courtesy of Henia Belalia

Peaceful Uprising director Henia Belalia is looking for a few good activists.

SAD

continued from A1

much sunlight as possible.

While it is normal to feel down sometimes, SAD is not the normal “blues” and happens with regularity year after year.

“If you think you have

seasonal depression you should talk to your family doctor or a counselor about it. There is free counseling here at Salt Lake Community College,” said Roll.

For more information about SLCC Counseling Services call 801-957-4268.

A list of Seasonal Affective Disorder symptoms – from the Mayo Clinic

Fall and winter SAD may include:

- Feelings of depression, hopelessness and/or anxiety
- Loss of energy
- Heavy feeling in arms or legs
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating

Spring and summer SAD may include:

- Feelings of anxiety, irritability, and or agitation
- Trouble sleeping
- Weight loss
- Poor appetite
- Increased sex drive



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In-depth News for the SLCC Community

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Learning

continued from A1

with events throughout the week.

Jan. 23 will feature “Conversations on Social Issues: The New Racism” beginning at noon. Held in room 266 at the Markosian Library on the Taylorsville Redwood Campus, “Conversations” is sponsored by SLCC Libraries and the School of Humanities and Social Science.

Also on Jan. 23, the University of Utah will

screen The Interrupters at 7 p.m. The film is a documentary about a nonprofit in Chicago trying to end violence. A panel discussion will follow. The event will take place in the Saltair room in the Olpin Student Union Building. Reverend Jesse Jackson will speak at the University of Utah on Jan. 24. Tickets are sold out, but the event will be streamed live at noon at diversity.utah.edu.

“(Jackson) represents a sort of living historical figure that serves as a testament to the labor and the results of living one’s commitments,”

said the U of U’s Associate Vice President for Equity and Diversity Octavio Villalpando.

The First Unitarian Church of Salt Lake City (569 S 1300 E) will host a public reading of The Meeting at 7:30 p.m. on Jan. 25. The Meeting is a fictional account of a meeting between Malcolm X and Dr. Martin Luther King, Jr. It explores the ideological differences that the two had and how they would have discussed the issues that both worked to address in different ways.

Lonzo Liggins, Terence

S. Johnson and Harold DeHorney will reprise their roles from The Meeting for the event sponsored by the EttaGrace Black Theatre Company, The Grand Theatre and the SLCC Arts and Cultural Events and Martin Luther King Day Committees.

On Jan. 28 at noon, Professor Michele Goodwin, Everett Fraser Professor of Law at the University of Minnesota, will talk about “Assistive Reproductive Technologies, Social Justice, Race and Civil Rights.” The lecture starts at noon in the Oak Room in the Student Event Center on the Taylorsville Redwood Campus.

The 2013 Martin Luther King Humanitarian Embracing the Dream Award winners include Ruby Chacon, Jack Hesleph and Bishop Scott Hayashi.



Photo courtesy of the Grand Theatre

Professor Michele Goodwin will talk about “Assistive Reproductive Technologies, Social Justice, Race and Civil Rights” on Jan. 28.



Photo courtesy of the Grand Theatre

Malcolm X and Dr. Martin Luther King Jr. as portrayed in EttaGrace’s 2012 production of ‘The Meeting.’ Lonzo Liggins and Terence S. Johnson will reprise the roles at a Jan. 25 public reading.



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COMMUNITY

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SLC Photo Collective a home for photography and art

>> Local studio founder aims to serve the creative community

Chase Lester
Contributing Writer

The SLC Photo Collective in downtown Salt Lake City has been open since July 2011 and is more than a photography studio. It also is an art gallery and a place that hosts educational workshops.

Dave Brewer, owner and operator of SLC Photo Collective, had a dream of opening a place like this for quite a while. Before he started SLC Photo Collective, Brewer ran a small studio out of his home and would host workshops out of Marriott Hotel conference rooms.

“The environment [from these hotel conference

rooms] felt so limiting,” Brewer said. “That’s when the wheels started turning in my head. Wouldn’t it be great if we just had a space where we could host these workshops? Where we could have a place to shoot, where we could teach classes and do workshops and get people involved?”

Brewer loves sharing his knowledge of photography. As his work and name got around, he found himself outgrowing his studio in his house. He had an idea to find a larger space that he would allow other photographers to rent either on a full time schedule, or for even just an hour.

Photographers can rent

the space full time at a rate of \$500 a month or \$300 part time per month. For photographers not wanting to lease, there are rates starting at \$50 per hour.

The idea was to also allow photographers on a budget to donate some of their time to help out at SLC Photo Collective in trade for studio time. Brewer feels he is providing opportunities to these photographers that he never had when starting out.

Brewer also started a group on [meetup.com](#) that informs artists of upcoming workshops that cover a wide range of topics from hair and makeup, to photography to learning how to use Adobe programs.

Brewer didn’t stop there.

He was always searching for new ways for the SLC Photo Collective to serve local artists.

“That’s when the idea started, why don’t we have an event space where we could do art galleries?” Brewer said. “We should jump on board with Gallery Stroll.”

Gallery Stroll is a non-profit organization that hosts gallery strolls every third Friday of every month. Galleries across downtown open their doors to the public and showcase art from different backgrounds.

SLC Photo Collective became part of the stroll. The work showcased in the 3,500 square foot studio is mainly work from photographers. But currently SLC

Photo Collective is also showcasing some paintings on their walls.

Because of SLC Photo Collective’s location, they have somewhat drifted from the gallery stroll crowd. However, the art showcased in SLC Photo Collective is open to the public.

Brewer’s favorite aspect of SLC Photo Collective is the social aspect. He loves bringing the community together and loves to share the art of photography. From events that SLC Photo Collective has hosted, Brewer knew it was going to be a place that brought creative people together.

“At our grand opening show, first night we opened, I was like ‘whoa, this is going to serve the community a little more than I anticipated,’” Brewer said.

“Over the last year and a half, I feel as though a lot more photographers have come together.”

The main aspect of SLC Photo Collective is a collaborative community for photographers. Though the space is open to any type of art and creativity in the community, Brewer’s main view and dream for SLC Photo Collective is essentially for the photographers.

SLC Photo Collective has become a place where seasoned photographers can share ideas. Also it’s become a place for new photographers to network and learn and grow.

For more information on SLC Photo Collective, visit [slcphotocollective.org/](#)

OPINION

opinion.globe@slcc.edu

For healing through diet, you can’t beat a beet

Beet Salad

Preparation Time: 15 Minutes
Marinating Time: 4 hours

Salad
3 Tbs. Raw Apple Cider Vinegar
3 Beets, grated
2 Apples, sliced
1/2 Lemon, juiced
6 cups Mixed Salad Greens
4 Tbs. Pecans, soaked and dried

Dill Dressing
1/2 cup Nut Mayo
1 Garlic Clove, minced
1 Tbs. Fresh Dill, chopped
Himalayan Crystal Salt or Natural Sea Salt to taste
Black Pepper to taste

Marinate the beets in the raw apple cider vinegar for 4 hours in a covered container. (This is a quick pickling.)

Combine the dressing ingredients in a small bowl and set aside. Core and slice the apples covering them with lemon to keep from turning brown. Add the apples to the beets and coat with the dill dressing. Place the salad greens on plates. Arrange the apples and beets on the greens and sprinkle the pecans over the top.

Makes 4-6 servings

Nadhirrah
Staff Reporter

The lowly beet wasn’t always the boring, ignored or even hated vegetable that it is for many people today. In ancient times, some even held it in such high regard that they considered it a worthy offering for their gods.

In legends, supplicants offered the Olympian god Apollo beets at his Delphi temple. Delphi was the home of the famous Delphi Oracle, who could predict the future with Apollo’s blessing.

Wild beets grew along North Africa, Asian and European seashores and were cultivated by the Romans. Apicius, a Roman gourmet chef who wrote The Art of Cooking, included a beet salad with mustard vinaigrette recipe in the text.

In the beginning, beets were valued more for their medicinal properties than as a food. The beet has historically been used for blood cleansing and blood building. Because beets

build up the red corpuscles, they have a long history of being used in anemia treatment.

Beets have been used to benefit the kidney, bladder, spleen, liver and colon. They have also been used in treatment of constipation, acne, low blood sugar, heart disease and cancer.

Beets became a large contributing part of Utah economy between 1890 and 1920. The sugar beet was a way to have that sweet taste without the very high price. In 2009, 20 percent of the world’s sugar was extracted from sugar beets. In 2009 and 2010, the U.S. was the second largest producer of beet sugar.

Beets are so popular and well liked in Australia that McDonald’s created a McOz burger. They added a sliced beet to the burger. The beet is typically the main ingredient in the every popular borscht of Eastern and Central European countries.

One of the most common ways people see beets is of the pickled variety. Beets are the secret

ingredient in some sweets and have been used in cake and ice cream. Beets are perfect if you are looking to color something red naturally. It will even stain your hands if you are not careful.

Now that we have talked a lot about the root of the beet, let’s not forget the green part. Beet greens are higher in iron but should be eaten in small amounts because they are also high in oxalic acid.

Beetroots are good source of magnesium, iron, vitamin B6, folic acid and fiber. The beet belongs to the same family as spinach and chard.

The most common beets are of reddish hue. They do however come in a variety of colors including gold and white.

Beets are grown in about 30 different states and can be purchased year round. The peak season to buy beets is June though October.

For more tips on living a balanced life, or Nadhirrah visit Summer Bear at [www.summerbear.org](#).



Beets are simple crops, but they have a wide variety of uses.

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ARTS & ENTERTAINMENT

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A recent explosion of web based artistic promos

Stephen Romney
Staff Reporter

If you’re one of the many artists registered on deviantART (dA), you’ll no doubt have noticed that during the past year, there have been various contests tied to upcoming films. More often than not, these contests usually ask for submissions of artwork depicting characters from the film, as was seen with the contests that promoted Dark Shadows and most recently, Beautiful Creatures. Other times, they’ll ask for something symbolic, such as a representation of a childhood nightmare for the dA contest to promote Mama.

Internet campaigning is



nothing new, as most films usually try to advertise through sites like Facebook with various apps and contests, through YouTube with systematically released sneak peaks, or even the classic method of banner ads and pop-ups. So why are some companies taking the more “creative” approach?

Aside from the obvious answers, it is this writer’s theory that the films promoted through dA are films that are specifically catered to the artistic crowd, seeking to capture the attention of an audience in the same way that artists like Pendleton Ward, Lauren Faust and even Andrew Hussie have built

a rapport with various denizens of the internet. On that same note, one must wonder what this says about these films. Are they the equivalent of fine art pieces that are only viewed and “understood” by the art community, or is this simply a marketing strategy to bolster box office numbers? The answer itself is probably a bit of a grey area, as many of the judges of these contests are often important people who had a hand in making the film advertised, such as Guillermo del Toro judging the Mama contest, Tim Burton judging the Dark Shadows contest and even the original writers of Beautiful Creatures evaluating and judging the submitted artwork. This

opens up another potential theory that may be factored into the appeal of these contests: talent scouting. Ask any artist here in Utah, and they will tell you how hard it can be to get work anywhere. Some get lucky by getting hired at Utah-based video game companies or animation studios. Others support themselves through commissions while working a second job, sometimes a teaching job here at the college. Point being, the arts is a very crowded industry. It’s because of this that people register with sites like dA in the first place, to find an audience and hopefully work their way into more stable work in the medium of their choice. It’s that drive to get noticed that

these campaigns seem to thrive on offering an artist a chance to have their work shown to someone with clout and hopefully gain access to a much larger network. It’s hard to say for certain what the next stage is for campaigns such as these, but as far as this writer has been able to observe, they have shown great deal of success, and many submissions are created and handed off with each campaign. While it’s not something that’s making waves in the way film marketing is done, it’s definitely something to keep an eye on as time marches forward, especially if you’re an art student here at the college.

ARABIAN FLIGHT by C.A. Trahan



‘Mama’ - creative presentation can’t overcome a lukewarm story

Stephen Romney
Staff Reporter



There has been a recent trend in theatrically released horror films lately. While there are still the gory “torture porn” entries into the genre being produced, most films have been going towards more “spiritual” and “paranormal” based frights. This could be attributed to the popularity of the Paranormal Activity franchise but was also observed last fall with the releases of The Possession and Now You See Me.

In Mama, not only do we have a supernatural thriller, we have one that features creepy children, an abandoned house and a reluctant mother figure, something that Guillermo del Toro seems to be drawn to even when he’s not in the director’s chair.

The premise of the film follows a young couple, played by Jessica Chastain

and Nikolaj Coster-Waldau, who are handed the task of carrying for two young girls who were alone in the woods for five years. However, things take a turn for the mysterious when the girls keep speaking to an entity they call “Mama.”

Mama boasts some pretty creative visuals and has a very solid presentation. Story-wise, the film starts out well and keeps you hooked while watching, but when you get to the bittersweet ending, you realize that there are some story elements that feel a little pointless and contrived. While the main characters have good development, some of the supporting cast seem a tad unnecessary.

The film falls prey to the forced exposition trope as well as having some scenes that, while providing some nice visuals, don’t really add to the story or move the plot forward.

The acting is pretty solid, especially from the child actors. However, there

are some elements of the overall delivery that make things feel manufactured, particularly with the throw away characters. Some lines also feel a bit unnecessary, but that may be attributed to the screenwriter more than anything.

Detractions aside, Mama does manage to get in some good scares. It doesn’t entirely resort to jump scares like most films, but instead takes some cues from the Paranormal Activity films by presenting things that are out of the ordinary in a way that that keeps it subtle early in the film. As you get deeper into the story, the scares get more intense, until the third act where it begins to get kind of goofy.

Mama is one of those films where it’s good enough to see, but it has its fair share of flaws. It’s enjoyable when you watch it, but I wouldn’t recommend rushing out to see it right away. Wait until it’s playing at the dollar



Child actors Isabelle Nélisse and Megan Charpentier give good performances in ‘Mama.’



Photo courtesy of Universal

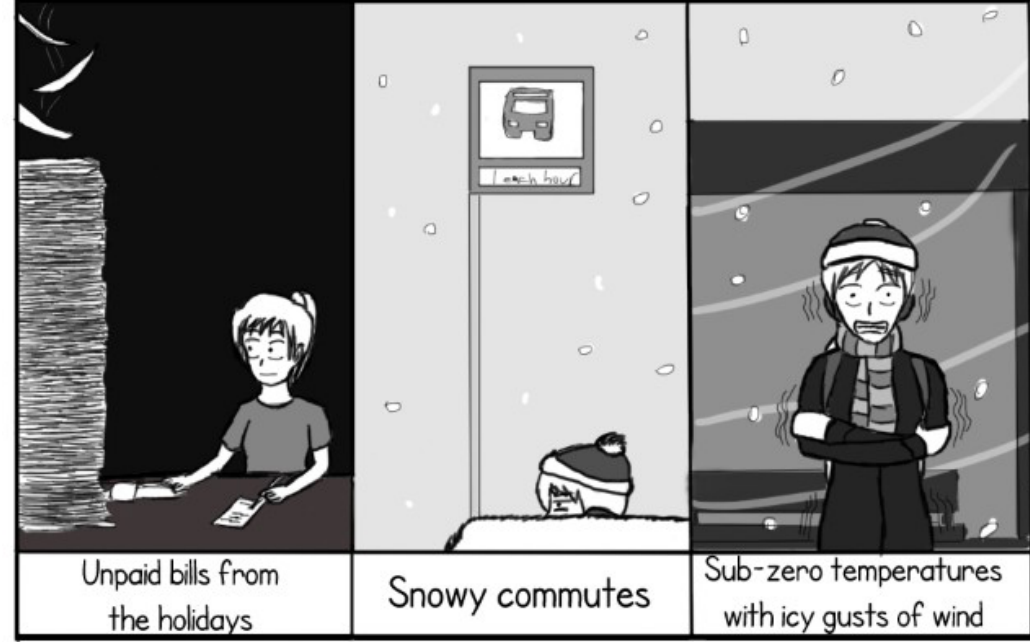
‘Mama’ features the “creepy children” horror trope.



JOB POSTING

GROUP LEADERS (10-15 kids) for SLC School District After School program
19.5 hrs/wk; M-TH 2:30-5:30/6pm and Fridays 12:30-5:30/6pm.
Start at \$9.50 per hour.
Send resume to: heidi.clark@slcschools.org or call 578-8275

MY THREE PANELS by C.A. Trahan



Three things that make this the most depressing week of the year.