Grant Helps College Establish Wellness Program

by Christina Miller

Harmones… an ancient Sanskrit greeting still in everyday use in India. Translated roughly, it means “The Spirit within me salutes the Spirit in you” and is also spoken by participants of yoga at the end of the session. This idea of “oneness” is only one aspect of the approach of the Wellness Program at Jefferson College. The Wellness Program here was made possible by a grant from the Jefferson Memorial Community Foundation, and is an important addition to campus beginning this year.

With all the responsibilities college students face, many feel they do not have time to take care of their personal health and wellness.

Donna Allen-Freese is the Wellness Programs Coordinator in the Holistic Wellness Department of Jefferson College. As such, she is the coordinator of programs and services encompassing seven dimensions of wellness-physical, emotional, social, intellectual, occupational, environmental, and spiritual—specific to the needs of the Jefferson College Community.

Look for future Witness Our Wellness (WOW!) Activities such as Motivational Monday, Transformational Tuesday, Wellness Wednesday and more, that are fun ways to promote health.

On September 2nd, in the shady common area, to relaxing music provided by Joel Sperth, Donna Allen-Freese held a yoga event open to and attended by students and faculty.

Jill West, who works at the Student Center of Jefferson College, participated in the yoga event and is a long-time yoga practitioner. Jill says yoga helps her relax and focus, with those effects lasting even into the next day.

Allen-Freese says, “Yoga is the ongoing practice of self-awareness. The word itself means union, a bringing together of one’s mind, body, and spirit. People often erroneously refer to DOING yoga; whereas, we want to EXPERIENCE it. The practice of yoga welcomes ALL! It is not judgmental or exclusive.”

Studies have shown that yoga helps tame the stress response and pain sensitivity; helps improve mood, functioning, focus and memory; and has shown promise as a beneficial treatment for depression as well as PTSD.

Mental and physical health are closely connected, and balancing both can improve overall health.

Yoga is one part of Jefferson College’s wellness program, which seeks to balance all of life’s components. In this way, wellness differs from “fitness”, in that “fitness” typically refers to our physical components only. The college’s WOW! program will soon offer activities such as workshops, seminars, social events, mental health to stress and emotional health.

She urges us to eat breakfast every day, limit junk food, take a daily multi-vitamin, drink plenty of water, stretch, keep moving, get plenty of sleep, be realistic with our goals, get help when needed, remember to relax, do take advantage of campus meditation and yoga programs, and remember to smile goes a long way!

When asked their opinion of the program, most students definitely thought it was a great idea, even if they have not yet had an opportunity to attend. Anete is an international student and heartily agrees that a wellness program here might help change eating habits to encourage healthier choices. Several students are very much looking forward to future events in which to participate, and Allen-Freese said events are piquing the students’ interests and are well-attended.

For more Health and Wellness Tips for students as well as to get involved in Jefferson College’s wellness program, Allen-Freese welcomes visitors to her office in Room 211 of the Student Center from 8:00 a.m. - 4:30 p.m. during the week. She can also be reached at 797-3000 extension 3257 or by email to dallenfreese@jeffco.edu.

The Spirit within me salutes the Spirit in you…Namaste
Nontraditionally Traditional

by Christina Miller

Quit your good job and go back to school, I thought. It will be fun, I thought.

So far, so good, and I was RIGHT! I am a just-under-full-time Non-Traditional student.

I showed up in my first class, found a table with only one other person, and I was sure that as the remaining students trickled in they would mistake me for the teacher because of my age.

It turned out there were several levels of journalism students there, journalism 1-4, so many already knew who the teacher would be. Our teacher arrived, class started, and the whole period passed in a flash!

My other classes were pretty much the same.

During a break, I had to go get my parking permit. I had no idea where I was supposed to get said permit, but figured a good start would be the Student Center. On the way to the student center I passed the common area, and there was all sorts of fun going on!

Some girl: “Hey, do you want a free hotdog?”

Me: “Of COURSE I want a free hotdog!”

Some girl: “Hey, do you want to make a free Frisbee?”

Me: “Of COURSE I want to make a free Frisbee!”

That afternoon (after I did a requisite “selfie” of me and the Jeffco 2015 sign) I found myself listening to the hip hop music being pounded out over the common area, while I ate my hotdog and twirled my free Frisbee on my finger.

I got my parking pass, wandered through the bookstore, and basically walked around happily, looking at all the other kids and thinking, just for today, guys, I’m just like you. Today I’m young, carefree, and I’m gonna do great things!

By the time I’m writing this article, it’s about four weeks in, and I still feel like I belong here, even though I’m the oldest in all of my classes (instructors included). I think living for a while has given me a perspective the “youngsters” here don’t have, and I’m enjoying it more than I think I would have if I’d continued past my first year of college right after high school. Back then, I still didn’t know what I wanted to be when I grew up.

Marriage came along, babies, work, mortgage, car payments, kids’ school and events... then came the empty nest and suddenly this thing called FREE TIME. As we were fortunately financially able for me to finally quit work to go back to school, I decided to fill up that FREE TIME and get an Associate’s Degree.

I didn’t know exactly how to go about getting back into school, so I just decided what would interest me and figured I’d just come in, sign up for some classes, and that would be it. Nope.

I found out that even though I graduated high school more than 20 years ago, a transcript was still required, as was an application for admission. Then there’s testing. I read and speak every day to the English/Reading/Etc. part of the testing seemed to go fine. Ah, but then there’s math...as in “Algebra”.

Yeah, this is one of those subjects I literally never used after high school. That test went pretty pitifully until the computer realized (I guess that’s what happened) that the person taking the test basically could add, subtract, multiply and divide (skills I maintained as an adult when paying bills, doing banking, and keeping a budget).

No one mentioned me getting a student ID, but when I realized I might be able to get a student discount at some places, I went in search of where to get such a discount-producing identification card. I have used the card to save myself $6.00 to date at local high school football games, with only mild irritation when the gate worker doubted that I was, in fact, a “student” at my age.

All in all, I think I figured out the most important things I needed to do...wait! There’s this “Blackboard” thing that I saw on the webpage, but no one really told me anything about it. I found out after a couple of classes that one of my teachers uses it quite a bit. And! There’s an App for that! (Thank you, kid-who-sits-in-front-of-me, for clueing me in, you know who you are.)

I had my first spaz attack (do they still call it that?) when we had a large car repair bill, the water heater broke, I had three article rough drafts due for the paper, my first test in another class that same week, as well as a quiz in my foreign-language class, AND grandparents’ day at my grandson’s first grade class was coming up. I was lamenting to my adult daughter and at the end of my tirade she just giggled and said, “Mom, welcome to college. You’re broke AND stressed.”

Financial Aid

by Alex Litterst

Financial aid is one of the most important aspects of college. For most of us it is the determining factor on just how far we can take our education.

According to Sarah Bright, member of the Student of Financial Services at Jefferson College, 80% of Jefferson College students receive some form of financial aid. This is a very important process for many students all over the country and is something that requires a lot of time and effort to look into.

But how much do we really know about the money we can earn to pay for school?

There are hundreds if not thousands of ways for students like you and me to earn financial aid. Whether it be through scholarships, grants, or loans.

Jefferson College alone issues more than 400 scholarships each year. Imagine if so many more organizations offered scholarships, not just for how well you did in school, but perhaps for the skills or interests you possess.

The only thing that totally prevents you from earning scholarships is not applying. So apply early and apply often.

When all else fails and you are not able to receive any grants or scholarships, loans are a great option.

Loans can come from different places, such as private institutions or the federal government.

This type of financial aid can be a bit more uneasy since there are so many more factors that go into loans, like interest rates, payment amounts, etc. These are things that you generally don’t have to worry about right away, as many loans allow you to wait until once you are done with your schooling to begin paying them off.

With so many options available, financial aid is accessible to students all over the globe. It just requires the time and effort to find such opportunities and to make your education dreams a reality.
College Knowledge: Were You Prepared?

By Thomas Welch

High School: education to prepare for the future. But how much are we really being prepared? If you’re like me, you didn’t know a lot about the college application process. All these words like grants, scholarships, and financial aid just sort of loomed over me as I tried my best to finish out my senior year on a high note. What I endured was nothing less than pure and unrelenting chaos.

My high school provided a college counselor that exposed us to colleges and took us on field trips to campuses to experience college life for a day. Not once did I learn the qualifications for financial aid, and I never knew exactly what a “merit-based” grant was. Many high schools don’t even teach students how to handle finances in general. As soon as they graduate, they are forced to figure it out on their own.

Although the application process appears to be “simplified”, the lack of details creates confusion. Breanna Easter, “I found out about grants and scholarships through my counselor but I didn’t know a whole lot of them. I asked my parents a lot of questions”. When asked if she didn’t have her parents help, would she have been able to do it herself, Breanna replied, “I probably would not have done it the correct way.”

Herein lies the problem. With a major focus on attempts to make the process look less intimidating, key elements, definitions, and insights are stripped.

Some students, however, were ill prepared. “[The college counselor] just kind of talked about it”, remembers Cole Darnell. “They never really gave us good ideas on what we should do going into college… I just got online and started looking up what I qualified for. I used a bunch of research to find my own stuff.”

Cole went on to say that one of the most difficult transitions from high school to college was, “having to do everything on your own. You actually have to sign up for your own courses and stuff like that. Not having someone tell you have to do it or when you have to do it.”

So, the main question I ask you students, professors, and staff, is this. Why is College 101 a college freshman class and not a high school senior class? A high school student has much more time to comprehend and sculpt the information being taught as opposed to a college student who is being thrown information in the midst of a hurricane of assignments, tests, and work hours. We don’t need to be “introduced” to anything because we’ve already begun making the transition on our own.

If we can help seniors in high school begin to make this transition sooner, it will drastically simplify the application process.

First-Generation

By Ariel Swoopes

According to the 2008 Pell institute study, sixty percent of first generation students that drop out will do so in their first year.

“I’m sure that we can all agree that college is expensive, and it’s even more expensive when you don’t get as many benefits because you weren’t the brightest or most athletic in your high school years. Community colleges and especially universities, should help out more with first generation students. I’m a first generation student and my first year of college was not the best, besides the annoying roommate that didn’t match my personality at all, I wasn’t financially ready or mentally ready for this life. I wasn’t aware of how many scholarships were available to me. I want to alert that Jefferson college itself offered scholarships. I think the college should offer more resources especially to first generation students with lower incomes because it’s needed. I had to take out a loan to pay for my housing because my Pell grant didn’t cover it all. Which taking out a loan could have been prevented my first year of college. I didn’t know much about scholarships, I just thought they were only for the brightest students. They never really gave me good ideas on what I should do going into college but there is so much more to it than that.

The first thing I wish I knew then is what I know now. I might’ve done some things differently during high school. I thought a good GPA was all you really needed to make it to college but there is so much more to it than that.

The fact of the matter is that I didn’t know, until I was halfway through my first semester of college. I think high school should tell the futures of its students into deeper consideration. I guess what I am trying to say is that I wish I knew then what I know now. I might’ve done some things different during high school. I thought a good GPA was all you really needed to make it to college but there is so much more to it than that.

I probably should’ve worked a little harder at the ACT. I should have spent more time filling out scholarships. I could have been doing more career searching to ensure I went to the best college possible to get me set up for a great career.

Instead, I’m doing these things now and it is a lot harder to figure out where you’re going when you barely know where you are.
"Netflix and Chill" started off meaning exactly what it implied. The person, male or female, intended to turn on Netflix and watch movies while relaxing for a long day of school and/or work in voluntary solitude.

It was in May of 2015 that this phrase earned its sexual connotation. Evolving from a tweet made in 2009, college age students took the phrase and ever so comically made it their own. The phrase now loosely means, hooking up.

It is hard to give “Netflix and Chill” a distinct definition because the extremity of the case is unique to the individuals engaging in “Netflix and Chill.” Netflix and Chill nights are typically kept on the down low, so unless the two tell you what they did, it is hard to determine what actually goes on behind closed doors.

Doug Still, a sophomore at Jefferson College, describes his definition: “Netflix and sex. That’s what chill means, sometimes.”

Fritz Alexandre, a sophomore here at Jefferson College says the goal of “Netflix and Chill” is “to get to know the person a little better, and hopefully, you know, hook-up with them, that’s it. Maybe watch, you know, 20 minutes of a movie, while you’re at it. Or the movie could be just background noise.”

I personally think the expression is a try. One example of an actual invitation I once received was, “I’ll bring the Netflix, you bring the Chill.” I found it witty, yet also very unattactive because it clearly demonstrated that this particular male only wanted what he wanted. From me. A different male only wanted something from me that I had work that day. “Wow, damn, we could’ve Netflixed and Chilled.”

I think I speak for the entire female population when I say that most girls still have the desire to be pursued, protected and valued by men rather than hit up for a booty call. If you think you’re gonna wife someone up by saying this, think again.

Fritz expresses his frustra- tion when he says, “They know the term Netflix and Chill, so most of them turned it down.”

Savannah Gerulits tells us how she really feels when she states, “we resort to movies to try to get a girl into bed with us…Nobody knows how to hold a door open for a girl. They don’t know how to talk to people without trying to stick their penis in them.”

5 out of the 7 interviewed did not support Netflix and Chill. We were told that, “Netflic is not romantic” by several interviewees. But I think most of us know that already. Lexie Hassell pronounced with confidence, “If you’re thinking about asking someone on a date or to hug out, the last thing you should ask them is to Netflix and Chill.”

Also, there was confusion as to how we have resorted to using this new phrase. Matt Ugalde asks, “Why does it have to be Netflix and Chill, why can’t it be a date?”

Jonn Merscheutzte tells us, “I think Netflix and chill is stupid. If you want to have sex with some- one you should be straight up with them.” So why do people use Net- flix and chill if men and women alike seem to be so against it?

Because asking someone to “Netflix and Chill” is easier than asking someone to have sex. It is a way to hint at what you want without sounding extremely “thirty.” “It’s better than just being like, ‘hey come over and have sex.” Netflix and Chill, I mean, at least you’re trying to watch a movie,” says Fritz. And in the case of rejection, at least they didn’t technically say no to sex, they technically said no to a movie.

Whether or not you should use this phrase really depends on what you’re looking for at that time in your life. If you want a se- rious relationship with someone: steer clear. If you’re just looking to hook-up; it sometimes works with someone who is at the same place in their life.

Netflix and Chill could mean anything from napping to having sex. There is no real distinction from the two, but it could mean the same. The only guarantee is that those engaging in Netflix and Chill will have Netflix streaming. People will use their own imagi- nations to fill the gaps.
**Teach Your Children**

by Nathan Inlady

As vaccinations have become more widely used, the number of autism diagnoses has risen; therefore, vaccinations cause autism. This argument, which has become fairly common in our policy debate about vaccinations, is a logical fallacy known as a false correlation. The two variables correlate strongly, but there is no evidence of causation.

Logical fallacies are specific types of argument that attempt to sway using illogical and emotional appeals. One of the most common is the argument against the person. The “argument” goes, “He is a bad person, so his argument is wrong.” Emotional appeals like these are powerful, and often sway many people, but have no logical merit.

Similarly, the appeal to authority is a common fallacy in our discourse. “She knows what she’s talking about, she’s an expert.” While this statement may seem sensible, and may even be true, it provides no evidence or support for her position. Experts are often good sources for sound arguments, but an argument is not necessarily sound simply because it is proposed by an expert.

Objectivity demands that each side has more evidential support. As the holders of equal value, how are we as a society going to weigh up or make it through.

Objectivity demands that each side has more evidential support. In both these examples, the argument itself is ignored, and the focus is shifted to the person giving the argument. While fallacies like these tend to be effective in persuading, they are useless in determining a position. As the holders of political power, citizens in a democracy must be properly informed in order to function.

As the agenda setters of public debate, journalists must be careful to avoid the fallacy of giving them equal weight. In a debate over public policy, it is impossible to determine the best course of action when people are unable to see which argument is stronger. This leaves us mired in political gridlock, with everyone claiming that their arguments are just as good as another’s, regardless of which side has more evidential support.

One of the major problems in our policy debate about vaccinations is the fact that it is proposed by an expert. While this statement may seem sensible, and may even be true, it provides no evidence or support for her position. Experts are often good sources for sound arguments, but an argument is not necessarily sound simply because it is proposed by an expert.

In both these examples, the argument itself is ignored, and the focus is shifted to the person giving the argument. While fallacies like these tend to be effective in persuading, they are useless in determining a position. As the holders of political power, citizens in a democracy must be properly informed in order to function.
Summer 2015 Movie Wrap Up: Abandon All Hope Ye Who Enter Here
By Peter Lewis

Let’s go back to the long time ago world of 2013. When one looked at summer 2013 as being the next 1939 of film. At one point summer 2013 looked as it would have Star Wars Episode 7, Batman v Superman, Avengers: Age of Ultron, Jurassic World, an Independence Day sequel, and even the 24th Bond movie at one point.

What happened?

Well Star Wars said a holiday release means being all along with lots of money potential, Warner Brothers realized (thankfully) they were rushing Batman v Superman, so that got pushed to March 2016. Independence Day’s sequel is summer 2016 as of now. And finally Bond went to its new normal release month, November.

Now even if all that made it in this summer with what we had initially, I don’t think it would have been the new 1939. 1939 had classics like Wizard of Oz; Gone With The Wind, Stagecoach, Mr. Smith Goes To Washington, Of Mice and Men, and The Roaring Twenties among other films that defined the medium. Hollywood every once in a while can surprise us, but in its current state, it had no chance in hell at outsing 1939.

That said, summer 2015 had a chance at rebounding. Summers 2011 and 2012 were great summer seasons, whereas summers 2013 and 2014 were somewhat duds. So did summer 2015 accomplish that? Did you not notice the Divine Comedy quote in the title?

Summer 2015 was a disaster, a joke, a failure, a colossal dumping ground with very few films flourishing at the base of garbage as past summers. Even summers 2013 and 2014 looked like a decent landscape with dead spots only every now and then. Summer 2015’s result looks like a bomb out park with only a flower in the middle left.

Agent 47, The Gallows, Entourage, Ted 2, San Andreas, Minions, and Pixels were laughably pathetic attempts at anything worth spending money on.

Poltergeist and Vacation got remade and like 99.99% of remakes, ignored the charm of the originals and opted for the lowest form of what’s its respective genre called. I mention it because escapism, as a sequel, but also as a remake. Both play out as a new chapter in franchises that should have stopped long ago, but re-do scenes and lines from their successful films in order to attempt to satisfy the viewer. I don’t know how people liked Jurassic World as it insults intelligence, but at least Genysis bombed, until it opened in China and made enough money to justify a sequel possibly.

Thanks China, thanks a lot.

I had faith this summer for some dumb reason, I shouldn’t have, but somehow I did. I guess in the end I truly love to disappointment myself at the cinema. I feel as if I should have just burned my money and should do that next summer.

But me being the glutton for punishment want to review and trash Hollywood in a cynical manner I guess in the end I say, cheers to you Summer 2016, can’t wait, literally nowhere to go but up I hope… …I would hope.

Summer 2015 Movies offered a Few Good Choices
By Peter Lewis

Hollywood may have let me down greatly this summer, but they at least some courtesy to give me four worthwhile films. And considering how lary and out of touch they’ve become, I guess I might as well take what I can get.

What they did however is they acted as a sequel, but also as a remake. Both play out as a new chapter in franchises that should have stopped long ago, but re-do scenes and lines from their successful films in order to attempt to satisfy the viewer. I don’t know how people liked Jurassic World as it insults intelligence, but at least Genysis bombed, until it opened in China and made enough money to justify a sequel possibly.

In a day in age where the sole purpose of the summer was to be the high point of escapism for the year, Mad Max: Fury Road goes above and beyond to easily become a top five action film.

Bless your heart George Miller. 5/5

Straight Outta Compton
I can’t tell you how long I’ve wanted for a film based on NWA, and I don’t think I can truly express my happiness for how nearly perfect Straight Outta Compton was.

A two and a half hour film of the groups hardcore and brutal honesty is something not usually seen on screen to-day and the result of E. Gary Gray’s great attention to detail made this work so well. Casting was so spot on and well done, it made it scary real how Eazy-E, Ice Cube, and Dr. Dre looked and sounded. The script may be basic and leave out major events that happened in the films time line (as it was somewhat an authorized film with Ice Cube and Dr. Dre acting as producers) but the brutal reality of what NWA did, saw, and had to deal with is there in some way or another.

For this reason alone, the critic in me can’t go perfect 5/5, but the viewer in me like most you are going to walk out very satisfied and happy to help make Dr. Dre even richer. 4/5

The Man From U.N.C.L.E
There isn’t too much to say about U.N.C.L.E. for the most part. It’s a nicely done stylistic film with an enjoyable plot and characters. I mention it because escapism pieces like this seem not to do well or stick out well. This film however has a great performance from Henry Cavill and the Cold War setting with a fun feel of 60s cinema works very well.

Guy Ritchie’s passion in this is apparent however, and the viewer is going to be with him along the way watching this more than not. 3/5

The Gift
Hollywood’s attempts in the horror and thriller genre’s the past decades has been awful. The Gift is nothing special I’d say. It’s got nice tension, the first and second act work well and set up an overly satisfying third act for sure. But, in the end, is more of a meh feel.

The fact that though is, this the best Hollywood has done in a while and may give false hope for a rebound for the genre.

Hey false hope is better than none in the world of Hollywood I’d say. 3.5/5
Fall 2015 Movie Preview
Time for The Oscars™
By Peter Lewis

Summer’s attempts at escapism is a lot like Winter and Spring’s attempts to release decent films, it usually is very bad. Summer 2015 was such a letdown I know, but fear not because the fall movie season is always ready to make up for travesty. And fall 2015 is up and running and ready to deliver the army of films and suck up to the Academy.

Unlike May being Hollywood’s start for summer, fall starts in September, so my brain doesn’t have to get hurt and get angry. This September Everest, Sicario, Pawn Sacrifice, The Intern, Life, 99 Homes, and The Green Inferno look to be in very good and responsible hands. Yet the biggest to watch for is Black Mass. The gangster genre gets its long awaited tale of the notorious James “Whitey” Bulger played by Johnny Depp and alongside with Joel Edgerton, Benedict Cumberbatch, Dakota Johnson, and Kevin Bacon. The film is in good hands from the looks of it with rising talent, Scott Cooper at the director’s chair.

October is when we really are going to get rolling fast with the good goods. The Martian, Legend, Steve Jobs, Bridge of Spies, Crimson Peak, Saffragette, Room, Experimenter, Jem and the Holograms, and even Rock the Kasbah look to make a worthy impact.

My choice for October however goes to The Walk. Director Robert Zemeckis brings to life the story of Philippe Petit who walked a tight rope between the World Trade Centers in the 1970s (played by the new golden boy of sorts, Joseph Gordon-Levitt). With Zemeckis showing he’s back from the CGI filming (played by the new golden boy of sorts, Joseph Gordon-Levitt). With Zemeckis showing he’s back from the CGI filming (played by the new golden boy of sorts, Joseph Gordon-Levitt). With Zemeckis showing he’s back from the CGI filming the great work he showed in Flight, this could have Oscar potential.

November will release Brooklyn, The Peanuts Movie, Trumbo. The Good Dinosaur, Victor Frankenstein, Creed, I Saw the Light, and The Danish Girl. Yet, Spectre is the clear choice. It’s Bond, it’s got Daniel Craig possibly ready to set himself as the best Bond, and a classic Bond adversary in Spectre. Plus Skyfall was essentially 5/5, a sequel has a lot riding on it, but Sam Mendes looks more than ready to take that challenge at the director’s chair.

Now because Hollywood likes money, December is part of the Fall season. I hate to say it though, it is fair since it is Oscar time and films go till the very last day of December, so in fairness, I’ll give them a pass.

Yet with J.J. Abrams at director chair, the return of the original cast, a clear advertised attempt to balance new and old, as well as the jumping off point for Disney’s “100 year plan,” Episode 7 is the rare mega event in film that rarely comes along. So far in 2015, four films have put the billion dollar mark. Not only does Star Wars look to have such a mammoth amount of attention to get there and break records along the way, outlets have speculated that it could further. To the beat of $1.75 billion to possibly two billion; yet the hope for all the hype train, beat Avatar’s $2.7 billion. The hype has hit levels that have topped the hype around Episode 1 in 1999 and its bond to get more off the charts as the release is less than 100 days away.

Here’s to you Fall 2015, to make up for the sins of Summer 2015. May the spirits of Orson Welles, Stanley Kubrick, and Alfred Hitchcock guide you to prosperity!

Fant4stic Review:
Yes Virginia, Superhero Movies Can Still Be Awful
By Peter Lewis

What exactly is wrong with Fant4stic, the cringe worthy stylization of Fantastic 4 that the film uses, well practically everything.

“No Peter,” you may say, “isn’t that a very bolded and caption thing to say?”

The majority of the time, yes. In most bad films there is indeed a glaring flaw that sticks out more than anything else. But Fant4stic doesn’t have this luxury, this is my hell in film form and every turn seems to be cinematic suffering. Where do I even begin?

Well looks at the name of the group, Fantastic 4, is seems to suggest (even with no prior experience/knowledge) that this is cheesy, lighthearted, and comic escapism. So why is it so depressingly dark and void of any enjoyment? How could anyone mess up source material so bad, alterations to fit into the film medium is fine, but this just an atrociously senseless decision.

Now with this complete break from logic established, whoever was responsible (Director Josh Trank or 20th Century Fox), it gets taken a set further by breaking away from the most obvious way to do a comic book origin story. You may not think it right away, but practically every origin story for these comic adaptations do it in three steps.

Step 1, establish character(s), step two, show the character(s) origins in before the hero(s) in their finest from. The disaster that was the Prequel Trilogy is still fresh to many and the franchises obvious shame that has been going on since May 1999.

Yet with J.J. Abrams at director chair, the return of the original cast, a clear advertised attempt to balance new and old, as well as the jumping off point for Disney’s “100 year plan,” Episode 7 is the rare mega event in film that rarely comes along. So far in 2015, four films have put the billion dollar mark. Not only does Star Wars look to have such a mammoth amount of attention to get there and break records along the way, outlets have speculated that it could further. To the beat of $1.75 billion to possibly two billion; yet the hope for all the hype train, beat Avatar’s $2.7 billion. The hype has hit levels that have topped the hype around Episode 1 in 1999 and its bond to get more off the charts as the release is less than 100 days away.

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Hometown NFL Franchise Takes a Stand

by Thomas Welch

Change is never easy, especially for an NFL franchise. The St. Louis Rams, a team with an iconic history plagued by the last 15 years, were originally centered in Los Angeles until 1995 when Georgia Frontiere, a St. Louis native and the owner at the time, saw a financial opportunity and brought the horns to the “314” as well as a Super Bowl.

Now current owner Stan Kroenke, also born in St. Louis, is trying to send the “Mob Squad” back to the West Coast.

In late January of last year, Kroenke purchased a 60 acre plot of land in Inglewood, California, with the estimated effort to construct an NFL stadium there.

The St. Louis Post Dispatch wrote an article about it and word eventually got around to Gov. Jay Nixon who assembled a task force with the ultimate goal of keeping the Rams in St. Louis. Nixon, alongside Dave Peacock, Bob Blitz, and John Loyd, devised a plan to build a new stadium along the banks of the Mississippi River as incentive for a new stadium along the banks of the Mississippi River as incentive for a Major League Soccer (MLS) expansion team, something St. Louis has advocated strongly for.

After meeting with MLS commissioner Don Garber and showing him their plans, Garber claimed the stadium deal was “very attractive to us.” The planning team released a preliminary draft on their website for the stadium. The public also were able to view a video fly-through commentator by St. Louis native and NFL announcer Joe Buck.

In an interview with Vikings Head Baseball Coach Pat Evers, I spoke with him about coaching and how it has affected his life and what he hopes to gain from it in the future.

I asked him about many different aspects of coaching and some gained insight to how he handles his team and how growing up he decided he wanted to be a coach.

Coach Evers talked about what Kroenke and the team decide to get into coaching, saying, “I always had an interest in being involved with athletics, the coaching side really piqued my interest during my first year of junior college... My junior college coach was someone who helped me tremendously. He inspired me, motivated me, and made me want to get into coaching.”

He said that when he was growing up he looked up to Bo Jackson and that he still has “a couple autographed baseball cards I got from him when I was 9.”

Evers was a very successful player in his own right. He went to the Junior College World Series as well as the NCAA Division II World Series as a player and coach. He says his best moment in sports is, “the walk-off win we had here in 2012 during the South Central District... I don’t know if I coached a better team than the one we had that year. To win it at home, in the way that we did was pretty special.”

Coach Evers began his coaching career in 2007 at St. Louis Community College-Florissant Valley, “I don’t know if I made even $2000 for doing it, but I was thrown into the fire without any experience and had to learn a bit on the fly.” As his coaching career continued and he moved on to other schools his coaching experience grew and so did his success.

I also asked Evers about some of his personal thoughts on the game and coaching and what he hopes to achieve in the future. When talking about how his view of the game changed from playing to coaching he said, “I think sometimes as a coach you forget how difficult it could be at times to be a player. I think there is always a tendency by a coach to over analyze.”

From being a player to a coach, Evers has had many experiences with the game at many levels. From playing in junior college and progressing to the professional level and coaching at multiple levels of college. When discussing what he thought made a successful baseball team, he said it was all about the players. Not only their skill level but “good teammates and good students.”

Even though Evers is young and in the prime of his coaching career I asked him to look a bit into the future and what he hoped to accomplish as a coach and he said, “I want them to be able to look back and know that the coaching staff did everything they could to help them become better players and better people.”