

OPINION

The Best Holiday Movie

BY MACKENZIE KNORR

THE HOLIDAY SEASON is in full swing, which means most of the movies and music played are of the Christmas spirit. In my opinion, *National Lampoon's "Christmas Family Vacation"* rings in as the best holiday movie.

Although the specific holiday being portrayed in the movie is Christmas, its humor and overall theme can be applied to any holiday celebration. The movie follows a stereotypical Midwestern family around Christmas time with a satirical and over-the-top view on how the holiday is perceived. While Clark Griswold and his family take part in common holiday traditions, things go wrong at every possible opportunity.

From a large and opinionated family, to snotty neighbors, the movie is chock-full of entertaining and outrageous situations and scenes. The opening scene of the movie shows the family on the hunt for a Christmas tree, while facing a number of obstacles such as crazy drivers and the absence of a saw.

Midway through the movie, Clark attempts to decorate the house with lights, illustrating the great lengths people go to in order to show their Christmas spirit. Cousin Eddy puts Clark in a bind after kidnapping his boss, Mr. Shirley. The movie concludes on a happy note with the Griswolds evoking the essence of Christmas back into Mr. Shirley. Issues in the movie are dealt with in sarcasm and witty humor from every character.

At the end of it all, each character is reminded of the true meaning of the holiday season. Family, gratitude, and giving to others are all prevalent themes portrayed through a veil of satire highlighted in the crazed Christmas holiday. †

Worst Christmas Movie

BY ZACK MOELLER

It's that time of the year again. The snow has fallen down, and Christmas trees have gone up. It also means that Christmas movies will be playing relatively non-stop. With "*Twenty-five Days of Christmas*," there are hours and hours of cheesy holiday classics, but which one is the worst? Just one *Sword* issue after trashing turkey as the worst Thanksgiving food (an opinion I did receive a good amount of backlash for), I am risking my reputation again, by undoubtedly dubbing somebody's favorite Christmas movie as the worst.

Before I state my opinion, I need to set a few requirements to make movies eligible. The first rule is that it has to be about Christmas. I know what you're thinking—"Thank you captain obvious." But let me clarify; The gist of the movie has to be about spreading Christmas cheer, thankfulness, giving, family, etc. This means that movies such as "*Santa Claus Conquers the Martians*" and "*Jack*

Frost 2: Revenge of the Mutant Killer Snowman" are automatically eliminated from the competition (even though they are probably far worse than the movie I have chosen). Second, we must keep in mind that I have not seen every Christmas movie out there (as it would be nearly impossible, or at the very least, a waste of time), so my opinion is based on the worst Christmas movie I have ever seen. You may have seen worse, and in that case, I'm sorry.

Now onto the good part. The movie that I have decided to name as the worst holiday movie is a regular on the "*Twenty-five Days of Christmas*," and just so happens to be playing while I write this article, fueling my distaste for it. That movie is none other than "*The Santa Clause 3: The Escape Clause*."

This movie is bad for a couple reasons, and was very clearly created for people with a select-type of humor in order for its producers to make a quick buck. My first problem with this movie is the fact that it was released twelve years after the original "*Santa Clause*" movie was released. On the surface, this doesn't seem like a big deal, but by the third movie, the cute hot chocolate-drinking kid elves and Tim Allen's innocent son Charlie look old enough to enjoy a good happy hour (some of them actually were). This takes away from some of the magic the previous movies of the series had.

The second major problem I have with the movie is the plot, which is interesting to say the least. Jack Frost tricks Santa into giving up the position of the head present-giver and turns the entire North Pole into a Broadway style amusement park mall-type of thing. The real Santa must figure out a way to stop Frost before it's too late to save Christmas, or something like that. Anyway, the plot is far-fetched, weird, and relatively boring. In the end, Jack Frost's morals take a turn for the better as the result of a hug... Lame.

In the eyes of a kid, the movie is more than likely very entertaining, but to a seasoned Christmas movie-watcher like myself, the movie is overrated, overplayed, and just bad enough to be named my worst Christmas movie. †

Seasonal Depression: How to Beat It

BY ELHAM MOHAMUD

As soon as October rolls around, the sunshine in Minnesota goes away and we are met with dark, gloomy days. For some, this is the beginning of their Seasonal Affective Disorder (SAD). According to the Mayo clinic, SAD is a type of depression that is related to the changes in the season. The lack of sun will make you less motivated, causing you to lose interest in activities you once enjoyed, feel sluggish, have difficulty concentrating, and more.

This is a huge issue in Minnesota because of the long winter seasons. It is important that we find ways to cope with this issue, and make it through the long, cold months on a high-note. Here's the five ways to help Minnesotans ease seasonal depression:

Light therapy boxes

- These boxes (or lamps) give out light that mimics sunshine. Just 30 minutes spent in front of one of these boxes can positively impact you and they are as cheap as \$40.

Aromatherapy

- Essential oils affect the part of the brain that's responsible for controlling moods and your body's internal clock that influences sleep and appetite. Add a few drops to your bath water or a diffuser and relax!

Move

- Exercise is proven to help alleviate SAD. Don't let the cold and snow prevent you from getting those endorphins flowing!

Get Outside

- The weather may not be favorable, but it really does help to get outside during the day as much as possible. Soak in whatever sun is available, breathe in the fresh air, and note the little happenings that make the world such a wonderful place to live.

Stick to a schedule

- A common occurrence with SAD is oversleeping and feeling unmotivated. Sticking to a schedule and planning outings will help you stay motivated.

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Goal Setting: Making New Year's Resolutions Effective

BY KYLEE BALDWIN

What's your New Year's resolution? The question that arises every single year. Many of us question whether these self-made promises are effective or not. We see sales in health products skyrocket every January, then drop off significantly by February. New Year's Resolutions aren't all bad though. In fact, they can be quite useful and motivating if you stick to a plan. The bottom line is, when we talk about resolutions we have to realize that we're really discussing goals.

We should all be making goals constantly, whether they're made on New Year's Eve, or any other time of year. These goals can motivate us to accomplish the things we want. It's important though to discuss the difficulty of accomplishing goals. When it comes to New Year's resolutions, we often set goals that are too big, and after a small

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