

## EVENTS

## A True Men Christmas

6–7:30 p.m. Dec. 3  
Baldwin Auditorium

True Men will host its annual winter concert featuring several holiday songs. True Men will also perform an original skit.

## RHA'S Winter Well-Wishes

7–9 p.m. Dec. 4  
Centennial Hall Lounge

Join the Residence Hall Association for a campus-wide winter social. Students can decorate cookies, drink hot chocolate or cider, and enjoy music while writing encouraging notes to other students wishing them happy holidays or good luck for finals.

## Kate's Kitchen

by Anna "Kate" Grace

## Finals Week Breakfasts

It's the week before finals – you still have to attend your classes and cram in all those final projects. This can leave a Bulldog tired, frazzled and hungry. Breakfast is the most important meal of the day, but it's all too easy to skip during a rushed morning. This can leave you distracted and with stomach grumbles heard classroom-wide – the last two things you want during a final. Eating protein in the morning will keep you feeling full longer, all the way through the worst final, according to [healthyteating.org](http://healthyteating.org).

## Egg &amp; Peanut Butter Toast

The name pretty much gives it away. Top a piece of toast with peanut butter and an egg cooked any way for an unexpectedly tasty and protein-loaded breakfast. (Pictured right)

## Greek Yogurt

Plain Greek yogurt is a multitasker that definitely can pull its weight at breakfast. Adding honey or pure maple syrup, fruit or granola, and chia seeds makes it extra tasty and knocks out some of your required fruit servings in the morning. Add nuts for even more protein.



## Cheese &amp; Nuts

This breakfast is perfect for munching on as you power walk to an 8:30 a.m. final. It's like a mini cheese platter to go that supplies a lot of protein. Add fruit for a sweet touch.

Good luck on those finals!

# TOP 5

## Movie Releases to Look For During Winter Break



"The Hateful Eight," Quentin Tarantino's eighth film, will be released nationwide Jan. 8. The film stars Channing Tatum, Samuel L. Jackson and Kurt Russell. The movie is about a group of bounty hunters who must figure out who betrayed them.



1

"Star Wars Episode VII" releases Dec. 18. The film is directed by JJ Abrams and stars Harrison Ford, Mark Hamill, Carrie Fisher, John Boyega, Daisy Ridley and Andy Serkis. The film is set 30 years after the events of "Return of the Jedi."



4

"Joy" is the newest collaboration of director David O. Russell, Jennifer Lawrence and Bradley Cooper. The film releases Dec. 25. Lawrence plays Joy, a woman who becomes the founder and matriarch of a powerful family business dynasty.



2

"The Revenant" hits theaters nationwide Jan. 8 and stars Leonardo DiCaprio and Tom Hardy. DiCaprio plays a frontiersman who is bent on revenge against Hardy, who left him for dead in a forest after killing DiCaprio's son. The film is directed by Alejandro González Iñárritu.



5

"Sisters" releases to theaters Dec. 18. Stars Tina Fey and Amy Poehler play sisters who decide to throw one last party after their parents tell them they are selling their childhood home.

# REEL.talk

## AKA WHY ISN'T EVERYTHING "JESSICA JONES"

BY KATEY STOETZEL

Features Editor  
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Even though I love anything to do with the Marvel Cinematic Universe — except for "Thor" — Marvel's latest is the best of the bunch.

"Jessica Jones" released its 13 episode first season on Netflix a couple weeks ago, making it Marvel's second Netflix show after "Daredevil," which released earlier this year. If we learned anything from "Daredevil," it's that Marvel took advantage of the Netflix release to make the show more violent and bloody than its movie counterparts.

But "Jessica Jones" takes things a little farther and darker, and with good reason. The show is loosely based on the 2001 comic book series "Alias," created by Brian Michael Bendis and artist Michael Gaydos. The series was published by Marvel's MAX imprint, which meant it could earn an R rating — not just because of the sexual content and the language, but the issues of rape and consent the story details as well. All of this translates directly to the show.

Not only is Jessica our first female superhero to helm her own story, but she's got a dark past she buries under alcoholism and sarcasm. Her past gradually is revealed to

the audience through expert pacing on the show's part, hints of it shown only through vague flashbacks and Jessica's post-traumatic stress disorder during the first few episodes. But when her past is fully revealed to us, it's clear "Jessica Jones" isn't going to be the family-friendly Marvel superhero show general audiences were probably expecting.

The series' main villain is Kilgrave, played by David Tennant. During her short exploits as a superhero, Jessica runs into Kilgrave, who uses his power of mind control to have Jessica do his bidding, including sleeping with him, for nearly eight months. After she is able to break his control, Jessica ditches the superhero gig and goes the private investigator route. However, Kilgrave comes back — but unlike other Marvel super villains, he's not interested in world domination. Kilgrave's goals are much more personal — he wants Jessica back, and he doesn't care about the civilian casualties along the way.

Another thing to be said about these Netflix shows — they know how to handle their villains much better than the movies. And Tennant really brings it as Kilgrave. With his charm and good looks, he's able to turn Kilgrave into a three-dimensional character we can at least pity. But the show also does a good job with not redeeming him. "Jessica Jones" doesn't shy away from the issues of rape

and consent, and it's Kilgrave's complete lack of understanding about how horrible his actions were that make him a great villain. Because we've seen this before, right? Society and the police not believing a woman when she says she's been raped or abused grounds the show in reality to a point where it's not exactly a superhero show. And really, that's the way it should be.

Krysten Ritter is such a treasure as Jessica — she gives a nuanced performance of a character who has been through trauma and probably doesn't handle it the correct way, but has great redeeming moments. She truly wants to do good, but she stumbles along the way, endearing her even more to the audience. But Jessica isn't the only hero here. There's also Luke Cage, played by Mike Colter, setting him up for his own Netflix show, "Luke Cage," premiering next year. Then there's Jessica's neighbor Malcolm, played by Eka Darville, who's not a superhero, but has an intriguing redemption journey all the same.

"Jessica Jones" is truly the best thing to come out of the Marvel Cinematic Universe because of its ability to tell a rich, deep story. It might be a while until we get a season two however, because "Luke Cage" and "The Defenders" probably will come first. Even so, I'm anxiously counting down the days. **Grade — A**