

HEAD START

Studio Internship offers design experience with real-world clients

Madison Krell | Staff Writer

The Nike “Swoosh.” The McDonald’s curved, yellow “M.” The Apple minimalist fruit. All have become stamps of an industry—an effect Mason High School students are recreating through design internships.

A new internship opportunity is available at Mason High School: the Studio Internship, a chance for students to make graphics for outside companies and organizations. After completing Digital Image Design I and II, students are welcomed to join this class.

According to Cari Sheets, a senior on the Studio Internship team, by doing this internship now, it is creating opportunities in the future.

“In the Studio Internship we have many opportunities to practice real world things,” Sheets said. “The client fills out our online questionnaire for us, the designers, to grasp exactly what they are looking for. From that point on we have a leader take over the project and work to make sure that we meet every essential need. The job of the staff directors is to give the client options so we know exactly what works for them.”

Working with companies like Keller Williams, Lunken Airport, and Health Care Summit, the Design Studio creates graphics for real world clients. The internship, however, designs mostly for non-profit organizations, according to Aaron Roberts, supervisor of the class.

“Students in Design Studio Internship have designed logos, shirts, brochures, posters and other graphics,” Roberts said. “Many of them have been for clubs, activities, and courses right here at MHS. Others have been for outside organizations. Primarily, we target non-profits when working outside of the building, but have done art for for-profit entities.”

According to Sheets, at first it was difficult to interact with potential clients.

“These are real-world adults that are working with real companies and they’re looking for a legit product,” Sheets said. “At first it was kind of nerve-racking, but knowing that we had great art directors and creative directors to help us was a wonderful experience. Now I feel more comfortable speaking with adults and more confident in the work I am creating.”

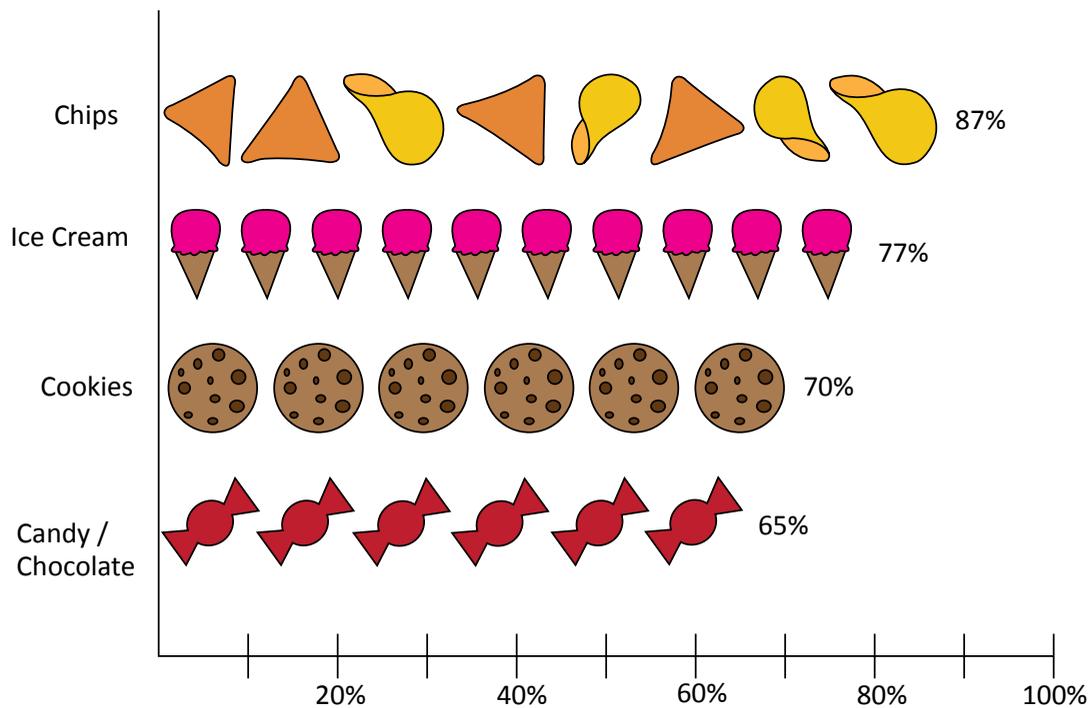
Potential clients come in all shapes and sizes for these students, according to Sheets. The students in the Studio Internship, Sheets said, have to take any opportunity handed to them when it comes to clients.

“In the studio we say it’s all about connections,” Sheets said. “We are first starting out so many of us have to go out and find our own clients. Fortunately my mom is a real estate agent for Keller Williams. She came to me with the idea that she needed a tree logo so what I did was I grabbed an art director and told him about this idea. After the point in which she filled out the online questionnaire we started rolling. It’s all about teamwork. In the end our final results turned out amazing and we had a highly presentable product to share with the client and their customers.”

SNACK SATISFACTION

Comfort foods used as coping mechanism

Favorite snack-related comfort foods for people ages 18-34



Information from mindlesseating.org and Elsevier Inc., infographic by Gabrielle Stichweh

Ashton Nichols | Staff Writer

Happiness is just four Oreos, a bowl of mac-n-cheese and a cheeseburger away.

Many people find different ways to enjoy what they eat, either by having an emotional connection to it, or by the feelings they get from it, psychologist Jeffrey Schlaeger said.

“I think what you eat does have a psychological connection, to be food you remember from a happier time, or an event from your life or sometimes just to try to get yourself in a better place,” Schlaeger said.

According to Josh Clark from science.howstuffworks.com, males and females tend to have different comfort food preferences based on their gender. From a 2005 survey of 277 men and women, Cornell University found that females tend to seek comfort in sweet and sugary foods like ice cream, while males prefer savory comfort foods like steak and soup. The study also found that men tend to use comfort foods as a reward, while women often feel guilty after indulging.

Schlaeger said that there could be a tie between what the different sexes classify as comfort food, and why these results show up.

“There could be a connection of when girls are younger, (because) they get treats,” Schlaeger said. “Maybe guys did it in a different way; maybe it was a burger or that kind of thing. Guys are hungry, and want to be rewarded. We are meat and potatoes guys.”

Schlaeger feels like boredom also plays a

part in eating habits.

“Unfortunately it’s a cycle; we eat, partly because we just need something to do, but partly just to feel better,” Schlaeger said. “When you do that, like when you start eating salty foods, all they do is make you want to eat more. Lay’s used to have the slogan of ‘No one can eat just one’. That’s all salty foods; not just Lay’s.”

According to Schlaeger, the changing seasons also affects eating habits that people have, which result in comfort eating.

“The Seasonal Effective Disorder is real,” Schlaeger said. “Lack of lighting, shorter days, less activity. I think sports are great, because no matter what you’re still forced to keep that consistent routine, which helps, but if you’re not committed to a routine where someone’s telling you what to do, it’s easy to let the days slip away.”

World History teacher Kenneth Whitney said that ice cream is his comfort food to help cure the winter blues.

“It’s cold and dark out (in the winter),” Whitney said. “Everytime it gets cold or we start having snow or a cold rainy night, I want to make a big pot of chili. Skyline Chili, and I’ll eat like five plates of it, then your stomach is full and you lay there. It makes you feel good.”

Schlaeger feels like people also tend to feel regret once they eat too much of a certain food.

“You feel good when you’re eating it,” Schlaeger said. “Then when you’re done, there’s some regret and guilt afterwards.”