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DESERET NEWS

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DISNEYNATURE'S 'BEARS' PAINTS AN INSPIRING PORTRAIT OF ALASKAN WILDLIFE C4

A FANX FAMILY GUIDE FOR WHAT TO DO AT COMIC CON THIS WEEKEND C8

YOUR GUIDE TO FAMILY ENTERTAINMENT

Weekend

THE TEN TODAY

When a nation falls in love with itself



John and Yoko interviews are now on CD

BEATLES FANS HAVE had an embarrassment of riches competing for their entertainment dollars over the past few months thanks to the 50th anniversary of the Fab Four invading (and conquering) America in 1964 — special magazines (People), a TV concert ("The Night That Changed America"), books ("The Beatles Anthology"), DVDs ("A Hard Day's Night" reissue) and CDs ("On Air — Live at the BBC, Volume 2"). Not to mention myriad online offerings.

It's hard to believe all of the cultural shifts the Beatles led from the mid-1960s through the end of the decade, a scant six years or so. And then the Beatles were no more. The breakup was announced in April 1970, around the time "Let It Be," the last official Beatles album, was released.

And it's fair to say that in the ensuing 50 years, Beatlemaniacs (forgive me for using a term as worn out as "Trekkies") have been oversaturated with all things John, Paul, George and Ringo — collectively and individually.

Is there really anything else to add? Is there something we don't know?

Probably not. But that doesn't keep "new" stuff from filling the shelves every other week.

The latest is "I'm Not the Beatles: The John & Yoko Interviews with Howard Smith, 1969-1972," an eight-audio CD set of unfiltered, unedited, freewheeling chats between rock journalist Smith and Lennon and Ono during eight radio interviews taped between May 1969 and January 1972. A 20-page booklet helps put it all into perspective. (There is some coarse language.)

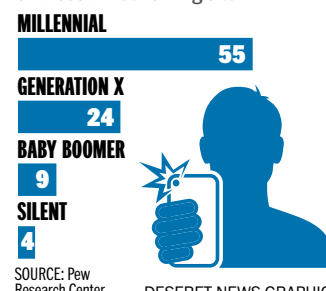
These are post-Beatles interviews, and nothing is particularly revelatory, but Lennon and Ono do talk about the Beatles, from specific songs and what they meant, to the hazards of the touring lifestyle, to Lennon's feelings about subsequent solo projects, both his own and those of the other guys.

Casual fans might prefer something edited, so that, say, all the comments about the Beatles were cobbled together. But die-hard fans will enjoy the wide-ranging discussions from Lennon and Ono's various peace protests (bed-ins, the peace vote) to their fad diets (brown rice, vegetarianism) to the experimental, avant-garde art exhibits and eccentric films.

And there's something appealing

Sharing selfies

Percentage of each generation saying they have shared a selfie on a social networking site



tablets bore the decree "Thou shalt not make unto thee any graven images." But the digital world poses a new question: Are social media-ites becoming the graven image through status updates and Instagram filters, worshiped by a congregation of retweeters and plus-oners? Has social media given rise to an insidious new form of self-worship?

IDOLS C14

American idols

Editor's note: If, when given more than 3,000 years ago, the Ten Commandments were ennobling expectations for all of humanity, then one might ask of their relevance in 2014. In this 10-part series, the Deseret News explores what each of the Ten Commandments means in contemporary society. Today: The second commandment, "Thou shalt not make unto thee any graven image."

BY EMMILIE BUCHANAN-WHITLOCK FOR THE DESERET NEWS

Melissa Thurm started a religious blog in October 2013 to share her thoughts about her faith. But when

she noticed her mounting obsession with checking for page views and new comments, Thurm realized it was taking a hit on her self-esteem.

"I felt down on myself if I didn't get any feedback. I realized I had turned it into wanting to be famous instead of doing what (God) wanted me to do," she said.

Thurm, a resident of Rexburg, Idaho, is a self-described social media addict. She can't go a day without checking her Facebook account.

She's not alone. According to a survey from Pew Research, 72 percent of all

adult Internet users are plugged into some form of social media. In 2012, Pew reported that 83 percent of adults between the ages of 18-29 — pegged as millennials — use social media, and they are the most likely age bracket to do so.

While researchers say social media has many positive uses, such as staying in touch with family, there's also growing unease that sites like Instagram, Twitter and Snapchat fuel an intoxicating sense of narcissism.

There's perhaps no better manifestation of this than the "selfie," a picture taken of yourself (often with

friends) that's then posted on a social media site, hoping to generate "likes" and shares. Most baby boomers have never taken a selfie (in fact, according to the Pew Research Center, only about 6 in 10 boomers and a third of the silent generation even know what a selfie is), but millennials, derisively called "Generation Me," have fallen hard for the fad: More than half have shared a selfie.

The trend has become such a rage that the Oxford Dictionary declared "selfie" the word of the year in 2013.

Millennia ago, two stone



The Mormon Tabernacle Choir and the Orchestra at Temple Square perform an Easter concert in 2008.

Mormon Tabernacle Choir to carry on tradition of Handel's 'Messiah'

BY KATELYN GUDERIAN DESERET NEWS

George Frideric Handel composed the music for his oratorio "Messiah" in the summer of 1741. Since then, the 260-page manuscript has had a lasting impact on the world of Christianity.

Although "Messiah" performances are most common during the Christmas season,

Handel's work was originally created for an Easter benefit concert. Now, nearly 275 years after that first performance, music groups around the globe continue to celebrate the life of Jesus Christ through the songs of "Messiah."

In early March, the Mormon Tabernacle Choir and Orchestra at Temple Square

CHOIR C9

HICKS C14

DEAD SEA SCROLLS

LIFE AND FAITH IN ANCIENT TIMES

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IDOLS

FROM C1
Rewarding idolatry

For Thurm, posting pictures is easier than ever thanks to her iPhone, and she admits that she's been guilty of excessive social media sharing.

"If you think of something clever and you put it on Facebook, you want to see how many people thought you were funny. If no one comments or likes my post, I'm like, 'Great, now I feel like everyone hates me,'" Thurm said.

According to a recent psychological study, Thurm's reaction to social media sharing isn't self-obsession — it's only human.

A 2012 Harvard study found that humans have an intrinsic desire to disclose their thoughts to others. Researchers conducted several experiments supporting their hypothesis: Because of the natural desire to share personal information with peers, the experience of doing so — self-disclosure — is subjectively rewarding.

Researchers tested the mesolimbic dopamine system — the portion of the brain that responds to rewards such as food, money, humor or sex — and found that it reacted strongly when talking about personal experiences or opinions rather than discussing other people. Additional experiments found that participants were even willing to give up money to talk about themselves.

These results indicate that the human desire to share personal information or experiences may arise from the intrinsic value that comes from self-disclosure.

According to the study, between 30 percent and 40 percent of spoken commu-

nication between humans is spent informing others about subjective experiences. On social media, the percentage jumps to upward of 80 percent.

This is because, for people like Thurm, the result — instant gratification — can be intoxicating.

"It's a literal addiction. That's why I'm obsessed with Facebook," she said. "You get validation and feedback instantly. People are addicted to instant gratification."

Shameless selfies

Social media opens a door for self-worship, said psychologist Jean Twenge, author of the book "Generation Me" and other psychological studies focused on narcissism. But it's not all bad.

"That's what is so interesting about narcissism as a trait," Twenge said. "Wanting to be a leader, extraversion, being outgoing are good things — until they are not."

One of the main causes of narcissism, Twenge said, traces back to a shift in recent years in parenting styles. Twenge said parents who praise children incessantly, even when praise may not be merited, run the risk of developing children who think the world revolves around them.

For Twenge, reality TV is the most obvious way media have promoted a narcissistic attitude. This is especially true on shows such as "American Idol" that tell kids if they just try hard enough, they too can hold court on center stage with all the world paying attention to them. Other shows emphasize fame as life's greatest achievement. Second is the Internet, with social media and all the ways users can seek attention and validation for themselves online.

"People who show high in narcissism have more friends



Actress Meryl Streep uses her iPhone to take a photo of her and Secretary of State Hillary Rodham Clinton following a dinner for the 2012 Kennedy Center Honors recipients at the State Department in Washington, D.C.

on Facebook and more followers on Twitter," Twenge said. "When people use Facebook or MySpace or another social media, it increases their self-views."

Twenge is not saying that people who post selfies are always narcissistic. To test one's personal level of narcissism, Twenge suggests the Narcissistic Personality Inventory, which asks questions that determine the level of narcissistic behavior in people, such as how much they enjoy looking in the mirror, showing off their bodies, or manipulating people to get what they want — all traits common to some of the most successful reality TV stars on shows such as "Big Brother" or "Survivor."

A change in perspective

When it comes to worshipping self over maker, not all experts agree that narcissism, the Internet and shameless selfies are to blame.

Media psychologist Pamela Rutledge, director of the Media Psychology Research Center in Boston, doesn't subscribe to the ideology that

America is turning into a nation of narcissists because selfies are, in a way, what she calls a highly freeing experience.

"The first reason people take selfies is because they can," Rutledge said. "It's the first time you can be the photographer and the subject at the same time. You don't have the self-consciousness — you have the control."

A study by Common Sense Media, "Social Media, Social Life: How Teens View Their Digital Lives," took a sample of 13- to 17-year-olds who have a profile on a social media site and found that 59 percent of those surveyed said they love posting pictures of themselves.

Thirty-five percent worry about their friends posting an ugly photo of them, and 22 percent said they feel bad if they don't get a lot of likes on their photos, the study reported. Seventeen percent reported they have edited a photo of themselves before posting it.

For Rutledge, photos, especially selfies, are more of a visual journal than a repre-

THE TEN TODAY

April 13 — First Commandment: "Thou shalt have no other gods before me."
April 15 — Tenth Commandment: "Thou shalt not covet ..."
April 16 — Seventh Commandment: "Thou shalt not commit adultery."
April 18 — Second Commandment: "Thou shalt not make unto thee any graven image ..."
April 19 — Third Commandment: "Thou shalt not take the name of the Lord thy God in vain."
April 20 — Fourth Commandment: "Remember the Sabbath Day, to keep it holy."
April 21 — Sixth Commandment: "Thou shalt not kill."
April 22 — Eighth Commandment: "Thou shalt not steal."
April 23 — Fifth Commandment: "Honor thy father and thy mother."
April 26 — Ninth Commandment: "Thou shalt not bear false witness ..."

sentation of self.

"Visual images are so rich when compared to just a text. Just imagine the difference between seeing someone at the beach — you can see a little bit of sun, sand and waves — and a text of them saying 'I'm at the beach,'" she said. "It's communicating in a very rich way that makes people closer. It's the glue between our relationships."

According to the study from Common Sense Media, of the teens surveyed, the majority said social media had positive effects on them.

More than 1 in 4 teens on social media reported that

their social media usage made them feel more outgoing (28 percent) and less shy (29 percent). One in 5 said it helped them to feel more confident (20 percent), more sympathetic to others (19 percent) and more popular (19 percent).

Additionally, 52 percent said their social media usage improved their relationships with friends, 37 percent said it strengthened (non-parental) family ties and 8 percent said it boosted relationships with parents.

After all, Rutledge said, teenagers have been finding ways to spend hours communicating for decades.

"Teenagers are famous for talking on the phone for hours," she said. "We wrote letters, stood around the water cooler, met at corner stores, held quilting bees, hung around for a social after church. People will communicate in any way they can, and they'll do it in the best way possible and the one that feels the most connected."

Finding the balance

These days, Thurm is still blogging about her faith and her relationship with God, but six months in, she's made some adjustments.

She no longer checks how many people are reading her blog. Instead, she tries to focus on her real purpose in creating the site.

"It's no longer about how many people read what I write," Thurm said. "For me, it's more about the message and if people relate to what I'm saying. When I get a comment from someone saying they really got something out of something I wrote or that it helped them in some way, I feel like it's achieving its purpose."

"It's not about me, and once I realized that, it changed everything," she said.

McCartney to play in EnergySolutions Arena Aug. 7

Legendary musician Paul McCartney will be returning to the Beehive State on Aug. 7. The former Beatles and Wings member will play EnergySolutions Arena in Salt Lake City, marking the second time McCartney has played a concert in Utah. In 2010, McCartney performed at Rio Tinto Stadium in Sandy. That performance marked his 200th with his current band, according to a news release. A review of the 2010 show in the Deseret News said that McCartney "stormed the Rio Tinto Stadium stage and cranked out a set that not only spanned his 45-year music career but also included songs that formed the soundtrack to the lives of his fans in the sold-out venue."

McCartney's "Out There" tour spent much of 2013 touring internationally, featuring shows in locations such as Rome, Moscow and England. Upcoming U.S. concerts in 2014 include performances in Louisiana, Ky.; Albany, N.Y.; and Pittsburgh, with Utah being the most recently announced destination. Tickets for the Salt Lake City concert are set to go on sale April 25 at 10 a.m. and may be purchased online at smithstix.com or by phone at 801-355-7328.

HICKS

FROM C1

about the shaggy-dog inclusion of every inch of tape that makes you feel as if you're in the room with them while microphones are being set up, and a bit of small talk precedes and closes out the interviews, and tape reels are changed, and as they react to interruptions or pause to eat something.

Lennon's playful side surfaces when a doorbell rings and he says, "Cuckoo, cuckoo, Avon calling," and as he casually comments on a shrimp plate he's enjoying (do vegetarians eat shrimp?). An unexpected aspect of "I'm Not the Beatles" is Smith challenging Lennon and Ono when they say or do something he thinks is off kilter. Several times, Smith asks what, in practical terms, has resulted from their peace protests. Still, their enthusiasm for the movement is unbridled as Lennon says, "We're selling this peace thing like soap."

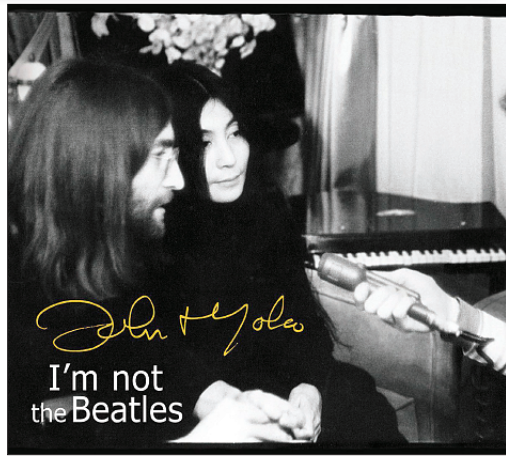
Lennon has unhappy recollections of the Beatles' four years of touring the world: "Touring was a drag," he says. "It was just complete, like, madness from morning till night, with not one moment's peace." He adds, "Of course, there were great moments, you know, and whenever we talk about it, it's all great laughs. But when you get down to the physical reality, it was all pain." He also felt the music suffered. "Half the time we just mime on the mic because your voice had gone, the kids would be howling."

In the September 1971 interview of "I'm Not the Beatles," Lennon explains his song "How Do You Sleep," which was an answer to McCartney's "Too Many People." Both were released earlier that year.

The McCartney song is on his second solo album, "Ram" (and the flip side of his single "Uncle Albert/Admiral Halsey"), and includes some jibes at Lennon, such as "Too many people preaching practices," and "You took your lucky break and broke it in two."

The Lennon response is on his album "Imagine," and includes a line that references two McCartney songs, the Beatles tune "Yesterday" and McCartney's solo hit "Another Day": "The only thing you done was yesterday, and since you've gone you're just another day."

Lennon explains, "It's just a moment of anger, but I just put it down on paper. I'm also answering Paul's last album." After repeating McCart-



ney's lyrics, Lennon says, "So I wrote a reciprocal song, and I think some of the funniest lines on the album are (the 'Yesterday'/'Another Day' lyric), I just think it's the funniest thing I've ever heard. I don't think that about Paul all my life or all the time. I wrote it in immediate response to his messages coming off his album." Lennon concedes that it's "an angry song" but emphasizes that it's not serious, and he feels McCartney will get the joke.

There's much more, of course, as Lennon talks about the "myth of the Beatles," his fight to get "Revolution No. 9" on the Beatles' double album (known as "The White Album"), he praises George Harrison's Bangladesh charity concerts, and he chuckles about the reactions of people on the street when he cut his hair. And Ono contributes quite a bit as well.

There is no music here, per se, although snippets of Beatles songs can be heard from a radio in the background of the final interview, and an occasional tune does seem to guide some of the discussion. Lennon also sings a line here or there and twice turns up the volume of a television playing an episode of "The Saint," humorously allowing random dialogue to speak for him.

Such quixotic, spontaneous touches give "I'm Not the Beatles" a personal vibe that brings the listening audience a bit closer to Lennon's world.

Hard to believe Lennon has been dead nearly 34 years now. And this isn't a bad way to remember his artistic legacy.

Chris Hicks is the author of "Has Hollywood Lost Its Mind? A Parent's Guide to Movie Ratings."

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EMAIL: hicks@deseretnews.com

KSL NEWS SPECIALISTS		TONIGHT AT 10:00							
Friday evening TV schedule									
April 18									
PM	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2	Unforgettable (N) (TV-14) (D,LV) (CC)	Hawaii Five-0 (N) (TV-14) (V) (CC)	Blue Bloods (N) (TV-14) (D,LV) (CC)	News	News	News	News	News	News
4	Last Man Standing	Last Man Standing	Shark Tank (N) (TV-PG) (CC)	Dateline NBC (N) (TV-PG) (CC)	Link to the Past, Hope of the Future	KSL 5 News	Tonight Show-J. Fallon	Late Show With David Letterman (N) (TV-14) (CC)	Jimmy Kimmel Live (N) (TV-14) (CC)
5	Dateline NBC (N) (TV-PG) (CC)	Dateline NBC (N) (TV-PG) (CC)	Link to the Past, Hope of the Future	KSL 5 News	Tonight Show-J. Fallon	Washington Week	Charlie Rose	Peter Pan From the Milwaukee Ballet (N) (TV-G) (CC)	As Time Goes By
7	Journal (TV-G)	WealthTrack	Dying to Live (TV-G) (CC)	Mov: *** "Carnival of Souls" (1962), Frances Feist	Art Connection	Between the Lines	PBS NewsHour (N) (CC)	Lark Rise to Candleford (TV-PG) (CC)	Born and Bred (TV-14) (CC)
9	PBS NewsHour (N) (CC)	Lark Rise to Candleford (TV-PG) (CC)	Born and Bred (TV-14) (CC)	Steves' Europe	Perry Mason (TV-PG) (CC)	Kitchen Nightmares Old Neighborhood; Kati Allo. (N) (TV-14) (L) (CC) (DVS)	FOX13 News at Nine (N) (CC)	Modern Family (N) (CC)	Seinfeld (N) (TV-14) (CC)
11	Be a Millionaire	Be a Millionaire	America's Funniest Home Videos (CC)	Friends (TV-PG)	Friends (TV-PG)	Psych Talent-show judge. (TV-PG) (CC)	Psych (TV-PG) (CC)	Psych Lassiter's car is stolen. (TV-PG)	Psych (TV-PG)
13	Psych	Tengo Talento, Mucho Talento	Noches con Platanito	Alarma TV	Noticiero-Enr.	Whose Line	Whose Line	Hart of Dixie (N) (TV-PG) (D) (CC)	CW30 News
14	Whose Line	Whose Line	Hart of Dixie (N) (TV-PG) (D) (CC)	CW30 News	Two and Half Men	Two and Half Men	Two and Half Men	How I Met	How I Met
16	How I Met	How I Met	How I Met	How I Met	Mov: *** "Un Niño Llamado Jesús" (1988, Drama) Bekim Fehmiu, Matteo Bellina. (SS)	Al Rojo Vivo (N)	Titulares y Más (N)	Decisiones (N)	Decisiones (N)
24	AMC	Mov: (5:00) Movie: **** "Forrest Gump" (1994, Comedy-Drama) Tom Hanks, Robin Wright, Gary Sinise. (CC)	Tom Hanks, Robin Wright, Gary Sinise. (CC)	"Alien vs. Predator"	A&E	The First 48 (N) (TV-14) (CC)	The First 48 (N) (TV-14) (CC)	The First 48 (N) (TV-14) (CC)	The First 48 (N) (TV-14) (CC)
30	BYU	College Softball Weber State at BYU 'G'	Studio C (N) (TV-G)	Wind at My Back (TV-G) (CC)	Mov: "Promise the Moon" (1997) Henry Czerny. (TV-G)	College Lacrosse	NBA Action 'G'	Best of College Basketball	Auto Racing Dirt Late Model
38	CBSSN	College Lacrosse	NBA Action 'G'	Best of College Basketball	Auto Racing Dirt Late Model	DSC	Boss Hog (N) (CC)	Boss Hog (N) (CC)	Sons of Guns (N) (TV-14) (CC)
46	DSC	Boss Hog (N) (CC)	Boss Hog (N) (CC)	Sons of Guns (N) (TV-14) (CC)	Sons of Guns: Locked and Loaded	Sons of Guns (N) (TV-14) (CC)	Sons of Guns (N) (TV-14) (CC)	Sons of Guns (N) (TV-14) (CC)	Boss Hog (N) (CC)
50	DIS	Liv & Maddie	Jessie (TV-G)	Austin & Ally (CC)	Dog With a Blog (N)	Mov: *** "Toy Story 3" (2010) Voices of Tom Hanks, Tim Allen. (CC)	(2010) Voices of Tom Hanks, Tim Allen. (CC)	Austin & Ally (CC)	Austin & Ally (CC)
58	ESP	(6:00) 30 for 30	Bad Boys Remix	SportsCenter (N) (Live) (CC)	Olberrmann (N) (Live) (CC)	ESP2	Boxing Boxcino Tournament (N) (Live) (CC)	NBA Face to Face With Hannah Storm	SportsCenter (N) (Live) (CC)
66	FAM	The Middle (CC)	The Middle (CC)	Mov: ** "Sydney White" (2007, Comedy) Amanda Bynes, Sara Paxton.	Mov: ** "The Last Song" (2010, Drama) Miley Cyrus.	FOOD	Diners, Drive, Drive	Diners, Drive, Drive	Diners, Drive, Drive
74	FX	How I Met	How I Met	How I Met	How I Met	Mov: * "Twilight" (2008, Romance) Kristen Stewart, Robert Pattinson, Billy Burke.	How I Met	How I Met	How I Met
82	LIFE	Celebrity Wife Swap (TV-PG) (L) (CC)	Celebrity Wife Swap (TV-PG) (CC)	Celebrity Wife Swap (TV-PG) (CC)	Wife Swap (TV-G) (CC)	(:02) Celebrity Wife Swap (TV-PG) (L)	Celebrity Wife Swap (TV-PG) (L) (CC)	Celebrity Wife Swap (TV-PG) (L) (CC)	Celebrity Wife Swap (TV-PG) (L) (CC)
90	NIC	Full House (N)	Full House (N)	Full House (N)	Full House (N)	Friends (TV-PG)	(:36) Friends (TV-PG) (CC)	(:12) Friends (TV-PG) (CC)	(:10:48) Friends (TV-PG) (CC)
98	ROOT	(6:30) MLB Baseball Philadelphia Phillies at Colorado Rockies (N) Subject to Blackout (Live)	Rockies Postgame	Rockies Postgame	The Dan Patrick Show	SYFY	(6:00) WWE Friday Night SmackDown!	Continuum (N) (TV-14) (CC)	Metal Hurlant
106	TBS	(6:00) Movie: *** "Knocked Up" (2002) Katherine Heigl. (DVS)	Mov: * "Killers" (2010, Action) Ashton Kutcher, Katherine Heigl. (DVS)	Bam's Bad Ass	Deal With It (TV-14)	"Larry Crowne"	(6:00) Movie: *** "The Incredible Hulk" (2008) Premiere.	(:32) Movie: *** "Spider-Man" (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst. (CC)	(:04) "Sky High"
114	TCM	(6:00) Movie: "Meet Me in St. Louis" (1946) Lana Turner.	Mov: *** "The Postman Always Rings Twice" (1946) Lana Turner.	Mov: **** "Singin' in the Rain" (1952) Gene Kelly.		TNT	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Modern Family (N)
122	USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)
130	HBO	(6:30) Movie: * "The Great Gatsby" (2013, Drama) Leonardo DiCaprio. (D)	Game of Thrones (TV-MA) (CC)	Game of Thrones (TV-MA) (CC)	Real Time, Bill	SHO	"Stir of Echoes"	Mov: "Detention of the Dead" (2012) Jacob Zachar.	Mov: *** "Django Unchained" (2012, Western) Jamie Foxx, Christoph Waltz. (CC)
138	STZ	(6:30) Movie: "Monsters University" (N)	(:15) Movie: * "After Earth" (2013) Jaden Smith, Will Smith. (CC)	Mov: * "Parkland" (2013) James Badge Dale. (CC)		For more complete listings, log on to www.deseretnews.com/dn/tvlistings.			