

# CAT

She'll know when she gets there...

superlativehorsefilms.com

SUPERLATIVE HORSE FILMS PRESENTS DEBORAH JENSEN TABITHA TROSEN JOIE HOPPE IN "CAT" THE SHORT FILM

STEADICAM SAM NAIMAN WITH MUSIC BY ADAM HURST AND POKEY TWIG WITH THE KINDLING ASSOCIATE PRODUCER SAM GARR

SOUND JACK SATURN DIRECTOR OF PHOTOGRAPHY SAM GARR WRITTEN, PRODUCED AND DIRECTED BY ERIC ANDREW LINDSTROM

# FILM INFORMATION

## **FILM TITLE**

Cat

## **LOG LINE**

She'll know when she gets there.

## **CONTACT INFO**

Superlative Horse Films  
510 SE 53rd Avenue #1  
Portland, OR 97215  
503-307-9703

[cattheshortfilm.com](http://cattheshortfilm.com)  
[superlativehorsefilms.com](http://superlativehorsefilms.com)

Eric Lindstrom - Producer & Director  
503-307-9703  
[pokeytwig@yahoo.com](mailto:pokeytwig@yahoo.com)

Sam Garr - Producer & Cinematographer  
503-544-0132  
[sam.garr@mac.com](mailto:sam.garr@mac.com)

## **TECHNICAL INFO**

Running Time: 27:38  
Exhibition Format: Blu-Ray  
Aspect Ratio: 1:78  
Shooting Format: Digital HD 4:2:2; 35mm Film  
Color / black and white, English



# PRESS RELEASE

FOR IMMEDIATE RELEASE

## **Short film *Cat* seeks to put a face to schizophrenia**

Portland, OR - [insert date]

CONTACT:

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After being released from psychiatric hospitalization, a young woman finds hiking boots, which inspires a life changing walking journey. The new short film *Cat* follows the schizophrenic woman as she experiences a walkabout of sorts, listening to the visions and voices in her head to seek god, friendship and her true self.

In the U.S. about 1 percent of adults live with schizophrenia, and 1 in 5 adults experience mental illness each year. That's nearly 44 million people who are living with some sort of mental illness. (Source: National Alliance on Mental Illness.) Portland's Eric Lindstrom made the short film to bring awareness to and challenge the stigma of the disorder and other mental illnesses. When asked why he wanted to make this film Eric replied: "I really wanted to give hope to people who were suffering from something that can be so debilitating." In his early 20s, Lindstrom himself developed schizophrenia.

With minimal dialogue, the film unfolds with a visual style that conjures the character's psychiatric episodes. But ultimately, *Cat* is a story of acceptance and hope. A number of scenes were shot with black and white 35mm film, producing rich, striking images. Oregon landscapes serve as a grounding backdrop for the film. *Cat* features several locations, including Mackenzie Pass, Fort Rock, Christmas Valley, and Summer Lake.

Lindstrom wrote and directed the film, and it was produced with a Portland based crew. Sam Garr served as the director of photography and actor Deborah Jensen played the titular role. Compositions by Portland cellist Adam Hurst are prominent in the soundtrack as well as a number of songs contributed by Lindstrom, under the name Pokey Twig. The film's running time is 27 minutes.

Lindstrom is in the process of entering film festivals around the country and beyond. Visit the website for more information about the film: [cattheshortfilm.com](http://cattheshortfilm.com)

# SYNOPSIS

## **SYNOPSIS SHORT**

After being released from psychiatric hospitalization, a young woman finds hiking boots, which inspires a life-changing walking journey. *Cat* follows the schizophrenic woman as she experiences a walkabout of sorts, listening to the visions and voices in her head to seek god, friendship and her true self. She doesn't know where she's going, but she'll know when she gets there. With breathtaking Oregon sites as a backdrop, the film conjures the character's psychiatric episodes. But ultimately, *Cat* is a story of acceptance and hope.

## **SYNOPSIS LONG**

After being released from psychiatric hospitalization, a young woman finds hiking boots, which inspires a life-changing walking journey. She doesn't know where she's going, but she'll know when she gets there.

Donning her new boots, a pack on her back and a hat to shade her face, Cat hoofs it out of the chaotic city and into the simplicity of the wilderness. Along the way she is haunted by dreams of the past, the voice of god, and an ill spirit in the forest. The film's haltingly quiet visual style conjures the character's psychiatric episodes, against the backdrop of breathtaking Oregon sites.

*Cat* follows the schizophrenic woman as she experiences a walkabout of sorts. She observes the visions and voices in her head to wrestle with god, discover friendship and transform into a new self.

Putting a sympathetic face to schizophrenia, ultimately, *Cat* is a story of acceptance and hope.

# FAQs

## **1. How were you able to fund the project?**

A good portion of the initial funds came from the fundraising campaign on Indiegogo. Additional help came from family members. The post production costs were spread out over the course of many months, so I was able to pay them myself as they occurred.

## **2. What was your inspiration for the film?**

My own challenges with schizophrenia were the main inspiration. I was also striving to help others who suffer with mental health issues. I wanted to bring awareness to the subject and also help fight the stigma associated with mental illness.

## **3. I love your film, but I don't completely understand it?**

This question is more of a statement. Schizophrenia is not well understood by anyone. Our main character, Cat, doesn't understand her own situation, but she is desperately trying to. As an audience member, we relate to and feel Cat's struggle as we try to decipher the film's meaning ourselves.

## **4. How long did the project take?**

The screenplay took about 8 months. Fundraising took about 2 months. Pre-production lasted about 3 months. We shot the project in about 12 days. Picture edit took 2 months. Sound and music recording and editing took 11 months. From the start of the screenplay to the first official screening, it took two and a half (2.5) years.

## **5. Tell me about shooting 35mm film?**

The first day of shooting was all 35mm. It lasted about 18 hours. I would have liked to shoot the entire movie on 35mm, but I'm excited for the amount we were able to do.

## **6. What is your goal for the film?**

My goal is to inspire. I want to inspire people suffering from mental illness to have hope. I want to inspire conversations and education. I want to inspire folks to make art, music and film.

## **7. What was your favorite part of production?**

I really love the desert. There is a weight that is lifted from me when I go there. The narrow rock canyon was pretty awesome because during the 90 degree days it had an effect like a cave that cooled the area dramatically. I also do love the sky.

## **8. What are your hopes for distribution?**

Film festivals for starters and we plan on making a run of Blu-Ray disks. I see it could be used as a discussion starter for psychology classes or mental health groups. It would make a great piece to tack on the front of a compatible indie feature as well. It may be used as a calling card for a future project as well as put on the web in a pay-per-view venue.

# ABOUT THE PRODUCTION

## **DIRECTOR'S STATEMENT**

I was in film school. My future looked very bright. I was enjoying life. I had a great job offer in Chicago when I graduated. Then I was starting to have that sneaking suspicion and some paranoia. Then the voices started. I had no idea what was going on. After two weeks of little sleep and complete confusion, I had the sense to check myself into the mental hospital. I was first diagnosed in 1988 and due to medication and the episodic nature of my condition, I only hallucinated on occasion. Usually on the occasion that I was smoking marijuana.

I think with time, one learns what "works" and what "doesn't work." I'm not insulated from the everyday problems of life. Like everyone else, sometimes it feels like I'm constantly swimming upstream and making little progress. After 28 years, I do feel like I have made some progress. I remember early on in the illness, thinking that if I could ever "crawl out of this hole," I could help others in my situation. Subsequently, this project has been nagging at me for a long time.

Mostly, I just wanted to make a film, any film. For my day job, I'm a delivery driver. After frequent encouragement from one of my coworkers, I stepped off into the oblivion of writing a screenplay. It soon became apparent, a short film would be more feasible. It also made the most sense to write about what I knew about. In addition, Oregon, where I now live, has a great variety of beautiful scenery.

After two years on this project, I'm very pleased with the result. During the test screening, we were inundated with positive feedback. I'm hoping to reach an audience that will relate to the subject and gain a new understanding of this disease. I hope Cat contains enough truth and art to inspire healing or at the very least inspire a conversation.

# CREDITS

CAT **DEBORAH JENSEN**

KATRINA **TABITHA TROSEN**

JESS **JOIE HOPPE**

DIRECTOR / WRITER **ERIC LINDSTROM**

DIRECTOR OF PHOTOGRAPHY **SAM GARR**

SOUND EDITOR **JACK SATURN**

STEADICAM OPERATOR **SAM NAIMAN**

ASSISTANT CAMERA **ALEXANDRE LINDSTROM-VAUTRIN**

PRODUCTION SOUND **LISA BOLDEN**

EDITOR **SAM GARR**

PRODUCTION ASSISTANT **JOHN MASON**

PRODUCTION ASSISTANT **DREW TAYLOR**

MUSIC RECORDING **RECURSIVE AUDIO/VISUAL**

SCREENPLAY **ERIC LINDSTROM**

MUSIC **ADAM HURST / POKEY TWIG**

PRODUCERS **ERIC LINDSTROM & SAM GARR**

MUSIC MIXING **RECURSIVE AUDIO/VISUAL/JACK SATURN**



**DEBORAH AT FORT ROCK.**



**ERIC ABOVE SUMMER LAKE.**



**SAM NEAR SISTER, OREGON.**



**TABITHA ON THE TUGBOAT.**



## **ERIC LINDSTROM - DIRECTOR / WRITER**

Eric attended film school at Southern Illinois University. During the summer breaks, he worked as a freelance grip and P.A. in Chicago. While working on a commercial for Seiko Watches, Eric had the fortune of meeting documentarian Albert Maysles. He relocated to Oregon, and was soon working on low-budget



features, including one starring Portland rocker, Dan Reed. After being hospitalized for schizophrenia for the fifth time, he was hired as a delivery driver for a local pharmacy. This allowed him insurance for required medication. He took up songwriting and camping, but never let go of the idea of making an independent film. Making the short film "Cat" was a way of "giving back" to the countless souls who helped him on his journey of mental health and those who were to follow. Eric lives in Portland, Oregon, and enjoys wilderness backpacking. He looks forward to his next film project.

## **SAM GARR - DIRECTOR OF PHOTOGRAPHY**

Sam has worked as a 1st AC for 10 years in the Pacific Northwest. He is fortunate enough to have straddled the line between film production and the advent of digital production, cherishing the experience of motion picture film and carrying that knowledge into the digital frontier. He has taken every opportunity to step into the



Camera Operator role, shooting low-budget music videos, shorts, features, and commercial spots, further developing his skill behind the camera. For the past 5 years, Sam has carefully entered the realm of the Cinematographer. Shooting several commercial spots, a dramatic short, and several music videos, he strives to make his work the best it can possibly be. In 2014, he had the distinct fortune to meet and collaborate with Eric Lindstrom on his short film, "Cat", as well as bringing in his long-time partner-in-crime, the subtle and brilliant Sam Naiman. Sam currently lives in Portland, Oregon, and hungrily searches for his next project.

## **DEBORAH JENSEN - LEAD ACTOR (CAT)**

Deborah graduated from Southern Oregon University with a degree in Theatre Arts, Theatre Performance. She has acted in 10 short films and a number of T.V. movies. Her attraction to independent film is borne from an urge to make real, positive social change. There are certain juicy rolls that feed her soul. Hollywood is a figurative beast, in her view, but being in close proximity allows her influence more directly. Drive Theatre, The Illyrian Players, and Finite Film, are a few of her collaborators. Deborah is currently based in Los Angeles and loves hiking in the desert.



## **TABITHA TROSEN - SUPPORTING ACTOR (KATRINA)**

Tabitha received formal training at the Portland Actors Conservatory, as well as instruction under acting teacher Shelly Lipkin. She earned her bachelors degree in international business and is versed in stage combat and clown. Her most recent film roll was Melanie in the 2015 short "Listen, Darkling." On the stage, she shines as Lorna at the Lakewood Theatre



in "Golden Boy." Past performances include: Jenny McConnik in "In The Forest, She Grew Fangs" (Defunkt), Paulinka in "A Bright Room Called Day" (PAC), and "Gruesome Playground Injuries," which she also produced. Tabitha lives in Portland, Oregon where she enjoys friends, family, and dining out.

## **JOIE HOPPE - SUPPORTING ACTOR (JESS)**

Joie "Jay" Zheng is currently a student at Southern Oregon University majoring in Emerging Media and Digital Arts. Besides acting, she is also interested in other aspects of film production including editing and directing. Joie volunteers with the Ashland Independent Film Festival and the Oregon Shakespeare Festival. She is also a member of Southern Oregon Film and Media and on the executive board of directors as a secretary for the university's film club. Joie lives in Ashland, Oregon and publishes much of her own filmmaker content to the internet, as well as photography, journalism, and art.



## **JACK SATURN - SOUND EDITOR, SUPERVISOR**

Jack is a freelance sound engineer and music producer working out of his Oregon-based studio, Recursive Delete Audio/Visual. He has an amazing sense of sound, in that he can easily distinguish textures, spaces, and the mechanics of the human voice. The mark of excellent sound in a film is that the audience doesn't notice the sound. The sound and much of the music in Cat was essentially entirely reconstructed from the guide tracks. Parts of the ADR were recorded from Los Angeles over the internet back to Portland. The resulting soundtrack is nothing short of miraculous. Jack lives in Portland, Oregon where he has also done music recording for: Queued Up, Hearts & Tigers, Bubble Cats, The Harmony Motel and Pokey Twig.



## **SAM NAIMAN - STEADICAM OPERATOR**

Sam Naiman works as a commercial steadicam operator and lives in Portland, Oregon. He's flown cameras to enliven creativity on ads for Apple, Nike, Union Pacific, Microsoft, and Adidas. When he's not strapped into the rig, he can be found hiking, fishing, or designing his own camera accessories with James Brown blaring in the background. He has had the distinct privilege of collaborating with CAT's cinematographer Sam Garr for the last decade.



## **ALEXANDRE LINDSTROM-VAUTRIN - ASSISTANT CAMERA**

Originally from Brookline, Massachusetts, Alexandre took an early interest in film-making. His student works include "The Mad Russian" and "An Odyssey in Feathers", which have a sensibility for the absurd. After high school, Alexandre spent a number of months volunteering in Kenya, an invaluable experience. Working on "Cat" as assistant camera opened his mind to a new artistic identity, born of focus, intention, and purpose. Alexandre is currently attending Vanderbilt University studying engineering, as well as some film courses. His interests include running marathons, travel, jazz guitar, and making mushroom risottos.





## **ADAM HURST - ORIGINAL COMPOSITIONS**

World renowned cellist and composer Adam Hurst uses his instrument as a melodic voice to create passionate and emotive musical poetry that speaks to the soul. His music has hints of Middle Eastern, Indian, Eastern European, Native American, Latin and Celtic traditions while being completely his own. He has performed throughout the US and Europe and has been commissioned to compose and perform original work for film and dance performances. His music has played on various radio shows around the world including Echoes on NPR stations in the United States. Adam Hurst's compelling live performances are not to be missed. Adam lives in Portland, Oregon.



## **POKEY TWIG - SONGWRITER**

Pokey Twig has been writing and recording original songs on guitar and piano for more than a decade. The Christmas band, Pokey Twig and The Yuletide Kindling, perform mainly during the holiday season in Portland area nursing homes. The band has been together for more than 10 years. The Kindling is made up of: stand-up bass, bells, banjo, piano, drums, guitar, and backing vocalists; ten players in all. He has been influenced by many artists including: Elvis Costello, Tom Waits, Johnny Cash, John Denver, Joni Mitchell, Indigo Girls, They Might Be Giants, Nat King Cole, Louis Armstrong, George Harrison, Peter Gabriel, and REM.

