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the paper

Harper College

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Fitting in

By Nick Hull
Staff Writer

In a developing multicultural society such as the United States, I can't help but anticipate where we will be in 20 years. I sit in class and look around at all the different faces and cultures, and I marvel at the remarkable fact that this diversity adds beauty to America.

It was only 35 years ago that black males like myself couldn't even represent our race at an institution of higher learning. But as I look around, I dance with the question of how do I represent my people now that I am here?

I believe there are three types of power—mental, physical, and spiritual—blacks, especially males, are close to mastering the physical power.

A black male can walk into a classroom and immediately stand out because of his physical presence. A Black woman can walk into an environment and strongly voice her opinion and everyone will stop and give way.

However, the degree of intelligence that comes from our mouths is a different story. This physical power alone is what a large percentage of my people rely upon, especially the men.

But knowledge is power. It is mind over muscle. I realized that although I have a strong physical power, if I focused on the mental, I would be much more successful. Yes, I claim the title of best basketball player. Yes, I claim the title as the best football player. But can I claim the title as the best scholar? Not just the best

black student, but the best student period.

It is the year 2000. A new millennium and era. This means that I am a member of a new breed that represents my people to the fullest extent. Looking around at my fellow students, I see the leaders of tomorrow. I see Asian biologists, Egyptian astronauts, Hispanic doctors, Indian lawyers, and white computer analysts.

But when I look at my powerful brothers, most of whom populate L building, I see only athletes and entertainers. There is nothing wrong with these careers, but what disturbs me is how many limit themselves to only these lifestyles.

It hurts me to see them realize that the books they bypass with the hopes of getting to the "league" are the same books that hinder them

Perspectives

from the "league."

Do not confuse me with one that looks down on my brothers and sisters with contempt, because it is a blessing that many of us have made it this far. But we can't limit ourselves. Yes, I was a minor player in the underworld political movement in the eastern half of the United States, but that was then. I was a master of self-limitation by profusely talking myself into believing that I just a product of my environment.

Please. I was a moron.

But the question is where do we fit in now? What part do we play in the positive construction of not only our people, but this school, our community, and this nation? Are we a hindrance or help?

Do we continuously uplift our brothers and sisters or do we con-

tinuously try to stay a step ahead of them? Do we treat our black women as the queens we need them to be, or the slaves we want them to be?

MBA or NBA? Ph.D. or NFL? Higher education to reign supreme, or remedial education to just get by? Do we stay in L building to crack jokes, or do we go the library to study? Do we have a productive and intelligent image, or do we have a loud arrogant image? What part do you play? I know mine.

The door of opportunity is wide open, but it's useless if you are too high to see it and too drunk to walk through it.

Are you a queen?

By Nick Hull
Staff Writer

I am King. I assume this prominent role as a leader due to my willingness to wisely handle the various situations that I am presented with, regardless of how important the task at hand is or who is involved. I am geared towards distinguishing myself as the benchmark for America's next generation of successful individuals, striving for excellence in all aspects of intellect. I look to excel throughout the course of my existence with expert knowledge in everything from the rise and fall of civilizations to the principles and philosophies of the greatest minds known to man. I have already begun with the collection of the finest and most exquisite treasures that are scattered across the regions of this globe. I have already begun to travel and explore the various ways of life that are imbedded in people, cities, and nations across the world. But with this empire that I am destined to serve, added to the fact that I am the last remaining member to carry on my family's name and legacy, comes the highest need for only a Queen at the pinnacle of quality to reign beside me.

First, let me quickly announce this relatively simple, yet unpracticed, philosophy that I feel would aid in the overall construction of societies, evolving from a woman's internal state of mind to the well-being of a nation, which is this: **ALL WOMEN ARE QUEENS BUT MANY JUST DON'T KNOW IT.** So before I continue to create this vital piece of literature, drenched in both persuasiveness and anticipation, I must first dissect the foundation of this document, which I consider to be the essence of a Queen.

A Queen is defined as a female monarch or ruler, which, considering she is supreme and surpasses all others of the same kind, means she is separated from the populace to lead in a manner worthy of nothing less than royalty. With humility being the backbone of these words, I say separate in a sense of segregating herself only to pursue what she believes in, as in Princess Diana and her compas-

sion for others. She did not at all believe that she was better than anyone else, but she knew in her mind that, as a figure of haute monde, she must carry herself in the nobility that her title required. This meant portraying the ideal image of what she stood for - royalty - which in turn disseminated on her country. This aspect of a queen can be directly correlated to every single woman that populates society, and it is axiomatic that it pertains to women across the world as a whole.

If you as woman *consider* yourself as nothing less than a queen, then this inherent outlook will be demonstrated when you refuse to be *treated* as nothing less than a queen. Guarantee that a conflict regarding your aristocracy will rise if your "boyfriend" keeps you sitting idle with his condescending words. Guarantee that a threat to your quality is underway when the standards you set for you "boyfriend" are both unmet and returned with a higher criterion he has placed on you. Especially guarantee that your royalty is in jeopardy when your "boyfriend" has uncaringly laid his hands on you in a degrading and dishonorable manner.

Although there are many equations that leave a woman unproductive in her development as a Queen, I am going to try and strategically touch briefly on one ingredient that respectfully deserves a book: *Low self-esteem*. As I analyzed data for the foundation of this piece of literature, this perilous term was at the top of the discussion list from a variety of Queens that I touch base with. I will attempt to personify this term as the unfavorable opinion a woman has of her self-worth, especially based on moral characteristics, and aids in the degrading of a woman's quality. This can be caused from a variety of characteristics, such as abusive parenting, alcoholism, a background of parental promiscuity, the desperate need for male attention, etc. But regardless of what takes place throughout your life, you must realize that your past has nothing to do with your future.

Begin to comprehend that the majority of these men out here are not

presently Kings themselves, so they have never even come across a Queen, or a woman that places herself on a royal pedestal to be viewed upon as the highest quality of woman one may receive. If they are a King, then they understand that you are of noble pedigree, because that is how you live, not just look, and so therefore they will treat you with the highest and utmost respect that a Queen should receive. If they are not a King, which are the vast majority of males that you will come across, then they will either be rebuked by you and hopefully learn how to be one step closer to royalty themselves, or walk away, more than likely with a condescending attitude, and go find someone else that is not as confident in themselves, or in this case - royal. 1 + 1 = 2.

I must address the fact that many women that haven't acknowledged their prominence go through these hard, but necessary, life lessons everyday, which can be unhealthy and have a negative effect on some. They are unhealthy because the condition of the mind and spirit will grow tainted, therefore sapping the strength and, in this case, esteem of that woman. It has a negative effect because the spiritual and mental well-being of the woman is irreversibly put to the test, which may in turn cause the demise of that woman's esteem, whether gradual or instant. To the woman who haplessly may be in this situation, or a product of this situation, you have my deepest sympathy and prayers, regardless if you want them or not. I humbly say that one should not confuse these words with those being spoken in contempt, but rather compassion, so know that this discovery does not mean that women in parallel situations are destined to fail. On the contrary, the findings of many phenomenal and extraordinary women, who were themselves in parallel threatening situations, point out that these environments have been known to provide a nurturing foundation for emotional and spiritual growth, which could lead to a strong sense of self identity and a high level of self-esteem.

So, to my sisters, understand that there are three key ingredients involved with developing yourself into a Queen. Though they vary in development from woman to woman, these principles are vital in bringing about the essence of your royalty, and they are as follows: You must first, **acknowledge** the fact that you are a Queen, **accept** the fact that you are a Queen, and take the **action** towards becoming that Queen. Remember a Queen is supreme. She rises above all situations, leaving her mark of honor and nobility blazing across the paths of life, so strive for the same state of mind. You will find that the productivity you make by just implementing this principle will rub off on the rest of your lifestyle.

Understand, with concrete determination, that you must not lower your standards for whatever reason, because you will inevitably end up with less. Don't worry about getting a feeling of loneliness because men will populate this earth as long as God allows it to be here. If this feeling overpowers you on the other hand, don't forget that you are a Queen and desperately search for love at some night club or acceptance in the bedroom of some athlete, but rather remember that you are still a female monarch and pursue your royal development. Prioritize your goals, find your purpose in this world, and discover what legacy that you want to leave on this planet and stick with it.

Which leads me to say this: A Queen is dominant, or pre-eminent in a particular category, class, or sphere. She undoubtedly excels above everyone else, especially in a particular quality. She is prevalent in all aspects of life, such as Cleopatra's exceptional cultivation in literature, mathematics, astronomy, medicine, and knowledge of various languages. So, to my women, go for yours. Don't get wrapped up in an unworthy and ailing relationship that is not heading in the same direction you want to be, because it only ends up as a dramatic learning experience that could have been bypassed if you had relentlessly pursued truth in the first place. Instead of mindlessly staying up at 3

'o'clock in the morning trying to apologize for a wrong that you can't even comprehend as to how you committed it, you could be up studying Rembrandt's curvaceous masterpieces, or tweaking your character by examining Hilary Clinton's inspirational book.

Regardless of what life you are trying to pursue - pursue it. Look at other prominent women that you would consider Queens, neglecting race, religion, culture, or handicap, and analyze their lives. Machiavelli said that when you attempt to imitate the footsteps of someone of great importance and significance, although you don't directly walk in their paths, you adapt many of the characteristics that enabled them to become great. Jesse Jackson followed Martin Luther King, who studied Mahatma Gandhi, who analyzed Henry David Thoreau, etc. Now I could study just one of these remarkable men, but with my relentless dedication on becoming one of the greatest individuals known in history, I figure that I'll just study them all.

I digress to say this: Don't settle for mediocrity and sit idle thinking you are doing relatively well while comparing yourself to your friends, but rather compare yourself to someone of great influence and importance that you find truly fascinating. Take it personally that Cleopatra had the mindset that she was supreme and outdo her. Seriously, I dare you to sit in class and tell yourself with momentous vigor that, "I'm going to outdo Cleopatra today!" You must understand my sister that she was only a woman, a human being born through the same God-given process that you were created. Oprah Winfrey is not any different from you. Diane Sawyer isn't either. Don't forget Jackie Onassis, Gwendolyn Brooks, Chien-Shiung Wu, Frances Wisehart Jacobs, or especially Susan B. Anthony, because these women were paramount in the positive construction of people across the world, and each were a woman just like you: Queens

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On Campus

Time: Friend or Foe?

By Dan Kurash
Music

As appropriate as a lecture on fundamentally sound life issues, there always will be validity. The monotonous tone of structure revolves around what people need to improve in their lives, which makes us not want to hear about it. People's ignorance tries to cover their weaknesses.

Time management, the division of one's time into segments, allows you to plan important events around leisure time. It lets you meet people and to run your life accordingly. So why should we follow a structured lifestyle? Some think that their way only makes for the right choice. But I have found that time management is very beneficial.

Being a fellow procrastinator, our lifestyle promotes laziness, frustration and discomfort. And I don't want it anymore.

So I have tried to be more productive. TV and lounging must be at a minimum. At times, college lends itself

to hours of freedom in the course of a day. So there has to be a structure just to get assignments done and to go to bed at night feeling like you have accomplished something.

With homework, work, scheduling conflicts, an ever-growing society of technology that makes life ever-more busy, and a social life, how do we get it all done? For years I have lived always on the edge, the gray division, of organization and total lunacy. But I have realized and understood what I need to do to "live on top of my mountain".

Maybe spreading out your class load by taking some night classes will help. Only work a few days a week. Make sure that you diversify your time. Never give all your time to anything unless you feel too strong about it to block it from your mind.

I am nothing professional, just hopefully professional in my manner. I have no title, just Dan. All I can be is me. So I am trying to improve me.

Waiting can be tough. Maybe you

have something in your life that you can't get past. By staying moving, like a flowing stream, activeness will somehow take your mind off the struggles.

This has been a great and useful way for me to get past life's hardships. In my case, I have found that spreading out my classes has resulted in better grades. I have learned to plan certain necessities at similar times.

By setting a time for study, a time to practice music, a time to relax and forget everything in my life, I have been happier. No matter who you are, you can always improve yourself in any aspect of anything in life. Nobody can be perfect. Diversity, other than love, may be one of the most important fundamentals in life.

Only set goals that you know you can accomplish. Otherwise, more disappointment will set in. Saying you can't do something only weakens your faith. Just accept the fact that you can't do everything. We all are better than an excuse.

Time; the median through which

events occur, symbolizes the brick wall in a procrastinator's life. Your manner by which you spend your time is the hammer. Stupid metaphors do get the point across. Go and shatter the ways of the "old you" by smashing the wall, and see the light at the end of the tunnel; the new and improved "you".

Be your boss. Don't let another tell you what to do. You know what you want to accomplish. I believe that the possibility to achieve all that you have to will make for better self-esteem and a better "self".

The droning ambiguity of day, afternoon and night can be at times so boring. Sometimes changing the process of your typical day will promote more inspiration for you to want to achieve. Everyone loves to achieve honestly. So it seems that at times all things have their flaws.

This may be the one downside of optimizing and planning your time. If you have a boring day, time halts, and suddenly, you focus on the clouds in the sky rather than the thoughts in

your head. So I feel that you have to let all instincts of doing the "right thing" loose, and just let your id be felt.

But there is always the warm sensation of knowing you have things in perspective, homework in on time, and a structured, well-planned day ahead.

You need to figure out what kind of life you want. Both have strong points, and both have weaknesses. Which do you want? And the third option; the middle road at times also has flaws.

As a student, know your boundaries. Try a new approach and see where it goes. You never know where your ticket lies. But most important; don't overstep what you take for granted because with every day, you become one more day productive, one more day experienced, and more certain of how you want to spend your hours.

Epicurean Delights

By Gina Schiavo
Layout/Graphics Editor

An exciting variety of flavorful dishes along with mouth-watering pie can make anyone's night a good night. I can only be speaking of the one and only Baker's Square. College students not only look for a good time, but an inexpensive one as well. Baker's Square is the right answer.

Breakfast is available all day. They offer three egg omelets, griddle favorites such as pancakes, french toast etc., hearty skillet and a variety of breakfast sides such as hashbrowns, toast, and english muffins.

Lunch and dinner dishes consist of sirloin burgers, melts, and sandwiches that can be served on focaccia bread-a seasoned Italian bread, and a small variety of pasta dishes. There is an option of adding a cup of soup or small house salad and a slice of their tasty double crusted pie for \$1.09 to any entree'.

There is a children's menu available and a ten percent discount for seniors 60 and over. Prices are affordable for even a college student. Meals do not exceed 8

dollars a plate, not including sides or beverages. Alcoholic beverages are not available.

When thinking of where to eat, good food is not the only priority. Service and timeliness are also main concerns. While I was checking out the restaurant, I received decent service, but there were two tables that went unserved for at least ten minutes. Turn around time for food is reasonable, but I can't say the same about cleanliness.

As many times as I have been to Baker's Square, it has never failed that my silverware was dirty. This makes you wonder about the sanitation of other appliances in the restaurant. The bathrooms are cleaner than most restaurants and are also handicapped acceptable as well as the rest of the restaurant. Smoking and non-smoking seating is available.

Bakers Square is located on 13 West Rand Rd., Mt. Prospect. They are opened Sunday through Friday from 7 a.m. to 11 p.m. and from 7 a.m. to midnight on Saturday. Seating is available on a first come first serve basis. You can call (847)- 818-9344 with any questions.



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WINNING THE LOSING GAME

By Jeannie K. Bowden
Staff Writer

Reckoning time is here, so I'm making my list and checking it twice. Carrot sticks, celery, salad fixings, low-fat dressing? Delete dressing, it's healthier. Yuck, no dressing? Forget it, dressing stays. Chicken breasts (skinned of course), Lean Cuisine/Weight Watchers/Smart Choice meals, fruit and skim milk. List complete.

With the holidays officially over, it is time to gear up to ditch those unwanted 'guests' that have been moving in since Thanksgiving. You know what I'm referring to? the dreaded EXTRA POUNDS!

In a 1992 paper, The National Institutes of Health summed up the weight dilemma this way: "A health paradox exists in modern America. On the one hand, many people who do not need to lose weight are trying to. On the other hand, most who do need to lose weight are not succeeding."

The ways to lose weight are as varied as the people trying to do so. Every magazine at the grocery store checkout has a headline attesting to THE way to help you lose weight. Jenny Craig, Weight Watchers or Nutri/System (to name a few) will gladly help you too? For a price.

I stumbled upon one impressive program that not only helps people lose weight but statistically boasts the best success record helping its members maintain their weight loss. The program is called the Trevoze Behavior Modification Program. Members adhere to strict guidelines, not rigid diet restrictions - sort of like a diet boot camp with perks. Accountability and commitment are the main factors in the success equation. Setting and meeting goals are mandatory. A food journal is an essential tool? not just keeping one, but turning it in weekly to the group leader. Check out the November 28, 2000 copy of Woman's World, The Woman's Weekly to learn how this unique program has helped many people lose weight and keep it off.

There is so much help available on the Internet that it might take you until you make your 2003 weight-loss resolution to sort through it all. Searching Google for 'weight loss' returned 1,310,000 web sites to investigate. A search for 'diet' through Yahoo narrowed the field to 671. Everyone wants to help you lose weight.

So, where do you start if you are determined to lose weight? You first have to be aware of WHAT you are eating and in what quantities? and you have got to be honest in your reporting. If you are doing something right, you want to continue doing so. However, those pounds did not mysteriously appear; you had to do something not so right to have accumulated them in the first place.

Research shows that keeping a food diary is the most effective way to get and stay on top of what fuel you are giving your body.

The other undeniable reality of lifelong weight management is exercise. You have to move for a sufficient

amount of time each and every day. Some recent research shows that the time spent exercising does not have to be in a single one-hour block of time. If it comes down to 10 minutes here/10 minutes there, or no exercise at all, your choice is obvious? ANY exercise is better for you than none at all, so grab those 10 minute opportunities where you can.

In my own quest to drop some weight, I investigated several sites. The best place I found to start was OnHealth.com. You keep your own food and exercise journal. Your calorie and nutritional accounting are updated as you enter the foods you have eaten. OnHealth shows you how well you did meeting the Recommended Daily Allowances for calories, vitamins and nutritional elements. Another chart will show whether you met the food pyramid recommendations for balancing protein, carbohydrates and fats. (This is a free site, whose privacy policy states they will not sell, rent or trade your personal information.)

Knowing you made a poor food choice becomes more evident when you see the graphs with your daily intake broken down by category. It helps to see where you did and did not do well and where you went overboard or could have had more. At first, it was time consuming to make the daily entries, but the time spent is worth it. And, what better time to give your full attention to this important first step than in the beginning when you are highly motivated to make changes?

Area hospitals offer Educational programs in weight management. The programs are varied? some target women and older individuals, but the basic principles of healthy eating are the common thread throughout. You can reach them at:

Alexian Brothers Medical Center, HealthSource: (866) ALEXIAN
Northwest Community Hospital: (847) 618-1000
Good Shepherd Hospital: (847) 842-0300
Lutheran General Hospital: 847-723-2210
Sherman Hospital: (847) 742-9800.

Let's not forget there is help right here at Harper. A current Harper ID and \$7 will buy you a pass to the recreational facilities in Building M. For your \$7 you have access to the pool, free weight room, gym, and (for a reduced hourly fee) the racquetball courts from the start of the semester until June 6. For \$55, add the use of the Fitness Center to the package. Call 925-6466 or stop by room M219 for more information.

The diet/nutrition industry is a multibillion-dollar industry for good reason. Everyone who wants to lose weight wants a magic way to do so. We throw our money at weight loss programs, gyms, doctors and the pharmaceutical industry hoping the next 'fix' will be the last.

The truth is, though, there is no magic fix. The key to losing those holiday pounds or lifetime weight control is a combination of things? eating a variety of foods in reasonable portions, exercise and drinking plenty of water to hydrate your body. Depriving yourself of any food group will eventu-

ally backfire when the urge for those forbidden foods overpowers your resolve to eliminate them.

Weight loss is a personal thing and each of us approaches it differently. The real winners? the lifelong winners? Don't necessarily use all the gimmicks. They learn appropriate portion sizes, what mental tricks they can play with themselves to stay motivated and innovative ways to work aerobic exercises and strength training into their day, EVERY day, not just three times a week.

The most successful mental approach is to be kind to yourself. Some days you just HAVE to have that candy bar. So be it. You have to make room for things you enjoy. Think before you eat though. If you REALLY have to have that tempting food, then go ahead. But, if you don't absolutely HAVE to have it right then, stall. Agree that if your desire for it continues, you can have it in a pre-determined time. Whenever you feel weak, tell yourself you are not going to be deprived. What you are craving will still be there if you really want it a little later. You score a little victory each time your stall tactics keep you from eating when you are not hungry.

Through personal experience, I've found that if you say I've got 30-40-50 or more pounds to lose you are defeating yourself before you even start. Make your goals each and every day and make them attainable.

"I will not eat while I'm at the computer," or "I'm going to eat breakfast today," or "I WILL walk as fast as I can for part of my exercise time today." When you have a successful day and feel you are in control of your eating, set your goal for the next day a little higher. Even if you miss the higher goal, you are still likely to have reached higher than before.

Each time you eat because you are hungry, CONGRATULATIONS! You have listened to your body's alert mechanism signaling the need for fuel. If however, you find you are eating for social or emotional reasons, or because 'it's time,' use the stall tactic again. Ask "why am I eating right now?" If your honest answer to the question is that you are hungry, then go ahead and eat. If you are eating for any other reason, find something else to do. Losing weight is not like stopping smoking; you cannot go 'cold turkey.' We are constantly confronted

with making food decisions. Pause for a moment when you are faced with one.

Visualize what your daily goal is - actually close your eyes and say it out loud. Repeat it. Practice saying - BEFORE making an unhealthy choice "I WANT that (insert tempting food of your choice), but right now I don't NEED it." LOOK at the food, SAY and HEAR what you are about to eat. Involve as many of your senses as you can in the decision. The more aware you become of what you are eating, the easier it is to take a pass. Make your choice after THINKING. Don't let the mindless desire for a food result in a poor choice.

With little effort, you can incorporate some winning strategies into your daily routine.

* NEVER have change or singles with you if you have reasonable hearing. Then it won't matter when you hear the candy machine call your name? you won't have the right food to feed the machine, so it won't be able to feed YOU.

* When you have salad, always get the dressing on the side. Dip your fork into the dressing first and then the bunny food? I mean lettuce. You still get the taste of the dressing with every bite but using fewer calories.

* Try using a smaller utensil. If you can only get a small amount on the spoon or fork, you will eat less. Because you eat less with each bite, it

is more likely you will extend your eating time to the recommended 20 minutes. This gives your stomach time to receive, decipher and respond to the brain's message - YOU ARE FULL. * Know your weak times. Do you eat more when you are alone? In a group? At a restaurant? Pay attention when you are overeating or eating something that's not going to help you reach your goal. Knowing your stressful moments can help you avoid them or come up with ways to help you deal more constructively with those situations.

Regardless what strategies you use, the bottom line is the same - you need to combine eating fewer calories and exercise to produce a 3,500 calorie deficit for every pound you need to lose. Period.

Lifelong weight control can become a habit if YOU want it to. Someone else cannot want it for you? not your family, friends, significant other or doctor (whom you should consult before starting any new eating or exercise program). Write down your reasons for choosing to eat healthier and keep them handy. When you are using the stall/think strategy, look over your list to remind you of your goals. Only then can you decide if the short-term reward is worth delaying the long-term goal.

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Questions?...Ask the Wellness Advisor

By Char Padovani
Health Advisor

Colds and Flu

Learn more about how to prevent colds and flu. Stop by the Colds and Flu Educational Table on Tuesday, February 6, 11 am-1 pm, Business and Social Science Center lobby. Pick up pamphlets, cold care products and chicken soup.

High Anxiety

Learn about anxiety and how it differs from stress in the "High Anxiety" seminar, Wednesday, February 7, 12:00-1:00 p.m., Room D231, Science Math and Health Careers Center. Members of the Personal Counseling Team will provide information about how to cope with anxiety and share campus and community resources that are available.

Massage

Take time to reduce stress or relax tight muscles. Therapeutic chair massage comes to campus beginning in February. 10 or 15 minute massages are available for \$1.00 per minute. Call ext.6268 to schedule.

Sexual Responsibility Week Comes to Harper

Listed below are some of the events planned to keep you healthy, improve your relationships and assist you in making decisions about sex.

Sexual Responsibility Educational Table

Tuesday, February 13, 11 am-1 pm, Student and Administration Center. Pick up information on birth control, sexually transmitted disease, relationships and more. Free condoms and give-a-ways!

Sleeping With the Enemy-Sexually Transmitted Disease (STDs)

Wednesday, February 14, 11:00 am-12:00 pm, Student and Administration Center, A243. HPV, HBV, GC-What's with all the initials and what does it have to do with me? I'd never be with anyone who had a DISEASE! Learn more about how STDs can impact you and how to prevent them.

Date Rape Prevention for Men and Women

Wednesday, February 14, 12:00-1:00 pm, Student and Administration Center, A238. This seminar will provide information about what date rape is and how to reduce the chances that it will occur. A video will be shown followed by an open discussion.

"Ask the Nurse" Birth Control Options

Friday, February 16, 11:00 am-12:00 pm, Student and Administration Center, A243. Get the answers to all your birth control questions. Through this informal seminar learn about the latest contraception options and what the Health and Psychological Services Women's Clinic has to offer you.



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Valentine's Day checklist

1. Your Schedules

Before you can decide on anything, you need to find out what both of your schedules are. Do one or both of you have to work? Find out what hours. Does your date have something else planned during any part of the day? Make sure to find out everything, then tell your date AS SOON AS POSSIBLE what time to reserve for your interlude.

2. Consider Your Date's Interests. your date a "flowers and romance, dance all night" type, or a "stay at home in front of the fire" type of person? This is important in determining what you are planning to do. If you're not sure, ask your date what they like.

3. Plan Your Date

By now you should know what timeframe you have to work with and what your partner's interests are. With this information it should be much easier deciding what to do. While you're planning, make sure to check if reservations are needed, any tipping requirements, transportation you might need, any possible dress code, timeframe of any events, and if there are any restrictions on any mood enhancers you might

want to bring, like candles. Don't forget to let your date know about any information they need to know, like dress codes, etc.!

3. Select Mood Enhancers

With the date idea selected, it's time to plan your "over-the-top valentine romance!"

4. Your Gift

The gift is almost as, if not more, important than the actual date. It doesn't need to be expensive, but it does need to show that you've put a lot of time and care into selecting it. If you're deciding to give a traditional favorite, like flowers or chocolates, try and do something unique with them.

5. Confirm Everything!

The night before, take some time and confirm any reservations or plans you have that involve a third party. This not only helps ease your nerves a bit, but also reminds the other person of their possible duty.

6. Relax And Enjoy!

Pick up your date and enjoy each other's romantic company! Relax, because you've taken all the steps to plan the perfect Valentine's Day date!!

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For Him For Her

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- * Anything to do with favorite sport.
- * Posters
- * Watches
- * Leather anything
- * Cd's
- * gold/silver chains
- * Gift certificates
- * Concert ticket
- * Power tools
- * boxers

Gift Suggestions:

- * A movie
- * Posters
- * Stuffed animals
- * Leather anything
- * Cd's
- * earrings, necklaces
- * Gift certificates
- * Concert ticket
- * diamond ring(s)
- * traditional roses and candy

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More than just chocolate in a box

1. Make a candy love letter.

Write a love letter out of candy bar titles. Get a piece of brightly colored poster board and a bunch of your favorite candy bars. Write your love letter on the board in a contrasting colored pen. Replace key words with candy bars taped onto the poster board.

2. Chocolate bouquet.

Get your love's favorite chocolates and thick wood skewers. You'll also need a box or basket and a piece of styrofoam cut to fit inside the box or basket. Cut the skewers in half with a small saw and lightly sand down the blunt ends. Stick a chocolate on the top of each blunt end. Then stick the pointed end into the styrofoam piece. Cover the styrofoam with moss or ribbon.

3. Neverending chocolate box.

Get a set of boxes that fit inside of each other. The more you can get to fit inside of each other the better. Buy your love's favorite chocolates or sweets and some tissue paper. Line each box with tissue paper and place one chocolate or sweet inside of it. Then cover it with another piece of tissue paper. Keep doing this until you've filled all your boxes. If you have more chocolates than boxes, start with one chocolate in the first and more in each box following.

4. Trail of chocolates.

Get quite a few bags of chocolates, some tissue paper and curling ribbon. Layer two pieces of tissue paper and place one handful of candy in the middle of it. Pull up the sides and tie a piece of curling ribbon around it. Repeat this until all the candy but one bag is left. Put your bags of candy in a strategic location with a love letter in front of them. Then make a trail from wherever your love will be to the candy pile. This is a great "wake-up" surprise!

5. Chocolate roses.

Combine the classic favorites together and give your love a bouquet of chocolate roses. Attach a note saying, "I decided to give you these chocolate roses instead of real ones because our love is something that should be sweet and savored."

The Love Doctor is in...so ask away

Dr. Love is Harper's premier romance column. Do you have questions about dating, romance or love? Just write to Dr. Love at harpernews@yahoo.com.

To Shy to Sweet Talk

Hey Dr. Love, I'm very bashful and I'm not good at approaching girls. I really like this girl in my biology class, but I don't know how to talk to her. What can I do to get her attention?

-Lonely in Lisle

Approaching girls is never easy. It is both a talent and a skill you have to learn. Some guys get all the breaks, but since you obviously don't, you've come to the right place.

Your first step is to do some detective work. The object of your desire might already have a man. She might also be a weirdo! You should research your target. There are a number of ways to do this, but I'm going to focus primarily on techniques that won't get you arrested.

Since you're to shy to just go talk to her, why don't you try approaching her friends? Make small talk with the people she hangs around with in class and find out if she is in fact available. Right now you're probably telling yourself, "If her friend tells her that I asked about her personal life, I'll look like a freak." You could not be more wrong, my friend. You want her to know that you might be mildly interested in her. This will get her to start thinking about you, and what it would be like to go out with you.

The question on your mind should regard her character traits. If she is shy like you, then she'll be easier to snag. Bashful girls are self conscious, so they usually have lower standards, assuming she doesn't get hit on all the time. If she has a timid personality she probably also has a boring life, so I encourage you to show her that you like her. Send her roses and cards; she'll eat it up like Kraft Macaroni and Cheese.

However, if she dates a

lot then she's probably already heard every line in the book. Don't lose hope, because this type of girl just wants you to be yourself (unless she's a slut). Be polite, wink a lot, and tell her she's cute. It's really a lot easier than you think.

If she shows signs of disinterest, don't take it personally. Maybe she just got out of a bad relationship or is madly in love with her ex-boyfriend who died in a car crash. Or maybe she doesn't like you. Who cares? Rejection is really not that bad and I'm talking from experience.

It was Mr. Miyagi who said, "Good things come to those who wait, Daniel-Son." Patience is a virtue. If you don't come on to strong and let every thing flow naturally, she's sure to be yours in no time. Of course this is just the groundwork for getting a date, but it's a nice start. Good luck, grasshopper.

- Dr. Love

WARNING:

Kenny, the love dr., is not a real medical doctor and should not be the source for medical problems. Kenny answers questions based off of his own opinion and therefore the paper takes no responsibility for any consequences that may happen if advice is taken.

Need something to do?...Check out this Calendar of Events

- | | |
|---|--|
| <p>1/30/01 Last Day for Refunds
Free Movie: <i>Gladiator</i> 12:15, TV Lounge A-336
Women's Basketball, Rock Valley at Home, 5:00 P.M.
Men's Basketball, Rock Valley at Home, 7:00 P.M.</p> | <p>2/6/01 Free Movie: <i>Black and White</i> 12:15, TV Lounge A-336
Women's Basketball, Harper at Triton, 5:00 P.M.
Men's Basketball, Harper at Triton, 7:00 P.M.</p> |
| <p>1/31/01 Free Movie: <i>Gladiator</i> 12:15, TV Lounge A-336
Wrestling, Waubensee at Sugar Grove, 7:00 P.M.
Free Legal Advice for Students 1:00-7:00 PM, Call 925-6242 for appt.</p> | <p>2/7/01 Free Legal Advice for Students 1:00-7:00 PM, Call 925-6242 for appt.
Free Movie: <i>Black and White</i> 12:15, TV Lounge A-336</p> |
| <p>2/1/01 Free Lecture-Dr. Michael Eric Dyson 12:00 P.M. Drama Lab, L109
Concert, Henrietta Neeley, Viola, 12:15 P.M. Music Instruction Ctr. P 205</p> | <p>2/8/01 Free Concert, Angelo Favis, Guitar 12:15 P.M. Music Center, P-105
Free Comedy, Mission IMPROVable, 12:00, Student Center</p> |
| <p>2/2/01 Student Senate Meeting 1:30-5:30 PM, Student & Admin. Ctr. A-315</p> | <p>2/9/01 Student Senate Meeting 1:30-5:30 P.M. Student Center. A-243</p> |
| <p>2/3/01 Free Legal Advice for Students 9:00-2:00 PM, Call 925-6242 for appt.</p> | <p>2/10/01 Women's Basketball, Harper at College of DuPage, 5:00 P.M.
Men's Basketball, Harper at College of DuPage, 7:00 P.M.</p> |

Spring semester starts after long break; anxiety and procrastination follow close behind

By Brian Samuelson
News Editor

Welcome back students! It's that time of year again! A time when our anxiety is at its highest, (with the exception of perhaps the first day of school) a time when we hurriedly and sometimes frustratingly go through the motions of signing up last minute for courses, finding our classes, meeting new people, and working with the difficulty of time management and organization in regards to school work. I speak of course on the topic of "getting back into the groove of things," after a long and hopefully eventful winter break.

Winter break can be the greatest of things and perhaps the worst of things to have happened to students during the school year. While some may see it as a time of great renewal or as an opportunity to give their minds a rest from the difficult and tedious schedule of the school year, others may see it as a burden. As an

exhilarating time, which in doing so may actually lead to diversion from schoolwork and school in general.

So what then, do we do? How does one go about getting back into the groove, and managing their already scarce time schedule?

Well, you needn't worry any longer. I have painstakingly taken the time to think of some commonsense and practical ways we as students can deal with the difficulty of time management and organization after returning to school.

Once back into the "swing of things," what can we do to prepare for the inevitability of schoolwork? First and foremost, make a list of your priorities. Everyone's priorities may, and most likely will differ; it's just a matter of discovering an approach to meet these priorities, an approach, which is simplest for you, which in turn will help you become a much more efficient student. Sacrifice is unfortunately the nature of the beast, so to speak, when on the topic of getting priorities

straight. You, as the student, may have to forfeit time spent with friends, doing hobbies, or even sacrifice time spent studying in one class, so as to offer more time spent studying in a class which you may not be doing as well in.

Procrastination.

The next bit of information you should be knowledgeable of during your bout with time management is procrastination. I myself find this a very difficult habit to rid, but nonetheless see many others around me suffering from this just the same. It's a disease that attacks us at an early age, first revealed during high school perhaps, and even more deadly with age. The biggest problem facing procrastination is the laziness associated with it. Once a person decides that they are not going to do something and postpone doing it until a later time either because it is inconvenient, or because the idea of doing something does not appeal to them, or even for the sheer reason of laziness, are all

reasons of procrastination. One possible cure for this lifestyle may be to attempt to find something that appeals to you when doing your homework. Make a game out of it. Try and make learning enjoyable. Find something that you can relate to in the material you may be learning about. Also, try and do homework in a sound free environment. Libraries are ideal locations for this. Harper even boasts of a silent, well-equipped library. And more times than not I find people who have a few hours to spare in between classes, people who just sit around watching "Oprah" in "A" Building rather than spend time on their studies. (Me being guilty as charged on this subject as well) Now this is valuable time wasted; time that could be better spent studying on a certain subject instead of waiting until school lets out and you return to a noisy home, with parents and siblings to contend with as well. This is just another form of procrastination. And as soon as you realize you have the gene for this ter-

rible, terrible disease, curing it will be all the simpler.

With as many resources Harper has to offer in respects to computers, the Internet, books, peer-tutoring centers, (free of charge to all Harper students) etc. it is a wonder sometimes that we even have problems in getting back in the swing of things. But as I pointed out earlier, we all suffer from certain bouts of either procrastination or boredom in school. It's a very natural and acceptable thing, I believe. But in the realization and acceptance that school sometimes can be boring, or that you may have a procrastination problem, the next step involves you, the student. For it is a big step, and one which involves your initiative. If you can make certain sacrifices, learn to manage your time more wisely by procrastinating less, and take advantage of Harper's resources, this next semester should be all the more easier for you.

Sights & Sounds

The Smashing Pumpkins: Forever and Today

By Dan Kurash
Music Editor

What makes a rock band great? The music certainly makes its presence felt. But even deeper, under the tours, the public appearances and its professional, more business-like manner, embodies the reasoning behind a band.

For the Smashing Pumpkins, their approach has always been to put the music first in front of everything, even their lives. Billy Corgan, band leader, songwriter, singer, guitarist, pianist and producer, has always said and felt this. The final product represents you on a most personal level.

But why did one of the most influential bands of the 90's break up at the height of their career? The reasons go extremely deep.

First off, the generation X culture of the alternative grunge rock scene has passed us by. In comes the days of teenie boppers idolizing artists in glitter and wonder bras dancing to songs they didn't even write. The pop scene must be washed away, and let true artists be felt.

U2, Red Hot Chili Peppers, and the Smashing Pumpkins became the victims to the Billboard Top 40 and all the crap out there today. Corgan implied that they just couldn't keep battling for chart space with "the Britney Spears of the world".

I'm sorry, but how the hell do N'Sync, Backstreet Boys, and Third Eye Blind, just to name a few, possibly sell more records than bands who have been around for more than a decade. It's obviously apparent that music no longer rules the music business. And that couldn't be sadder.

The Smashing Pumpkins, a quartet consisting of Billy Corgan, James Iha, D'arcy Wretsky (although she left the band for personal matters), still a key element, and Jimmy Chamberlain came out of Chicago in 1987 with a fresh approach on music.

In addition, the band as a whole couldn't be any more solid. It was what each individual band member wanted in his or her personal life that also caused the break-up. Corgan said he has been in the Pumpkins since the ripe age of 19. His whole adult life devoted to a band. He needs some time away before he takes the world by storm yet again.

Iha wants to be a solo artist crafting more acoustic ballads felt closer to his heart. Chamberlain, believe it or not, reportedly is planning to race sport cars, and for Wretsky, well; I hope she can figure out what she wants out of life.

They have a Goth, Cure-like sound mixed with metal and alternative. Their music paved the way for the grunge days of rock. With other breakthrough bands of the early nineties like Nirvana and Pearl Jam, the Pumpkins managed to prove that their music separated them from other bands due to their unique sound and band chemistry.

With 91's *Gish*, the Pumpkins put out a record that sounded out-of-date.

The songs on the record imply 70's hippie rebellion anthems of angst and suffering. However, the albums unique sound gave way to songs like "I am one" and "Rhinoceros". These songs, so powerful in their individualism, were played by the band at the farewell shows in Chicago that I was lucky enough to attend.

Corgan had a dream, and he went for it. He wanted the Pumpkins to be an international band. So after *Gish*, the Pumpkins gave light to the notion of performing in Europe. To the last days of the bands existence, Europe has always given them a warm welcome. In fact, they have just as much a fan base in Europe as they do in America, if not more.

Things began to happen for the band, and by the release of their second album; 93's *Siamese Dream*, Iha and Corgan felt their band had finally hit the big time. What might be the big time? A sophomore album going quadruple platinum might be a sign of that.

I feel that *Siamese Dream* was their breakthrough and most intensifying rock record. In fact, four of the 13 tracks had singles. "Cherub Rock", a song about their struggles with record labels, primarily Virgin America, and "Rocket" a song of escape, are some most beloved songs the Pumpkins ever put out.

The acoustic ballad "Disarm", another single showed the merit of their artistic bounds. The fact that they put a soft song on a hard rock record proves that they aren't a regular rock band. Perhaps the most popular Pumpkins song of all time, "Today" depicts Corgan's turmoil of depression and his hope to make something good out of a bad situation.

One of the Pumpkins many down times was during the *Siamese Dream* sessions. The band near broke up, but Corgan masterminded the rest of the record by himself.

With such success on their first two albums, the thought of releasing a double album of songs that although brilliant in their own right, could actually be b-sides, proved to be a very risky move. However, the chance paid off.

1995's *Mellon Collie and the Infinite Sadness* became the greatest selling double album of all time beating out Pink Floyd's *The Wall* and quite surprisingly The Beatles *White Album*.

This album has everything. It will always be a part of me. I grew up on it and it will always be one of my favorite albums. Amidst raging guitars and Corgan's screaming vocals comes subtly on the other end.

The album opens with the self-titled piano piece. With little time, the album brings in the drilling aura of overdubbed guitars on crowd favorites like "Zero" and "Bullet With Butterfly Wings".

"Tonight, Tonight", the third single has a full orchestral arrangement under the pounding drums of Chamberlain. The 28 songs all fit on the record proving rock critics every-

where that every song doesn't have to reflect the aim of the band. Creativity on a large scale, to me, should even be used more.

"Thirty-Three", a soft acoustic premonition speaks of a person's life and how it changes through the course of a lifetime. Perhaps one of my favorite songs off the record comes in the title "Muzzle".

"I fear that I am ordinary, just like everyone / To lie here and die among the sorrows, adrift among the days". Those lyrics mean so much to me. When a song pulls your emotions and makes you really feel, you know that it's a great song.

"1979", arguably the most known song on *Mellon Collie* speaks of teen rebellion. The adolescent mind, the pain, the pressure and the freedoms speak to us through that song. Corgan wrote it on the memories of his youth days and they speak perfectly clear to any kid these days even though that musical genre of alternative rock currently rests in waiting.

The circle of music continues. The hardships of the band with the death of touring keyboardist Johnathan Melvoin and Chamberlain fired for drug abuse in 1996 rank among some of the most mind-blowing problems any band would ever have to face.

Just when it seems the band had ended, Corgan continues to write. He wrote music for the movie *Ransom* and guest appeared on various albums. In addition, he wrote "Eye" for the *Lost Highway* soundtrack and "The End is the Beginning is the End" for the *Batman & Robin* soundtrack. Both had relative radio time and posed another successful triumph for Corgan's musical talents.

The year 1998 saw the total transmission of the musical scene. Guitars had little place. The mass media geared towards rap as the leading force. Bands and groups soon became manufactured; put together by people who sought sheer profit. That made all the money. True bands got little or no respect.

Adore, the pivotal acoustic, techno Pumpkins album, an example of the media's criticism, has so many great songs. It totally was overlooked and denied. Only "Ava Adore" saw air-time, and at least five songs should have been singles. But true fans of rock should appreciate *Adore* for its subtlety and uniqueness in an era where all musicians struggled for their own place.

During this period, Corgan wrote the musical score for the movie *Stigmata*. This proves his ability on so many levels. His capacity seems to be boundless for he has proven he can write rock, piano ballads, acoustic, techno and grunge songs while producing a majority of his work at the same time.

The band became scapegoats. People felt they lost their power, but that statement has so many holes. The Pumpkins still had power, if not more, but it played out in different, more dynamic ways.

After years of world tours and the return of Chamberlain, fresh from rehab, the Pumpkins released *Machina / the Machines of God*.

Chamberlain's drum patterns raged around the return of formal hard rock. "The Everlasting Gaze", the first single proves that they could play as hard as Metallica or Rage Against the Machine. The song, played two steps down from standard tuning, an "open c tuning" couldn't be any more poignant in its power.

"Stand Inside Your Love" and "Try, Try, Try" also imply the Pumpkins original concept of the beauty of rock. However, the album didn't sell and they faced a tough decision.

Should they keep going or hang up the towel? The answer seemed relevant to their personal lives and the way popular music was heading. The album failed to go platinum, but *Machina* has a totally different sound from any standard album. They used many layered distortions and effects to achieve something different and respectable.

Seeing the poor sales, the Pumpkins decided to release the B-sides of *Machina* for free over the Internet. *Machina 2 / Friends and Enemies of Modern Music* has some great songs and they are totally free on www.smashing-pumpkins.net. They

couldn't fight the endless battle with Virgin Records or the music industry anymore.

November 29th at the United Center and December 2nd at the Cabaret Metro, 2000, the Smashing Pumpkins played their farewell shows in the city they love; Chicago. They covered material from all their albums. The atmosphere felt so intense. Corgan said goodbye to what he loved so much, and the rest, including replacement bassist Melissa Auf Der Maur, formerly of Hole, seemed happy and ready for the future.

Who knows where the future will lead. But I am convinced that Corgan and Iha will find their place in music again. Give it time. With their break-up, we lost one of Gen X's most influential bands.

Their music will live on and they hopefully set the way for future bands to take over the spotlight from the boy bands. My respect, devotion and love goes out to the Smashing Pumpkins for giving me comfort when I needed it, and happiness and release.

And as Corgan sings in "This Time", his band said goodbye in the music they made: "As the curtain closed / we bid you all goodnight".

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O Brother, Don't Bother!

By Collin Souter
Entertainment Editor *

(**1/2)

"Great horny-toads! What the sam-hell was THAT all about?" That's what I done felt 'bout dat latest Coen Brothers movie. Aw, shucks, I suppose I should've read up on the "Odyssey," by the Homer fella. 'Cause damn hell if I'm gonna figure this one out by the end of the day. No, siree, I reckon I won't.

Now, that's not to say I done not had a good time, or nothin'. Oh, I would have to say that the George Clooney fella handled himself and the lip-synchin' with all the confidence and charisma of a sharp-shootin, straight-walkin ex-con-man with a heart of shiny goldness. And that there John Turturro disappeared beneath the skin of his wacky character like a dab of greasy brylcreem being combed through a slick head o' hair.

But I'll be god-damned if I can figure out the rest of the damn movie. I done felt hornswaggled by it. I think I may have to see it again just to see if it turns out differently the next time. I done read the little paragraphical—what do they call it?—synopses o' the plot, but all it told me was that it would be about three escaped criminals from a chain gang who run from the law and have some adventures.

It didn't tell me nothin' 'bout no musical numbers involving the KKK. I also didn't expect to be smitten by them three sirens by the lake, the ones who turned John Turturro into a "horny-toad."

Now, of course, I done saw the Coen's other pictures, *The Hudsucker Proxy* and *Barton Fink*, two other movies that had that surreal element o' surprise. *O Brother* done felt like a calculated exercise in excessive surrealistic force, if I may be so blunt and bold. Characters come in, act all crazy, and run out of the story without having much impact on the plot, since, well, there really isn't one, except that maybe these chain-gangers might become famous with a toe-tappin, whip-crackin' taste of Mississippi bluegrass as they team up with a colored fella and become The Soggy Bottom Boys. That, and the fact that Clooney is looking for his wife who considers him dead and gone, just like in "The Odyssey," or so I've been told to reckon.

But something seems fishy 'bout this whole thing. Charles Durning plays a politician who can't seem to get his men to work with him cooperatively. I didn't really give a high-holler. And a cycloptic John Goodman shows up, preaches the Bible, and then beats the hell out of Clooney and the other outlaw, the boyishly funny Tim Blake Nelson. Goodman leaves, and then the sin-

gin' outlaws go off and meet someone else wild and wooly.

That reminds me (and don't ask me why it reminds me), but all you of the vegetarian persuasion or the hug-a-ferret coalition or the...For all of you who done love your animals, this movie might not be to your satisfaction. I seen a cow get hurt. I seen a toad get...killed. It might make you flinch a pinch. But I couldn't help but laugh when Tim Blake Nelson kept offering Clooney a bite of his gopher. I'm sorry, but I just had to hoot.

One thing you gotta love 'bout this here movie is its music. I loved listening to this movie, and I sure done loved it when the characters sang for no damn reason. Sometimes it's just nice to hear a song. Some scenes, especially the scene with the beautiful sirens, work wonders simply because they're all singin'. T-Bone Burnett supervised all the music comprised for this movie, which gives it great atmosphere with its mix of gospel, folk and country. Not that Hollywood country neither. Seems like there should have been a cider-jug band playing in the bottom corner of the screen the whole damn time.

It done feel ironic that Clooney tells his men that he should lead the way since he possesses the capacity for abstract thought. Well, no wide-eyed-wonders the journey turns out the way it does. You have to have

that capacity in order to follow your nostril into these strange, bohemian-like situations and funny business. It's almost as if Clooney appointed himself the mouthpiece of the Coens, and their lack of emotional depth (this time 'round).

I dunno. I really dunno. I watched the movie. I done laughed. I done felt charmed by its utter disregard of common sense and traditional storytelling. I done knew when I

walked into the theater that it would not be like ordinary movies, but more like one of them Coen Brothers movies. The ads sure looked interesting. I think this here is one of them movies that will be studied and better-understood years from now, or with repeated watchins.

But I dunno. O, Brother, I really, really dunno.

Do you have any questions about love, relationships, or the opposite sex? Well then, the Dr. Love is the right man for you. E-mail your questions to harpernews@yahoo.com and they may be answered in the paper.

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Think
again.

Top 10 Movies Of 2000

By Collin Souter
Entertainment Editor

Blah, blah, blah, this year sucked, yadda-yadda-yadda. Okay, we got that out of the way. Think of what we have to look forward to next year. Have you seen the teaser for *A.I.* yet? How about *Monsters Inc.*? Hey, *2001: A Space Odyssey* will be re-released. *Pearl Harbor* anyone? *Hannibal*?

Okay, okay, I know this year will leave a deep emotional scar for most of us, especially those of us who saw *The Legend Of Bagger Vance*. But, come on, people, let's try and be a little optimistic. At least the year finally ended, right? At least we can walk through the new year with a little more wisdom. We just have to proceed with a little more caution about what we see. Remember:

Just because a movie stars Kevin Spacey, it doesn't mean it will be good. Just because a movie title ends with the number 2, it doesn't mean you have to go see it. And just because one movie starring Keanu Reeves as a serial killer has the power to singlehandedly destroy our cultural and intellectual stamina while dragging us deep into the depths of cinematic hell, it doesn't mean we have to go there. We can always walk away and express our personal gratitude for the air in our lungs, sunshine, freedom of choice, and films of years past.

So, next year when Hollywood unleashes its *Battlefield Earths*, its *Patriots*, and its *Scary Movies 2, 3, and 4s*, whenever that may be, I hope you'll visit one of your remaining video stores and wax nostalgic on some of the finer diversions of yester-year, however few there may have been.

Might I suggest the following, in reverse order?

(Consider 1 & 2 a tie)

10. High Fidelity The "romantic comedy" genre finally received the face-life it so badly needed. Not since 1996's *Beautiful Girls* have we seen such a realistic and engaging depiction of male behavior and thought patterns when it comes to love and relationships. I'm trying to write about this without making references to my own life, which this movie eerily resembles. In fact, this might be the most frightening movie I've seen all year.

All that aside, *High Fidelity* has a lot going for it. John Cusack's character did not have one of those annoying best-friend characters. You know, the ones who have lines like, "Man, your problem is you're afraid of commitment. Here's a girl who loves you, man," or, "Women only get in the way of a good party... Now let's go out, find some real women, and have meaningless sex with them." No, here, Cusack travels alone, and appropriately so.

This movie didn't make my Top 5 for the end of the year, but as far as romantic comedies go (especially in this day and age), I think I could squeeze it in.

9. Dancer In The Dark This year's *Eyes Wide Shut*, the movie of the year that divided its audience equally

between those who loved it and those who hated it. Both have valid cases, and I wouldn't argue with either person. Such a horrible movie, yet such a hard one to shake off. An absurd plot, yet a perfect one. An art-house downer with musical numbers, *Dancer In The Dark* may well be the most adventurous and daring movie of the year. You've never seen anything like it and you probably never will again. Many of you will consider that a blessing.

Bjork wins my vote for Best Actress of 2000. She has said that she will never act again, since she learned how grueling it could be. Pity. She seems like such a natural, and when you think about it, what other actress can pull this off? I can't imagine any other actress in that cell conveying so much heartbreak and desperation while trying to find a rhythm with which she can sing, one of many moments in *Dancer* that will make it legendary.

8. Jesus' Son This film took me by complete surprise. I sat in my chair prepared to be depressed (as most movies about drug addiction tend to do). Ten minutes into it, I actually laughed. Then, I laughed again...and again, and again, and again. The laughter eventually tapered off after the first hour or so, where the characters begin to fall from grace (if you can call it that), but the movie had me at every second.

Billy Crudup wins my vote for Best Actor of 2000, with his triple treat of great performances (the aforementioned *Almost Famous* and the beautiful *Waking The Dead*). Here he wins the award for doing the best voice-over performance since Morgan Freeman in *The Shawshank Redemption*. He talks to us as his character would as though we would be interviewing him. He stutters, catches his mistakes, and sounds as though he has never been sure about the reason for his existence.

Jesus' Son might feel a bit uneven for many people. The second half moves a bit slow after the hilarity of the first half, but I think that makes the movie all the more involving. As Crudup's lifestyle comes to an abrupt and appropriate stop, we get the feeling of being under his skin. Sometimes in life, things just have to slow down.

It also has one of the best casts of the year: Crudup, Samantha Morton (who actually speaks in this movie), Dennis Leary, Holly Hunter, Dennis Hopper, Greg Germann, and Jack Black...all great.

7. Erin Brokovich A movie that audiences and critics can actually agree on? A smart movie with characters worth cheering for? A box office hit with no special effects? How did this happen? Well, having Julia Roberts' name at the top of the poster helped a bit, I'm sure. However, this does not come off as a vanity project, but rather a personal choice made by Roberts. Just as Erin Brokovich tries like hell to be taken seriously by the snooty lawyers in this film, Roberts too seemed to want to earn the respect of critics and filmgoers who pegged her as an actress who looks good, but

doesn't have the acting chops to win any awards.

She proved us wrong. Roberts, who (at the request of Steven Soderbergh) did not meet the real Erin Brokovich until after filming, wins us over in every scene. One of the best movie moments of the year came when Roberts listened on her car phone as her boyfriend (Aaron Eckhart) describes how her daughter spoke her first words. Albert Finney brings in a great performance as her boss, and both will be honored come award time, I guarantee it.

6. You Can Count On Me This one came out of nowhere this year, a thoughtful and funny look at the relationship between siblings, one a struggling single mom, the other a societal drop-out. This film stands as a perfect example of how natural and beautiful a movie can be without the use of Hollywood sets, James Horner music or just plain ego. It has nothing about it that seems forced or false, just good actors working from a top-notch script.

Laura Linney (*The Truman Show*) seems to be getting a lot of recognition for her work on this film, as well she should. Her character (unlike, say, the female protagonist of any Nora Ephron film) gains our sympathy, as does Mark Ruffalo, who plays her brother, with the best slacker performance I've ever seen. Cheers also to one of the best newcomers of the year, Rory Culkin, who played Linney's son.

5. Quills As 1999 went down as the Year of the Identity Crisis, 2000 shall go down as the Year of the Writer, and no movie conveys true devotion to the written word quite like *Quills*. Geoffrey Rush plays yet another eccentric genius, Marquis de Sade, and Kate Winslet plays his most devoted groupie. One has to give credit to director Phillip Kaufman for making a movie about Sade without inserting repetitive sex scenes. Here, true eroticism and titillation comes effectively through telling, and not showing. After all, why shouldn't words be arousing?

In a time when eroticism in the mass media has helped shape our sensibilities, Phillip Kaufman, director of the NC-17-rated *Henry and June*, has fashioned a daring and fiendishly entertaining tale of a man who knew that the arrival of a naked body after a strip tease could never be as great as the suspense leading up to it. Sade also knew, as we do, that sex could be hilarious, especially when it involves a famous authority figure.

4. Billy Elliot The year 2000 may also go down as the Year of the Dance Number. At least 10 films had one, but only a couple of the dance numbers had a deep emotional purpose. *Billy Elliot*, the best of the bunch, sets itself apart from most films simply because it had life and blood pumping through its veins even without the dances. This movie came out in October. It would be another two months before we would see anything just as good. A movie so alive and made with the purest of hearts, *Billy Elliot* felt like a rush of adrenaline during the dullest of movie seasons.

Look for Oscar nominations for screenplay, editing, and maybe even Best Picture. Jamie Bell, who plays the titular hero, should also be considered for Best Actor.

3. Chicken Run The funniest, most original movie of the year. Nick Park and Peter Lord have come a long way since their Academy Award-winning short *Creature Comforts*, without having lost any of their charm or innovation. This film came out at the jump-start of the big summer season and actually had to struggle like a chicken doing sit-ups to reach the \$100 million mark. Don't get me started. These gutsy, determined, fine-feathered flappers with charming over-bites should have been our folk heroes this year. The scene in the pie machine had far more excitement and tension than anything in *Mission Impossible 2: Electric Boogaloo*.

This movie also maintained sophistication in the midst of its unabashed silliness, unlike Disney's *Dinosaur*, which chose to dull-down its story and characters in the midst of its technical glory. Which came first, the chicken, the egg, or the dinosaur? Well, at least *Chicken Run*, like Charles Darwin, had the balls to ask.

The best time to be had at the movies all summer.

1-2. Crouching Tiger, Hidden Dragon Who says action movies can't be soulful and poetic? Who says martial arts can't be artistic? Who says people in the movies have to abide by the laws of gravity? Ang Lee's *Crouching Tiger* didn't just think outside the box, it jettisoned the box entirely, making for the most thrilling time at the movies since...has it been that long?

I mean, what a great film! Not only does it have the greatest fight sequences I've ever seen, and not only does it take chances with its storyline, but, my God, it actually has a storyline that engages the viewer even without the fight sequences. For the past few years I've been a fan of Hong Kong martial arts movies, such as *Bride With White Hair* and Michelle Yeoh's hilarious *Wing Chun*, so when I saw the trailer for *Crouching Tiger* back in August, my heart leaped. It looked like *The Last Emperor's Rumble In The Forbidden City*. Even more so, it looked like pure poetry. Ang Lee has made the one film this year that sold itself with a great trailer, and actually fulfilled its promises ten-fold.

Gene Siskel wrote in his 1998 10-best review, in his defense of naming *Babe: Pig In The City* the best film of the year, that a "best film" should be the kind of movie that would inspire others to make movies of their own. Something tells me he would have named *Crouching Tiger* the best film of 2000, for here we have a movie that, like *Babe: Pig In The City*, takes us somewhere we've never been, takes chances with its genre, and leaves us wanting to see more of it right away. Inspiring, indeed.

1-2. Almost Famous Like 1997's *The Ice Storm*, Cameron Crowe's *Almost Famous* pinpoints the early 1970's as where we started to go wrong in terms

of our ideals. Whereas *The Ice Storm* focused on family values and social mores of the time, *Famous* centers on popular music. Both issues have equal importance. "Real music...it chooses you. It lives in your car and in your headphones," Lester Bangs says. So, in our creatively bankrupt present, who exactly has been chosen by bland-rock titans, such as Matchbox 20, Third Eye Blind, or Vertical Horizon? I feel for you.

One should think of this film as a completely original, unconventional love story, not about love between two people, but love between people and their music. In fact, one might consider it a love-against-all-odds film, about two lovers—the fans and their music—caught in a crossfire of big business, corruption and all the cliché pitfalls of stardom.

Intellectual b.s. aside, this film works wonders. I can count the number of movies on my left hand that made me feel the way this film did throughout its entire 120 minutes. A perfect cast, a perfect script, a perfect time at the movies, and like an anthem of soulful harmony and relevance, it stays with you. I couldn't be happier to have it, and today's entertainment industry couldn't possibly need it more.

11. State and Main David Mamet's hilarious ensemble piece had the rare quality (but not for him) of having perfectly-timed razor-sharp dialogue at just the right pace. Preston Sturges would have been proud.

12. Requiem For A Dream This movie will knock you on your ass if you don't walk in prepared. One of the most frightening, disturbing and powerful films about drug addiction ever. Look for Ellen Burstyn to win some awards this year.

13. Waking The Dead Nobody saw it, but you can rent it. Billy Crudup again demonstrates why he deserves the Best Actor award for 2000. He and Jennifer Connelly gave two of the best performances of the year in a movie that dissects and examines the pain associated with losing someone close.

14. Cast Away Tom Hanks out-does himself again in a performance only someone like him can pull off. Despite some bumpiness in the third act, Robert Zemeckis film casts a spell, of which most films out there seem incapable.

15. Wonder Boys Did I mention that 2000 would go down as the Year Of The Writer? (don't forget *Finding Forrester*) Another great ensemble cast in a movie that took two theatrical releases to get any notice. It just might take a third before it hits video. Sharp, sneaky, and beautifully acted, it deserves to find its audience no matter what the format.

16. Shanghai Noon

17. My Dog Skip

18. Fantasia 2000

19. Love and Basketball

20. Gladiator

(Note: This could all change after having seen *Traffic*, *Shadow Of A Vampire* or *O Brother Where Art Thou?*)

Lack of movies on the entertainment schedule

By Collin Souter
Entertainment Editor

You may have noticed the ungodly void in Harper's entertainment schedule this semester. No movies! What happened to the movies? Where else can we see cutting-edge avant-garde films such as *Le Premise* or *The Emperor and the Assassin*? Many people look forward to Harper's film selection for the semester, for therein lies a bit of culture and sophistication in these films seldom found on the screens of the local multiplexes.

"It's a sad situation," says Mike Nejman, who has been Harper's director of entertainment for 20 years. "(Theater chain) AMC dedicated 2 screens to art-house and foreign films, and so did Arlington Theaters. Neither of them lasted long. There's just not an effective enough community in the northwest suburbs for these kinds of films. Nobody can seem to make a go at it."

Harper has had a rich tradition in the past of showing films that did not receive a theatrical release. However, the availability of VHS and DVDs make it tougher to lure in a substantial amount of people. "We would bring in 60-100 people, no where near enough to break even...People are just not hearing about it."

People often complain that Hollywood often turns out more crap than great films with great storytelling. One can hardly disagree, but when films such as *Mission Impossible 2* and *Big Momma's House* have no trouble breaking \$100 million mark, and great films such as *Almost Famous* and *Jesus' Son* barely make any kind of cultural indentation, one

has to wonder what people *really, really* want. "I think it's reflective of our culture," Nejman says, referring to the decline of interest in art-house fare. "It's sad."

For the past decade, Harper has hosted some high-profile film-related events with celebrity guest speakers. Dan Myrick, co-creator of *The Blair Witch Project*, appeared for a Q & A session with Harper students the same week he and his partner, Eduardo Sanchez, appeared on covers of both *Time* and *Newsweek*. Back in 1992, a little locally-produced independent film called *Meet The Parents* screened at Harper with the filmmakers/producers, Glenn Glienna, Emo Phillips, in attendance. As you may already know, Robert DeNiro's production company bought the film, re-made it and churned out one of the biggest hits of 2000. Events such as these, however, will continue.

"The real Coach Boone, from (the Denzel Washington movie) *Remember The Titans*, will speak at Harper, and we will have a screening of that movie." This will take place in February in honor of Black History Month.

Nejman said that video screenings at Harper will also continue, but with a little something extra to make it more interesting: "We'd like to start showing them on DVDs instead of VHS for people who may not have access to DVDs," he says. "That way, we can show director's cuts and deleted scenes, all that stuff." (Hey, Mike. *The best movie of 2000, 'Almost Famous,' comes out on DVD March 13, with a ? hour of never-before-seen-footage!*) Those screenings, as always, will be free.

And Then Song Turned Itself Inside-Out and Into Sound

By Aaron Sandberg
Staff Writer

When song takes a back seat to sound, interesting things start to happen. The album no longer stands as a collection of individual tracks but rather a union of moods. If you attempt to judge the album based solely on the specific "songs," you missed the point, completely.

With that said, Yo La Tengo's latest offering, *And Then Nothing Turned Itself Inside-Out* is about a sound. Its theme: The element of surprise. Look no further than the title for reassurance of this. Yet, when trying to define the genre the music falls under, you find more questions than answers. What can we say about an album based on sound when we can't determine what that sound is?

Yo La Tengo reexamines and shifts the lines of sound. They question and play with jazz, pop, and rock until the elements melt into what can only be described as Yo La Tengo. They are a band that is larger than the sum of its parts. Cliché, I know, but true.

And Then Nothing Turned Itself Inside-Out is one of those album that calls for extended listening to fully appreciate. Not to say that the album is difficult to comprehend but rather that the intelligent, intriguing, poignant and delicate sounds beg to be looked at

again, and again, and again. The more one looks, the deeper one sinks into it. This album escapes finely tuned pop songs and radio format to delve into moments of true experimentation. Like a good poem, the further you search and dig, the more you relate, the more layers you reveal, and the more you understand its' message.


Soft textures and distant moods fill the album. So soft in fact, detecting a single drumstick stroke is difficult if at all possible. Brush strokes and shy knocks dance around the listener as the "in-your-face" approach to most rock/pop albums remains at bay. The vocals are soft, timid, barely audible, often spoken, and virtually whispered. Yet, these vocals are sincere, truly heartfelt and nothing more. They aren't out to impress, just to show. Dynamics take priority as well as transmitting each track as an emotion stuck in time.

The sound itself whispers and floats. Moody and far off yet infectious and almost seductive. Like many jazz tunes, these tracks have a sense of incompleteness, which only strengthens the power, spirit, and mood of the album. *And Then Nothing Turned Itself Inside-Out*, like many jazz albums,

embodies a certain "live" feel. The only catch is, Yo La Tengo isn't a jazz band. The closest comparison to any other band may be Radiohead, or even at times, the Doors, but even that stretches a little too far. In fact, forget I even said that. Any comparison will only confuse rather than clarify.

Organ growls, vibraphones, reverberated clanging guitars, echoed drums, and muted vocals make up the atmosphere of the album. At times, picking out the individual instruments becomes quite a task due to the subtle and timid playing of each one.

The album works best as intense headphone music and can even work extremely well as a film score. Although it may be perhaps a little "cutting edge" for the masses, the album still warrants respect on many levels. *And Then Nothing Turned Itself Inside-Out* is brilliant and innovative. Yo La Tengo releases a collection of sounds that are haunting, quiet, ghostly, soft, eerie, atmospheric, abstract and beautiful.



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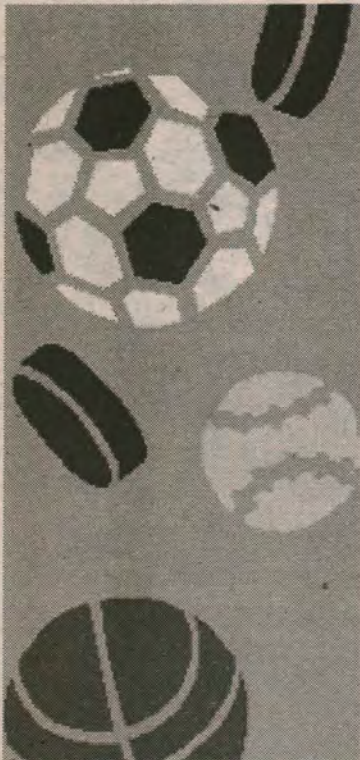


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Hawk Sports



By Brian Samuelson
News Editor

Women's Basketball-
The Hawks ran their record to 10-5 by beating Rock Valley College by a margin of 87-42. The statistical leaders for the women's Hawks were Julie Andino with 25 points and Julie Jestus with 20 points and 8 assists. Becky Ford chipped in with 18 points, 5 assists and a game leading 5 steals. Currently, the Hawks are ranked 9th in the nation. Next: Harper beat UW Waukesha by the score of 77-61. This was a big win for the Hawks because UW Waukesha was the defending Wisconsin State Champs. Becky Ford, Julie Jestus and Anne Hansen came up big for

the Hawks with 17, 17, 16 points respectively. This moved the Hawks overall record to 11-5. Coming up next for the Hawks is an important conference game against the College of DuPage. This will take place in the Harper gym at 5pm on Thursday, January 25th. DuPage is ranked 2nd in the nation and Harper 9th in the nation.

Men's Basketball-
Harper played its first conference game against a formidable Rock Valley team. Harper lost by the score of 72-52. Mark Behrens scored 14 points and Sam Jackson added 10 points. Boris Jasovic was leader in rebounds with 10. This moves the Hawks to

an overall 2-15 and 0-1 in conference play. Next up: Hawks vs. College of DuPage at Harper on January 18th at 7pm.

Wrestling- The Hawks are ranked 2nd in the nation (NJCAA). In their Dual meet at Ellsworth they won two and lost one. The results: Harper 39, Waldorph 9; Harper 39, Minnesota West 9; Harper 15, Ellsworth Iowa 31. Individual wrestlers that performed well: Dan Chambers 3-0, 165 wt class; Adam Sesso 2-1, 184 wt class. Next up: Hawks wrestlers- a dual meet with Muskegon in Michigan, January 17th. Also, the Augustana Open in Rock Island on January 20th.



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Ozzy / NA
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