

5-26-1998

## Columbia Chronicle (05/26/1998)

Columbia College Chicago

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## College students plus bad eating habits equal recipe for disaster

By Eileen LaValle  
Features Editor

Edward Hahn is a 24-year-old senior at Columbia College. He eats very well. He seldom if ever has any junk food and he tries to maintain a well balanced diet. Hahn is in stark contrast to his peers.

Many Columbia students, while completely understanding how crucial a healthy diet is, choose to ignore it,

Truver's statement is reflected within the blocks surrounding Columbia as most eating establishments -ranging from those specializing in fried chicken to cheese dogs-carry mostly greasy, fast food.

The Chronicle survey also discovered other traits about student diets:

- Ninety percent of students eat fast or junk food one or more times daily and 77 percent consume fast food more than five times a week.

- Only about 50 percent eat breakfast. Truver finds this saddening. "No doubt, everyone should try to eat something of nutritional value in the morning to help them jump start their day," she said.

- Eighty-three percent admit to missing at least one meal per day on the average. By skipping meals, students may not get enough nutrients, especially calcium, according to USDA findings.

With busy workloads and hectic schedules, a quick affordable meal makes the most sense to students but is taking its toll on their health. "Tired and

stressed students not only eat a lot they also eat for instant gratification rather than long-term health," said Athena Porter, behavioral therapist at Cook County Hospital. "When people are unsure of themselves, or are lonely and have other anxieties, there is a number of them who turn to food and eat. Freshman are more likely to be susceptible to such apprehension."

This phenomenon is manifested in something known as the "freshman fifteen," according to nutritional experts. Lack of exercise,

increased alcohol intake, and consumption of high sugar "junk food" which are common habits of many college students -eventually create undesirable effects: weight gain, loss of muscle tone, lethargy and a greater risk of developing life-threatening diseases in the future.

Most students agreed that unhealthy eating habits and very little physical activity seem almost inevitable due to the change to a college way of life, where partying and all night studying sessions are somewhat ordinary events.

Cost, convenience and time are also all contributing factors to why college students are not eating properly. Many students cite poor selection in the foods available in and around campus, as well as not being able to eat a

king's or queen's meal on pauper's pay, as reasons their diets are less than stellar.

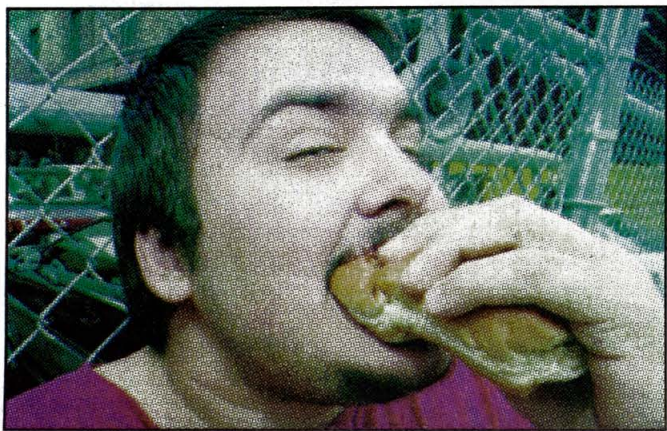
Marly Schott, a 20-year-old Art major, often dines on fast food. "Eating on the run became common for me," Schott said. "Wherever the cheapest and fastest meal was, there I was also. Greasy cheeseburgers and fries were usually my main meal."

"It is so hard to get a healthy meal in during the morning and noon hours," said Kahlil Williams, a Film major at Columbia. "All I have time to do is grab a pop and a bag of chips and head off to class."

Even for students who can afford a nutritious meal, there may not be enough time to indulge, due to the fact that a healthy meal may not be nearby or lines are too long.

Columbia student Zambreana Sally is a perfect example. "I don't have time to keep a balanced diet," she said. "I'm always running around, so I eat very fast between

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Blair Fredrick/Chronicle

While hot dogs are a staple for Columbia College students, a recent Chronicle survey shows there's lots of room for improvement in their diets.

according to a recent survey conducted by The Chronicle.

Ironically, out of more than 200 students surveyed, more than half felt that their dietary habits were "somewhat to very important." So why is it that these same people are skipping meals, dining on fast and junk food and ignoring fruits and vegetables?

Linda Truver, a licensed and registered dietician at the Loyola Medical Center, feels college students, pressed for time and with little money to spend, are being targeted by the fast food industry. "I think it's horrible," she said. "It makes me want to cry. But it's something fast, something inexpensive. We simply tend to make the wrong choices when grabbing fast food."

### The American Dietary Association has recommended 10 healthy eating habits:

1. Eat a variety of nutrient-rich foods. Use the food guide USDA Pyramid.
2. Enjoy plenty of whole grains, fruits and vegetables.
3. Maintain a healthy weight. Exercise sensibly.
4. Eat moderate portions.
5. Eat regular meals.
6. Reduce, don't eliminate, certain foods.
7. Balance your food choices over time. If you miss out on any food group one day, make up for it the next day. Your food choices over several days should fit together into a healthy pattern.
8. Make changes gradually.
9. Know your diet pitfalls. Write down everything you eat for three days.
10. Remember, foods are not good or bad. Eat your favorite "junk" food in moderation.

By Claudia M. Johnson

## Market closing forces students to make changes

By Elvira Beltran  
Staff Writer

In the past when Columbia students living at the residence center were suffering from cravings not supplied by the vending machines, all they had to do was walk less than a block away to Printer Row Market. However, recently and unexpectedly, the Printers Row Market closed, leaving many dorm students pondering where else can they go in walking distance which had reasonable prices.

"Printers Row Market was very convenient for me. In case I wanted to snack on something other what is offered through the vending machine I would walk down and satisfy my crave," said dorm resident Jesse Pena.

Although a dorm policy restricts certain foods within the dorm facilities, many Columbia College students tend to take a snack or two into their rooms.

"When I study late at night, sometimes I need a quick pick me up, that's when my peanut butter and jelly sandwiches come in handy. As a student, particularly being female, I refuse to go outside in the late hours of the night and purchase something to eat. This way, it's convenient and quickly gives me energy to study again," said student and dorm resident Melissa Stuart.

For many students living in the dorms and around the area, Printers Row Market was the closest market with reasonable prices.

"When it comes to having a limited amount of funds, I am the king of complying budgets. Printers Row Market was convenient for me not only because it was near where I live but some of the products prices were sensible," said student Miguel Ruiz, who lives around the dorm area.

Dominicks and Jewel-Osco were rumored to be

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**Nutrition**

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Zambreana has neglected her diet, and she admits that eating cheeseburgers everyday is not the best thing for her. "This may sound crazy, but I don't have time to eat," she said.

Many students like Zambreana feel their chaotic schedules don't allow ample time to eat. So they just plain skip meals.

"I honestly believe that missing meals is terrible, but I miss them," said Kaneisha Perry, a Columbia fashion Design major. "In order to fill that hole, I eat candy and chips and drink soda. It's horrible!"

To help alleviate this problem, Truver suggests packing a lunch or grabbing a bottle of juice and bagel as an alternative. "Healthy and relatively quick and inexpensive. A good diet takes planning," she said of the optimum.

However, many students overlook these options.

Students need not shun "junk" food. "A person can enjoy a bag of chips and still have a healthy diet. In fact, the body needs some fat to function properly," said Mae Allen, a nutritionist and personal trainer from the Chicagoland area.

The danger comes when a person is eating too much of one thing, especially something that is largely useless like fat," Allen said. "There is nothing wrong with an occasionally eating fast food, but five or more times a week is not on occasion."

It is also a myth that a nutritious meal does not taste as good as a non-nutritious meal.

"You shouldn't expect to give up the foods that you love, but you should control the amounts you eat," said Shirley Sadaqua, a dietician for Cook County Hospital.

Another major misconception most people have is with fat-free foods. Truver states that just because something is fat-free, it doesn't mean it is calorie-free. Some students feel that they're watching their diet by eating Snackwell's Devil Chocolate Brownies instead of Nabisco's Soft Batch Cookies.

But all low-fat snacks are being substituted with another ingredient, like sugar, to replace the fat. Sugar is high in calories and just as much as fat counts, so do calories, said nutritionists.

The nutrition experts offered advice to college students to maintain a nutritious and balanced diet.

•Truver feels it is important to ask about the menu when dining out and be aware of what you are about to eat. Find out if those mashed potatoes are being drowned in a tub of butter or your low-fat boneless, skinless chicken breast is being marinated in olive oil, which is high in fat.

•Truver suggests instead of stopping at the fast food drive-thru, wait until you get to school and pick up something with less fat-such as a veggie sandwich or a bagel- even though it might be more expensive.

•Avoid stimulants such as too much coffee. Truver says two cups a day is okay but do NOT exceed four. Too much caffeine creates hunger and dehydration.

•Water is a must in your diet, said Truver. Forty -Seven percent of students in The Chronicle survey said they only drink three glasses of water a day. Truver says you don't have to just drink water to get the eight recommended glasses a day. Juice or tea will help.

•The most important advice is variety. Make sure to include the carbohydrates, vegetables, fruits, dairy, proteins and fats and sweets.

**On any given day if you walk into a McDonald's, Burger King, or hot dog joint around lunchtime, near campus you will probably find a large number of college students wolfing down cheeseburgers filled with high fat and tons of calories.**

**But how much? According to nutritional information published by the restaurants, here's the beef.**

**Fast food Breakfast:**

•Burger King's Crossian'wich with sausage, egg and cheese contains 600 calories, 410 calories from fat and over 1,100 grams of sodium.

•McDonald's Egg McMuffin contains 290 calories, 110 calories from fat and 710 grams of sodium.

**For a healthier breakfast:**

•A plain bagel contains around 280 calories, 2 calories from fat and 440 grams of sodium.

•A cinnamon raisin bagel contains 290 calories, 2 calories from fat and 420 grams of sodium.

"The body needs 40 kinds of nutrients a day, a variety of fruits and vegetables are essential to a balanced diet," said Truver.

To help combat the growing nutrition problems students face, certain schools have enacted new approaches. The University of North Carolina has developed a Living Well program to give students a "balanced lifestyle." Included are discussions, guest speakers and pledges.

Although Columbia has yet to address the situation, there are still healthy alternatives right here. At Columbia, the Hokin Center offers great alternatives to burgers and fries -bottled juices, teas, bagels and healthy sandwiches. The "Underground" cafe in the Main building offers low fat sandwiches and fruit salads.

And just remember **YOU ARE WHAT YOU EAT.**

*Also contributing to this story was Felicia Dechter Joe Digiaco, Claudia M. Johnson, M.D. Larry Lizewski, Jessica Nienhuis, Lillian K. Pina, Melissa Ramirez, Tonja Robinson and Jeff Stoyanoff.*

**Here is some advice from nutritionists on how to stay fit and healthy:**

•Become athletic if you aren't already. Go out for sports or join a team this semester.

•If your campus has athletic facilities, use them. If not, join a gym and work up a sweat for at least 20 minutes, three times a week. Columbia College offers this at both Roosevelt University and the YMCA.

•Nominate a friend to be your exercise buddy. It will keep both of you more motivated.

•Find ways to work exercise into your daily routine: take the stairs to your classes instead of the "reliable" Columbia elevator.

•Try to bring your lunch, and make it a healthy one.

•Stock your refrigerator with skim milk to eat with cereal and fruit for breakfast, low-fat yogurt for lunch, etc.

•Cook your own reduced calorie meals with a small microwave oven or toaster oven in your room, should you live in the dorms.

•Eat regular, nutritious meals. Skipping meals can lead to high-fat impulses and snacking later.

•Plan ahead on your snacking on those late study nights. For example, bring some fruit instead of grabbing a candy bar from the vending machine.

•Choose healthy snacks like low-fat tortilla chips or toasted pita wedges and salsa.

•Air-popped popcorn and season it with Butter Buds. It's a safe bet when the munchies strike.

*By Felicia Dechter*

**Fast food lunch:**

•Burger King's Whopper contains 640 calories, 350 calories from fat and 870 grams of sodium.

•McDonald's Big Mac contains 560 calories, 280 calories from fat and 1070 grams of sodium.

•Burger King's fries contains 370 calories, 180 calories from fat and 240 grams of sodium.

•The same size fries at McDonald's contain 450 calories, 200 calories of fat and 290 grams of sodium.

**For a healthier lunch:**

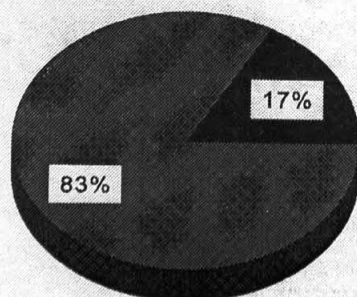
•Burger King's broiled chicken salad contains 200 calories, 90 calories from fat and 110 grams of sodium.

•McDonald's grilled chicken salad deluxe contains 120 calories and 240 grams of sodium.

•Subway's veggie delight on white bread contains 222 calories, 24 calories from fat and 582 grams of sodium.

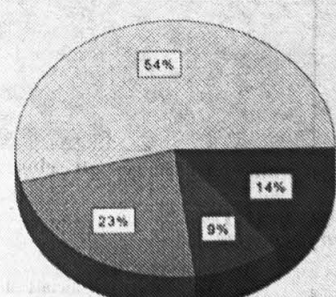
*By Melissa Ramirez*

**Percentage of students who eat regularly**



■ Eat Three Meals A Day  
■ Skip Meals During The Day

**Meals that are skipped**

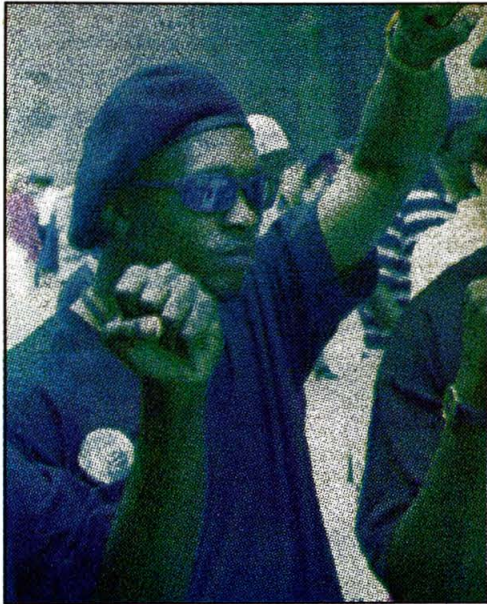


■ Breakfast  
■ Lunch  
■ Dinner  
■ None

The Columbia Chronicle is a student produced newspaper. It is published on Mondays during the spring and fall semesters. Views expressed in this newspaper are not necessarily those of the Journalism Department or Columbia College Chicago.



# Police Brutality Rally



May 19 at  
Federal Plaza

Photography by Stacey Weber

## Graduating seniors ponder life after college

By Jodie Guardi  
Staff Writer

As the graduation date draws near, seniors are often asked the question, "What are you going to do after graduation?"

Of course there are many answers to this question, and some may not be too pleasing to hear for those who expect students to enter the job market straight out of college. Many don't have a job lined up. Vacation through Europe, take some time off, apply for jobs, continue to work on portfolios, go to graduate school is the answer many graduates are giving.

This is due to a case of senioritis, which many students seem to have. The common meaning of senioritis is the result of seniors entering their final weeks of school, causing them to get antsy to get out. But, senioritis also has a deeper meaning, in which its results could be more serious than that. They become scared to face the working world and their futures.

One student, Paula Oskroba, a senior at Columbia College and a Broadcast Journalism major, is taking a small break. But then, she will continue to work at preparing herself for the job market. Oskroba said, "I am going on vacation probably for two weeks. But I haven't started to look for jobs yet because I am still working on my

tape." The tape in which she is referring to is a video portfolio, which is used to show work to potential employers. Oskroba also said, "I will start looking for jobs in July though, as I intern this summer. I am hoping to find a job as a sports reporter."

Students have a tendency to lean towards the breaks after graduation, because they have been doing so much for so long, according to Paula Brien, Career Advisor at Columbia College. She said, "Seniors have a lot going on at one time, in terms of their feelings about graduating, finals, and final projects." Brien added that, "they are excited and satisfied with what they've done and accomplished. They also become overwhelmed with anticipation and anxiety. In this case students may freeze."

According to Tara Ghilarducci, a senior at Columbia graduating as a broadcast journalism major, "I'm not really sure what I want to do yet. I don't know if I want to do anything in the broadcast journalism field." But, she had a back up plan. She said, "I was looking into Public Relations, but I haven't done anything pertaining to PR in the past." She is also looking forward to some time off before the "great job search". She said, "I plan to take a month off. I'm sick of school. I just want to relax." She said that she does want to work, but she's not in too much of a hurry. She plans to start to search for jobs after her break.

Brien says that many students take breaks and that its o.k. to do it. But she also warns, "The longer graduates wait to look for a job, and the further they are after the graduation date the more skeptical employers become." The employers start to question why they waited so long to look for jobs. She said, "The golden time to make the transition from student to worker is within one year from graduation. Skills do become outdated."

Brien said that there is a list of things graduates must do in order to get a job. They include identifying their skills, put together a resume, research employers, and be available for interviews. She said, "this process can be a roller coaster. There are the great feelings of 'Oh, I'm gonna get this job' after getting an interview and the downs of not getting the job it." This happens again and again. She also said, "there are little steps to take to help them to get rid of that overwhelming feeling."

There can be light at the end of the tunnel though. Not all students are running into problems and have a bad case of senioritis though. Some actually have found jobs and are ready to go after graduation, (and may have slight senioritis). Michael Boyd, a marketing communications major at Columbia College said, "I have a job lined up for this summer after I graduate. I have a job at Saatchi and Saatchi in NY. It's an advertising agency. You need to celebrate your graduation, because that's important too."



Stacey Weber/Chronicle

A woman walks past the resently closed Printer's Row Market at 725 S. State

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opening soon nearby.

According to the Public Relations officials at Jewel and Dominicks there are no plans yet to open a new Jewel or Dominicks supermarket within the area.

Printers Row suddenly closed, according to the City of Chicago, Department of Revenue, because owners failed to renew their license.

There is no word yet if new owners will re-open

the market.

The only solution to satisfying cravi distance to White Hen Pantry or Dominicks located on Roosevelt and Canal. If you are not looking for a wide selection of groceries or meats, there's always small stores around the area which are stock with selected products for the quick snacker.

"All I need is a bag of cheesy Cheetos, Sprite and a Snickers. That really picks me up," said Eddie Hernandez, Columbia College student.

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# Instructor to leave Columbia after semester

By Tiffany Golis  
Staff Writer

As Columbia prepares to bid farewell to its 1998 graduates, not only will these students journey into life's new ventures, so will respected Doctor Fred Gardaphe, a professor who lectures on English in the Educational Studies Department.

Doctor Gardaphe graduated from the University of Wisconsin and taught at the high school level before coming to Columbia College as a part-time teacher in 1978-79. He became full-time in 1983.

Doctor Gardaphe teaches 4 classes a semester which include a wide variety of courses: English, educational

studies, freshman and senior seminar. "I love my work," said Gardaphe.

But Gardaphe is going to take a new challenge and give up the place he calls home for a teaching position at SUNY, 60 miles east of New York.

His research on Italian American heritage that he began at Columbia and which later developed into a one time semester class on Italian American literature is going to continue at his new position in the university.

In 1996 he was inspired to write a book *Italian Signs, American Streets: Evolution of Italian American Narrative* (Duke Press International). It was his doctoral dissertation while at the University of Illinois.

"I found a voice in my writing, I wrote the book I

wanted to read," Gardaphe said. He traveled back to Italy and found very little material on Italian Americans. Now students from around the country will follow him to New York to be taught by him.

He said he could stay in Chicago but he feels he needs new territory. He will also be missing the colleagues he has known for the past 15 years.

Gardaphe has a word of advice for new and graduating students, "Don't stop asking questions, and when they're answered keep asking more, because originality comes with existence."

# Pacific Mission to Relocate

By Tracey E. Thames  
Staff Writer

Plans to buy the Pacific Garden Mission located 646 South State street, are somewhat in the making according to the Chicago Board of Education officials in a report from the Chicago Sun-Times.

Founded more than one hundred and twenty years ago, the Mission is well known for feeding the homeless, guiding and mentoring them to live a productive and more fulfilling life. The Mission is an independent organization that owned the property since the early 1920s, over six hundred beds on winter nights and serves about fifteen hundred meals daily.

Relocating the Pacific Mission would allow room for the expansion of Jones Commercial High School which is located just steps from the Mission. Jones Commercial, located at 606 S. State serves 900 students and is currently at full capacity.

According to school officials, this plan is one of several alternatives for the high school and the board has budgeted a reported \$15 million to convert the school for juniors and seniors to a four-year magnet school. Adding additional floors to the building could be a possible solution to expanding, but according to Timothy Martin, the school boards chief operating officer, "We're not sure if a high school in a high rise will work."



Stacey Weber/Chronicle

Residents who live near the Mission want it be relocated somewhere else in the city because they have grown tired of homeless people asking them for money. "I don't care to see people beginning on the street every morning while walking to work," said Larry Whiting

who lives a half a mile from the Pacific Gardens. Tammy Scholtes agrees with Whiting and said, "Although the Mission tries to control it's residents it gets rather tiring, all of the begging and hanging around."

According to Pacific Mission's President, David McCarrell no one has officially approached him about relocating the mission. McCarrell explained that because the Mission is individually opened and operated, any decisions to move would solely be up to the Mission's board.

"We're just a vehicle for them [homeless]," said Phil Kwiatkowski, an administrator for the Mission who feels that the facility should stay right

where it is. "We want to be in a location where we can best service the homeless population. The Mission is very close to public transportation and conveniently located." According to Kwiatkowski the Mission serves approximately 550 people during the summer months and over 700 during the winter.

# Students have many choices in housing arrangements

By Gina Leyba  
Correspondant

For anyone who is tired of living with their parents or can't stand to commute from the suburbs, there is a solution. Columbia students have the choice of seeking residence in the Herman Crown Center of Roosevelt University or Columbia's own dorm.

The Herman Crown Center, located at 425 South Wabash, just blocks from Columbia, offers a conventional dorm experience rather than the apartment style living in Columbia's Residence Center. Both have their advantages and disadvantages depending on the students needs.

Last fall there were 67 Columbia students in the Herman Crown Center and 69 students this spring semester. Every year about 300 students live in the Herman Crown Center, including students from Roosevelt as well as other schools with downtown campuses, such as the Art Institute.

It is a traditional dormitory setting with double rooms, two community bathrooms and a Resident Advisor on each floor. Several of the floors cater to the students' special needs. There is a same sex floor for women, music and theater floors, and one especially for graduate students.

Within the advantages and disadvantages of each housing facilities, one aspect that will draw a student's attention, not to mention their parent's attention, is cost.

One great advantage that the Herman Crown Center has over the Columbia Residence Center is the full service cafeteria and meal plan. Each student living there gets \$650 for food added to the \$2,240 per semester. These amounts are for the standard double room. A single is about \$100 more.

The Columbia dorms offer apartment style living with a private bathroom and kitchen. The cost is \$4,450 per year. Extra costs include food, cleaning supplies and telephone service. One major advantage that students seem to like is free basic cable in most rooms, which is not

available at The Herman Crown Center.

If the typical dorm setting is not a student's preference, the Columbia Residence Center may be the more sensible choice. There the living experience can work out really well. It's like living in an apartment.

Besides the cost, the other important thing to consider is the concept of having a roommate living in close quarters. "If you got a really good roommate it can be really fun. With the wrong roommate it can be stressful," says senior Virginia Stark, who lived in the Columbia Residence Center for three years and is now living in the Herman Crown Center. She decided to move because of cost, although the meal plan can be difficult at times because of her need for a healthy diet.

Most people in college have a story of a nightmare roommate. One Columbia resident explained how one of her roommates was obsessed with Donny Osmond to another resident who's female roommate used to cook up drugs in the kitchen when no one else is home. "It's really strange to have three people get along then the fourth person makes it a complete stressful place to live," said senior Melissa Breault. She lived in the residence center during her first two years and now has her own apartment.

Sheryl Tirol, a sophomore at Columbia, believes that the Residence Center should be more specific in their questions for matching up roommates. The Herman Crown Center does a good job matching up roommates according to majors, hobbies and habits. People in the conventional dorm setting are closer in space and become sociable with other. Both dorms have a number of programs for students to socialize such as movie nights and informative events. The Herman Crown Center has dance parties with a DJ at least once a month that many students attend to.

Which ever dorm suits the student, they are both in the heart of the city and can give everyone a healthy living experience. The social interaction between the students can be very rewarding for them.

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**Robert  
Stevenson**

**So you think I'm kissing butt...really it's just a heartfelt thanks, honest**

*"We should not value education as a means to prosperity, but prosperity as a means to education. Only then will our priorities be right. For education, unlike prosperity, is an end in itself...power and influence come through the acquisition of useless knowledge...irrelevant subjects bring understanding of the human condition, by forcing the student to stand back from it."*

Roger Scruton

Ever have a class where you thought to yourself 'I'm gonna get absolutely nothing out of this.' I know I have on several occasions, as much as I wanted to think that, I always came away from each "useless" class with new knowledge and understanding. Shocking ain't it!

The more surprising part of spending a full four years at Columbia is only having one teacher I would consider bad. Sophomore year was when that happened. The class was in my major and because of how awful I felt this teacher was, I almost packed my bags and left this school. The worst part of this class was that several other students felt the same way, we evaluated the teacher and wrote what we felt. Was he fired? No. He spent another couple semesters here tormenting poor unassuming journalism students.

I know everyone has had bad teachers. It happens. Students live. The bad teachers go on teaching. But not every class is cursed with a "bad" teacher.

I've been fortunate to have many "good" teachers for classes where I did learn something, sometimes not too much, but none-the-less, I did learn something.

Usually the good teachers are the unsung heroes of the classroom, they do their job and do it well, much to the ignorant bliss of the students fortunate to be in that classroom. So I want to take some space, in the order of which they appeared on my unofficial transcript, and thank all of the teachers I've had here at Columbia.

Megan Reed (Radio), Dr. Glysh (Academic Computing), Gary Fox (Television), Ivor Irwin (English), Jeff Davis (Journalism), Kristin Davis (English), Dr. Harvey Davis (Science), Genevieve Ash (Television), Jim Sulski (Journalism), Brian Read (Television), Bill Ferguson (Journalism), Steve Corman (Journalism), Laura Litten (Television), Les Brownlee (Journalism), Peter Kohn (Math), Roger Schatz (Television), Lynn Levy (English), Bill Gaines (Journalism), Sandy Bauer (Science), Terry Brunner (Journalism), Jim Disch (Television), Renee Hansen (English), Doreen Bartoni (Film), Louis Silverstein (Liberal Education), Dominic Pacyga (Liberal Education)

All of these hard working, under paid, individuals have contributed in some way to the way I am today. Depending on how you look at it, they could be blamed for how I am today.

I know that I have been influenced by parents, family members, television, grade school and high school teachers long before I even knew that Columbia was a college, not just a country that produces a lot of coffee and crack, but this is the first place where I have been able to truly reap the benefits of a solid education.

I may poke fun at this institution and the way things are done around here, once in a while, but gosh darn-it, people do like this place. If people did not like it, our enrollment numbers wouldn't be as high as they are now. You can even count me as one of those that, overall, do like this school. (I did invest several thousand dollars here after all!)

Mixed in with war stories from teachers about their "real" jobs, or stories from their past classroom experiences, is the minutiae that has made up for me an unforgettable four years of hard labor, with no chance of parol, at the urban prison that is Columbia.

So here I go, heeding the advice of Dean Latta. (Me taking the advice of an administrator?? The end must be near)

Thank you to each and every teacher who has helped me to be prepared to face the world out there. I know that you have given me what I need to make it!



## Editorial

# Cutting the fat at Columbia

As reported by Eileen LaValle on page one, Columbia students are suffering from poor eating habits, be it from a hectic schedule or just not caring, the students here are eating a lot of unhealthy food.

Medical experts all agree that a well-balanced diet, combined with exercise, is what everyone needs to lead a full, healthy life. Starting the good habits at an earlier age is even better, ever hear the phrase "you can't teach an old dog new tricks?"

This is an area where the school lacks. We at *The Chronicle*, feel that an athletic facility would be welcomed by the students of this school. It wouldn't need to be a full-blown gym. Just have some gym equipment to let students burn off the fat. Charging students an extra fee for this would be acceptable.

Granted we can use the facility at Roosevelt, but why can't we have our own place to burn the fat?

## Letters to the Editor

### Disgruntled student

Dear President (Capone) Duff:

What kind of racket are you running here? On May 19th at 10:45 a.m., I Glen Richard Mueller, an innocent Columbia College student went to the bookstore to sell back a book for which I had no use whatsoever. A soft cover book for which I paid thirty dollars of my own hard earned money because mommy and daddy aren't footing my bill. The store clerk then informed me that this soft cover book titled Broadcast Writing, was worth a sell back value of one (1) dollar. Twenty-nine dollars right in the (place vulgarity here) toilet.

You should be informed, Mr. Duff, that thanks to your incompetence in providing adequate parking to those students who, for one reason or another, are forced to drive, my vehicle was towed at the expense of \$115. That may not be much to you, but to someone with a four figure income, it is a whole hell of a lot. We deserve a parking facility. Not necessarily dedicated to Columbia College students, but one that can invite the general public, and give students a full day's parking for a nominal fee.

Three weeks prior to the aforementioned event, I get a letter in the mail stating that due to increased expenses and planned improvements, Columbia College Chicago was going to raise my tuition by ten percent. That is, if you haven't noticed, that's SIX TIMES THE RATE OF INFLATION! And for our tuition dollars, what do we get? Well Mr. Duff, we get stuck in the eleva-

tors, we get our vehicles towed when trying to save a little money by parking on the street, and most of all we get a nice fat check to the film department, which gets the lion's share of all students tuition dollars. Other departments are left with the technology from a bygone era and shabbily equipped labs, while the student body is forced to foot the bill for expensive film classes.

Columbia College is poorly prepared for the influx of new students, and more importantly, the institution has been totally lackadaisical in its approach to the advent of the digital age. Unless something is done to redress the grievances laid out in this letter, the bookstore racketeering, the total lack of parking facilities on campus, and the aged technology in countless technologically sensitive departments, then students will bolt for other institutions, who are more prepared to deal with the future, with the students, and with their pocket books.

Mr. Duff, I hope you awake.

Glen Richard Mueller  
via snail mail

### Sara on Sox is a-ok

Thank you for saying what true Sox fans have been thinking! Every other paper (Sun-Times and Tribune) are hype on the cubs Phoneme...hohum... What about the Sox? Thanks.

Leyla Meza  
via e-mail

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**Letters to the Editor must include your full name, year and major. Letters can be faxed to 312/427-3920, e-mailed to [chron96@interaccess.com](mailto:chron96@interaccess.com), mailed to 623 S. Wabash Ave., Suite 205, Chicago, IL 60605 or posted on the *Chronicle's* interactive forum at <http://www.5.interaccess.com/chronicle>**

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## BAKIN' TREATS N' TORTES

WITH SAM WALTERS

(Pressured by mounting student loan debt, Chronicle columnist and widely acknowledged "hard body" Sam Walters was briefly transformed into a walking laboratory when he enrolled in a medical study at South Side University, shortly before keeling over unbelievably dead, like so many guinea pigs before him. The following is a continued journal entry of Mr. Walters' excerpted by lawyers for his estate, detailing his intense suffering at the hands of "Dana" the nefarious lab technician and her bevy of weird drugs and frightening pain thresh hold experiments-*ed*.)

Before undergoing the practice session, Dana sat me down and explained the various components of the study. During an actual session, I was to imbibe a mystery concoction that might or might not contain a drug, or drugs, or dangerous and unpredictable combinations of drugs, and that might or might not cause me to faint or vomit, though probably both would occur, possibly even at the same time. She seemed to hint vaguely that I might also become incontinent, urging me not to "wear any nice pants to a session." To facilitate grievous blood letting at regular intervals, I would be fitted with an I.V. catheter so that any passing vampire might simply stop over by my stretcher and tap me like a keg. At various times during a session, I would be administered a battery of monotonous tests and questionnaires to assess what if any effect the drug(s) had on my generally sour mood, lack of motor skills and obvious cognitive dysfunction; i.e. testing to see if I had suffered any further brain damage than the amount I already evidenced by having signed up for the study in the first place.

The last element of a session involved the immersion of my left arm in a cooler of freezing water, a procedure ominously and obliquely titled the "cold pressor test." This was to occur four times a session, each time for a duration of ninety seconds. The cold pressor was designed to evaluate a drug's effect on a person's pain thresh-hold, and would cause "intense discomfort or pain," but wouldn't—or shouldn't anyway—inflict any "permanent tissue damage." Dana informed me that I would undergo a cold pressor test at the end of today's practice session for the purpose of evaluating whether or not I wished to be a participant in the study. Confused, I asked Dana to elaborate on her last statement and she explained that many people on experiencing the cold pressor for the first time quit the study on the spot. What? Walk away from an easy four hundred dollars, because of that? Bail because of a little cold water? Ha, ha, ha—what a bunch of assholes! Incidentally, I'm still laughing. I think it's some kind of stroke.

Before undergoing the cold pressor, a term for which Dana was now substituting the more benign sounding, tactically understated "cold water test," I was treated to the most cursory of physicals—cursory because the doctor administering it knew full well that I would never survive the actual study. In fact, I'm not altogether certain he even a real doctor; a real doctor shouldn't smoke while he's examining you should he? He looked me up and down, probed an orifice or two and struck me indifferently on the knee a few times before turning to move off satisfied. "Don't you want to check my heart?" I called

after him worried. "Heart?" he said quizzically, "oh yeah, sure, if it'll make you feel better." It didn't.

It was then finally time for the cold pressor test, or cold water test, but cold **pressor** kept ringing in my head no matter how many times Dana referred to it otherwise. Dana asked me to lie down on one of the beds, which I did, and then fitted me with a blood pressure cufflet and pulse monitor on my left arm and index finger respectively. A blue cooler was rolled alongside me on a metal table. Frost rose noticeably off it and ice crusted its exterior. Dana grabbed a crowbar from somewhere and knocked some of the ice off to pry open the lid. It creaked coffin-like as it was raised. "Spit on it," she suggested erotically, "it crackles." If I didn't go through life in a sort of retarded slumber, I might have noticed then that something, everything in this scene was horribly awry. If I had enough brain cells to constitute an imagination, I might have projected into the future and visualized myself with the full compliment of tubes and devices stuck in me an actual session would entail, and noted just how much I resembled an unaware schmuck about to be executed via lethal injection. Even without such a projection, it should have been perfectly obvious that I was mere seconds away from suffering some as yet vague, but certainly hideous torture, and the evidence compelling enough to cause me to spring from my stretcher and bolt for the door trailing a long, "screw you nutty bastards!!! I'm gettin' the f#\*k out of here!!!" *Danger young Sam*, whispered the benevolent spirits who watch over idiots everywhere. What is that noise? *Danger young Sam, you must leave this place*, they spoke a little louder. Is somebody talking? **Get the F#\*K out of here you STUPID MORON!!!** they howled. ...mm...I thought contentedly. If symbolism could be weighed, the tonnage accruing by the moment in that room would have been sufficient to press coal into diamonds, to crush granite into talc. The feeling of foreboding could have cut through steel. But, **incredibly**, I was oblivious to all this, preferring instead to reflect vacantly on the blue cooler and the whirlpool of crushed ice swirling hungrily within. How nice, I thought; it's like a slushy. Please, should I survive this, someone immediately place me in a home for the mentally challenged so I don't unwittingly sign myself up to be castrated.

Before proceeding with the cold pressor, Dana handed me a clipboard with a sheet containing an exhaustive list of pain descriptive adjectives. During the course of the cold pressor, I was to reflect thoughtfully on the feeling of "discomfort, but not permanent tissue damage" I would experience, and rate each of these adjectives as they applied to it on a scale of one to ten. Included in the list were such colorful terms as "punishing," "sickening," "fearful," and "cruel," along with duller words like "stabbing," "burning," "splitting," and "dead." While I can't recall what audacious piece of faux scientific hog sh#t Dana preferred to explain away such a blatantly sadistic component of the study, it should be obvious that the only purpose this list could have served was to make it possible for me to focus on anything other than the excruciating agony the questionnaire intimated I would shortly be suffering.

The cold pressor was now only moments away. Dana kept up a mock display of scientific legitimacy by absently fiddling with a stopwatch as if preparing to actually time something. Her holding the watch upside down and backwards was only slightly disconcerting. She seemed increasingly distracted with our proximity to the cold pressor, and was by now muttering happily to herself and occasionally laughing out loud for no apparent reason. Why is she breathing heavy, and quivering with ecstasy that way? I mulled turbidly. Dana gave the go signal then. Oh well, it's probably nothing, I concluded and dunked my arm in the cooler.

(concluded next week)

## College is about more than books

By Dawn Rafferty  
Northern Star (Northern Illinois University)

I remember when I first transferred to NIU at the grandiose age of 19, I thought this was it—I'm finally an adult living on my own, and no one's going to tell me what to do ever again (unless they're paying me, of course). I never thought that the four years that I would spend in this community would wreak such a change in me, but I was being arrogant and shortsighted, as teenagers often are.

I can't say that I love NIU or even DeKalb, but I can't leave this town without feeling some sense of loss and sadness. After all, during these years I've undergone the transition from a selfish, know-it-all kid to a wiser but still selfish, know-it-all young adult.

Like many college kids, I was ecstatic at the thought of finally being out from under the yoke of parental law. Then again, living in the dorms wasn't exactly the most wonderful experience.

For one thing, the food was atrocious. There was always a stampede to the bathroom after our floor went down to eat.

Another thing was trying to study while people drifted in and out of your room. Having everyone crowd into one room to watch "90210" or "Jerry Springer" soon became a daily ritual.

Which led to, you guessed it, missing class. Which led to, you guessed it again, not-so-good grades. But I learned after one semester that the arm of parental law has a wide reach, and I got my act together.

And let's not forget drinking in the dorms. The horrors of being underage meant that you had to plead, cajole, bribe and threaten someone, anyone, as long as he or she was 21, to buy you beer. Either that, or you could go to a party where there were multiple kegs, which was even more fun. (In my opinion, you haven't experienced true college life until you go to a party on College Drive,

although I have to admit that social scene has gone drastically downhill.)

Speaking of drinking, I must confess I spent several hours at the Junction under the pretense of studying, but all I did was sip coffee and swap philosophies on life with friends, and usually those discussions would disintegrate into male-bashing sessions.

The following year, my roommate and I moved into an apartment. Some of our friends moved into a nearby complex, and I actually began to regret having a car. Being the sole car owner in a group of carless people basically means that you should have taxi driver stamped on your forehead. And when I finally turned 21, my car became the official beer-delivery mobile.

However, life wasn't all fun and games. There was school, too. Some of the classes, particularly the cultural anthropology and philosophy ones, really opened up my mind to alternative ways of living. My women's studies courses gave me even more ammunition for my feminist viewpoints.

As for my English classes, well, I don't think I'll ever pick up a tome of Milton's or Emerson's again, but I'm glad that I was forced to read them. I now know why I never read them before.

I've learned a lot at NIU—a lot about life, people and myself. Even being irresponsible in the beginning of my college career showed me something. It showed me that I needed to have that period of my life in order to understand that self-discipline is essential for functioning in the real world.

It's a lesson that I wouldn't trade for anything contained between the covers of a book. Contrary to the parental wish that you graduate in exactly four years and do nothing experimental and never get in trouble, college is about more than just studying—it's about learning for yourself who you want to be.

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## POLITICAL CORRECTNESS CAN BLOCK THE MERITS OF ANY MESSAGE

By Andrew Hall  
The Lantern (Ohio State University)

COLUMBUS, Ohio — Black, White, Asian, Asian-American, Midget, Handicapped, Gay. I'm only nine words into this column, and I've already offended about half of you.

It's interesting how easily we are offended by simple words. I caught my own hackles rising just this week when someone used the word "homo." Luckily, I realized the absurdity of my taking offense before I spoke. The peer with whom I was talking was merely suggesting that our small political group take a stance against homophobia — and there I was, ready to attack him for using a word I didn't like. But how often does that happen? Remember when Ross Perot was touring the country and referred to the black community as "you people?" There was immediate outrage. Sound bites were played on every newscast, and CNN repeated the clip ad nauseum. In retrospect, I don't remember ever hearing his complete sentence. What he had said may or may not have been an act of bigotry, all I remember hearing was "you people." But that was enough, and I quickly joined the masses proclaiming Perot to be a racist.

It seems that we as a society have

become more interested in how people say something than what they actually say.

Take, for example, a paper I wrote for a history class last year. It criticized the relocation of Japanese-Americans during World War II, which I still believe was a heinous crime committed against an American minority. Oddly, I never referred to victims as Japanese immigrants, or Japanese-Americans because I was so afraid I would offend someone. I chose what I thought were respectful euphemisms. The shortest of my references to the Californian immigrants was "Americans of Japanese ancestry."

My trick might have worked if I hadn't had to use the reference 20 or 30 times throughout the paper. My efforts sounded as ridiculous as the movement of political correctness has become. It's a shame that people are so afraid of offending others that they don't say exactly what they mean or choose to remain silent.

The next time someone utters a word or phrase that sets off your politically-correct sensors, consider what they are saying, not necessarily how they're saying it. If we all make an effort to see through these social faux pas, we truly will be able to communicate.

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Stays crunchy in milk!

The Chronicle



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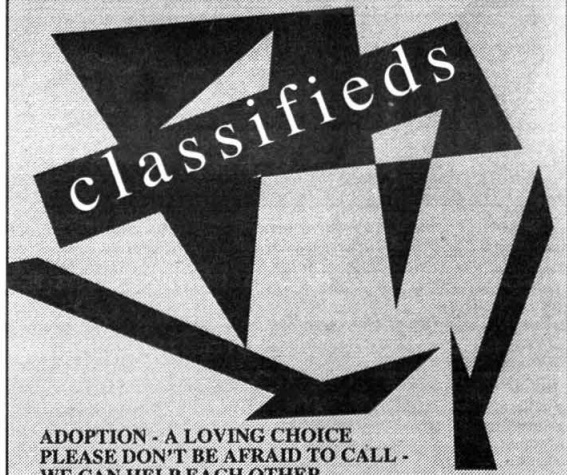


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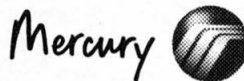


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# Big Lizard Attacks New York



By Asif Malik  
Correspondent

One day out of the year I go to Six Flags in St. Louis. I find out that every year there's a new ride. Last Year, the Batman ride was the new attraction in town. When I went on the ride, my stomach felt like bumblebees were flying around inside it.

In the 98' remake of Godzilla, I felt the same way. The movie is this summer's latest ride. Its just like when the soldiers were shooting at Godzilla, I felt like the pilot inside the ship. I was in my seat trying to dodge away from the big jaw of Godzilla.

Okay so the analogy is corny, but the remake of the 1956 Godzilla feels like more of a ride than a movie.

In the 1956 version of Godzilla, the characters were excellent. They were actors that played their roles.

In the newer version, the characters act like a cast from the Universal Studios Theme Park. There's a King Kong ride, I remember being inside the ride as the giant ape tries to destroy the bus. The driver tries to act like the savior. On his face, I remembered he did not look scared or frightened. That's because he knows King Kong will not come near.

This is the same feeling I have about Nick Tatopoulos, (Matthew Broderick) an scientist. Nick does not look scared or even frightened that a 400 feet tall lizards is in Manhattan.

The movie begins with Godzilla coming underneath the Pacific Ocean. He heads towards a Japanese cruise ship. He destroys the boat leaving one man alive.

The man lies in a bed. Phillip Roache (Jean Reno), an insurance investigator gets a camera and tapes a conversation with the man. The man tells Phillip the monster is Godzilla.

The tape becomes secret, but some how an American science team in Europe finds out. One of the people on the team is Nick.

On the other side, in Manhattan Audrey Timmonds (Maria Pitillo) is an assistant researcher trying to become a reporter. Charles Caiman (Harry Shearer) an anchor is Audrey's boss. In one scene, Audrey asks Charles if she can become an anchor. Charles says "I think your better being my assistr."

By the way, Shearer, who is Kent Brockman, Principal Skinner's voice on "The



Simpsons" did a great job of acting. His cynicism works well. Shearer remind me of Kent Brockman covering Godzilla. I think that is very amusing.

There's a point of mentioning why Audrey trying to become a reporter is a tie in to Nick a scientist. Nick and Audrey were sweethearts when they were in college. Audrey breaks up with Nick. Somehow this is a foreshadow to events later in the movie. Its like playing a two piece puzzle. Nick will come from Europe to Manhattan. Audrey will find out Nick is a big scientist covering the Big Monster. So, Audrey could easily become famous because Nick knows lots on the monster. To me this type of plot is corny. Its obvious because anyone can complete a two-piece puzzle.

The plot of the Godzilla is on how to stop Godzilla. Nick finds out that Godzilla is nesting eggs. The soldiers do not believe him, but Phillip does. Phillip covers up as an undercover insurance agent. He's actually a spy from France.

Overall, Godzilla is a shallow movie with the whole concentration on special effects. Which I have a big problem with Director/Writer Roland Emmerich trying to grab the audience attention towards the special effects rather than the plot. They know because Godzilla is a prince of a monster to King Kong that people are wanting to go see. Its a shame to the film industry. Movies are a classic art. I do not mind the high-budget films that have a good plot, but movies like "Volcano" and "Dante's Peak" are a joke to the audience.

Here, Godzillia's voice and action are redundant compared to other films. Emmerich's decision on character description on Broderick was terrible. There is no creativity in Reno's Pitillo's and Broderick's roles. Pitillo is a researcher trying to become a reporter that's the whole point of her role. Reno's undercover insurance agent trying to kill Godzilla. The roles are so superficial. They find themselves at the end of the movie together trapped inside Madison Square Garden from nine-feet eggs.

The only positive is the special effects and if you like amusement or theme parks then this is your movie.





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# Scents and Scents-abilities:

By Felicia Dechter  
Special to The Chronicle

Think back. Let your mind recall a memory, but don't recollect it visually. Close your eyes and remember it by the way it smelled.

"The minute I smell a cigar I think of my grandpa," reveals Scott Earle, 47, of Chicago, in a recently conducted survey associating scent with a favorite memory. "I'm a kid visiting my grandparents' house, and there's my Grandpa Irving and my Uncle Abe sitting at the dining room table playing pinochle (card game), and smokin' on stogies."

"One whiff of Ciara perfume and I'm back in the 1970s, hitting the disco floor," divulges Pearl Pam, 38, of Chicago, who works at the fabulous smelling restaurant, Como Inn.

"I will hate the smell of my third grade teacher forever," confesses Jerome O'Connell 40, of Chicago, while fragrance shopping for his wife. "She was the teacher from hell, and her scent I will never forget!"

Everyone has a personal library of meaningful smells. The memories they trigger are somehow more intense than those we dredge up by conscious effort. It's as if smell provides a shortcut to our deepest memories and brings them back complete with the emotions and sensations we felt at the time. Our reactions to fragrance are colored by our own past experiences, and, experts say, our sense of smell begins in the womb.

"Our sense of smell really does develop in utero," says Dr. Caroline Olko, professor of biopsychology at Hunter College, in New York. "The olfactory system, which controls our sense of smell, is functional at approximately the sixth month, and the fetus then begins picking up the amniotic fluid smells, and food smells. Its sense of smell is actually more developed than its sense of vision."

"I did a study where I videotaped 60 one-day-old newborns, who turned their heads toward positive scents, yet turned their heads away from negative scents. It's really amazing, the power of scent."

According to the Fragrance Foundation in New York, scientists believe that scent, memory, and emotion are inseparably linked. This is because smells are processed in the forebrain, the part of the brain that

deals with emotions and instincts and urges.

Long term memories are also thought to be stored here, and the two areas seem to overlap, causing memories and smells to be laid down and later retrieved as one single experience. Our ability to recall what we've smelled surpasses even our ability to recall what we've seen.

"Odors evoke memories that are more emotional than memories evoked by other sensory stimuli," says Dr. Rachel Herz, a scientist at Monell Chemical Senses Center in Philadelphia. "The link between odor and memory per se, is no stronger than between any other memory cue and a memory event, in terms of accuracy, but in terms of emotionality, odors do evoke memories that are more emotional than memories triggered by any other stimuli."

In June 1997, the Olfactory Research Foundation in New York conducted a survey on its website to determine people's perception of their sense of smell and the role it plays in their daily lives. Over 350 individuals participated in the survey. The results reinforced the findings of a similar study conducted in conjunction with The New York Times in 1995, which indicated that there is a growing awareness of the positive psychological effects of scents.

The survey questions were designed to determine how people perceive the overall importance of the sense of smell compared to the other four senses; the degree to which the olfactory sense enhances our quality of life; its influences on moods and emotions; and the role it plays in our relationship with others.

The results of the survey show that the majority of participants believe that aromas can have a positive effect on many aspects of our daily lives. Furthermore, when asked why they personally use fragrance, 68% responded, "to feel better about myself," and 56% indicated they use fragrance to enhance their well being.

Scent has become an integral asset for many products, including perfume, coffee, and household cleaners. Many businesses are becoming aware of this and capitalizing on it.

Dunkin' Donuts has long appreciated the importance of pleasant food scents. They were among the first to recognize and promote the importance of freshly baked and brewed aromas as a means of attracting and keeping customers. Today, companies such as Starbucks coffee chain, Mrs. Fields (cookies), Subway (fresh bread), and others,

fragrance market has grown to \$10 to \$12 billion."

One woman who has enjoyed the sweet smell of worldwide fragrance success is Marilyn Miglin, whose Oak Street salon in Chicago brims with business, and whose scented creation "Pheromone," has become an international favorite.

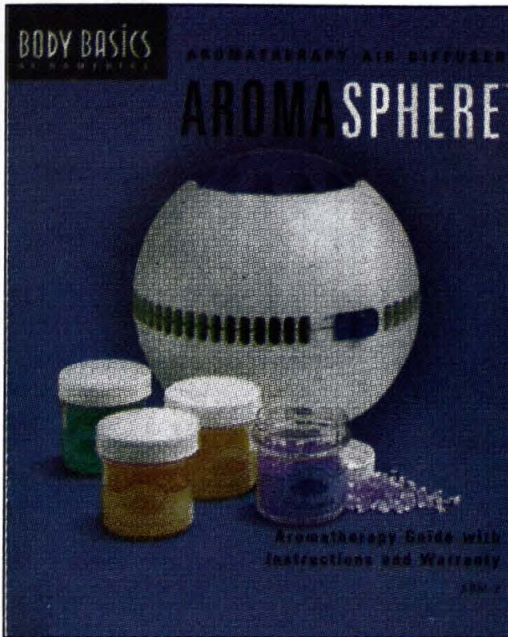
Pheromone, from the Greek *pherein* (to carry) and *horman* (to excite or stimulate), seems to be a modern day love potion. According to numerous studies, scientists have long known that pheromones are the exclusive biochemicals that serve as a social and sexual signal in animals. Pheromones are the reason that an amorous hamster he-man becomes a sexual has-been if you put the nerves in his nose out of commission. Pheromones from female strangers can send testosterone levels soaring in rams and bulls, and in male rats, rabbits and monkeys.

"Although studies have confirmed their importance in everything from insects to horses, there is still great controversy over whether pheromones exist in people," says Dr. Susan Schiffman, a professor of medical psychology at Duke University's Medical Center, in Durham, N.C., and author of several research articles regarding scent. "I don't think there is sufficient evidence to conclude that there are pheromones in humans."

However contrary to Dr. Schiffman's belief, it recently was proven that pheromones do exist in humans. Pheromone wearers will be happy to hear that one Pheromone user, Lori Nelson, 26, of West Palm Beach, Florida, describes how she feels wearing Pheromone: "I feel like the Pied Piper of love when I'm wearing Pheromone! I'm more self confident, and I feel sexier, more alluring. Like my American Express card, I won't leave home without it!"

"Marilyn searched the world for the perfect blend," Maria Purszke, salon director at Marilyn Miglin Institute, discloses. After extensive travel she ended up in Egypt, the place where mankind's earliest recorded history reflects the uses and appreciation of fragrance, the place where perfumes were held in higher esteem than gold. It was there she learned secrets of the early perfumers' art for compounding and blending.

"Trying to synthesize the scent was no easy task for Marilyn," Purszke says. "Pheromone contains a blend of



realize the effect of aroma as customers walk in.

Proctor and Gamble, Lever Brothers and Colgate-Palmolive, mix fragrance into their soaps, detergents, fabric softeners, disposable diapers, hair shampoos, and conditioners in the quest for more sales. How about Pine-Sol? Does it sell because it smells good, or because it's the most wonderful cleaner around? Do consumers gravitate towards products that smell good? You bet!

"Consumers definitely want products to smell good," says Glenn DeLee, who works at the Clorox Company, (makers of Pine-Sol) in Philadelphia. "We're always getting calls from people wanting us to recreate the Pine-Sol aroma as an air freshener. We don't deny it, the pine fragrance is what sells Pine-Sol. People like their atmosphere, and themselves, to smell good."

In a recent study conducted by the French research firm FACES International, European women were asked: If you were going to outer space, what would be the most important item you would bring with you?

Among the responses: "Perfumes. Perfumes remind me of different situations in life, of different people..." Germany.

"Perfumes. So I can remember the good moments." France. "My perfume...To have memories, a point of reference and a feminine feeling." United Kingdom.

Yet according to Annette Green, president of the Fragrance Foundation, Americans are spending the most money on fragrances. "Americans seem to have really rediscovered their sense of smell,"

Green says. "The physical fitness revolution has put people back in touch with their senses. Americans spent \$5 billion in retail fragrances last year, with about one-third of the sales being men's fragrances. And the worldwide

## Where to Buy Oils and Aromatherapy Products

If you can't afford a spa for the day, there are places to purchase essential oils and aromatherapy products. Here is a listing of a few Chicago area stores which carry a selection from which you can choose what's best for you.

**The Body Shop**, 350 Old Orchard Shopping Center, Skokie, and Chicagoland locations. Enter a world of pure scent magic. Housing a large selection of aromatherapy products, this is one place you won't want to miss. Offer pure essential oils, as well as diluted ones. (847) 679-1970.

**Sherwyn's Health Food Shops**, 645 W. Diversey Pkwy, carries a wide variety of oils from 4 different manufacturers. (773) 477-1934.

**Fruitful Yield**, 5005 W. Oakton, Skokie. According to the folks that work there, they have one of the area's best selections. (847) 679-8882.

**Dr. Michaels Herbs**, 5109 N. Western Ave., carries a broad selection of essential oils and herbs. (773) 271-7738.

**Certified Health Foods**, 4042 N. Milwaukee, and 555 W. Madison. Carry a limited supply of essential oils, also aromatherapy books. (773) 736-8622, Milwaukee Ave. location, and (312) 902-3700, Madison location.

**General Nutrition Center**, 22 W. Monroe. Offers a limited supply of essential oils. GNCs located throughout city, and suburban stores also carry oils. Check your local Yellow Pages for store nearest to you. (312) 419-8839.

**Morse Avenue Natural Foods**, 1527 W. Morse. Product line "Now!" offered, with a varied supply of oils. (773) 743-7190.

**Bath and Body Works**, Lincolnwood Town Center, Lincolnwood. Great selection of pampering aromatherapy products, definitely something for everyone. (847) 674-9950.

## You've got to whiff a little...

Aromatherapy can be done easily at home: Simply pour some of the scented oils or bath beads (about \$5 to \$10 a package at boutiques and department stores) in your bath. Lie back, inhale, relax and enjoy.

Here are some popular aromatherapy fragrances and their benefits:

To relax, try:

\* Lavender, Chamomile, Rose, Pine, Ylang-ylang, Marjoram, Frankincense, Sandalwood, and Tangerine.

For a lift, try:

\* Peppermint, Jasmine, Lemon, Rosemary, Sage, Eucalyptus, Rosewood, and Juniper.

more than 179 rare and special ingredients, all 100% natural flowers and oils. It smells different on every woman. It's hard to talk about Pheromone; you really have to experience it."

Miglin's ability to recreate the scent has made her a very wealthy woman. She ought to be, as her perfume, labeled as "The world's, you can always just get a bottle of the cologne for \$38. Male shoppers get away cheaper. Pheromone for men, created within the last few months, is only available in cologne and starts at \$35. As the late, great, Jackie Gleason would say, "How sweet it is!"

The use of scents for therapy, called aromatherapy, has ballooned in popularity as a balm for mental and physical woes. According to a 1997 article published in the Dec. 4 issue of Skyline News, it's "the fastest growing industry in the country."



# Aromatherapy Comes of Age

Marshall Field's, Henri Bendel, Saks Fifth Avenue, Barneys New York and Neiman Marcus have dedicated shelves to aromatherapy products. Designers Donna Karan and Calvin Klein have also jumped on the aromatherapy bandwagon. Both have introduced home fragrances products this year. Karan's pillar candles, water mists, and dream pillows may even be surpassed by Klein's dryer sheets, soaked in his Calvin Klein scent, and his tiny vials of essential oils in a kit to further personalize his perfumes.

"Sales of the aromatherapy and home fragancing products is tremendous, and it doesn't surprise me," says Ella Maknin, who works in the fragrance section of Marshall Fields in Old Orchard Shopping Center in Skokie. "People are looking for ways to feel good, but they don't want chemicals."

It's not surprising that the idea of "aromatherapy," using inhaled or applied scents to influence behavior and mood or even to treat disease, has recently surfaced or, more correctly, resurfaced.

The contemporary version of it, according to Kris Wrede, an aromatherapist and aromatherapy consultant living in Lakeview, "is part of the 'back to nature' movement and the backlash against scientific medicine."

"You know, the term aromatherapy is really misleading," Wrede points out. "There are many aspects, including cosmetic, religious, and emotional, that are incorporated into aromatherapy."

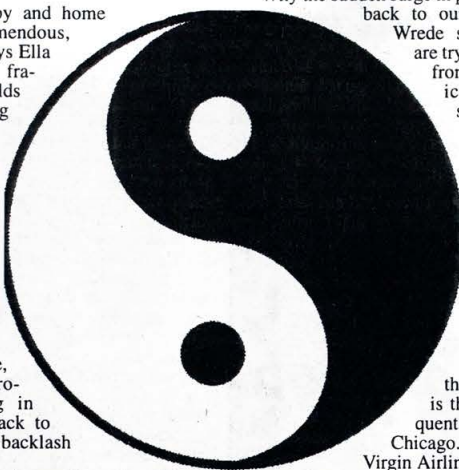
Aromaof Yoga's webpage, the ancient Egyptians (about 3500 B.C.) were probably the first to actually develop a systemized science of aromatherapy. The Greeks and the Persians used pure botanical oils and herbal extracts for therapeutic use and the Roman soldiers of Caesar's time are reputed to have carried both frankincense and myrrh into battle as a means to calm nerves.

During the period of the late Renaissance, Venice became a world trading port for herbs, spices and aromatic oils from the Far East. By the year 1500, pure botanical oils and the practice of aromatherapy had made great inroads into Europe. France, in particular, became one of the world's leading producers of exotic perfumes made from botanical oil extracts and is still recognized as the world's leading producer and exporter of perfumes today. The "snuff boxes" which were so common in Europe, England and the American colonies during the eighteenth century were a visible expression of the universal practice of aromatherapy.

During the later half of the nineteenth century and the first half of the twentieth century, the practice of aromatherapy died out in Europe, England and America due to the introduction of patent medicines. Although people

in areas like China, India and the Middle East still systematically practiced aromatherapy (as they do today), the citizens of Western Europe and America relied more heavily on the patent medicines for stress relief. During the past 25 years, however, the ancient science of aromatherapy has made a comeback in the western world, particularly in England, France, and more recently, in the United States.

Why the sudden surge in popularity? "It's back to our grass roots," Wrede says. "People are trying to get away from modern medicine; they're sick of traditional methods, and are becoming afraid of the carcinogens from synthetics. They're also appalled at costs. This is why aromatherapy has blossomed in the last three to four years, and completely so."



"Lavender oil dabbed on the temples and behind the ears is the best for jet lag," says frequent traveler Steve Branson of Chicago. "I've traveled first class on Virgin Airlines, and they have aromatherapy massages to soothe the nerves. Just before landing, passengers are treated to a bouquet filled with stimulating lemon-grass oil and eucalyptus to wake up the body and brain. I've traveled for many years, but never have I felt as good as when I used aromatherapy!"

Speaking of eucalyptus, remember Vicks Vapo-Rub? It's been used for years to clear up respiratory congestion. There are probably thousands of people who will attest to its effectiveness. And by the way, according to the Fragrance Foundation, studies show that if you were born between 1930 and 1979, Vicks is one of the smells that will probably remind you of your childhood. Others include plastic, scented markers, SweetTarts, and Play-Doh.

"I sniff vanilla when I pay my bills," says Steve's sister, Janet Branson of Chicago, another believer in aromatherapy. "The scent reduces stress and is relaxing and very tranquilizing. It keeps me from being depressed after having spent all my money!"

According to an October 1995 article in Consumers' Research Magazine, whiffs of sweet vanilla were also found to calm most patients undergoing stressful medical procedures at the Memorial Sloan-Kettering Cancer Center in New York. Five mixed floral fragrances were found helpful in relieving tension, anxiety, and fatigue in a group of menopausal women at Duke University Medical Center, in research done by Dr. Schiffman. Similar studies at the center were found to lower levels of tension, fatigue and depression in men.

So, as you can see, there are numerous scented ways to help us get through our busy days. According to findings by numerous researchers and scientists, peppermint and Lily of the Valley can lengthen students' attention spans, ease depression and improve self-concept. Nutmeg oil reduces blood pressure, and spiced apple aids relaxation. A hot essential oil compress works well for easing tension or cramps; cold compresses are good for skin cuts, fevers, headaches, sunburn and swelling. Essential oils are used for everything from irregular menstrual cycles, cellulite, and arthritis, to business ventures. The list goes on and on.

Consider these recent findings; Dr. Alan Hirsch, a neurologist and psychiatrist who is director of the Smell and Taste Treatment and Research Foundation in Chicago, exposed consumers to Nike tennis shoes in identical scented and unscented rooms. Eighty-four percent of the customers checking out the sneakers in the mixed-floral scented room were more inclined to buy the shoes, and were willing to pay as

much as \$10 more per pair.

A Japanese company, Shimizu Corp., is marketing a system for delivering fragrances in office buildings that it claims will increase worker efficiency. Real estate agents are advising eager sellers to have a pie baking in the oven

when prospective customers come to call.

During the Christmas holidays, Norelco and Homeedics heavily marketed aromatherapy systems, which permeate the air with fragrances. "Sales are

doing extremely well, they did exceptionally well over the holidays," says Jonquil Armstrong, who works in customer relations at Norelco, in Stamford, Connecticut. "Even though it's a luxury item, over the holidays a lot of stores sold-out."

Is this all for real, you ask, or is it just a bunch of flowery fibs, designed to line pocketbooks?

"It's as real as the nose on your face," says Dr. Hirsch. "When something has a centuries long tradition behind it, it usually has some level of truth to it."

"Think about pumpkin pie and how the aroma can instantly transport you back to a childhood Thanksgiving, and evoke the feelings associated with the memory. And by the way, the lavender and pumpkin pie mixed smell markedly increased sexual arousal levels in men by 40%. This particular study could lead to new impotence treatments."

Dr. Hirsch, who is also author of the book "Scentational Weight Loss," recommends this simple advice for taking off pounds. "Take the foods you want to eat, and put them in a blender," he says. "Sniff the blended mixture, and your hunger should diminish."

Dr. Hirsch also made news in Las Vegas when his aroma engineering at a Las Vegas casino increased the patrons' spending by 45 percent.

Scientific evidence gathered in studies sponsored by the Fragrance Research Fund in New York, indicate that fragrance has a wide range of clinical, developmental, sociological, and physiological applications. This research is important, according to Dr. Schiffman, because the sense of smell will play a crucial role in our emotional well-being as we approach the 21st century. The perfume industry, the food industry, and health professionals are all involved. And although the world will continue to become more technological, our biological nature will always be at the center of our lives. It looks like aromatic thymes (times) are here to stay.

## Tips To Rejuvenate Your Life:

- \* Relieve stress with an aromatherapy massage. Prices can vary at spas, however it's well worth it!
- \* For sweet dreams, add a few drops of lavender to your pillow.
- \* For an instant pick-me-up, put a drop of peppermint oil on a cool light bulb, and turn on the lamp; the heat will disperse the scent.
- \* Create a refreshing after bath splash by adding a few drops of Rosemary to a pint of Witch Hazel.
- \* Scent dresser drawers with cotton balls sprinkled with rose oil.



## Feel Like Being Pampered?

Here is a listing of some Chicago-area health spas which offer aromatherapy. Prices and services vary, so be sure to phone first.

**Urban Oasis**, 12 W. Maple. Offers herbal linen wraps, salt glows, fango mud wraps, and aromatherapy wraps. (312) 587-3500.

**James Anthony Salon and Day Spa**, 7607 Lake St., River Forest. Offers aromatherapy massage, as well as several other spa services. (708) 366-3100.

**Lucyna's Goldfingers European Salon**, 7017 W. Higgins. Offers facials, body wrap, aromatherapy wrap, aromatherapy massage, and aromatherapy pedicures. (773) 631-7007.

**Total Indulgence**, 770 N. LaSalle. Offers aromatherapy massage, full body treatments, and many other full service spa indulgences. (312) 642-9800.

**Michael Anthony Hair Salon and Day Spa**, 1001 W. North Ave. Offers aromatherapy facials and massages. (312) 649-0707.

**Rodica's European Skin and Body Care**, 845 N. Michigan Ave. An American success story, Rodica came from Romania 20 years ago and began what she says was "the first aromatherapy spa in America." All her oils are imported from Europe. The spa offers aromatherapy body massage, using erotic oils according to the person's skin type. (312) 527-1459.

**Channing's Day Spa**, 54 E. Oak St. Offer many services, including aromatherapy facials. (312) 280-1994.

## Scents-ible Advice For Scent Shoppers

We all have our own unique odor-identity, according to the Olfactory Research Fund, a "smell fingerprint" which is determined by many factors including: genes, skin type, diet, medicine, mood state and even the weather. Fragrances react with your skin's chemistry. A scent you may admire on someone else may smell completely different on you. Here are some tips when shopping for a scent:

- \* Test a fragrance on pulse points, wrists, inside of elbows - where the skin's warmth brings out a scent's character.
- \* Give a fragrance 40-60 minutes to develop fully on skin. The top notes - a scent's attention getting first impression - evaporate quickly. In about ten minutes, you get middle notes, usually floral, spicy, or woody. After 45 minutes, you smell the base notes - warmer, richer essences that give a scent its lasting qualities.
- \* If you almost love a scent, test it another time of the year. In women, the hormonal changes of menstruation or pregnancy can alter how a fragrance smells on the skin. Some medications can also be scent altering. Temperature, humidity, or even a garlic-laden meal eaten the night before, could possibly have an effect too.
- \* To help fragrance last longer, layer it. Start with a body lotion of the same scent. But beware, do not use a deodorant soap beforehand, as it will weaken the fragrance.



# *Columbia College Chicago's 1998 Graduating Class!*

*The Senior Graduation  
Celebration will be held*

*on*

*May 29, 1998*

*Palmer House Hilton*

*Grand Ballroom*

*17 East Monroe*

*Chicago, Illinois*

*6:00 p.m. - 11:00 p.m.*

*7 p.m. "Champagne Toast"  
with the President,  
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*For further information contact the  
Office of Student Life and Development  
at (312) 344-7459*





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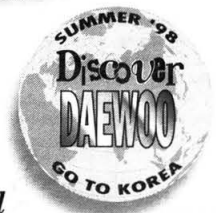
This is the *opportunity of a life time* to travel and make money. **Qualify** as a Daewoo Campus Advisor and **get a FREE trip\* to Korea**. Then you'll be at the center of a unique marketing program that will launch Daewoo into the U.S market during 1998.\*\*

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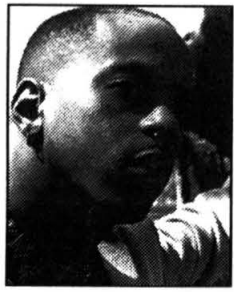
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\*\* Rules of this program may vary to comply with various state regulations.  
\*\*\* Subject to eligibility and qualifications.







# The Power of our Rhythm

with Tim Matthews and special guest... ESP

What's going on peeps? Is it me or are we all feeling the effects of last minute paperwork. I know something's wrong when I actually come in and do my column a day earlier in the chronicle office! Well let's start this thing off by congratulating my man **Guru** and one of the best producers of today, **DJ Premier**, for their first official **Gold Album** in the U.S. The dynamic duo, known to the hip-hop masses as **Gangstarr**, have five albums under their belts (Guru did two separate collaboration albums with other hip-hop and jazz artists, **Jazzmatazz** and **Jazzmatazz II**) and have the respect of hip-hop listeners/publications worldwide except here in their home country. Unless you're a DJ or a true fan of hip-hop and the culture behind it, you probably didn't know that Gangstarr has been paying dues for almost a decade now and they're finally getting justice through the mainstream this year!! This just proves between the rock on's and the Ughhhh's(!!!), lyrics that have knowledge of self can shine through when given a chance.

Pssst. I've got a secret. **R. Kelly** is doing a music video shoot today thru Wednesday. It's for a song he's written and produced for a duet he's doing with **Kirk "Stomp" Franklin**. He'll be there as well. He does get Kudos from me though for appearing at the last minute to present an award to his voice trainer since day one, **Ms. Lena McLin**, at the first of many **Columbia's Urban Music Association's Awards Dinner & Reception**. (Sold out baby, sold out!!) He made a lot of young impressionable faces happy and set the tune for their most exciting conference ever. **Since I won't be around this time next year, I'd like to commend everyone who has come and out of the doors of the most creative college organization since ever!** May god bless and congratulations again on a magnificent conference!!

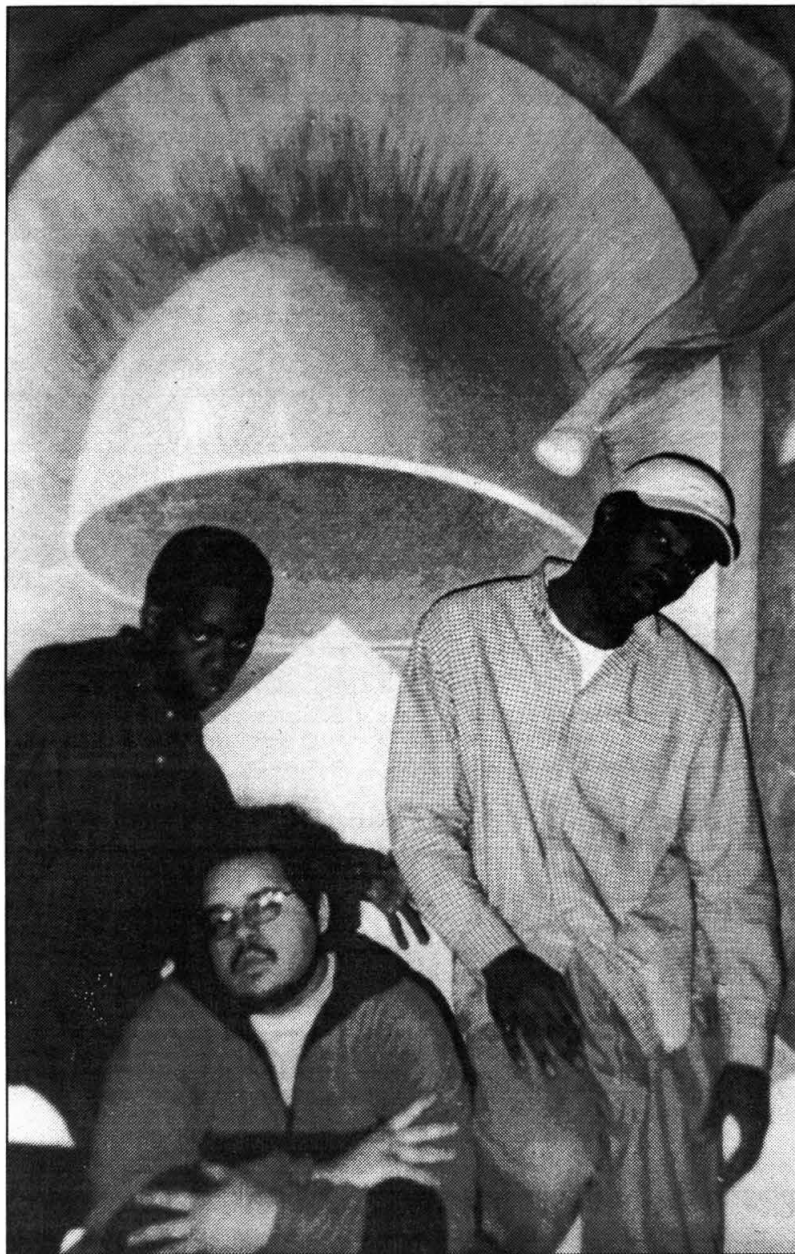
For those of you that missed the #1 music conference in Chicago (**COLUMBIA'S URBAN MUSIC ASSOCIATION'S** 3rd annual Music Business Conference), you have the opportunity to make up for it by going to the **8th Annual Midwest Radio Music Association (MRMA) Music Business Conference** this summer. From July 22-26, people from all over the country who work in the urban music field will make their way to the Swissotel Chicago to network at the most hush-hush conference in the Midwest. For more information, you can either leave a message for me on our website or call Jerome's Photography 1-773-488-5730 and ask for Jerome Simmons. There is a college-student rate and this conference has been a critical part of my level of recognition in this city. **Don't miss it!!!**

Big ups to my guy **Dennis Stafford** at the **House Of Blues** who just celebrated a birthday. He just turned legal, so ladies, what's up! I hope to see everybody at the **Goodie Mob Show tonight at the House Of Blues** and at the **Roy Ayers show Friday May 29th at 9pm**.

We now continue with last weeks interview with **Dinky of ESP:**

**What past projects has ESP participated in?**

We just finished a compilation album with other MC's across the city sponsored by the music department of Northwestern University. It's scheduled for release June 6th. We're going to be the first single off the album and it's titled "The ESP." They allowed a budget for us to cut a video and they've got a promotion staff over there that'll work it to college radio and video shows as well as your big name multi medias like the **Box, BET, and WGCI**. We also have relationships with a couple of independent promoters who will assist us, and that won't hurt at all. Three weeks ago, we opened up for **De La Soul** at the **Riviera**. Right now, we're in the process



The guys of ESP...(from left to right): Dinky (Lyricist), Ari Joffe (Producer) and Private Ion (Lyricist)

Photo by: Tonika Lewis

of finishing our album entitled "Extra-Sensory Perception" with a late July release. It'll be composed of ten tracks.

**What type of artists do you admire from a business standpoint?**

Master P. Everything he's worked for he's getting it. Same way with Puff Daddy and Tony Draper (Suave House CEO). They represent the best of black music executives and have opened the game up for young entrepreneurs like ourselves.

**Listening to your demo, the sureshot single on there is definitely "Knight Riders." How did the concept for this song come together?**

Ron (a.k.a Private Ion), our producer Ari Joffe, and myself were listening to this track created and given to us by one of Ari's reggae band members who goes by the name Zulu. The same night we received it, Ron and I were vibing to the track and it started reminding us of the show "Knight Rider" that use to come on in the 80's. It sounded like their theme music. Next thing you know, we started writing lyrics about us riding out to parties on the weekends. After reading the lyrics

back to one another, we knew this was a joint the crowds at the clubs would have no problem feeling. We love having a good time anywhere we are. We also don't try in our music to be something we're not. When we first layed down the song, we were in love with it instantly! We know this'll be the song that will define us out on the streets. That's us being real.

**What do ESP's God-given talents mean to you?**

It gives us a chance to express how we feel and what we're going through just living. I think I truly speak for the whole crew when I say it's the most precious thing to us. We each tried it and found out we're really good at it. The more we practice, the better we get. Freedom of expression is wonderful. We're not just trying to make that buck. We'll do this here for free if need be! We love to see the crowd get amped to us and that gets our adrenaline going more.

**What are the most important messages ESP is sending through it's music?**

We're just trying to let people know that though the world may be hectic, we

have to uplift each other. Any dreams we have as individuals, we can make possible. Black families need to think.

**What does ESP think of the rest of the Chicago urban music scene?**

We embrace unity in music, no matter where it's coming from. That's why our video includes **Qualoheem** (westside natives), the **Pacifics** (northside natives), and the **Ill-State family** (southside natives). Chicago has to support Chicago by any means necessary as we won't get paid at all. In New York City, everybody represents for one another all over each others projects. I love Chicago Blues, thanks to my experience at **Buddy Guy's Legends**. Whether you're a veteran to the game or you're still getting your feet wet, ESP will give you love off GP for trying. You can't be friends with everybody but we're sure as hell not trying to make enemies. Business has to be before friendship for Chicago to be the next music capital.

**Are there any artist ESP would like to collaborate with?**

Def Squad, Camp Lo, and the Roots come to mind. We'd prefer though to get down with our **Chitown natives** first because they're from where we're from. We want to be on their bandwagons to show love to our city.

**What has to be the most difficult part of the rap game?**

Trying to get everybody to feel your music and getting known. Promoting ourselves is mad crazy at times. ESP loves challenges though, and I guarantee we won't stop till we get to the top.

**What does the future hold for ESP?**

Getting the album out, pushing that compilation, and trying to get on a couple of soundtracks. Also doing a couple more videos done and in rotation as well as doing another LP by this time next year. Constantly putting ESP in everyones face until they can't get enough. We're also looking forward to cranking out hits for other people via our production company.

**All through the conversation, I heard nothing but consistent from Dinky's about seeing Chicago as a whole rise to the next level and as long as they he and the rest of ESP keeps this frame of mind, the sky's the limit for these strong black men.**

(Hey, the rest of Chi-town, I'll let you in on another little secret. You don't have to leave the city to put it down. Work with your own here). Before I bounce though, I'd like to hand over my pen to my man **Side** (Westside!!) From **National Recording Artists' Psychodrama**, who recently were just featured on **labelmate Eightball's** single "Pure Uncut." The group also tore the roof off the new partyspot, the **Hothouse**, this past weekend as **head liners** for **Columbia Urban Music Association's Third Annual Music Concert**.

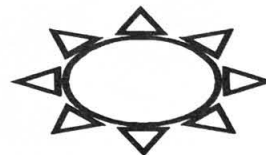
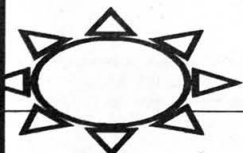
**WHAT'S THE DEAL CHICAGO!!!** I want to let everybody know that ESP is a real rap group. I can't express how these cats be putting it down. Once the get those super-dope beats, it ain't gonna be nothing pretty. So Dinky, Ari, and the one that's so love-life, y'all video is the bomb and I had to let it be known who's doing it besides **DramaWard** in the 9-8. It's all gravy baby. Peace out till whatever **Timmy-Tim-Tim** and much love to everybody, we out!!



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# Walsh and the Upright Citizens Brigade take TV by storm

By Michelle S. DuFour  
Managing Editor

Matt Walsh describes himself as a typical class clown while he was in school. But Walsh never really thought his ability to make people laugh could earn him a living. Little did Walsh realize 11 years ago that he would be in a successful sketch comedy group taking their hit show from Chicago to New York. Walsh along with the other members of the Upright Citizens Brigade are also developing a half-hour comedy show to debut in August on Comedy Central right after South Park.

"I was in a variety show in high school and thought, this is pretty awesome," Walsh said.

He went away to college and only took one acting class though, and graduated from Northern Illinois University in 1987 with a degree in psychology.

"I thought I was going to be a shrink," Walsh said. "I was a counselor at Northwestern Hospital for three years, but it was too depressing and there was too much pressure and responsibility."

Walsh started working for his dad for a year and a half but then realized this is not what he wanted to do with his life.

Walsh began taking improv classes at the Player's Workshop and then, along with Matt Besser, Amy Poehler and Ian Roberts, formed the Upright Citizens Brigade. While in Chicago the UCB wrote and performed in such

critically acclaimed shows as *Virtual Reality*, *Conference on the Future of Happiness and Thunderball*. They also collaborated with Del Close of the *Improv Olympic Theater* and Mick Napier of the *Annoyance Theater*, along with writing and performing for *Second City*.

"Chicago's a great town for comedy," Walsh said.

Most would agree the UCB developed a unique approach to sketch-comedy. The four play different roles in various sketches and they also make up the UCB, a

renegade intelligence organization.

The UCB messes with world with interweaved sketches and in the end "the story comes together in some way," Walsh said.

In March of 1996 though, the group moved to New York. They hoped their Chicago hit show *Bucket of Truth* would be as successful there.

"I was adjusting to being poor for awhile and sleeping on his friends' apartment floors," Walsh said. "Then things started happening for us."

They've written and performed several other shows including the current show, *Saigon Suicide Squad*, which they developed in November, 1997. The UCB performed *Saigon Suicide Squad* in March at the U.S. Comedy Arts Festival in Aspen and won the Jury Award for Best Sketch/Alternative Performance of the Festival. Walsh and the rest of the group are also regulars at New York's premiere "alternative comedy night" at the Luna Lounge. They have also written and performed for *Comedy Central*, *Broadway Video*, and *Bowery Productions*.

"Ideally, we're as good as a Python or a *Kids in the Hall*," Walsh said. "We aim to be a really tight ensemble with a strong, unified point of view."

Walsh and the other members of the UCB have also played parts in sketches on *Late Night with Conan O'Brien*.

"I've played different parts on the show. I was once a fake animal expert and my face swelled up huge," Walsh said.

In the fall of 1997, Kent Alterman, the Comedy Central programming vice president, helped the UCB

produce a pilot and Comedy Central picked up the show in March.

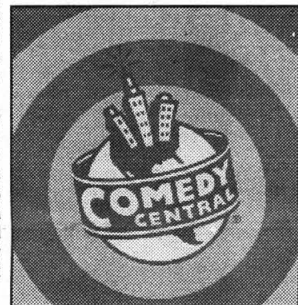
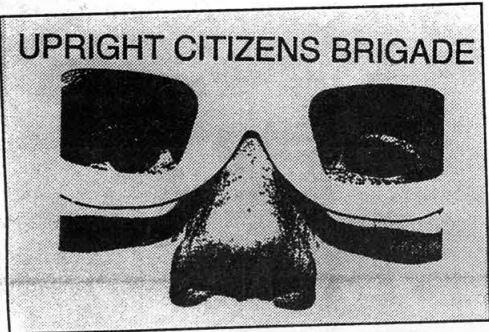
"We're working on 10 episodes over the season," Walsh said. "And I think it'll do well."

The UCB started shooting this month, mostly on location in New York. The show is scheduled to on either August 12 or 19. Walsh hopes to have a great comedy show for many years and then possibly make some movies.

Walsh is also happy the show will debut on Comedy Central. "creative talents there's no doubt their sketch comedy show will take television by storm and present new opportunities."



UCB members Amy Poehler, Ian Roberts, Matt Walsh and Matt Besser.



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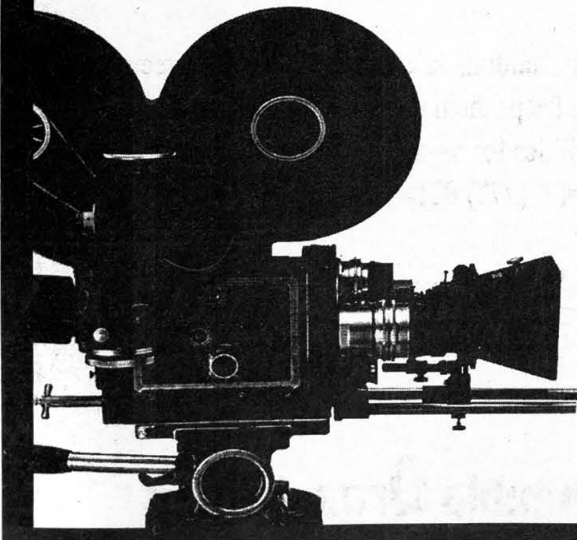
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## Freddy Jones Band

### INTRODUCES NEW BASS PLAYER TO CHICAGO FANS

By Lawrence Benedetto  
Correspondent

Longtime fan favorite Freddy Jones Band came home to Chicago with a new lineup and a better sound than ever before. Last Friday, they played the first of two sold-out shows at the Vic Theater that had the crowd dancing and singing along in unison.

The band introduced their new bass player Mark Murphy to Chicago fans, opening with "Waitress," a single from their third album *North Avenue Wake Up Call*. The audience roared as the first few guitar chords were played, and the one-hour, forty-minute show was on its way.

After the opener, FJB kept the energy level high with four straight songs from their latest album, *Lucid*. "Better Tomorrow," "Wonder," "Waiting On the Stone" and "Blue Moon" had the audience pushing closer to the stage.

The guitar work of Marty Lloyd and Wayne Healy blended together in a mix of improvisational jamming that

was tight from beginning to end. Their best improvisational moments came during "Texas Skies," when Healy took the audience and the band for a ride with the flowing sounds pouring from his electric guitar.

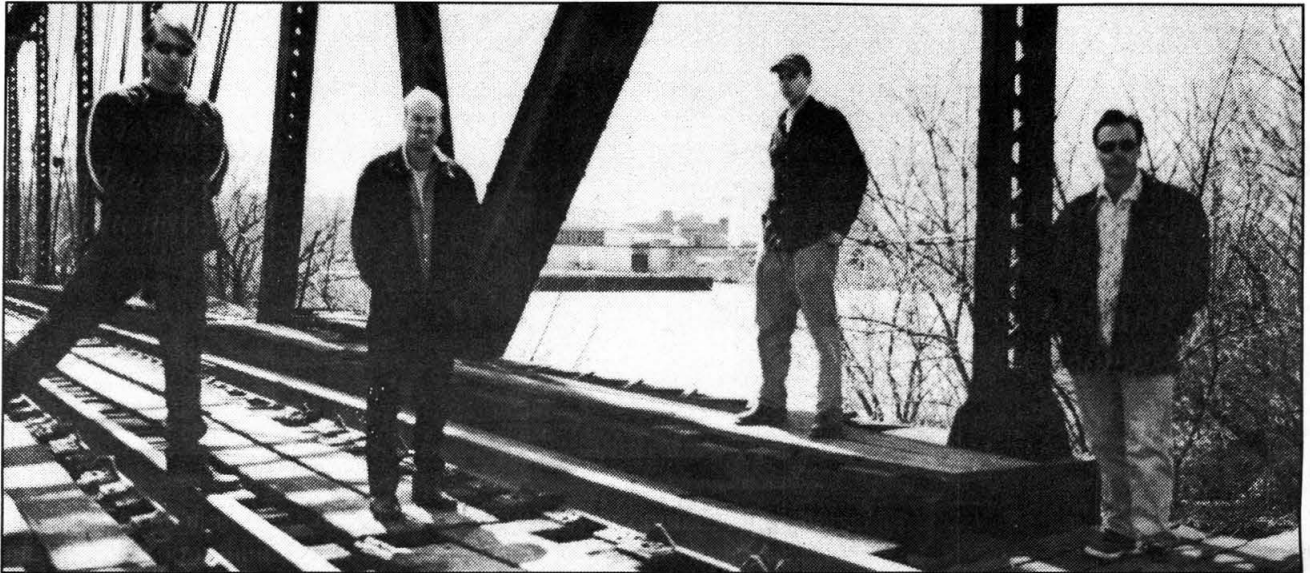
The combination of drummer Simon Horrocks, Murphy and guest keyboard player Chris "Hambone" Cameron filled out the grooves throughout the show. Murphy proved that he could hold his own when it came to the jams that dominate some of FJB's best live material. "It keeps you alert," he said.

The band played much of *Lucid*, but ended the set with an older crowd favorite, "Take the Time." Singers Healy and Lloyd bounced off each other's vocals, creating a wonderful blend of sound that FJB has become known for. The band left the stage, but came back to play two more songs from their second album *Waiting For The Night*. "One World" and "In a Daydream" gave the crowd a chance to sing along and raise the energy to its maximum level, wanting still more from the band when they walked off stage.

After the show, both Lloyd and Horrocks admitted to some butterflies before their first Chicago show with the new lineup. "I was a little nervous right before we went on," Horrocks said. "These are some pretty important shows for us."

In March of this year, the songwriting core of Horrocks, Lloyd and Healy parted ways with brothers Jim and Rob Bonaccorsi after seven years together. "We just felt like we were going in a different direction than the other guys in the band," Horrocks said. "It was a really difficult breakup because those guys are personal friends too."

FJB replaced Jim Bonaccorsi's bass guitar with Mark Murphy, a Chicago bassist who most recently played in the band *Citrus*. Murphy, who has been playing on the road with FJB for about 15 shows, was very pleased after his first show in front of the hometown fans. "It was a lot of fun," he said excitedly. "The fans were up there jamming and singing lyrics. It was definitely the best career move I've ever made."



Freddy Jones Band's new lineup includes (L to R): Wayne Healy, Marty Lloyd, new bass player Mark Murphy and Columbia grad Simon Horrocks.

## Columbia College grad rocks on

By Lawrence Benedetto  
Correspondent

"Empathic response is the response between a performer and the audience," Simon Horrocks, 32-year-old drummer for Freddy Jones Band, quoted from a distant memory. "That was actually on the final exam and I use that every day," he said in a light-hearted, but earnest tone.

Horrocks, who graduated from Columbia College in 1988, had nothing but great things to say about the school when I spoke to him before the show last Friday at the Vic Theater. We spoke about his time at the school, his role in the band and some other moments along the way.

In 1986, he was spending time as a music major on a full scholarship at Wayne State in Detroit, after starting college at the Eastwood School of Music in Rochester, New York. He was playing jazz in school when he figured, "If I was ever going to perform for somebody or join a band, they were never going to ask me for a diploma." He realized that he should get a degree that would help him out in the music business. That's when Columbia College came into the picture.

He and a friend enrolled together in the fall semester of 1986 and, at that point, Horrocks was on his way. He took the classes he needed in Arts & Entertainment Media Management (which has since been split to specialize in each medium), but he also "cherry-picked" other classes that he would enjoy, including some in the film department.

"I loved it," Horrocks said of

Columbia. "It changed my life."

Horrocks was very appreciative of the school's approach to academics. "The greatest thing about Columbia is that a lot of the faculty is actually in the business," he said. "They can speak from experience. They don't necessarily speak from that academia point of view where they're locked up in their own little world," which is a common teaching style at most universities.

"I got a great education from Columbia," Horrocks continued. "The business side really, really helped me out. I took a Music Publishing class that changed my life. They taught me where the money comes from in the business."

Horrocks spoke highly of his Music Publishing teacher, the late Paul Kelly. "He was kind of like my mentor for awhile; he took me under his wing," he explained. "He really showed us the business and how it works and how to be smart about it."

Another class that Horrocks mentioned was Decision Making: The Music Business. "A lot of the stuff that I learned in those two classes I actually use every single solitary day of my life," he said. "You can't say that about a lot of colleges."

Horrocks explained that the time he spent at Columbia prepared him well for his everyday life dealing with the many aspects of being in a band. With the business senses he learned, he is able to sit down and have an intelligent conversation with the president of his record company. He also can deal with the band's attorney

and know that everything will get done correctly.

When Freddy Jones Band first got a recording deal, Horrocks was reading all of the fine print in their contract. This surprised their lawyer. Horrocks recalled, "My attorney picked up the phone the first time and he goes, 'Did you read the contract?' I said, 'Yeah, I read the contract' and he asked [in disbelief] 'You read the contract?' and I said, 'Yeah, get out a pen. This is what you have to fix.'"

With this knowledge backing him up, Horrocks has become the unofficial spokesperson for the band. "All the stuff fell to me and that's fine by me," he said. He also carries the bulk of the load in the band's self-management. "I like knowing that stuff gets done."

Horrocks is an integral part of the band. Along with Marty Lloyd (vocals, guitars) and Wayne Healy (vocals, guitars), they are the songwriting core of the band. It was Horrocks who wrote "Wonder," the opening single on their latest album, *Lucid*. "I took the elements of the band and I tried to draw them in," he explained. "We were trying to figure out what the strong suit of the band was and really go with that."

His intensive study of jazz earlier in life helped Horrocks, not only with writing, but also with the improvisational side that gives FJB their ever-changing live sound. "Playing jazz, you're the player. You've got to create," he said. "You're not playing just the song, you've got to play your part for the song. There's a pretty fine balance there. You've got to serve the

song, but you also have to be creative."

Taking this background onstage helps Horrocks fill out the sound when Lloyd and Healy start weaving their way through another jam. "Every night there is some new stuff," he said. "I mean, we'll play some shit tonight where we don't know what the hell we're doing." He thinks it's the challenge of going a different direction every night and trying to make it work that makes FJB such a fun band to be a part of. "I think part of being a live performer is having the guts to take those chances and just see if I could make something new work," he explained.

Along with jazz, many different artists influence Horrocks. In his early days, he listened to hard rock bands like Led Zeppelin and Black Sabbath. He went through an art-rock phase that found him listening to bands like Rush. Today, he enjoys a wide variety of music, including everything from the Beastie Boys and Notorious B.I.G., to Steely Dan, Thelmonious Monk and the Dave Matthews Band. "I like anything that is really passionate," Horrocks explained.

"Sometimes you're in the mood for a steak and nothing is gonna do and sometimes you want a cheeseburger from McDonald's," he related about his listening pleasures. "I think music taste is a lot like that. Diversity is the key."

Speaking to Simon Horrocks for 45 minutes proved that he is more than just a well-rounded musician. He is a well-rounded person, and he attributes a lot of it to Columbia College.





Photo by: Adam Kuykendall

Are these guys asking for help? They need it. 'A Hard Day's Journey into Night' at Danny's Skybox Studio at Second City leaves audience members squirming in their seats. Thankfully, 'the King' stopped by and attempted to salvage a decent performance, but it was too little, too late.

By Jennifer Strauss  
Staff Writer

Playwright Joe Jane's "A Hard Day's Journey Into Night" premiered Friday, May 15, at Danny's Skybox Studio at Second City. The 90-minute comedy revolving around four men who have devoted half their lives to performing in a Beatle's tribute band is 90 minutes too long. OK, that's a little harsh. How about 60 minutes too long.

Jane had a great idea but unfortunately he dragged it out to the point that audience members were squirming in their seats. The premise is a day trip through the lives of four young lads from Liverpool...Ohio, who for the past fifteen years have been touring as the Beatbusters, a Beatles tribute band. The four deal with life on the road and the realization that while they are a band in tribute to the Beatles, none of them bear any resemblance to their "heroes" whatsoever.

The four main characters, Pete, the cute one, Brian the smart one, Dereck, the stoic one, and Stu, the drummer lacked any real enthusiasm as their characters.

Pete, the supposed cute one, should have been called the depressed one. His low-key, often down in the dumps attitude made me want to run up on stage and shake him, screaming, "You're supposed to be the cute one. So be cute! Smile or something. You're making me nuts!" Unfortunately, I restrained myself and continued to listen to Pete's monotone voice regurgitate lines from the script. He whined about this and that, and then more of this and

**'A Hard Day's  
Journey into  
Night' was just  
that;  
needed some  
'help' from  
friends**

more of that and then confessed to popping pills of Lithium throughout the day. Now, wait...isn't this funny? I thought this was a comedy!

Brian, who was said to be the smart one, didn't seem all that bright to me. He married a girl that didn't support his work, he played in a band that he came up with one day when he was stoned in college, and his best friend is depressed Pete. This guy doesn't seem all that bright to me.

Then there is Dereck, the stoic one. Finally, a charac-

ter that fits his description. Dereck fits Webster's Dictionary definition of stoic perfectly; Apparently indifferent to or unaffected by pleasure or pain; impassive. This guy was the most indifferent person I have ever seen. He just laid back in a chair the majority of the show and just kind of stared at the other characters. The moments he did speak were somewhat comical because of his apathy for life.

The drummer, the guy with the simplest title turned out to be the best of the four. Stu the drummer was just a goof. He was the kind of character that everyone feels like they've met at some point in their lives. He was sweet, funny, a little bit raunchy, and definitely not the sharpest guy. But his stupidity amongst the rest of these characters was ironically endearing. Unfortunately he was not on stage enough to help save the play.

Now here is the craziest thing about this play: It was a play about Beatles impersonators but an Elvis impersonator steals the show. Let me explain. About half way through the play the four guys are at a gig. It is a high school reunion for the class of '68, and the guys play half of a Beatles' song. While they're in the dressing room getting ready to head out the next act arrives. It is a 5'2" Elvis impersonator. Now this guy was funny. Thank goodness he arrived on the set midway, otherwise I would not have been able to stay awake. His energy brought the show back from the dead for the next ten minutes he was on stage. I never thought I would say this but, god bless the king of Rock and Roll.

### Columbia College's Calendar of Events For the week of May 26-June 1, 1998

#### Thursday, May 28:

**"Special Screening of 'Stricken—A Twisted Moral Tale'** with Columbia College Alumni film-makers Paul Chilsen, Bill Cellini and Maida Sussman.

Three Penny Cinema, 2424 North Lincoln Avenue

with Columbia College Alumni film-

makers Paul Chilsen, Bill Cellini and Maida Sussman

Doors open—6:45 p.m. Screening begins—7:00 p.m.

The screening is free.

Immediately following the screening: Question and Answer session with the film-makers

Bordo's, 2624 North Lincoln Avenue

Admission to the session: \$5 for the general public, \$3 for Columbia students with valid ID

#### Friday, May 29:

##### Senior Graduation Celebration

Palmer House Hilton, 17 East Monroe 6:00 p.m.-11:00 p.m.

7:00 p.m.—Champagne toast with President Duff, faculty and staff

#### Thru June 19:

Columbia College's Interdisciplinary Arts Annual Thesis Exhibitions

Columbia College Center for Book and Paper Arts, 218 South Wabash Avenue, 7<sup>th</sup> floor

"21...And Over"

Hokin Gallery, 623 South Wabash Avenue, until June 4.

#### Thursday, June 4

Jane Miller, author of the recently published "Memory at These Speeds: New and Selected Poems", "August Zero" and "American Odisseo", will read from her work.

Columbia College Ferguson Theater, 600 South Michigan Avenue, 3:00 p.m.

#### Tuesday, June 9

TV Resume Review Day, with professional critiques by Mark Jepsen, Fox Sports Chicago and Resume reviews  
600 South Michigan Avenue, Room 1301, 12:00 a.m.-3:00 p.m.

To register, go to Career Planning and Placement or call Gretzia Hightower at (312) 344-7280.



# 'Lawn Dogs':

**A touching story, well-written with excellent acting; may be too racy for the average viewer**



**Left: Mischa Barton stars as Devon, a lonely upper-class youngster in the new movie 'Lawn Dogs.'**  
**Right: Barton and Sam Rockwell who plays Trent, a very poor 21-year-old 'lawn boy.' Devon and Trent, two friendless individuals develop a strong bond in the movie. The story was well written, and the actors did an excellent job, but some may find specific scenes too graphic. One audience member used the description of 'child pornography.'**



**By Jodie Guardi**  
*Staff Writer*

The movie "Lawn Dogs" left me very confused, with mixed feelings about whether or not I enjoyed it.

The movie takes place in a Louisville, Kentucky suburb called Camelot Gardens, which is an affluent new neighborhood. Lawn Dogs is about an unlikely friendship between a 10-year-old girl named Devon (Mischa Barton) and a 21-year-old man named Trent (Sam Rockwell). They are from two different social classes.

Devon, is the child who's parents (Kathleen Quinlan and Christopher McDonald) who are socially ambitious, and don't want anything to ruin their precious standing in the community. And, Trent mows lawns in their neighborhood. People do not treat Trent fairly. They forget how much they owe him for his work, people treat him as though he is not human, and two guys his age even make fun of him because he is poor, and he actually needs to work for a living and isn't going to college.

Devon and Trent meet when Devon, who is supposed to be a good little Young Ranger (similar to Girl Scouts) is sent out to sell cookies. Instead she follows the dirt road into the wood, and comes upon an isolated trailer. The trailer ends up being Trent's home, and Devon becomes instantly interested in him and his way of life. Trent knows that if the girl starts to hang around, it will become trouble. So, he works hard to keep Devon away from his trailer. But she is persistent in becoming his friend. And finally he gives in. They soon realize that they need each other and enjoy one another's company. They even realize that they have something in common, that they both had near death experiences. They even have scars to prove it.

The story revolves around a scary fairy tale called Baba Yaga that Devon's uncle told her. The stories are Devon's way to amuse herself in her friendless world. She shares the stories with Trent, who also begins to live his life through the fairy tale.

But the movie was very graphic in the

sense that the characters do things that are very disturbing. Devon urinates on her father's car, strips down to just a pair of panties, and puts a gun in a little boy's mouth. It was a toy gun, but the way it's done is strange to watch. If that's not enough, a 21-year-old neighbor Brett (David Barry Grey), actually touched the girl in a sexual manner. Now these actions struck me as extremely gross. A 10-year-old girl being touched on screen is something that I think 'shouldn't happen, and I consider myself a rather open-minded person. I realize that it is a movie, but it still is disturbing. When Devon stripped down to her undies, I heard someone in the theater scream, "Child pornography!"

The movie was also extremely touching, which kept me from totally writing the movie off as a complete mess up. Trent and Devon both were friendless, and became dependent on each other's company. The way Devon and Trent feel about each other was a friendship in Trent's eyes, although it may have been along the lines of a first crush for Devon. The residents of Camelot Gardens and security guard (Bruce McGill) are starting to think that there is more of a sexual or unhealthy relationship between the two characters. They come up with the mentality of, why would a nice little rich girl want to be with a poor lawn guy?

By the end of the movie I was moved to tears. The acting was excellent. The movie was brilliantly put together under the direction of John Duigan. And, it was also well written by Naomi Wallace. But even at the end, I was still upset that some of the ideas were too graphic in the way they were displayed. Some may think that there are better ways to show emotional distress and anger than the examples which were chosen for the movie. Some may think that the choices were made for an aesthetic value for the movie.

Either way, I thought it was kind of strange.

Lawn Dogs opened May 15. Check local listings for playing times.

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 Resumé review — 1 - 3

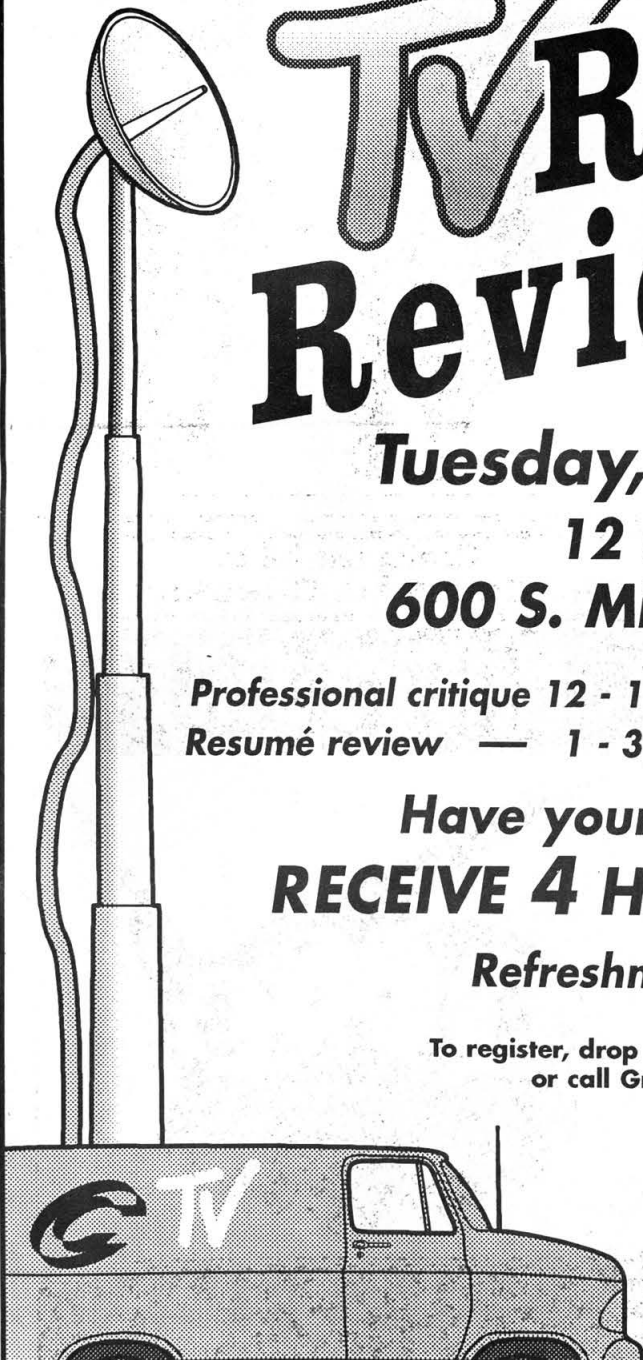
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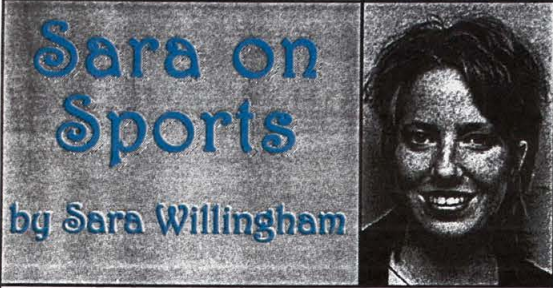
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 or call Grethia Hightower at (312)344-7280

*This one's for you!*

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This is almost my last column. Next week I'll sit down and write "Sara on Sports" one more time, and then I'll become a Columbia College Alum' six days later.

I'll pass my "sports-column-at-a-school-with-no-sports" idea on to some bright, hungry, feisty individual (most likely a male), and I'll hope that he or she is able to use this space to stir controversy and freely express opinions.

Nobody submitted any writing samples vying for a shot as next semester's sports columnist, so I don't have a clue who my successor might be. I can tell you this, however, two Columbia students have been writing miscellaneous sports articles on-and-off throughout the semester, and both of them have expressed interest in taking over the column. That would be Dan Zampillo and Dave Rawske, I believe.

I suppose my point is that this is your last chance. You can either contact someone at the Chronicle and submit your own work, or, you can tell them who you think is best for the job. On page two of this issue is all the phone numbers and e-mail addresses you could ever ask for. Now, on to the near-finale....

Since I began writing this column, two teams have surfaced, and people criticize my lack of acknowledgment of those teams all the time. They are the IHL Chicago Wolves, and the MLS Chicago Fire. The Fire currently stands in third place in the Western Conference at four and five for the season. Will they survive in Chicago? I think so. You don't hear much about them right now, but I think that Major League Soccer will be able to prosper in the Windy City. Also, they have some of the coolest advertising in professional sports if you ask me. You know, the tie-dyed graphics accompanied with a little Hendrix...it sure got my attention.

And then there's the Wolves. The IHL team who has probably been bombarded with ex-Hawk fans who haven't known what to do with themselves for about a month now. These guys are on their way to a Turner Cup Championship if they play their cards right. As of now, the Wolves are up three games to none over the Long Beach Ice Dogs for the Western Conference Finals. They play game four of the best-of-seven series tonight, and will hopefully wrap things up with a solid sweep.

I can't fail to mention that Chicago has a new women's basketball team too. Our new ABL team has signed on former Bulls' Assistant Coach, Jim Clemons, as head coach. I suppose that interim coach, and ex-Bull Craig Hodges will be an assistant, as his wife, Allison Hodges, is the GM.

Major League Baseball is a sad story in Chi-town...if you ask me. I suppose that it does kill me to see the Cubs just two games back in the NL-Central, but I can't help but feel good for Northside fans. The Cubs are 27 and 19 (as of last Friday) and the White Sox are 18 and 25. The Sox are third in the AL central division, and stand seven games back behind the Indians. Yuk!

Yah, the success surrounding Wrigley makes me writhe with disgust, but hell, it's been an awful long time since Cubs fans had anything to cheer about (besides Ryno retiring, coming back, sucking worse than before, and retiring again). They last won The Series in 1908, and their last appearance was 1945. The White Sox are no better with 1917 being their most recent World Series Championship, and their last appearance in 1959.

See what I mean? MLB in Chicago is truly a sad story. So even if we need to get back on the charts through the Cubs, I guess I'm all for it, no matter how much it hurts.

The Bulls were able to rest a few days last week before heading to Indianapolis for games three and four. And after Thursday's practice, none of the Bulls spoke to the press besides Ron Harper. The Bulls were fined 50 grand because the players and coaches have to make themselves available during the playoffs after practices and games.

Well, that part of the story isn't as funny as how John Kerr (the stroke who does sports on CLTV) reported it. He showed a clip of Harp' stuttering his way through some comments about the Pacers and Dennis Rodman (we all know Ron Harper has a speech impediment, right?). Anyway, John Kerr precedes to say that the Bulls were fined for "making only Ron Harper available to the media after yesterday's practice."

Gee, I wonder if #9 enjoyed hearing that. Don't forget, John, it's not what you know in this biz', it's who you know. But what do I care? It got a chuckle out of me. Until next week....

# NFL to give more money for Cleveland Browns stadium

The Sports Network

Miami, FL (TSN) - The NFL has decided to give another \$15 million toward the Cleveland Browns' new stadium project. Cleveland mayor Michael White said the \$247 million project is running about \$13 million over budget.

The league was not under any obligations to help cost overruns, said White at the NFL meetings in Florida. The Browns are expected to rejoin the league in 1999 as an expansion franchise.

The city of Cleveland threatened to sue the NFL when Art Modell moved the original Browns to Baltimore after the 1995 season. The NFL settled the case by agreeing to put a new team in Cleveland, provided a new stadium was built. The league also agreed to help pay for the building, and had initially contributed \$45 million toward the project.

NFL owners are also considering possible ownership groups for the new Cleveland franchise during their two-day meetings. Among those interested in purchasing the team are former Browns Calvin Hill and Paul Warfield. Former Browns quarterback Bernie Kosar is also part of a group that is expected to make a bid for the Browns.

In other news, the NFL is still waiting to hear from novelist Tom Clancy, who missed a Monday meeting with the league's finance committee, at which time he was expected to answer questions concerning his proposed bid to buy the Minnesota Vikings.

Clancy had requested a one-week postponement because he needed extra time to prepare, but commissioner Paul Tagliabue says he and the league's owners want to hear from Clancy before the meetings end on Wednesday.

The St. Paul Pioneer Press is reporting that Clancy will withdraw his offer for the team with a letter to the NFL on Wednesday, but those reports have been unconfirmed.



Construction continues on the Cleveland Browns stadium on the shore of Lake Erie. The Browns first season will start in 1999.

Photo courtesy www.clevelandbrowns.com/

Clancy signed an agreement in February to purchase the team for slightly more than \$200 million, an NFL franchise record. Many of the 10 current Vikings' owners are concerned that Clancy does not have the money to make the purchase.

Clancy has asked for a reduced rate on the purchase price, and the inclusion of Houston Rockets owner Leslie Alexander in the group has put the sale on thin ice. The sale needs approval from 23 of the 30 owners.

Clancy requested the reduced price due to the team's spending in the off-season. The Vikings spent more than \$77 million to retain John Randle, Todd Steussie and Robert Smith.

Some NFL owners may also be unhappy with the inclusion of Alexander because of the threat of the club being relocated. Alexander has been seeking an NFL franchise for Houston since the Oilers moved to Tennessee in 1996.

The NFL's cross-ownership policy would not apply to Alexander as a Vikings owner because Houston is no longer an NFL city. League rules prohibit owners from investing in any sports franchises in two NFL cities.

The last team to be sold in the NFL was the Seattle Seahawks, who were purchased last year by Paul Allen for slightly less than \$200 million.

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# Michael Jordan wins fifth MVP award

By Robert Stevenson  
Sports Editor

Michael Jordan won his fifth Most Valuable Player award Tuesday, beating out Karl Malone and moving within one of the record set by Kareem Abdul-Jabbar.

Michael Jordan was presented the award by fellow five-time MVP winner Bill Russell.

"Over the last year and a half, more than ever, I've been asked who's the best player who ever played," said Russell. "I will say this about you: I cannot imagine anyone playing any better than you do."

Jordan, trying to lead the Chicago Bulls to a sixth title this decade, accepted the trophy at a hotel in Northbrook, not far from the Berto Center.

"The biggest trophy I could gather today is that a legend like Bill Russell could take time out of his schedule to come here and present the trophy to me," Jordan said. "That is true respect, and a touch of some of the past success and history of the game of basketball that somehow gets forgotten in today's game."

"I've always respected my elders, learned from them and tried to maintain the excellence of the game that they provided. For him to come here today is truly a trophy in itself," said Jordan of Russell.

Jordan received 1,084 points to 842 for Malone, last year's surprise winner, from a panel of sports writers and broadcasters who cover the league's 29 teams. Jordan got 92 first-place votes to 20 for the Utah Jazz forward.

"This accolade will not be cherished until I have a sixth championship," Jordan said.

Jordan previously won the award in 1988, 1991, 1992 and 1996, and would have a chance to match Abdul-Jabbar's mark if he stays in basketball. Bill Russell of the Boston Celtics is the only other five-time winner.

Tribune Media Services contributed to this story.

# Tallying up the NBA MVP vote

First-place votes in parentheses:

Name	Points
Michael Jordan, Bulls (92)	1,084
Karl Malone, Jazz (20)	842
Gary Payton, Sonics (3)	431
Shaquille O'Neal, Lakers (1)	311
Tim Duncan, Spurs	148
Tim Hardaway, Heat	71
David Robinson, Spurs	36
Vin Baker, Sonics	24
Grant Hill, Pistons	23
Scottie Pippen, Bulls	14
Glen Rice, Hornets	7
Antoine Walker, Celtics	6
Jason Kidd, Suns	5
John Stockton, Jazz	5
Mitch Richmond, Kings	3
Reggie Miller, Pacers	2
Rik Smits, Pacers	2
Michael Finley, Mavericks	1
Rod Strickland, Wizards	1

Source: NBA.com

The end is near!!!  
Email us about anything that is on your mind.  
chron96@interaccess.com