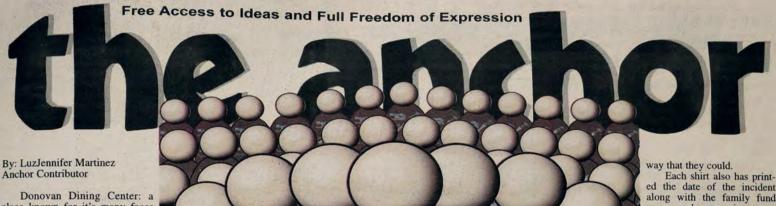


visit

# odka & Homework ion't mix on page 17

Dan & Scott's Blog About Pekar... page 24

Vol. 76, No. 05 • Rhode Island College's Student-Run Newspaper • Sept 30, 2003



place known for it's many faces and energetic interaction among us all in the RIC community, with it's incentive of bringing out everyone's interest for taking an active part in contributing and learning from one another in dif-ferent ways. This was the setting for a very worthy cause that I feel represents the loyal coming together of fellow Rhode Island citizens. On Wednesday, from 10 a.m. to 2 p.m., volunteers from The Station Family Fund were selling T-shirts to benefit the sur-vivors and families of those who lost their lives in the shocking Station nightclub fire, which occurred on February 20, 2003 at the Station Nightclub in West Warwick, Rhode Island. The event

tables containing piles of shirts with the logo reading "Rock and Roll Never Forgets" were located under the main staircase of Donovan's lower level.

On hand to help sell the shirts were Vice President of the Station Family Fund, Jody F. King, a support advocate of the Station night Club fire and also a member of the Warwick Harbor Management Commission and the RI Marine Fisheries

RIC Comes Together

Council, who mentioned that 100% of the proceeds raised by the Family Fund were to go directly to those effected by the fire. He also spoke of the great help the proceeds provide for those affected, including financial help for many expenses such as hospital bills for those who were badly injured and funeral costs for the families of loved ones who passed away and many

other immediate expenses. Jody King also lost his brother Tracy F. King who was working at the Station Nightclub at the time of the unexpected blaze. Also on hand to help at the event was volunteer Frances McMurray, a survivor of the fire. She expressed her ongoing support for the cause and mentioned how important she felt it was for everyone to help out in anyalong with the family fund w e b s i t e stationfamilyfund.org. The website contains information on how you can contribute, become a volunteer, and purchase T-shirts online in addition to announcements for upcoming fundraising events.
One of the events held this
past Saturday at 11 a.m. was a
memorial 5k-road race/walk in Goddard Park that gave all proceeds to the Tracy F. King Memorial Fund. As of Wednesday, the amount raised by the family fund was a little over \$20,000. Additionally, almost \$30,000 was also donated by Jack Russell and Great White from their recent who also locate their mines.

tour, who also lost their gui-tarist of three years Ty Longley in the fire. Other contributors included Steve Smith and Beever Brown, who donated \$5,000 for the fund, as well as many others. The T-shirt fundraiser held here at RIC, which was helped put together by Donovan's own, Donna

see Station on 3

On The

Inside

Mad Mike and Crazy Gypsies - page 6 Safford strikes again! on page 8

**Hate Hamlet?** Who doesn't? Turn to page 24!

# No Shut Eye for the Sleepy-eyed Zzzzzzzzzzzzz

By Jackie Crevier Anchor Editor

Charge: Too many Zzzless nights, Mountain Dew overdos-es, one too many all-nighters, class naps and replacing REM with CAFFEINE.

GUILTY AS Verdict: CHARGED

Sentence: (NOTE: These may vary depending upon the individual) Increased likelihood of being in an accident, height-ened stress and/or anxiety, irri-tability, low concentration level, depression more likely, and may create other physical or mental problems

#### 

Glassy droopy eyes gazing at a mound of books...

Gazing at the calendar, wishing to God it was Friday...
Gulping down Mountain
Dew... "Caffeine will wake me

"Just a few more pages to e," you tell yourself. "I'll get at least three hours

of sleep."
"I will just finish it tomorrow morning."
(Famous last words.)

These are the typical state-ments made by college students about their sleeping habits. Now one may ask, who is the sleep caper? There are a number of reasons why college students do not get enough sleep. "Enough sleep" is usually between seven to ten hours of sleep per night. Zzzless nights and all-nighters often occur, as a result of an overindulgence of caffeine stimulants, late nights, procrastination of schoolwork, working late shifts, stress, or the lack of suffi-

shifts, stress, or the lack of sufficient time management.

Iz it eazzzzzzzzz to read thizzzzzzzzzzz No, of course not. Maybe you are sitting in class, and this is what you begin to read in your textbook. We're not talking about classes that put you to sleep, but the lack of sleep that make it seem that your time in class is like a dream. Students, who are not getting enough shut-eye at night, are

see Sleep on 5

# Freshman Stress Prompts Universities to Offer More Help

By: Linda K. Wertheimer KRT Campus Contributor

The young woman in the prom dress scrubbed her clothes repeatedly in the dorm laundry room, mumbling to herself about finishing a master's thesis. But thishing a master's thesis. But the 18-year-old had neither a prom to attend nor a master's the-sis to write. She was a University of Dallas freshman who had two weeks left before finals. She was experiencing freshman stress to the extreme, a

roblem that's not new but getting more attention than ever.

Universities everywhere are taking steps to identify and help troubled students and to teach all

troubled students and to teach all students how to cope emotionally and physically so the pressure of college doesn't drive them out of school or into mental illness.

The University of Dallas in Irving this year started training resident assistants to help students. Other universities have added counselors and nutritionists. "A lot of colleges used to

have the attitude with students, 'If you don't do it, that's your problem,' "said Karen Levin Coburn, an assistant vice chancellor for students at Washington University in St. Louis and author of "Letting Go: A Parents' Guide to Today's College Experience." "Now, there's much more of an attitude, 'We've brought you here, and we know you can succeed here, and we're going to give you the support,' " going to give you the support,'
Coburn said.

The newest addition to prevent stress at Washington University is an office on health promotion and wellness. The medical school runs lectures for medical school runs lectures for students to show them what happens when they don't get enough sleep. A nutritionist warns about how too many cookies and pizza can affect the psyche, too. "It's really the basics," Coburn said. "One major issue for college students is sleep deprivation. When you don't get enough sleep, you feel stressed."

The University of Dallas last school year referred more than 40

see Stress on 4



University of Dallas RA Suzanne Burgess, left, checks up on freshman Morhous at their dorm on September 17, 2003. Burgess recently receive training to deal with stressed freshmen. (photo: Huy Nguyen © 2003)

# tidbits

#### National Depression Screening Day

Wednesday, October 8, from noon to 2 p.m. at The Donovan Dining Center, Room 202

Test your moods. Learn the difference between depression and "the blues." Take a few minutes

to stop by National Depression Screening Day on

campus. We will teach you about the signs and symptoms of depression and help you to deter-

if you or someone you care about, can benefit from

a complete evaluation and/or some counseling. You

will be given the opportunity to take a one page

screening test and briefly review the results with a counselor.

Sponsored by the Counseling Center and the Nursing Department

#### Aquatic Programs and Special Events

How many times have

vou going

for a swim at the Recreation Center Pool? After

all, swimming is great exercises and it's refreshing and relaxing. The pool is

open 7 days a week for a total

of 72 hours and it's a convenient, on-campus location

with plenty of parking spaces. And still, something is

keeping you from tak-ing that wonderful stress-reducing

plunge into the pool. It's called MOTIVA-TION! There's

help available. Make a commitment to sign up for a

program that will help you improve your swimming

technique and fitness level and provide lots of motivation.

Swim Stroke Analysis Thursday, October 2, 12:30-1:30 p.m. Get expert coaching advice and see the results on video tape.

Sync & Swim
Tuesdays, October 7-21, 1-1:30 p.m. Three half hour sessions will help you

thought about Learn how to breathe properly and improve Your endurance so you can swim laps with

Swim Group
3-4 Tuesday, 3-4 p.m. p.m., Ongoing getting together with other swimmers who enjoy challenging workouts will provide the motivation.

For more info about aquatic activities, call Alan at 456-8227 or Janice at 456-8238.

#### Flu Clinic

A flu clinic will held on Wednesday, Oct. 22, from 11:30 am to 4 p.m. in the Student Union Ballroom. The cost of the vaccine is \$20 a person and is payable at the clinic by cash or personal check. Please call the Student Life Office at ext. 8061 to sign up.

#### Mayor Cicilline Speak at RIC

On Wednesday, Nov. 5 Series at 7 p.m., Providence Mayor David Cicilline will speak on "A Vision for the Providence Economy" at Gaige Auditorium Refreshments will be served.

#### AmeRICan Idol

This contest will kick off the RIC 2003 Homecoming Celebration. It will take place On Wednesday, Oct. 1 at 7 p.m. in the Student Union Ballroom.

\$100 Grand Prize!!! To apply for the contest, pick up a registration form at the Student Union Info.

#### **Homecoming Parade**

Saturday, October 4 Float Parade (Space Odyssey Theme) at 10:30 p.m. FREE BBQ (if you pre-register) at 11: 15 a.m. Aerial photo at 11:30 Plus a performance by the Ocean State Follies.

Instant Calm: Lunch

This series will be held on Tuesdays, Sept. 30 and Oct. 7, noon to 1 p.m. at the Donovan Dining Center, 202 with Jan Park. Instead of eating in your car or office, bring your lunch and have some fun. You will learn some unusual techniques for relaxing mind and body in an instant, based on the work of Paul Wilson. Each

session will different, so come to either or both. Open

to students, faculty and staff.

Bookstore Open Saturday, Oct. 4 The bookstore

open on Saturday, Oct. 4 for Homecoming from 11 a.m.

to 1 p.m. Author Visiting RIC The Alliance for the Study and Teaching of Adolescent Literature will host the appear-

ance of Author Philbrick on October 27. For more

Info, contact Jean ww.ric.edu/asta/ Brown

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Hi Honey,

Sure do miss you. The whole house feels empty. Don't forget to bring home your laundry.

> Love, Mom



To:

My Favorite Student Rhode Island College 600 Mount Pleasant Ave. Providence, RI 02908



## the anchor

Established 1928 Free access to ideas and full freedom of expression.

**Media Center Student Union Plaza Rhode Island College 600 Mount Pleasant Avenue** Providence, R.I. 02908

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# Colleges Frown on Online Music File Swapping

By Christine Laue KRT Campus Contributor

Despite efforts to educate students about copyright laws, illegal online music swapping persists on college campuses. In recent years, many universities have worked with the recording industry to compare history. But have worked with the recording industry to combat piracy. But the Recording Industry Association of America says such efforts haven't curbed the problem. The group has filed 261 lawsuits against people, alleging copyright infringement. Colleges have high-speed Internet access, so students can

Internet access, so students can download songs in seconds rather than the 10 to 30 minutes with dial-up access. That makes computer labs and dorm rooms havens for online music file-sharing, which eats up the universities' bandwidth, or Internet capability, creating technical

headaches.

"We pay for our Internet access based on the amount of bandwidth we use," said Debbie Schroeder, assistant vice chancellor for information technology at the University of Nebraska at Kearney. "We don't want to

spend our money so that students and people across the world can share files."

Universities also don't want Universities also don't want illegal activity on campus, even though the Digital Millennium Copyright Act of 1998 limits universities' liability. To teach students about copyright rules, Nebraska and Iowa universities have used fliers, posters or computer messages. puter messages.

When the RIAA notifies a

university of suspected illegal file-sharing, officials talk to the student and either shut down the computer immediately or soon after the student is notified.
Once the student removes the file-sharing software, computer access may be reinstated.

Kent Hendrickson, associate vice chancellor for information services at the University of Nebraska-Lincoln, said that one student threatened to sue the uni-versity after it cut off computer access but that about 95 percent of students comply.

by Knight Information Distributed Ridder/Tribune

# What Is Depression? And How Is It Different From the Blues?

By: Dr. Denise Smith RIC Counseling Center

People say college is sup-posed to be "the best time of your life". You meet friends that last a lifetime, go to lots of par-ties, and have more freedom thes, and have more freedom than you ever had before. But for many, adjusting to college life can be difficult: pressure to get good grades, a failed rela-tionship, parental pressure to do

Insight-Out

something with your life, and the list goes on. Many students are left feeling stressed, anxious, disconnected and alone. This can

lead to a major case of the blues. Getting some counseling and

support can be a great way to make sure the blues doesn't turn

into depression. But how do we

know when we, or a friend or family member is really in trou-ble and definitely needs profes-sional help? How do we distin-

guish clinical depression from a normal case of the blues?

Again this year, on Wednesday, October 8th from

12-2 p.m. in Donovan Dining Center, Room 202, the Rhode Island College Counseling

Center will be participating as a local site for National Depression Screening Day. This is a nationwide educational pro-

gram designed to provide infor-mation about the signs, symp-toms and treatment of depres-sion. It will give members of the Rhode Island College communi-

they may be suffering from depression by taking a brief written screening test and discussing the results with a mental health professional from the Counseling Center. Members of the Nursing Department will

the Nursing Department will also be available to provide edu-

cational information and answer questions.

The following information is drawn from educational mate-

rial provided by Screening for Mental Health, sponsor of

National Depression Screening

Day:

Clinical depression is a very common disorder of mood that can be serious. It is pervasive, intense, and attacks the mind and body at the same time. body at the same time. Depression can result in serious disturbances of work, social, and bodily functioning. Unlike ordinary sadness, the "blues", or even grief suffered from the loss of a loved one, major or clinical of a loved one, major or clinical or time. of a loved one, major or clinical depression usually does not respond to a change in circumstances, good news or the pass-ing of time. Depression can last for months or even years if left untreated, and can result in the disruption of relationships, pro-fessional productivity, disability or even death.

Current research indicates that clinical depression may be associated with an imbalance of neurotransmitters in the brain. These neurotransmitters carry communications between nerve cells that control mood and other bodily systems that are disturbed in depression, such as activity, sleep and appetite. Factors con-tributing to vulnerability or the timing of depression also include negative life experiences such as severe stress or loss, other medical illnesses, substance abuse, and certain personality traits or genetic factors. Sometimes, depression can appear without any apparent cause.

any apparent cause.

Depression is a whole body illness involving physical symptoms, moods, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is not a passing blue mood. It is not a sign of personal weak-ness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves togeth-er" and get better. Without treat-ment, symptoms can last for months or years.

months or years.

Depression affects approximately 14 million Americans each year. Less than half of those seek treatment. Yet, the great majority, 80-90%, of people with clinical depression can be treated successfully. Early intervention increases the likelihood of

positive results. There are two principal treatments: psyprincipal treatments: psy-chotherapy and medication. For some, one or the other may be sufficient. For others, a combi-nation is needed to relieve suf-

Psychotherapy offers the opportunity to identify the factors that contributed to the tors that contributed to the depression and to deal effectively with the psychological, behavioral, interpersonal and situational causes. Antidepressant medicines influence brain chemistry, and can yield important and sustained relief from depressive symptoms. Newer antidepressants have greatly improved safety and tolerability and are not habit-forming.

It is easier to understand

how both psychotherapy and medication can have an effect on depression when you look at an analogous situation that exists with hypertension or high blood pressure. Sometimes blood pressure can be reduced through diet, exercise and stress reduction techniques; however, many people need to use medication as well in order to successfully bring their blood pressure under

control.

In summary, depression consists of multiple symptoms affecting mood, thoughts, and bodily functions whereas sadness or the blues has a single symptom – mainly sad mood. Depression persists whereas the blues is brief. Depression can result in suicide whereas the blues rarely produces suicidal thoughts. Depression responds to specific psychotherapy and/or medication whereas the blues responds to a good listener and time to heal.

responds to a good instance and time to heal.

To learn more come to National Depression Screening Day on October 8th. If you can't Day on October 8th. If you can't make it on that day you can take a brief on-line questionnaire and get immediate feedback. The screening website can be accessed by clicking on the appropriate button on the Counseling Center website: www.ric.edu/counselingctr/. If you would like to talk to a counselor, stop by Craig-Lee 130, or call 456-8094 to schedule an appointment.

Station. . from cover

Inglesi, raised \$630.00 for the Family Fund on Wednesday.
On behalf of the whole RIC community, we hope that the Station Family fund will contin-ue to successfully raise more proceeds and will give us all as Rhode Island citizens a constant reminder as to how we all really can contribute and learn from one another to bring about more worthwhile causes and to help each other pull through in rough

I feel that the way everyone has come together to help one another during such difficult cir-cumstances is amazing. That is also extended to the memory of those who lost their lives in helping out those who were in danger that night. May they rest in peace and may those who bravely survived this horrible occurrence find peace and healing for the coming days ahead.



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Fire Protection Engineering Management Manufacturing Engineering Materials Science and Engineering Mathematical Sciences Mechanical Engineering Physics

www.wpi.edu/+GAO



The University of Science and Technology. And Life. \*\*\*

## Stress. . from cover

students, a record high, for counstudents, a record righ, for counseling. Most of them were among the school's 300 freshmen; UD has about 1,200 undergraduates. Eight to 10 students went to hospitals for psychiatric treatment.

In the past, three or four UD students were hospitalized per year, said Fred Zuker, the school's vice president and dean of student services. Many stu-dents came to school with diagnosed mental illnesses, but others simply succumbed to more stress than they could handle.

Freshmen tend to be in the worst straits, and college seniors, who worry about what's next who worry about what's next after graduation, come in second on the stress scale, Zuker said. Christina Dammen, an 18-year-old University of Dallas freshman from San Francisco, is working six hours a week. After about a month of college, she said she's already stressed and thest or clear from juggling fun. short on sleep from juggling fun, work and classes. She goes to bed about 2 or 3 a.m., and then must get up for an 8 a.m. class. "There's a lot of reading, plus there's the fact that it's one big sleepover," Dammen said. "People are coming into your room constantly."

Colleges have long needed to do more to respond to fresh-man stress, said Linda Sax, an associate professor of education at the University of California at Los Angeles. Sax conducts an annual survey of freshmen. A recent study of 3,680 students from about 50 colleges indicated that students' sense of emotional well-being declined through the freshman year.

"Absolutely, we need to pay

more attention to students' psy chological well-being and stress. Students tend not to turn to the campus for help," Sax said. "They tend not to use advisers or counselors. They turn to their friends. The effect of those friends on comparings he nositions. friends. The effect of those friends can sometimes be posi-

tive or negative."

At the University of Dallas, part of the solution now is to turn resident assistants, usually upper-classmen who live in and help supervise dormitories, into trou-blackpaters. bleshooters.

Suzanne Burgess said she felt helpless last year as she dealt with several stressed-out stu-dents. It was Burgess' first year as a resident assistant, and two of her charges talked about suicide. 'I didn't expect to deal with so many different psychological disorders and stress problems. When you're in it yourself as a freshman, you're sort of oblivi-ous to a lot of that," said Burgess, now a 21-year-old senior in her second year as a resident assis-

Burgess related the story about the freshman in the prom dress. The student's problems had been mounting through the school year. Other students

would report that she said strange things. But Burgess, who knew to look out for alcohol and drug abuse but not stress or depres sion, didn't become alarmed until the laundry room incident and calls of concern from the student's parents. The freshman eventually was hospitalized and never returned to UD.

Shortly before school started in late August, Laurie DeKat, UD's first full-time doctor, trained Burgess and the other resident assistants. She jotted down symptoms of depression and stress on a chalkboard for the students gathered in the lounge of a residence hall.

Methodist Southern University has addressed fresh-man stress by adding a part-time counselor and extra counseling interns from the University of Texas Southwestern Medical Center at Dallas, said James Caswell, SMU's vice president of student affairs.

Caswell said it's clear that students' anxiety grows during college. "It grows only because of our society and what the expectations are and what they bring with them, for heaven's sake," he said.

James Cannici, director of the student counseling center at the University of Texas at Dallas, said he's not so sure students are any more stressed now than they were in past decades. "Young people throughout history have always had a great deal to deal with," Cannici said. "Becoming a young adult is challenging for any one at any time period. Are there more stresses now? You could make a case for it with ter-rorism, more broken families, more alcoholism."

The stress decreases some after freshman year, said David West, a 21-year-old senior and resident assistant. That first year, he was trying to make friends, get good grades and figure out why he was even in college. "My biggest worry was just being happy," West said.

DeKat, the physician on staff at University of Dallas in Irving,

recently taught resident assistants to be concerned about students'

- well-being if they:
   Sleep too much and say, "I
- can't get enough sleep.'
   Always seem sad.
- · Frequently don't get up for
- class.
   Sleep too little because they're studying and/or partying too hard.
- Drop out of dorm activities, often making statements such as, "Aw, I really don't feel like
- o Have a change in appetite. • Talk about wanting to stop the pain, a sign that they could be suicidal.

by King. Information Distributed Ridder/Tribune Services

# Former SCG President To Run For E. Providence School Committee

By: Cliff Rebelo Anchor Editor

Democrat David A. Medeiros, 29, of 72 Orchard Street, has announced at the East Providence Ward 2 Democrat Committee meeting that he will in fact be running for a spot on the East Providence School

Committee, Second Ward.
Having lived in the Second
Ward all his life, he knows first
hand the types of changes needed to improve the quality of edu-cation the youth in East Providence is currently receiv-ing. He will urge the school department to tighten their belts and make sure that every single dollar will be spent with the interests of all the school children in mind. Infused with the strong belief that the children are truly the future of the communi-ty, he wants to give each and every child the best opportunity to learn and grow in their schools as well as their communities

perience in the world of East His experience Democratic world of East Providence spans back over 10 years which is when he joined the East Providence Ward Two Democratic Committee later becoming the Vice-Chairman from January of 1999 until January of 2003. A few years later he also became involved in

the East Providence Democrat City Committee. Insistent on spreading his wings and finding others with his common inter ests, he helped create the Rhode Island Young Democrats, which Island Young Democrats, which he was a prominent member of for over five years. From August of 2001 until August of 2003, he served as the Region One Secretary/Treasurer for the Young Democrats of America. He achieved all of this while balancing other responsibilities such as his recent enrollment at Rhode Island College in Providence, Rhode Island.

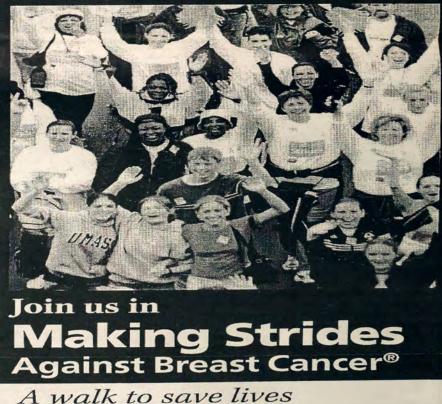
At Rhode Island College, he has maintained a very

has maintained a very respectable Grade Point Average while managing to stay very involved in all of the political aspects which many students do not even know about. From May of 2002 until September of 2003, he was the President of the colhe was the President of the col-lege's Student Community Government Inc., recently resigning from the position so he could pursue the spot on the School Committee. As President of Student Community Government, Inc., he was responsible for representing all of the students on Rhode Island College's campus, a number College's campus, a number totaling over 9000. Before his Presidency, he started out as the treasurer of Student Community Government, Inc. during the lat-

ter half of the 2001-2002 academic school year. Currently, he has taken on the role of President of the Senior Class of 2004 and even though he now only represents 1300 students, this will be his most important role yet since the college is also celebrating its Sesquicentennial year. With all of these responsibilities, he still has the time to attend and become a member of various college commissions and mittees including the Rhode Island College Council, the College Board of Discipline and the Academic Committee.

David has already received an Associates Degree at the Community College of Rhode Island and he is planning to accept his Bachelor of Science in Sociology in May of 2004 at Rhode Island College. A member of the International ber of the International Brotherhood of Teamsters Local 251 as well as a communicant at Saint Francis Xavier parish, David has already shown how committed he his to his surrounding community. He would like to use all of his experience to help better an already out-standing community and he welcomes the support from his fel-low community, the People of Ward Two.

The public can reach David at: medeirosepward2@aol.com



# Sunday, October 19

A five-mile walk in Roger Williams Park, Providence

1.800.ACS.2345 www.cancer.org



# moke Signa s

ANCHOR GRAPHIC BY JAY S. KINGSTON - ART MAJOR

3 out of 4 college students don't smoke.

For more information, call the office of Health **Promotion at** 456-8061

# Sleep . . . from cover

feeling the effects in the day.
\*"Sleep deficit becomes a daytime deficit."

\*"Sleep deficit becomes a daytime deficit."

Are you a night owl who
goes to midnight movies and
craves midnight snacks? But
classes often start early, and
even owls need their sleep. Sleep
deprivation can be dangerous to
the average college student.
How many students skip breakfast because they "do not have
time?" A large hot cup of
"French Vanilla extra, extra", or
a bottle of Mountain Dew often
replaces Mom's home cooked
meal of bacon and eggs.

Caffeine is a drug, known as
a carcinogen. It is a stimulant to
the central nervous system.

the central nervous system.
College students drink caffeine College students drink caffeine to stay awake, to give them energy or plainly because they like the taste. \*A person is considered to be intoxicated with caffeine, when he/she has taken in over 250 mg of caffeine (equivalent to 2? cups daily). Since it is a drug people who ston drinking

lent to 2? cups daily). Since it is a drug, people who stop drinking it will feel withdrawal side affects such as headaches, anxiety, nausea and/or tremors.

The following students sounded off about not snoring off as often as they should. "It is easier for people who commute to get sleep because they can go home whenever they want," said Ryan Flynn, who is at sophomore at Rhode Island College. Flynn, who gets an average of about six hours of sleep per night, commutes to school each day. "I wake up and look at the clock and think 'no way'."

"I definitely don't get a lot of sleep," indicated RIC senior and Resident Assistant, Michele Fannelli "When I go to bed after

midnight. I feel like a zombie," she said. Fanelli often has to stay up after hours to make sure that quite hours are observed in her hall. She adds that she normally on the hall and the same and six hours and six hours.

quite hours are observed in her hall. She adds that she normally get between four and six hours of sleep a night.

Amanda Ricard, a commuter freshman, gets about six hours of sleep. "I sometimes pull all-nighters, but I don't like doing that because then I fall asleep at school and work," she said. Ricard works an average of 25 hours a week. "I wish I could get more sleep, but I am usually at my boyfriend's or I am out." Ricard also noticed, having started college this semester that she used to get more sleep.

"I feel that he problem isn't sleep, but a scheduling problem," stated senior, Jonathan Vincent. "Classes should not start at 8 a.m., but sometime after 9." Vincent works an average of 18 hours a week, in addition to going to classes.

start at 8 a.m., but sometime after 9." Vincent works an average of 18 hours a week, in addition to going to classes.

A student, who wished to remain anonymous, regarded sleepy time as a waste of time. "I stay out late very night," this person began. "I go to class, and then I need my time to wind down. I get sleepy, but that is what caffeine is for. After all, this is supposed to be the best four years of your life!"

Here are some tips to get more winks so you can think more clearly and cut down on stress related to lack of sleep:

10 TIPS For a Good Night's

Sleep
(as stated by the Craftmatic
Adjustable Beds Website)
Keep Regular Hours. Keep
your biological clock in sync by

going to bed at the same time each night and waking up at the same time each morning — even on weekends.

Develop A Sleep Ritual.
Doing the same things each
night just before bed cues your
body to settle down for the night.

Sleep On A Comfortable, Supportive Mattress And Foundation. It's difficult to get deep, restful sleep on a sleep set that's too small, too soft, too hard or too old.

Exercise Regularly, Regular exercise can help to relieve the day's tension day's tension — but not too close to bedtime or you may have a hard time falling asleep. Cut Down On Stimulants.

Cut Down On Stimulants.
Consuming stimulants, such as caffeine, in the evening interferes with falling asleep and prevents deep sleep.

Don't Smoke. Smokers take longer to fall asleep, awaken more often and experience disrupted, fragmented sleep.

Drink Only In Moderation.
Drinking alcohol shortly before bedtime interrupts and fragments sleep.

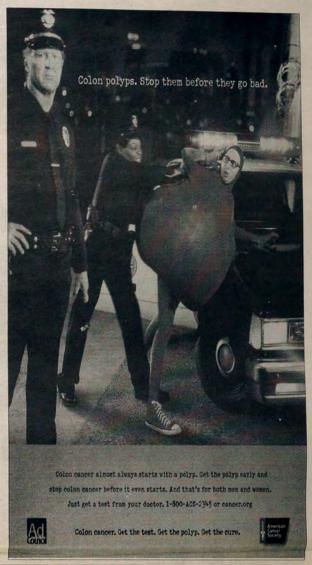
Unwind Early In The Evening. Try to deal with worries and distractions several hours before going to bed.

Create A Restful Sleep Environment. Sleep in a cool, quiet, dark room on a comfortable, supportive mattress and

supportive mattress and foundation.

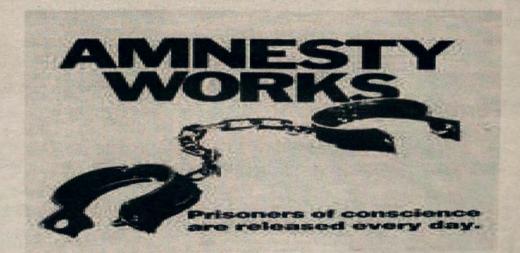
Make Sleep A Priority. Say "yes" to sleep even when you're tempted to stay up late. You'll thank yourself in the morning.

\* Information from the teye.com website, on



RIC Amnesty International

FIRST MEETING of 2003!!!



Get Involved and Help Make a Difference!

Wednesday, September 17th @ 12:30pm

In the Unity Center Meeting Room (Below Donovan)

# **Fantasy Sports**

### Competition For the New Generation

By Paul J. Spetrini

Anchor Editor

There is a reason that millions of people now subscribe to either Satellite Television or dig-ital cable. Aside from being able to watch a non-stop marathon of the Golden Girls, we're arrived at a point where one channel of football just isn't enough. It used

football just isn't enough. It used to be simple. You'd be a die hard supporter of your home or local team, no questions asked. If you were a football fan in or around New England, you were assumed to be a Patriots fan. It didn't matter how good or bad they were doing you never strayed. were doing, you never strayed from the hometown team. But now, with the arrival of the new sub culture simply known as Fantasy Sports, there is a definite need to watch every football game on all twenty of your ESPN channels.

Fantasy Football (the most popular online gaming experience, and the only one currently in season) began to take fans by surprise in the late nineties and is now a cru-cial part of every season. It has taken on such an impor-tance that ESPN, FOX, CBS, and every other major foot-ball toring channel has dedicate

ball-toting channel has dedicated air time to it. The appeal is hard to deny. Not only do you get to stay a fan of your home team, but stay a fan of your home team, but you also get to follow the way other athletes are doing. Sure, you may be a die hard Patriots fan, but If you have Drew Bledsoe on your fantasy team, you start to root a little for the Ex-Pat in hopes that he'll be the X-Factor that gives you a solid performance.

performance.

For those of you not plugged into the internet like some sort of Matrix-themed frat party, I Matrix-themed frat party, are accept the fact that you may have no idea of what I am talking about. I can see it now...you're probably asking yourself "Fantasy Sports? What is this an article about Anna Kournikova?" Well, to answer your question...NO. You see, to be successful in fantasy sports, you

have to be smart and lucky. It doesn't matter how attractive you find Ms. Kournikova to be, the fact of the matter remains that she has as much ability at tennis as Michael Jordan had at base-

The object of fantasy sports (especially football, which has the shortest season in terms of sheer number of games) is to put



together a squad of individuals who are the best at their position and to battle other teams who think they have that one player who is setting up for an explosive year. Each week, you get to act as the coach, general manager, and owner all in one. From deciding which athletes are due to break out (Troy Brown), to benching those that have clearly passed their prime (Emmitt Smith), you get to make all the roster moves you just wish real coaches would. From there, you get to see how you did as the athletes go out every Sunday and compete in actual NFL games. How they do in these games reflects how you will do. Depending on your league, you will get rewarded on a variety of stats. These can include several variants, but usu-ally focus on the big three: \*Touchdowns, \*Yards,

\*Receptions.

The thrill of competition is what makes fantasy football so addictive. Several leagues set up by the NFL, AOL, or even Yahoo, now allow you to join and create leagues composed entirely of your own friends and family. What more could you ask for? Not only do you get to call Uncle Larry on Monday morning and make fun of him for being a Dallas Cowboys fan byt row.

Dallas Cowboys fan, but now he gets to see the reminders all week after you light his team up and beat them by over twenty points. While it's great in the beginning, the thrill of the game increases as the season goes on. As the teams in the NFL fight with the rest of the pack and try to get an elusive playoff spot, star athletes across the league play harder than ever and give you stats worth being proud about.

Fantasy sports is the new tool for sports fan to take their love of the game to a new level. If you consider yourself a true sports fan, there is no reason that you shouldn't be in one of these leagues. Not only do you get to compete

against other supposedly "genius" individuals, but you get to show them that they no nothing about sports. In the long run, that's what it is all about, and there are few things as satisfying

there are few things as satisfying as showing up someone who has bragged for months that they know what they are doing.

While over-paid players with inflated egos and scandals may be hurting the game, there is no doubt that sports as a whole no doubt that sports as a whole will continue to survive. The thrill you get as a fan following a surprise team from training camp to the big game is what keeps people coming back year in and year out. Fantasy Sports is the latest breakthrough designed at bringing fans as close as possible to the game they enjoy, without actually having to get hit or tackled. If you know as much as you think you do, you should try it. There is nothing like it, and once you start, you'll be hooked.



# Is October A Good Month For The Red Sox?

New England sports fans usually don't associate the month of October with baseball. This can be attributed to the fact that the Boston Red Sox, baseball's the Boston Red Sox, baseball's ultimate underdog, always fall victim to something dreadful after the All-Star Break—a pitiful winning percentage that knocks them out of playoff contention. This year, however, the Red Sox can look forward to a trip to the American League Division Series, as they face the Oakland Athletics in a best-of-five game series to determine whose playoff hopes will stay alive.

alive.

The Red Sox have had their ups and downs this season. With a shaky bullpen and a closer that scares me every time he throws a pitch (Byung-Hyun Kim), the Red Sox have had to rely on their Red Sox have had to rely on their stellar offensive performances throughout the season to get them to this point. At one point during the season, the Sox led the league in nearly EVERY offensive category, including batting average, homeruns, runs batted in, slugging percentage, and on-base percentage. Credit that to Nomar Garciaparra, the underrated Trot Nixon, a fired-up Kevin Millar, and a suddenly productive David Ortiz. So, why wasn't it reflecting on the team's winning percentage that much?

As I mentioned, the Red Sox are in desperate need of a solid pitching staff. Pedro Martinez can still hit the mid-90's and Derek Lowe has devastating breaking stuff, but this season clearly demonstrates that no pitcher in baseball is perfect. Tim Wakefield is another example, as his performances are always on one end of the spectrum or the other. These guys can't win every game.

Oakland appears to be a much more solid team. Ask any manager in baseball and they'll tell you that a great ball club starts with pitching, especially a southpaw here and there. A solid 1-2 punch in Tim Hudson and Barry Zito may spell disaster for a potent offense. Both hurlers posted career numbers last year, and contributed significantly to As I mentioned, the Red Sox are

and contributed significantly to the 20+ game winning streak they had in 2002. Ted Lilly may also stir up some problems for the Boston Red Sox as he starts game 3. Combine great pitching with former AL MVP Miguel Tejada (who can do it all out there), and it makes one thing become evident: Boston fans will have to hope that other local sports teams can go all the way.
No, really, wait until next year.
Mad Mike's prediction:
Oakland wins the ALDS in four

# Women's Tennis Coach A Smash Success

By James Bessette Anchor Staff

RIC Women's Tennis Coach Kelly Lange is the kind of coach that every athlete would want on that every athlete would want on their side, or sideline for that matter. She's a player's coach who knows what it takes to get a team to where they want to be. "I played for RIC from 1994 to 1998," said Lange. "I love the school. I love Division III competition, and most importantly, I love tennis and being able to share the sport with the students here."

here."

In Kelly Lange's case, she knows her sport. She was given the Helen M. Murphy Award for being RIC's top female senior athlete in 1998. She was also part of two Little East Conference championship women's tennis teams in 1994 and 1995. She is thirteenth all time at RIC for points (33.5), and fifteenth in career wins (24 in singles and 19 in doubles).

Lange is the type of coach

Lange is the type of coach that players can turn to. "There is lots of respect on this team; with



each of the players and myself," said Lange. "As a person, the players can also come to me with players can also come to me with their problems, both personally and academically. As a coach, they listen what I have to say and hear me out. I'm not one who plays favorites, everyone n this team is equal."

Thus far in her second sea-

Thus far in her second sea-son, Lange's squad is 3–3, com-ing off of two consecutive wins. Lange is extremely impressed with how the girls perform both on the court as well as off. "I absolutely love how all the girls are able to work together," said

Lange. "Everyone shows up to the matches, whether they are playing or not. When some of the girls are not playing, they are staying and cheering the others on." Lange has also been very

Lange has also been very pleased about Carminda Rocha and Caitlin Morin, who both earned Little East Players of the Week last week. "Caitlin is such a tough athlete," said Lange. "She plays with 100% effort and would keep going until she dropped." Lange also credits Morin's play on being able to adjust to a new forehand stroke that has improved her game significantly. "As for Carminda, she shocks people," said Lange. "She always gives 100% percent and plays with such intensity." Lange was quick to mention that Carminda is three

such intensity." Lange was quick to mention that Carminda is three games away from breaking numerous records in the RIC record book.

RIC Women's Tennis takes on Roger Williams University in the last home game of the season on Thursday October 2 at 3:30

# Geisler Earns Women's Volleyball Rookie of the Week

By Scott Gibbons Sports Information Director

Rhode Island College freshman middle hitter Kari Geisler (Derry, NH) was named the Little East Conference's Women's Volleyball Rookie of the Week for her performance in four matches last week.

Geisler helped the Anchorwomen post a 4-0 record during the week, including a 3-0 LEC mark. She collected 52 kills (3.06/game), 15 aces

(3.06/game), 15 aces (0.88/game), 11 blocks (0.65/game) and a .259 hitting percentage. For the season, Geisler has played in 31 games in eight matches. She has 81 kills

(2.613/game), a .275 hitting percentage, two assists (0.065/game), 35 service aces (1.129/game), 30 digs (0.968/game), and 13 blocks (0.419/game).

She is a physical education major with a minor in Spanish and a 2003 graduate of Pinkerton Academy

Academy. Head Head Coach Craig Letourneau's team is 4-4 (3-0 LEC) on the season. In upcom-ing action, RIC will host Wesleyan University on Tuesday, Sept. 23 at 7 p.m., and then participate in the Bridgewater State College Tournament on Friday, Sept. 26 and Saturday, Sept. 27.

# sports

# Remembering Jim Ouinn

By: Keith W. Lazarski

I was enjoying a wonderful afternoon in the spring of 1996 with an old high school friend at Roger Williams Park. Walking from the carousel around the park and up to the main entrance, we were stopped by an unfamiliar voice yelling my name. He was in a vendor's outfit calling my name, waving with one hand while holding a lemonade cone in his other.

In 1994, I graduated from North Kingstown High School with little direction or any goal for my life. The only reason I made it through high school was my desire to participate in sports. I lettered in three sports: soccer, wrestling and track. My then assistant wrestling coach tried to get me to enroll at Rhode Island College to wrestle, but I decided to attend CCRI instead to appease my parents. At the to appease my parents. At the time, a college education was

not for me.

My wrestling career in high school wasn't spectacular. I wrestled between JV and Varsity much of my sophomore and junior years with little to be desired for my senior year except for the fun I was having on the team. My senior year ended up being a high surprise personally after big surprise personally after going 24 and 7 for the season. Nothing heroes are made of, but I was proud of myself. There never was a thought of wrestling to the college level or certain. at the college level or actually attending a four-year institution

That lemonade vendor introduced himself by naming off ALL of my senior year wrestling statistics. He named people I wrestled against, the tournaments I won and placed in and stated my name in full and stated my name in full, including the name of my assistant coach. From there I was going to Rhode Island College to wrestle. I didn't care or aspire about attaining a degree from a higher institution of learning. No thoughts of my professional life or future. Not to better myself because of my need to myself because of my need to learn. I wanted to go to Rhode Island College because a lemonade vendor made me feel proud that someone knew me for what I did 2 years previous while wrestling in high school.

James Quinn attended Rhode Island College and was a member of the chess club, wrestling and rugby teams. He was a charismatic and humorous person whether wrestling, work-

was a charismatic and humorous person whether wrestling, working out or selling lemonade at Roger Williams Park. After introducing himself as the only "white" kid on the "all black" Hope High School wrestling team, (I actually did remember him when he said that), "Quinn" stood out in a crowd. Decorated with several prominent tattoos with several prominent tattoos and always in significant athlet-ic shape, Quinn usually was per-ceived as an intimidating figure ceived as an intimidating figure when you first met or saw him. Abrasive with the tongue at times, his outward appearance quickly gave way to a caring person and was brilliantly seen to those who had the patience to stay around to talk to him.

While the wrestling team was going through a few rough seasons during those years, it was quite a close team. Most of the team hung out together. Some lived together, ate together and worked together, but we all battled through practices, matches and tournaments as a

team. I was not the closest friend of Quinn's during these times, but I appreciate those times as much as the next per-

The 1998 - 1999 season was my last year of college eligibility for athletics. By this time wrestling and rugby were my main sports and most of the cast of characters on the wrestling team played rugby in the fall and spring. Jim couldn't play rugby well at all, but man could he tackle. Reminiscent of could he tackle. Reminiscent of when Adam Sandler's character Bobby Boucher in The Waterboy tossed the ball to the opposing defender and cleated him in the end zone, Jim Quinn did the same to a poor Bryant College player and laid the most spectacular spearing tackle. I spectacular spearing tackle I

captain's wrestling practices ran concurrently during the fall rugby season while waiting the hellish first day of official practice. Non-stop running, climbing and sprints; as well as

climbing and sprints; as well as a full wrestling practice. This was to take place on Monday, October 19th, 1998.

Partly cloudy and reasonably warm, we all did the initial approximate 7 mile run, wind sprints and hill climbs ending with a final sprint from College Road to the front of the Rec Center. Being an annual gruel-Center. Being an annual gruel-ing test of physical performance to weed out the weak, there was little left in our bodies as we approach the road back onto the approach the road back onto the campus. Breathing heavily and wanting to stop, we all heard Jim yell, "If you want to go to New England's, (the annual regional championship), follow me", so we sprinted. Making it to the front of the Rec Center and gasping for breath, we all tried to the control of the secondary to regain our composure. Then, in front of everyone, Jim fell to in front of everyone, Jim fell to his knees then to his back. That was Quinn's last wrestling prac-tice. His last run. His last sprint. His last breath. My rea-son for going to RIC in the first place...gone. My heart left wrestling that day.

I have since graduated from Rhode Island College with a degree, worked a couple of years in the financial sector and now I am back for another degree in Physical Education. The stu-dents have changed for the most part. There is a new wrestling

dents have changed for the most part. There is a new wrestling and rugby team and new memories yet to be forged, but I have memorials to remind me of the past. A tree dedicated to Jim Quinn in the front of the Rec Center and a painted rock in his memorial shared with Mike "Gonzo" Gonsalves, RIC Alumn and victim of The Station fire, which is across from the entrance to the Rec Center along College Road.

While this rock is not an official memorial site, it is a way for College to tacitly allow those that knew these people to show their respects to their names and memory. Maybe if you knew more about one of them, you could show your appreciation for them as well. It has been five years since I lost my friend and teammate. No one will ever "TAKEOVER" my memory of him or from the wrestling and rugby teams. These fives years will turn to a decade, then two and so on, but there are people you just don't forget about.

Thank you Quinn, because of that one spring day in 1996 I am a better person.

# **UPCOMING GAMES**

Women's Cross Country

Invitational 11:00 AM onal 12:15 PM

Volleyball

ecticut St. Univ 6:00PM

Women's Soccer

Women's Tennis

News & Notes: Rhode Island College freshman forward Erika Haaland (North Dartmouth, MA) was named the Little East Conference's Women's Soccer Rookie of the Week for her performance last week. It is the second such time for Haaland this season. She scored the lone goal in a 1-0 overtime victory over Johnson and Wales on Sept. 16. She also scored the only Anchorwomen goal in a 2-1 loss to Eastern Connecticut on Sept. 20. For the year, she has played in seven games, starting all of them. Haaland is currently tied for the league lead in points and goals.

# Searching for the next Pelé

By Marc Schonefeld Anchor Staff

Pelé, through his achievement of scoring over 1,000 career goals, was one of the most amazing soccer players ever. At just 17, he was one of the youngest players to ever play professionally. Brazil unleashed Pelé, who took the 1958 tournament by storm and saw him score six goals, including two in the finals against Sweden. His most memorable goal ever was that of the Pelé, through his achieveagainst Sweden. His most memorable goal ever was that of the time he took complete control of the ball, hooked it over his shoulder and smashed in the back of the net. At that moment, Pelé became a soccer god not only to me but others all over the world. He was known as the greatest football player ever to step on a field. Pelé was best known for his ability to be a dominant force, and always did amazing thing in a split second fashion. That was these this is now. then....this is now.
It appears as if there is a new

It appears as if there is a new star rising, one who is rapidly becoming one of the greatest American footballers. They call him Freddie Adu. Adu is Ghanaian-born and came to America when his parents won green cards in the diversity visa lottery. He's American and he recently demonstrated his brilliance by scoring a goal in his liance by scoring a goal in his debut game for the US under-17 debut game for the US under-17 professional team. Everyone is getting rather excited about him. He's a special young player because he's always a major threat in the game. At any moment, he could produce something that will affect the result of how things are going. With a moment of bril-



liance, a flash of speed, and self made opportunities, you can quickly see a resemblance to Pelé. If that's not enough... did I forget to mention his age? How old is Adu? Is he a mid-

How old is Adu? Is he a middle aged player coming back to give one last chance for success? Is he an eighteen year old hot shot looking to prove he belongs? No...He's only 13! That's right, 13 Years old. Adu's only a kid. Yet, in spite of all the criticism you may hear, you have to believe the hype when you see him play. Watch him on sports highlights and you will begin to feel that there may just be something different this time around. This may actually be the next big thing to soccer in America. He resembles a mature professional athlete. He looks like all the other great players, He has the speed, great players, He has the speed, skill and superb balance of a person twice his age, and his control

of the ball looks like that of a master's. He is no doubt the next sports giant.

Adu is not the first teenager

to be reaping rave reviews from the watching media. Their never-ending quest to find the new socending quest to find the new soc-cer icon is unbelievable. The market is in need of its next superstar, and American football is no different than any other sport in any other country. They need big stars. The Difference here is that Soccer itself has yet here is that Soccer itself has yet to grab American people's imagination like it has in every other country around the world. They haven't had an inspiring star to call their own yet. Now that we have Adu, it appears as if American soccer is preparing to start its ascent towards prime time. American Soccer needs him to become a real icon as he has the potential to be huge. The only knock against him is that he is being pushed too fast. being pushed too fast. The name Freddie Adu is already much in circulation in US soccer circles. National coach Bruce Arena has sung his praises. Inter Milan offered to bring him under their wing. There are rumors of interest from Juventus and Liverpool and many other top European teams. Sports Illustrated have marked him as a Illustrated have marked him as a future American sports superstar. Nike has signed him to a 1 million dollar deal. By the year 2006, when the world cup arrives, Adu will be 17 and the whole world will finally see this young star follow the road to greatness. The whole world will finally get to see what the hype is all about, and it doesn't look like Freddie Adu is going to disappoint.

# Teixeira's Two Give Anchormen Victory

By Scott Gibbons Sports Information Director

The Rhode Island College Anchormen defeated the Salem State College Vikings, 2-1, on Wednesday, Sept. 24 at RIC. Anchorman sophomore forward Kyle Teixeira (Warren, RI) scored both RIC goals, includ-ing his fourth game-winner this season, to give the home team the victory.

RIC jumped out to an early 1-0 lead 8:24 in the first half as Teixeira received a great one-

touch pass from sophomore forward Cory Lopes (Somerset, MA) and beat Viking goalkeeper, sophomore Tim Doucette (Boxford, MA), for the goal. Salem State however answered right, back, ten minutes learn right back ten minutes later when junior Colbran Strzinski when junior Colbran Strzinski (Albuquerque, NM) scored on a 25-yard free kick. The Anchormen would close out the first half in style as senior mid-fielder Brian Shimmel (Cumberland, RI), with just 14 seconds remaining, sent a free-kick from midfield into the box

and Teixeira headed the ball past Doucette for his second goal of the game and tenth of the season. Salem State forced the tempo of play in the second half but RIC's defense kept the Vikings at bay.

Gaining the victory in net for RIC was junior Jason Nelson (Pascoag, RI) who made five saves on the afternoon. Doucette stopped 11 shots for Salem State. With the victory, the Anchormen improve their record to 5-3 while the Vikings drop to 1-4.

# Much Ado About Nothing

By Forrester Safford Anchor Staff

I love to debate, in fact I consider myself to be a "master debater" of sorts. When I saw in last's weeks Anchor issue that two people took the time out of their lives to respond to my "Circle the Wagons!" column, I figures that their "works of art,"

would include logical disagree-ments to my points. Needless to say, I was very disappointed. Instead of arguing facts, the two pieces for the most part, complained on how I stated my point-of-view. Ms. Fairfeather's "Letter to the Editor" only serves one purpose, and that is to call me ignorant over and over again. Bravo Ms. Fairweather, bravo. Ms. Fairweather stated in her piece that she bets that I believe that Christopher Columbus discovered America. I think she is trying to tell us all that, she her-self thinks that Mr. Columbus was the first one to discover America. One thing I have a hard time understanding is Ms. Fairweather's opening three sen-

tences.

She opens with "Be afraid!
Be very afraid. Be afraid of those who accept the article Circle the Wagons as truth." Not only does she misquote the name of my column "Circle the Wagons!" but she also contradicts her third sense lates on in her letter at least tence later on in her letter at least twice. She writes not take anything as "truth," and yet she acknowledges that I am right when I stated that the Narragansett Indians get six million dollars annually, and she even states that she "agrees" with me about finding a solution to the whole problem we have with the whole problem we have with the tribe. Ms. Fairweather, if people should indeed be "afraid" and not take anything I wrote as truthful, I don't suggest that you in a mir-ror anytime soon. I must admit ror anytime soon. I must admit one thing though. I did find a bit one thing though. I did hid a of humor in her piece. After reading my 'solution,' Ms. Fairweather came to the conclusion that it seemed a "bit sarcastic." GOOD JOB CAPTAIN OBVIOUS!

Where Ms. Fairweather's

piece made me laugh in parts, Professor Morenon's "Smoke Signals," made me a bit Signals," made me a bit depressed after reading the WHOLE thing. For one, Prof. Morenon went into great detail as to how my "Circle the Wagons!"

is not scholarly, (please see last sentence of the previous para-graph). I write for my projected audience. When I write in to one of my local newspapers, I tone down the sarcasm. In fact I did write a "letter to the editor" to The Westerly Sun fairly recently The Westerly Sun fairly recently on the subject of the smoke shop. Do you think I would actually send "Circle the Wagons!" into a local newspaper? When I write opinion pieces for the school paper, I try to add a bit of humor and or sarcasm because, for the most part, my audience is stuand or sarcasm because, for the most part, my audience is students and I would never want to bore them with a long, drawn out, BORING opinion, that causes my readers to only read a small part of it each day, over a span of a week. But getting back to my column not being scholarly; quite frankly. I hardly would consider frankly, I hardly would consider "Smoke Signals" to be scholarly. Where are the citations? I doubt that any prestigious journal would accept anything without citations included.

Before I get to my main problem with last week's "Smoke Signals" I would like to address some more things that need to be pointed out. I must thank Prof. Morenon for doubting that I am ignorant or racist. Secondly, he stated that I "forgot" to include in "Circle the Wagons!" that the Narragansett Indian tribe is a fed-Narragansett Indian tribe is a red-erally recognized tribe. I know that they are. I also did not include in "Circle the Wagons!" that part of the trade for Manhattan included the Tribe mannatan included the Tribe that "owned" the property got some alcohol. I just figured that those two preceding facts were obvious, and therefore could be omitted. Thirdly, Professor omitted. Thirdly, Professor Morenon stated that there are some tribal members that live on the 1800 acres that they were given in 1978. I still stand by what I wrote in "Circle the Wagons," however; perhaps a few tribesmen do pitch tents amongst the squirrels and deer that inhabit the reservation. Finally, I was also able to find a bit of humor somewhere in "Smoke Signals." Professor "Smoke Signals." Professor Morenon pointed out that terms such as "Native American," "First Nation," "Indigenous," "Indian," etc., are all politically incorrect and "offensive" to Tribes. Well, I suggest Professor Morenon take a drive down to my neck of the woods and look at the signs that the Narragansetts posted in front of some of their buildings. Can anyone guess what the Tribe calls themselves on the signs? You guessed it "NARRAGANSETT INDIANS." So it would seem, Professor, that the Narragansetts themselves are offending their own heritage. It's kind of funny isn't it?

Now the moment you have

Now the moment you have all been waiting for! This master all been waiting for! This master debater, (moi), is about to reach his climax with "Smoke Signals." After reading Professor Morenon's piece, I came to the conclusion that several of his students are not ready for the "real world." This was shown to me by the quotes the Professor included in his column that came from his students. According to some of his students, "Circle the Wagons!" will incite rioting and cause many a Narragansett cause many a Narragansett Indian to be slaughtered. Some said that they were afraid of my column, and Professor Morenon said that the best word to describe his students' reactions to the column was "numbed." GET A LIFE! This especially goes for the students who feel this way the students who feel this way and are in the Professor's Anthropology 424 class. The real world is not like some "Koombyah utopia", where we all sit around a cozy campfire, hold hands and sing socialist songs such as Woody Guthrie's "The Land is Your Land," and John Lennon's "Imagine." Nor, is the real world the politically correct world that our liberal and socialist teachers make for us in socialist teachers make for us in

college.

So, in conclusion, let's look back at what we have learned from Professor Morenon's and Ms. Fairweather's responses to my "Circle the Wagons!" Other then a few trivial facts in "Smoke Signals," I would have to say that nothing was really learned. Nor, did either of their pieces totally did either of their pieces totally destroy my column. I can't even find a single dent in my argument. The majority of the pieces basically said that "Circle the Wagons!" sucked. They gave no opposing solutions to what I gave. Just like the 10 Democrats vying for the nod to run against vying for the nod to run against. President Bush. There's a whole bunch of "he sucks" being said, but without "here's how I would do it." Oh well, not everyone can have their own thought process with original ideas. That's what I

# BEELER 03 APOLOGIES TO BILL WATTERSON!! Drop the mp3 player and give me all yer lunch money, twinky!

## Letter to the Editor

By: Steven Brown Executive Director, ACLU of Rhode Island

Forrester Safford's September 9th opinion piece on the Narragansett Indian smoke shop raid is long on rhetoric, but woefully short on facts and analysis. Relying solely on a news release issued by the Attorney General, Mr. Safford summarily rejects the Narragansetts' legal arguments that the state does not have the authority to tax the Tribe for the sale of cigarettes from its smoke shop, or the right to enter the Narragansett Indian Reservation and seize tribal property. If only the issues were so

Relying on certain bedrock principles of Federal Indian Law, principles of rederal findian Law, including the principle that Indian tribes possess inherent sovereign powers, the Rhode Island ACLU has filed a court brief in support of the Indians' lawsuit. The brief notes that "the federal policy of leaving Indian tribes from the principle of the principl leaving Indian tribes free from state encroachment is deeply rooted in the Nation's history. Yet Rhode Island sent law enforcement officers into tribal territory and seized tribal property without federal approval. If this action does not encroach upon tribal sovereignty, it is difficult to imagine what does."

On the taxation issue, the

brief acknowledges that if state law imposed the cigarette tax on customers rather than the seller, the Tribe could be required to collect those taxes from non-tribal members. But state laws "place members. But state laws "place the legal incidence of the tax on the holder of the cigarettes for the holder of the cigarettes for sale, and not on the purchaser." As a result, the State "cannot impose its cigarette taxes on tribal sales because the Narragansett Tribe cannot be taxed by the state." The brief further argues that nothing in the Rhode Island Claims Settlement Act of 1978 – a law that the state and Mr. a law that the state and Mr. Safford cite in support of their position - "consents to the state's taxation of the Tribe's Smoke

taxation of the Tribe's Smoke Shop."

Ultimately, of course, it will be up to the federal court to decide these important legal issues. Although we fully believe that the Narragansetts have the law on their side, we also recognize that this is an extremely complicated legal issue. The length of all the court briefs alone, including the state's, is a testament to that. In short, this case raises complex issues of case raises complex issues of enormous consequence for the sovereignty of Indian tribes, issues that cannot be so easily brushed aside by the types of ad hominen attacks on the Narragansetts found in Mr. Safford's piece.

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# I am Proud To Be A Democrat-American

By: Patrick John Tierney Anchor Staff

Several things about our present President and his administration have disturbed me to the point where I have finally decided to write this essay. I first want to thank the Anchor for printing

Republicans all over the Republicans all over the country are telling the democrats not to criticize Bush. They say that if we criticize Bush, then we are "un" American. I believe that that is false! If we do not allow people to express there first amendment right to free speech we are practicing the same type of government that Iraq had. In Iraq the people were not allowed to speak out against Saddam Hussein. During this war with Iraq, Republicans have made statements that sound like they would have come from Iraq. This weekend, Tom DeLay criticized Ted Kennedy who said that the whole Iraq war was cooked up in Texas. DeLay said, up in Texas. DeLay said, "Democrats should denounce his comments." This is exactly like

something Saddam Hussein would have said when he was dictator; he didn't let the people speak out. Wasn't that exactly why we fought the war? Why fight a war to give rights to peo-ple in Iraq when we are taking them away from Americans. I agree with Ted Kennedy, I think that the whole Iraq war was cooked up in Texas. Bush has admitted this week that there was no link between Iraq and Al-

I urge everyone who reads this to speak their mind if you agree with me or not that is what America is about we can speak our opinions I will not be silenced. I am very American no matter what people who disagree with me have to say, I voted in the last Primary and Election and write to my congressmen when I want my opinion on an issue

To close I will quote one of my heroes Michael Moore: "Shame on you, Mr. Bush, Shame on You!"

Email me at ricliberal2003@yahoo.com

# CULTURE SHOCK?

Letter To The Editor By Lindsey Whitney

Can you imagine an aca-demic society where hard work and good grades are the only price to pay towards tuition? What would happen if the American education system were

A few years ago on a military base in Rammstein, Germany, I was talking to a fel-low coworker of mine about where his daughter was planning on attending college. He told me about a few European schools about a few European schools she was considering, and then mentioned how she desperately wanted to attend a university in the United States. I asked what kind of variables would stop her from attending American colleges. He turned to me, astonished by my ignorance. ished by my ignorance. "\$20,000 dollars for

school?" He replied, "Why? Don't you want your people to be smart?" That was when I discovered that post-secondary educa tion in Europe is free (excluding the social tax that doesn't even add up to more than \$100 a year).

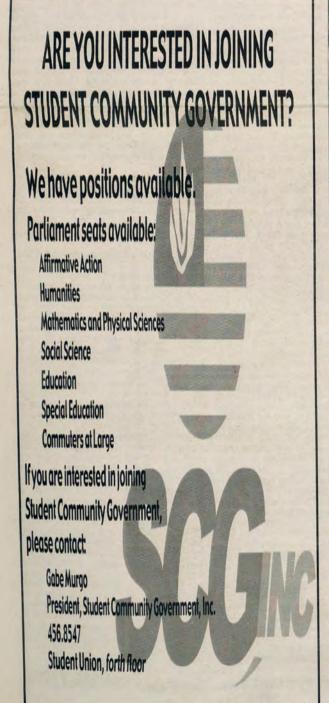
I attended my first two years of college at an American school in Mannheim, Germany. Down the road was a German universithe road was a German universi-ty. I will never get over the day talk came about charging the stu-dents 75 Euro (approximately \$80) per school year arose and how the people of the city react-

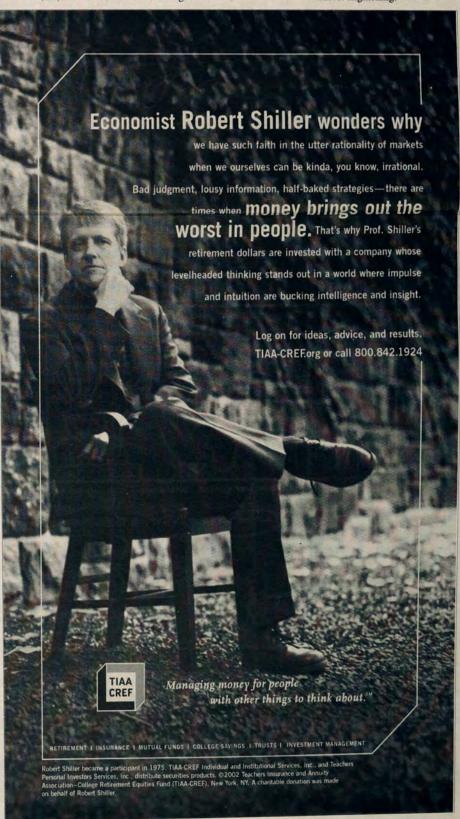
Students paraded on the streets as if President George Bush had bombed another couneasily have turned lasted for days, but the government responded immediately and canned the idea of tuition It almost seems unnatural that higher education wouldn't cost an arm and a leg, but apparently in other countries it is possible. There would be so many people who could take advantage of a free education.

But then the nation's intelligence might prevail. In fact, if It almost seems unnatural

gence might prevail. In fact, if our country let those other than the "privileged" (and by privi-leged I mean those with money) earn an education without having to pay for it, there might not be a

No thanks. What good would it do if our country to load up on health care providers, astronauts, lawyers and educators? That would only advance us in technology, stimulate the economy, and develop intelligent beings. Maybe we'd even produce politicians that didn't think with their wallets. That would be almost frightening.





# Point - Counterpoint

### California Recall Election

By: Forrester Safford Anchor Staff

On October 7, Californian voters (legal ones) will go to the polls and vote on whether or not to recall, (boot) their current governor, Gray Davis from office. There will be two questions on the ballot. There will be two questions on the ballot. One will ask if the governor should be recalled, and the second will ask who should take Davis' place should he be booted from the office of Governor. A few weeks ago Mr. Davis made a statement in which he said that this bid to recall him is part of a rightwing conspiracy that started with the attempt to impeach then President Clinton, continued onto the recounting Florida during the 2000 Presidential Election and now the conspirators have set their sights him. the conspirators have set their sights him.

Let's take a look at this accusation. Firstly, why were impeachment charges brought against Mr. Clinton? That's right, because he lied under oath. As aside note, I would like to state that upon much thought, I have come to the conclumuch thought, I have come to the conclusion that impeaching Clinton would have been the worst thing the Republicans could have done. If they had, I feel that Gore would have won the 2000 Presidential Election. As far as the 2000 Florida recount goes, ladies and gentlemen, Mr. Bush received more votes then Mr. Gore did in the state. Get over it Mr. Gore did in the state. Get over it. Some people complained that the elderly and/or ethnic minorities had a hard time using the 'butterfly' ballots. If they can fill out a Bingo card, then there should have been no createn why they could not have been no reason why they could not fill out their voting ballots. Also, as stat-ed in the U.S. Constitution, people are elected to be President through the Electoral College. Mr. Bush had more electoral votes, therefore he is the President, and Mr. Gore is probably flip-ning burgers someplace.

ping burgers someplace.

Now onto Davis' claim that this Now onto Davis' claim that this upcoming recall is part of the aforementioned "conspiracies." How so Mr. Davis? You lied in your last run for governor of the great state of "Mexifornia," when you made everything seem peachy. Should your opposition have exposed you for the liar that you are before the election? Yes, of course, however, now that the \$38 billion deficit has been discovered, let's not "beat around the bush" (no pun intended). Davis needs to be held accountable for his actions, and in California, there was something added to their state constitution in the 1920's that allowed for the governor to be recalled in allowed for the governor to be recalled in a special election. Whether or not it is a good idea to recall Mr. Davis is something that will be discussed further down thing that will be discussed further down in this column. People tried to get enough signatures to have Governor Reagan recalled, however they were unsuccessful. There were no problems in getting enough signatures to get a recall vote against Mr. Davis.

Recently, the "great" ACLU tried to postpone the recall election on the basis that thousands of ethnic minorities' votes would not be counted on the account that

some of the polling places had out of date voting methods, and that what happened in Florida in 200 would happen again in California, etc. The ACLU won the case with a circuit court, however; a federal california, etc. The ACLU won the case with a circuit court, however; a federal appeals court just overturned the circuit courts decision. The court's reasoning? They basically stated that there was no proof that what happened in FL would happen in CA and that there also was no proof that votes would be lost or uncounted. And as far as the voting methods go, they were the same voting methods that were used to elect Mr. Davis to both his terms of governor. Therefore, it seems that the only reason the ALCU argued using the above points, is that Gray Davis, along with most of the people who make up the body of the ACLU is a liberal democrat. The ACLU was not fighting in the defense of the US Constitution, like it is suppose to. The ACLU was fighting in defense of its own interests, which include, no God, and let's give all illegal aliens everything that they want.

aliens everything that they want.

Earlier, it was stated that if the impeachment had worked, it could have backfired on the Republican Party in backfired on the Republican Party in 2000. The same thing could happen in this recall election in California. Quite frankly, it is hard to say whether or not the recall is a "good" idea. Is it constitutional? Yes, according to the CA constitution. However, being a 'good' idea is something else. At this moment there are two 'top' Republicans vying for the spot of 'top' Republicans vying for the spot of governor. State Senator McClintock represents the 'conservative' Republican agenda, while Arnold Schwarzenegger tends to be more of a 'liberal' Republican. Mr. Schwarzenegger has the best shot of winning the election, while Sen. McClintock is just dreaming that his socially conservative views will be embraced by a vast majority of Californians. McClintock needs to step out of the race soon, if he wants to get a Republican into office. If he doesn't, then there is a good chance that Lt' then there is a good chance that Lt' Governor Cruz Bustamante will win the recall election. Some consider Mr. Bustamante to be worse then Mr. Davis. This includes Mr. Issa, who started this whole recall thing in the first place. Issa recently stated that if the Republican vote is still split, he will vote 'No' on October 7th when he is asked if Davis should be beated from office.

7th when he is asked if Davis should be booted from office.

Perhaps it would have been better for the Republican Party if the recall election was postponed. The perhaps things could have been done to persuade Mr. McClinktock to step out of the race. In order for the recall to be deemed a "success," by those who are in favor of the order for the feeth to be deemed a suc-cess," by those who are in favor of the recall, Davis needs to be ousted. However, if he is ousted and replaced by Mr. Bustamante, the whole thing is still a failure. Actually, what Republican in their 'right' mind would want to walk into a \$38 billion deficit? Let Davis run his course as Governor and then in 2004 vote in someone of the conservative persua-sion. The recall is Constitutional, howev-er, it may just be, a bad idea.

A Precarious Situation for Democracy

By Michael Philbin

To many Americans living outside the "golden state," the current recall drama might seem irrelevant or mildly entertaining. After all, some might say, it's only a local issue confined to the people living within the land of the San Andreas Fault and Tiesal Town So why considering this and Tinsel Town. So why, considering this, would a citizen living in Rhode Island even bother thinking about this subject? Although some might want to ignore the attempted power-grab, the events occurring in California are not isolated or inconsequential to the rest of the nation. The recall of Governor Gray Davis is not merely a of Governor Gray Davis is not merely a state issue; it's an example of a consistent strategy utilized by conservative zealots in the Republican Party to manipulate the political system in the hopes of gaining power without actually winning elections. Very recent events in different parts of the country can testify to this effect and aware-ness of this particular subject is no less ness of this particular subject is no less important than the survival of American

The Republican Party has always been The Republican Party has always been disdainful towards public opinion, but within the last few years this vague prejudice seems to have become a predominant philosophy as they've attempted to usurp the representative democratic system through procedural manipulation and public deceit. In the late 1990s, the conservatives in Washington-DC saw that they were unsuccessful in defeating a popular President through elections, so they attempted instead to impeach him because, essentially, he had an affair. The tasks of government were halted for months on end so that Republicans could try to remove an elected President not for corruption or, let's elected President not for corruption or, let's say, lying about reasons for going to war, but because of a personal vice.

While that hapless attempt fell far

While that hapless attempt tell far short of its goal (and with Clinton ending his Presidency even more popular), the next dirty trick succeeded: the Florida recount. In 2000, Al Gore not only won more votes than George W. Bush, he received more votes than any candidate in history besides Reagan's 1984 incumbent election. It has now also been proven by election. It has now also been proven by news consortiums that Gore narrowly won the state of Florida. Nevertheless, the disenfranchisement of Florida's minority voters, the outright interference with ballot-counting by reactionary mobs, and the ultimate Supreme Court decision ensured that George W. Bush would become President the old-fashioned way: inheriting it. The pure hypocrisy of the Court majority's reasoning is testament to their true intentions soning is testament to their true intentions because they demanded Florida's ballot-

soning is testament to their true intentions because they demanded Florida's ballot-counting methods be universal, yet most of those Justices had a history of voting in favor of state rights over Federal authority. This is perhaps the worst offense by the extremists in the Republican Party who would go so far as to manipulate the system before losing an election.

The efforts of re-districting in Texas are (along with the California recall) present examples of this right-wing political strategy. While changing Congressional Districts is a normal occurrence whenever the Census is released at the end of decades, Republicans in the Texas legislature wanted it differently. In 2001, the Congressional districts had been officially established by the state courts. However, because they had been elected as a majority for the first time in years, the Republican faction in Texas (from the suggestion of US House Majority Leader Tom DeLay) decided to completely re-write the district maps with as little serious public discourse as House Majority Leader Tom Del.ay) decided to completely re-write the district maps with as little serious public discourse as possible. Because the districts had already been established, as mandated by law, the intention of the conservatives in the Texas government is all but overt: they wish to form these districts for their political benefit, and their benefit only. When the rule of law becomes threatened by factional maneuvers, the American political system

is placed in a precarious situation. Bravely, the Democrats in the Texas government recognized this action for what is truly was and tried to prevent it by fleeing Texas. While the success or failure of Republican gerrymandering remains to be seen, it's imperative that more people recognize such threats to democracy.

The above events are not drawn out in the interests of sour-grapes. They prove conclusively that extremist Republicans have repeatedly attempted in the past to do what they're currently doing in California. Gray Davis is no saint, nor is it the intention of this essay to prove he is. The fact is

Gray Davis is no saint, nor is it the intention of this essay to prove he is. The fact is, though, that he won re-election as Governor in 2002, less than a year ago. But now, because of the financial efforts of wealthy Republican Congressman Darrel Issa, the decision of the people is being thrown out the window. While it is clear that support for the recall has ebbed and Davis may prevail most polls suggest that Davis may prevail, most polls suggest that if Davis is recalled it would be with barely 55 percent of the public supporting the recall, yet the most a replacement candidate recall, yet the most a replacement candidate would receive at this point is 35 percent. So, essentially, there would be more support for Davis but he would still be replaced. It's also worth pointing out that Davis should not be blamed for all of California's problems. Yes, the economy tanked and the power outages were dreadful but those issues were primarily caused ful, but those issues were primarily caused by a nation-wide recession and greedy by a nation-wide recession and greedy energy executives (such as those at Enron) trying to profit from chaotic deregulation. Furthermore, the referendum system itself has plagued California's government with nas plagued Camorina's government with stagnation. Due mainly to right-wing reac-tionary propositions, the California state government barely controls fifty percent of the public budget. Such circumstances, combined with a Republican minority in the state legislature blocking efforts at fiscal solutions, would challenge the most dynamic of leaders. Yet, the recall supporters claim, Davis ought to be thrown out of

office for it.

By far, the most despicable aspect of the California recall is the pure hypocrisy of its supporters. They claim Governor Davis should be recalled for the following

1. The state budget went from a large surplus to a deficit

2. He's in the pockets of special Union

3. The economy has worsened
4. He broke his promises to voters.
While the claims themselves are questionable, as was shown above, they can accurately be used to judge a public official whom the recall supporters would never dare challenge: President George W. Bush. Poor budgeting? When Bush came into office there was a surplus of over \$120 billion, yet his irresponsible fiscal policies have left the budget at a \$455 billion deficit. Special interests? Bush's environmental policies open up national forests to commercial logging and energy exploration by his friends in the oil business, not to mention Halliburton's lucrative infrastructure contract for Iraq. Bad economy? Almost three million working Americans have lost their jobs under the Bush Administration, while the Republican solution is nothing short of giving tax breaks to the wealthy. Broken promises? Bush committed himself to expanding AmeriCorps, yet he's cut-back their funds; he declared "No Child" would be "Left Behind" in his education proposal, but most schools don't receive enough funds to meet his lofty goals; or how about his claim that Iraqi weapons of mass destruction (the justification for launching the war) would be found soon after the war ended, yet none have been found while hundreds of Americans have died in the costly occupation. If conservatives really believe their reasoning for 3. The economy has worsened4. He broke his promises to voters have died in the costly occupation. If conservatives really believe their reasoning for recalling Davis, then they should look no further than their hero for whom to kick out

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of office next.





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Tomato, pickle, scallions, pepperoncini & Spike's mustard	
Lonely Guy Dog Spike's musterd, scallions, chopped onions & souteed onions	2,87
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Junkyard Fries Poodle fries with chill & chedder	2.65/2.96
"O" Rings Battered onion rings	2.55/4.99
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Yankee Baked Beans	1.49/2.48
Spike's Nachos Tortilla chips with chili, cheddar, salsa & chepped scallions	2.77
Garden Salad	2.99
Greek Salad	3.47
Add Grilled Chicken AN ADDITIONAL	2.34
Chips	.93
Spike's Fresh Baked Roll	.93
Hub Cap Jumbo chocolate chip cookie	



Fountain Soda	1.25/1.5
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Spike's Root Beer	1.3
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Extra: blue cheese, celery, or sauce 47

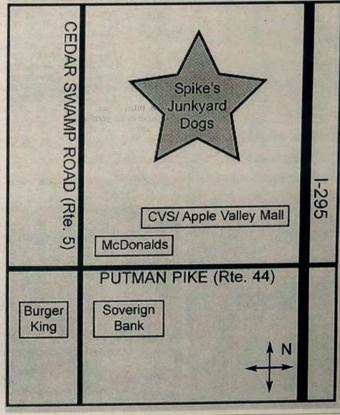
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OPEN: MONDAY-SATURDAY: 11AM-1AM AND SUNDAY: 12 NOON-12 MIDNIGHT



Roving Reporter

by Laura Colannino

What do you think about the recent enforcement of the policy this year prohibiting parking on campus past midnight?



Dave Micalles Senior Psychology

I don't see a problem with the way it was. I think if they change it they should provide a reason. Matt Kelly Junior Labor Studies, Justice Studies, & Political Science

I think it's very pointless and very annoying.



Justin Deveau Junior Marketing

I think it's ridiculous because nobody's planning on parking there overnight anyway, and it's not like you're hurting anybody by parking there.



Nicholas Lasfreniere Junior Physical Education & Health Education

I think it's ludicrous.



Suzy Alba Junior Communications

Being president of one of the media organizations, I especially don't like this new policy. We have to be able to access our office at any time of the day or night, and to have to park so far away at night is really dangerous for a female, like myself, to walk to her car.

Amanda Ricard Freshman Psychology

I think that it's really dumb because when students go out with their friends, they often leave their cars here and all take the same car. I can understand the no overnight parking, but not past midnight is harsh.



Nic Rossi Freshman History

It's a pain, especially for athletes coming back from late night games. We have to park behind Weber because if we leave our cars here, we risk getting a \$40 ticket. That's a long walk, especially after a long game.



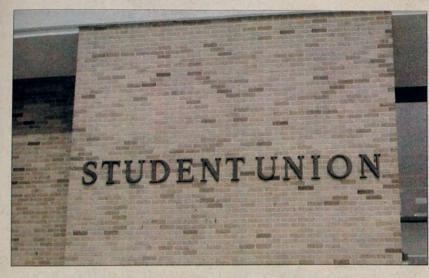
#### Ahem! Ahem!

Ok, now that I have your attention:

Do you feel that our questions lack oomph? Think you could do better? Well, now's your chance! Send an Instant Message (AIM only) to RovingReporter00 with a question and your name, and if we like the question, we'll use it, and give you the credit you so desperately deserve! Ok-well what are you waiting for? Go, submit already!

# around campus

As you may have noticed, the Student Union has nearly been completely renovated, and it has never looked better. The following are some images of what was once known as The Coffee Ground - which is now simply known as.... "The Café." How original.

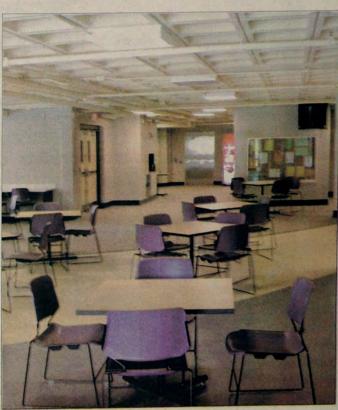












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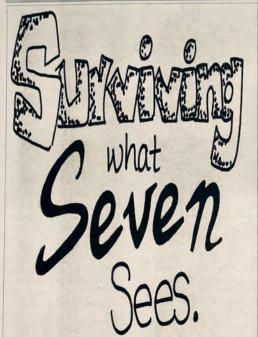
18 to party
21 to taste

S3 w/RICid \$5 w/o

KABLOOM

the italian oven

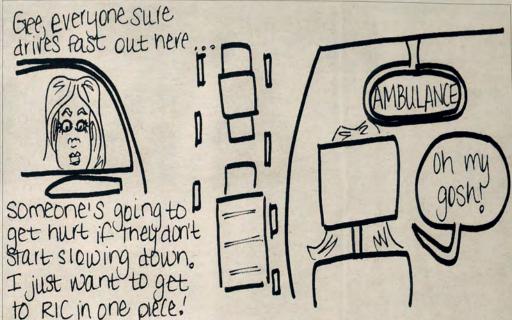
# LAUGH @ R.I.C.



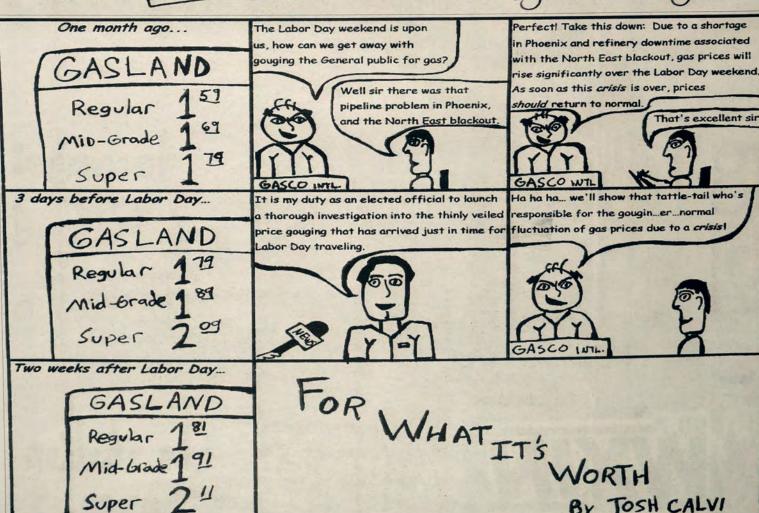
Regular 181

Mid-Grade 191

Super







By JOSH CALVI

# RELATIVELY IMMATURE COMICS

# **Excuses For Not Having Homework.**



"I thought homework was optional in college."



"I did it. . . in invisible ink."



"I couldn't find a pen, or pencil, or laptop or. . ."



"I spilled Vodka . . er, water, on it."



"What home-work?"

AJ Paz

### Student Discount















Trip to the grocery:

I fill my cart with

blue cans.

Fruit of my labor.

shines
on my closed
kitchen pantry.
Time to harvest
Spam.

## Crossword

ACROSS

- 1 Cured pork
  4 Mint \_\_
  9 Gaze fixedly
- 14 Ripen 15 Maine college

- town
  16 Hurl
  17 Actor Beatty
  18 "\_\_ Days a
  Week"
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By Lasha Seniuk

Aries (March 21-April 20). Younger relatives may ask for special family consideration. Areas affected e social behavior, repeated patterns



home disruptions. Group acceptance is an important influence in

key relationships. Be expressive and wait for loved ones to make their needs clear. Later this week, a close friend or lover expects concrete in a difficult relationship Don't hold back. This is the right time to ask for more freedom or improve communications.

Taurus (April 21-May 20). Career choices and fast family discussions are accented over the next few days. Ask loved ones for permanent financial strategies. At present, reliable habits and a structured plan may



needed for success Press fo solid public promises

Before the end of this week, postponed decisions will prove disruptive. After Friday, social invitations may increase. Group plans and con-troversial activities are accented. Stress levels may be high.

Gemini (May 21-June 21). Before midweek, a subtle romantic demands response. Explore delicate flirtations but opt for



new relationships public affections are not reliable

before Oct. 17. Stay motivated and watch for clues. After Wednesday, business or financial negotiations

may be briefly delayed. Carefully consider all legal restrictions, group expectations and deadlines. In the need to redefine roles, duties or job

Cancer (June 22-July 22). Planned family events or special



gatherings will work to your advantage. Loved ones may ask for your continuing

acceptance and support. Allow unre solved group disputes to fade. This is not the right time to rely on old habits or outdated emotional rules. After midweek, a close friend or lover may request delicate family advice. Relocation, extended travel or foreign cultures are accented. Remain diplomatic. New information will arrive after Oct. 17.

Leo (July 23-Aug. 22). Loved ones respond positively to your emo-tional style. After a brief phase of low social interest, self-confidence is



a strong factor in successful relationships Expect friends and

lovers to vie for your attention or offer rare social invitations. Wednesday through Saturday, work place relations also improve. Take time to clarify daily expectations. Colleagues and officials will welcome your input. A strong week. Stay focused and respond quickly to positive change.

Virgo (Aug. 23-Sept. 22). Roommates or close relatives may press for revised family goals. Daily promises, chores and home obliga-tions may be a strong concern Impress others with your continuing and group dedication will be warmly received. Later this week, education-



al programs, financial or complex legal applications ments require

extra attention. Deadlines and restrictions may be particularly both ersome. Stay alert. There's much to

23-Oct. 23). (Sept. Neglected business details, forgotten paperwork and outstanding payments will demand completion.



Tuesday, expect key officials to request fast

revised projects or final decisions. React with enthusiasm. Genuine interest and cheerful dedication will be respected. Thursday through Sunday, social or romantic proposals may be quickly reversed. Take none of it personally. At present, friends and lovers need extra time to consider long-term family plans.

Scorpio (Oct. 24-Nov. 22). Romantic overtures are difficult to resist. Sensuality and charisma will have a powerful influence on new friendships or workplace attractions.



Explore short-term enjoyment porarily o i d

detailed commitments. Unexpected triangles and rare disagreements may prove draining. After Friday, a new era of productivity and career interest arrives. Many Scorpios will begin training programs, compete for new employment or accept unique assign-

Sagittarius (Nov. 23-Dec. 21). Business restrictions may be lifted. Late Monday, expect authority figures to improve established procedures or assign new duties. Outdated ideas need to fade from team deci-



ules. You won't be disappointed. Tuesday through Friday, a or difficult friendship may become romantic. Respond honestly to new flirtations or overtures. All is well.

Capricorn (Dec. Social agreements will be difficult over the next two days. Watch for friends and lovers to misinterpret public statements or find fault with new group plans. Powerful emotions may be dictating the reactions of others. If possible, avoid serious discus-



details for costly errors or mistaken deadlines. Older relatives will offer meaningful advice. Remain open to

Aquarius (Jan. 21-Feb. 19). Worthwhile business suggestions will be criticized for lack of planning or minor mistakes. Remain cheerfully dedicated. Before mid-October, close colleagues may be unusually expressive or feel publicly challenged by the creativity of fellow



This is not the right time to take on the workplace problems of others After Friday, a friend or lover will ask for reliable dates, times or prom-

ises. Be supportive.

Pisces (Feb. 20-March 20). Early this week, a friend or co-work-er may reveal private information or at a complex family history Take all such expression as a compli-



ment. At presfriends may be difficult. After Wednesday,

get extra rest and pamper the body, if possible. Sleep disruptions or skin ailments may be mildly annoying over the next nine days. Late Sunday, romantic proposals and seductive social invitations are highlighted. Enjoy cozy, quiet moments with loved

#### If your birthday is this week.

Older relatives or authority fig-ures may soon ask for detailed paper-work or final decisions. Before November, career choices, financial planning and legal partnerships may require bold discussions. Don't hold back. Although past ideals or goals have changed, your insights and needs are valid. November through needs are valid. November through mid-January also accent unexpected romantic passion or mildly contro-versial flirtations. This is a strong and positive time for new relation-ships: stay open and respond honest-ly to your own first impressions. Much of 2004 will demand serious and lasting emotional decisions and lasting emotional decisions Home values, long-term commitment and a sincere evaluation of existing relationships may be on the agenda.

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### By Jim "Famine" Ruggiero

Anchor Editor

So, I am sitting with my friend, Fat Paul, during a rather slow work day. With lunch time rolling around we began to ponder our forever unanswered ques-tion, what to eat? Now luckily for me, I was with the one person who can make a food decision. This of course made me realize everyone else is not so lucky, everyone else is not so lucky, especially my peers here at RIC, being a commuter college and all. Out of duty, I must share this experience with you. Sit back and enjoy the first edition of Jimmy Eats World, or at least Jimmy Eats Some Stuff around Providence. Providence

Providence.

After the great debate, The Fat One and I hopped in my car and were off to Lucky Garden. Now Lucky Garden is just down the road on Route 44, Smith St. with nothing remarkable on the outside. The first thing you will notice when entering this eastern

styled restaurant, in other words styled restaurant, in other words Chinese, is a woman preparing vegetables that you will most likely be eating shortly. I consid-er this a very good sign; there is nothing more reassuring than a meal cooked from scratch. Let us move onto the actual eating.
You should know that there

Jimmy Eats World

are two menus here at the Lucky Garden. One is green, it is meant for us Americans to order from; it's the safe menu. You will see the stuff you would see at any other place, but the Pink menu, well that's where the adventure begins. The Pink menu holds all the traditional meals and greeigh. the traditional meals and special-ties that will seem at the very least exotic to you and me. Did you know you can eat Jelly Fish? Well I wasn't brave enough to find out but it was on the menu,

along with duck feat and shark.

Each time I visit this place I try something different, this week it was Dim Sum wrapped in Lotus Leaves. Needless the say it was delicious with a pungent

smell like tea. I also favor the smell like tea. I also favor the Spicy Steak in Honey Sauce; order plenty of sticky rice with this because you will want to soak up all of the sauce. I have yet to go wrong but next time I think I will convince Fat Paul to order the Jelly Fish.

Ratings out of 5 Egg Rolls:

Service: Price: Location: 9999 Ambiance:

Taste: ggggg Stay tuned for the next issue of Jimmy Eats World, where I will gather my cohorts to conquer Portugal, or at least its cuisine.

# Ring . . . from back

entertainment

have done an exceptional job.

Of course, certain aspects of the book are lost in translation.

For instance, the book's main character is not the same gender as the movie versions. This might be due to viewers being more sympathetic to a female main character than a male main character. (No letters please!) Another major difference is that the antagonist in the book is not a little girl. Again, maybe sympathy based. The book reveals supernatural and scientific connections to the antagonist more clearly, giving the reader more insight to the interwoven plots.
The movies still manage to

maintain the "horror flick" shock on the same plain as the book. Although the transmission of the ultimate outcome is the same throughout the book and movies

throughout the book and movies
the message differs from one to
the other bringing you to a different conclusion for each.

If you have the opportunity
and are bored with the "run of
the mill" horror story take the
time to read this engrossing
(emphasis on "grotesque") book
Might Lynggest that you read the Might I suggest that you read the book, then watch Ringu followed by The Ring. It's even better if it's raining. By the way, you might want to take the phone off the hook...And now is not the time to be serving "finger food".

# "In Reverie" In Review

By AJ Paglia Anchor Contributor

faster. Stronger. happier, and equipped with a bright new drummer, Saves the Day breaks back into the indie rock scene fash-ioned with fresh new tracks and a fully functracks and a fully func-tional newfound groove. I say groove because there's really no other way to explain their new tracks. The sound and tone of in reverie (the

latest and fourth album) is a complete one-eighty in style from Saves' past. Although, it still contains the strength of an excel-lent live performance to support the different style. Meaning, hardcore fans won't completely recognize the new stuff, but they'll experience the same good old Saves they know and love

On September 18, Saves played in front of a sold out crowd at the Lupo's Heartbreak Hotel in downtown Providence In the twin level concert hall. fans packed themselves in arm to arm to listen and watch what was arguably the best indie rock live performance today. Saves rocked the roof off with a sick set of tunes from every album, and introduced Providence to their new drummer, Pete Parada. The fans busted their lungs open singing along to each and every song. And Chris, the lead singer, practically melted away in bliss on stage after hearing the fans covering his lyrics word for word. The card headers also threw in "Ups and Downs" and "Jessie and My Whetstone" for an encore set. Overall the show was these hours of life well spent.

was three hours of life well spent. The album was coincidently released on September 16, two days prior to the concert, which



explains the lack of new tracks played at concert. Why play a bunch of tunes no one knows yet. at a show designed for sing-along

The band's brand spankin' new album, in reverie, is exactly that: NEW. This isn't the Saves The Day from past albums (Through Being Cool, Stay What You Are, and Can't Slow Down). Picture the illegitimate child of Weezer and Cake, and bam you got yourself the newborn, happier, spunkier Saves. Although the sound is great and fresh, and its nice to see a band evolve in their development and not burnout in redundancy, the sound is unfa-miliar to fans. When a Savy McDay (hardcore Saves fan) goes to pick up the new CD, they're not there. This can be either positive or negative; it all depends on the fans' preference.

The disc has a sufficient surge to it. The track set breaks

into action with some really great stuff and carries on really soft. stuff and carries on really soft. Then slows down a bit, and sud-denly drops three very sweet songs on the listener to top the album off. "Anywhere with you" and "What went wrong" are reminiscent of Saves past and tweaked with their new style.

"Driving in the dark," 'Wednesday the third" are pretty enjoyable tracks, and excellent examples of how a band can evolve.
"She" and "monkey" make me feel good, mostly because during those songs I can sleep. No love lost for emotionless sap soliloquies. "Morning in the Moonlight" puts that smile across your

face, knowing there are still songs out there that can put you in a good mood. The best part of in reverie (the song) is that it won't kill you.

There is one massive low in this album. Saves the Day has made a name for themselves by possessing many traits, one of which, is the skillful tact of witty lyrics. Stay What You Are had some of the best lyrics I had ever heard. This CD lacks that. It's almost as if they're forcing the words to come out, rather than letting them just flow. "The letting them just flow. "The monkey will bite, better eat your poultry" (Monkey, IR) is a far cry from "The moon hangs like the blade of an axe tonight (All I'm Losing Is Me, SWYA). You can't fake emotions, and parts of this album reluctantly prove that this album reluctantly prove that.

The album, in reverie, is damn good and I am impressed to see a band willing to make that style alteration, and taking a chance. Saves matured a bit, and still kept their creativity in tack. still kept their creativity in tack. There are a couple rough spots and speed bumps in it, but all in all, it is a decent CD. Saves The Day is currently on tour with Taking Back Sunday and Moneen, and still rock, only now on a different level. Not many bands can pull you up when you're down, and Saves can and do just that.

The impossible has happened: Someone has come up to the Anchor and they expressed an interest in helping with the Layout. But as cool as it is, it's not enough. We can always use more people. And that means you. So, you'll have some competition for layout now... that's no reason to give up! There are plenty of things to do up here that involve hanging out with me... so I uh.. need a friend.

## A Movie With No Limits

By Sara Corrigan Anchor Editor

Rounders is not just about poker; it is about relationships, and life. The main character, Mike (Matt Damon) is a law student.

His hobby is no T e Texas Hold'em poker, narrat-ed by him in the film as "the only real game left," game left," in which you must play the person and not the cards.

"No Limit" means you can bet (and amount of money - and that is exact-

ly how the movie begins. Mike takes \$3,000 and the dream of being the world poker champion and loses it all to the movie's Darth Sidius who is played by a very bald, very Russian John Malkovich.

Russian John Malkovich.

Mike is left with no choice but to drive a delivery truck each night to pay his way through school. His girlfriend, played by Gretchen Mol, leaves him with no choice but to quit playing poker. All goes well for him until an old friend named Worm (Edward Norton) gets out of jail and back into Mike's life.

The rest of the story I will

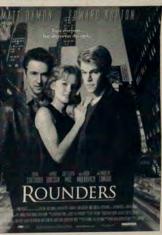
and back into Mike's life.

The rest of the story I will not give away, but I will say that Worm will turn everything inside-out: testing Mike's relationship with him, his girlfriend, his teachers, and fellow poker players. This is why I say this movie is not about poker – it is about Mike's life; what happens to it; and what he does to get it all back.

Matt Damon is such a wonderful actor in this movie. He left me in awe of his poker skills and in pity of his situation. He kept me enthralled throughout the entire movie and I will even admit that my palms were sweat-

ing at the climax of the film. When I saw that happens and how Damon handles it at the end, I felt the same pride I would imagine he, too, felt.

Two complaints I do have about the movie, however, are



actually two
of the supporting actors: his girlfriend and Worm W o r m Worm's character just really got on my nerves and iust kept thinking, "Mike - why are friends with this loser!?' am sure that this is exactly how the direc tor, John Dahl, wanted his audience to audience to feel about that

character, though, so Norton did his job well. The second character I did The second character I did not really like was Mike's girl-friend. The problem, I think, is that she was not in the movie enough and the audience hardly gets the chance to see the two of them together so we never really understand why Mike is so will-ing to give up his passion for her. In the preview, which I watched on the DVD, there were several scenes of the two interacting with scenes of the two interacting with each other that did not appear in the film. In the actual movie, I did not realize how serious and in love the couple was, so I think the final cut of the film should have included those lost scenes.

Rounders is an excellent movie in my eyes. I actually watched it in the first place because I enjoy playing Texas Hold'em poker, but I was surprised at how much deeper the plot went. What I means is this; it does not matter if you like it does not matter if you like poker or not, but if you enjoy good movies, you are sure to like this one. I recommend you rent it and have some Oreos as you watch it (wink, wink - you'll

# entertainment

# Serpent . . . from back

where it can be researched.

Now, it isn't the purpose of this article to assign a rating or grade value to the movie, but I will say that I liked it all the way until the last fifteen or so minutes of it. But, that is not to say the ending is bad, I just feel that it does not fit in with the rest of the film. The reason I say this is that 90% of the movie is based around not only a true story, but also something that the Haitians of Haiti believe in, and in the climax it gets kind of

hard to discern what exactly is going on. You'll ask yourself "Is this real, or is he still dream-ing?" and this is due to the fact that the ending tries to mix two film categories together, fantasy horror, and true life documen-tary. So I would suggest that if you are a fan of weird occult you are a ran of weird occult horror, and if you can find it from a video store, give it a rental, but I wouldn't suggest buying it unless you're a die hard fan of the genera and/or director. director.

# Hamlet . . . from back

(Lillian Troy), senior Justin Jutras (Barrymore), and sophomore Jenna Tremblay (Deirdre McDavey). The show has been in rehearsals since late August. "In any production you develop a bond and a sense of pride for your cast. It is amazing to watch everyone in the show create and everyone in the show create and grow, with everything leading to opening night," remarks Dulude. She plays Andrew's elderly agent and the former lover of John Barrymore. "The rehearsal process for this show has been one of the hardest I have ever had to endure, mostly because I have never laughed so hard in my life." never laughed so hard in my life," says Angelone, who plays the physic, real-estate broker. "Working with such an intimate and talented cast has caused me to

and talented cast has caused me to lose focus—one too many times. No one is afraid to try something new, and that is why I love this cast so much," she adds.

This production will mark Dr. Jamie Taylor's fourth RIC Mainstage show. Taylor is the Managing Director of Theatre and Assistant Professor of Theatre here at RIC. Taylor's last production, The Boys Next Door (Tom Griffin), played to sold-out audi-Griffin), played to sold-out audiences and received nightly standing ovations. "Well this is a dif-

ferent type of show, a different comedy. I am not trying to com-pete with Boys or myself because that would be detrimental to the that would be detrimental to the directing and creative process," Taylor states. "This show is sillier and lighter than Boys. It's an actor's show, and watching these actors create with a little guidance has been magical. I am so proud of each and every one of them." Taylor is currently in the process Taylor is currently in the process

of each and every one of them."
Taylor is currently in the process of working on a directing manuscript entitled, "Journey to Opening Night: A Comprehensive Guide to Collegiate Directing."
The cast applauds Taylor's a down to earth and humorous director who pushes you in the right direction, allowing us to come up with our own choices—no matter how crazy they may seem," explains Carrara, who plays Rally's greedy director. Jutras, who takes on the challenge of playing the ghost of Barrymore, adds "this is my second show with Dr. Taylor, and it is a lot of fun. He lets you explore your character without intruding on your own beliefs about that character. He's just a lot of fun."

For some of the actors, this will mark their debut on the Mainstage. "This is my first

will mark their debut on the Mainstage. "This is my first

show on the Mainstage; so naturally, I'm very excited but nervous at the same time. Everyone in the cast is ready to go, and I am confident that it is going to be a great show," says Bentley, who plays the soap-opera star. This will also mark the first RIC Mainstage show for Tremblay, who plays the virginal, naive girl-friend. "Being on the Mainstage has given me the chance to work with the best," she says. "I have been given the wonderful opportunity to learn my craft but also, heave on the Mainstage the main that work is the says." been given the wonderful oppor-tunity to learn my craft but also, being on the Mainstage has also allowed me to work with my peers in creating art for the good of the team; the theatre collabora-tion on this particular show has been amazing." been amazing."

I Hate Hamlet runs October

1 st - 5th at the Helen Forman Theatre of the John Nazarian Center for the Performing Arts. Performance times are Performance times are Wednesday through Saturday at 8 PM, with matinee performances on Saturday and Sunday at 2 PM. Ticket prices are \$5 (RIC students with proper ID), \$14 (general admission), and \$10 (senior citizens). Please call the Rhode Island College Box Office at 401-456-8144 to purchase your tickets.



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# rts & Entertainment

# Behind the Scenes I Hate Hamlet Opens on RIC Mainstage

A séance...a ghost...a sword fight...are all the makings of an intriguing evening at the theatre. This Wednesday, October 1, Rhode Island College Theatre and the Department of Music, Theatre, and Dance will premier its Mainstage season opener, the comedy I Hate Hamlet by Paul Rudnick. The play deals with a young and successful soap-opera actor (Andrew Rally) who relocates to New York, where he rents a marvelous, gothic apartment where he rents a marvelous, gothic apartment. With his television career in limbo, the actor is offered the opportunity to play Hamlet onstage, but there's one problem: He hates Hamlet. His dilemma deepens with the entrance of John Barrymore's ghost, who arrives intoxicated and in full Elizabethan regalia to the apartment that once was his. Barrymore arrives with one mission—to see that Andrew "plays" Hamlet and hopefully not be driven mad by young television star, in the

The talented cast will feature all Rhode Island College students: senior Ali Angelone (Felicia Dantine), sophomore Thomas Bentley (Rally), second-degree student Don Carrara (Gary Peter Lefkowitz), senior Lauren Dulude

See Hamlet pg. 22



# DON'T READ THIS!!

By: Carly Romano



In the summer of 2002, theaters became besieged by moviegoers hoping to view the latest horror flick, The Ring. The Ring is the American version of the Japanese horror film, Ringu. The story begins like most "teen slasher flicks" with a couple of innocent girls enjoying some after school entera couple of innocent girls enjoying some after school entertainment (television, gossip, the normal stuff) yet something is amiss. Where are the serial killers? Where's the big guy with the hockey mask, his buddy the guy who wears the striped sweater and claws or even Michael Myers....the not so funny Michael Myers. You know those guys, two of them just made a movie together. Well they're not in this one.

Actually the first moments are the only things that resemble the classic teen-slasher flick genre. The movies were based on the book, Ring by Koji Suzuki. Suzuki, who was born in Japan and raised in a traditional spiritual background, which included the belief of supernatural occurrences, both of which make for a wonderful breeding ground for writing tales of horror. (Did you ever wonder what makes Steven King have nightmares?)

King have nightmares?)

Although the original book and the Japanese film version, Ringu, are considered cult classics, the American version is fairly new but well on its way to joining them in cult status. Since the movie was released in Japan several sequels and prequels (Ringu 0, Ringu Birthday) have been made based on the original book. Transition from book to screenplay is not always successful however the writers on both continents

See Ring on pg. 21

# The Serpent and the Rainbow

By: Scott Pacheco Anchor Editor

Wes Craven's *The Serpent and the Rainbow* is probably a horror movie you've never heard of, but like most sci-fi and horror movies that fail to capture the public's eye, *Serpent* faded away into the vault of horror and (became a cult hit). Released in



1988, it was a depart from the norm for Craven (his previous 1988, it was a depart from the norm for Craven (his previous efforts being the Nightmare on Elm Street series and other teentitty-slasher fare). This movie, based on the book of the same name by Wade Davis, is loosely grounded in truth. It deals with the real life horror of Haitian voodoo, and what can happen when someone who is not as familiar with the history gets in over their head. The film starts off with Daniel Allen (Bill Pullman), a anthropologist who is recruited by a drug company to visit Haiti and uncover their secret of zombiefication. A happening, which is heavily believed to be the result of powerful voodoo priest in Haiti, is thought, by the drug company to be nothing more than a very potent anesthetic.

Hattl, is thought, by the drug company to be nothing more than a very potent anesthetic.

So Dr. Allen is sent over to the island to get (some of whatever it is) that the Haitian's use to make zombies and bring it back, but, like all good movies, Allen finds himself in the middle of a world he really has no understanding of. Aided only by the local clinic worker Marielle Duchamp (Cathy Tyson) and her father, the town's Houngan/Voodoo Priest (Paul Winfield) they find Louis Mozart (Brent Jennings) a man who is willing to make some of the zombie powder for them, at a rather high price of course. Yet all is not well, because as movie tradition would have it, there is someone who does not want the American to aquire it, there is someone who does not want the American to aquire the powder, and that person just happens to be evil Houngan Dargent Peytraude (Zakes Moake), and also the leader of the Haitian secret police. Well old Darget gets his hands on Allen and in addition to torturing him, also casts a "spell" on him that cause intense hallucinations and horrific nightmares. The three protagonists battle the evil Houngan for two acts and in the climax good triumphs over evil and the powder in brought back to the states

See Serpent on pg. 22

## Dan and Scott's Blog

By: Dan Blouin & Scott Pacheco Anchor Editors

It's taken him some time to get there but Harvey Pekar has achieved the American Dream. Starting out as a file clerk in Cleveland Ohio, Harvey has managed to break into the underground comics scene, go on Late Night with David Letterman, and ultimately, get a movie based on his life.

Harvey Pekar is a grump. There's no way around it. If you had a dead-end job, no loved ones fewer friends, and a failed.

no loved ones, fewer friends, and a failed marriage under your belt, you'd probably be a grump too. The difference is, Pekar's stark, honest depictions of everyday life are portrayed in a comic called American are portrayed in a comic called American Splendor, which has had numerous illustrators over the years, including Robert Crumb. More to the point, American Splendor is stark, honest depictions of Pekar's life. Which makes the new movie all the more bizarre: It's an autobiographical movie about an autobiographical comic, shot in, you guessed it, and autobiographical way. Paul Giamatti plays Harvy Pekar and over the course of the movie internalizes quite frequently with narration by Harvey Pekar (confused yet?). Splendor does a few things to break the norms of conventional movie making. First they use rotoscoping (the process of First they use rotoscoping (the process of animation over live film), which is nothing new considering people like MGM and Disney have been doing it since the

Let us elaborate. American Splendor the movie is predominantly a work of fiction, in that the characters in the movie are played by actors, instead of the real people. played by actors, instead of the real people that they are based on. But at certain points the movie will switch between fiction and reality. One example is during a scene set in the file department where Pekar worked, where Harvey and his friend Toby (Judah Friedlander) are talking about jellybeans. When the scene ends, the actors are shown walking off the set and the real Harvey and Toby come onto camera and start talking about the jellybeans on the set's food table. There are numerous scenes that also use a similar technique. For example, at certain lar technique. For example, at certain points during the film it will switch from the movie to the real Pekar and he'll elab-

fifties, but in Splendor it is not used in the conventional sense, that is animating characters that the live actors interact with. In Splendor it is used to do things like: to convey what Pekar is thinking, in one scene in particular Pekar is thinking to himself and rather than have subtiles to a voice over, the thought is expressed through very cartoon-y text inside a thought balloon. Other ways it sused is as a way of transitioning between seenes and also to express metaphysical imagery.

Another really interesting thing the movie does, (and exense me if we cannot explain this in a way that is understandable) is to switch between the fictional Harvey Pekar and the non-fictional one. Let us elaborate. American Splendor the



Splendor has

not been his only comic work though Back in the eighties Harvey contracted cancer, so along with his wife, he made a graphic novel about that, and he's also done things like web comics and one

shots.

So that's it. The end of the line, a (very) brief biography of Pekar's life and work related to it. If you feel so inclined to see the flick after reading this, it might prove a bit of a challenge. We saw it last week when it was at the Avon, but unforted the state of the same anymore. We're week when it was at the Avon, but unfortunately it's not there anymore. We're pretty sure though that since it was well received it will most likely pop up at one of the other indie theaters in state, like the Cable Car or Castle Cinema. But until then we encourage you to check out his comics, which can be apprecised in luxurious trade.

be purchased in luxurious trade paperback form (meaning a bunch of comics are collected into vol-umes so you don't have to seek out individual comics).

