

Features

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Thursday March 6, 2003

Equinox

Dieting the health conscious way

By Shaina Harlow and
Jennifer Hemming
Staff Reporters



Top: Ethan Lovell takes a break from his job at the Exchange Office to eat a healthy apple for a snack.

Bottom: Weight Watchers has a weight loss program that helps count your calories each week.

If you are thinking about losing weight, cutting carbohydrates out of your diet is not the answer. Eating the right amount of carbohydrates is an essential part to a healthy, balanced diet. But for some reason, some people seem to think carbohydrates are our enemies, when they can actually be our friends.

You may have heard of the Atkins diet, which is the diet that eliminates all carbohydrates from what you eat in the course of a day. It is a popular and glamorized diet, promising things such as fast weight loss.

According to <http://atkinscenter.com>, the Atkins diet "rebalances your nutrition so that you improve your energy level, and your appearance, and gain a sense of well-being, following this approach lays the groundwork for a lifetime of better health."

Rebecca Hunt, the registered dietitian at the Zorn Dining Commons nutrition center at Keene State College, promotes carbohydrates and does not recommend the Atkins diet.

"Don't do it," said Hunt. "But if you absolutely need to lose weight fast, then these high protein, low carbohydrate diets will help. I can't recommend that a person stay on them for a long time. They are not a

healthy eating plan."

Like it or not, you can't get rid of carbohydrates in the world. Carbohydrates are a primary source of energy for the body, and you should eat at least six to 11 servings of carbohydrates each day.

"We need carbohydrates mostly for the energy they provide," said Hunt. "Ever try running a car without fueling up first?"

Carbohydrates give us the energy we need to keep ourselves running. But what exactly is a carbohydrate?

"A carbohydrate is an organic substance that is found in foods and the human body," said Hunt. "It has many roles as far as human nutrition is concerned, but it is primarily a source of energy for the body."

People associate carbohydrates with bread, bagels, and pasta the most. Technically, carbohydrates are in most of everything we eat.

"All of the food guide pyramid food groups contain carbohydrates," said Hunt. "Dairy products contain milk sugar. Fruits and vegetables contain sugars, starch and lots of fiber. The grain group foods contain starches, and if you eat whole grains, fiber. The fats, oils and sweets group obviously contains carbohydrates, usually in the form of simple sugars."

Fiber is a complex carbohydrate, and fiber is one of the best things for you. You don't

get energy from it, but it's important in your diet.

"The recommendation is a minimum of 25 grams of fiber a day," said Hunt.

"Fiber is found in whole grains, vegetables, fruits, nuts and legumes. In addition to not getting any calories from it, it may actually help pull dietary cholesterol and fats from other foods we eat out of our bodies, when we excrete waste products," said Hunt.

"It also makes you feel fuller longer because the water that is absorbed takes up space in your stomach. A diet containing adequate fiber may help some people lose weight because they don't feel so hungry and eat too much," said Hunt.

Junior Sarah Conte has learned that carbohydrates play a big part in a healthy diet.

"While eating carbohydrates, you increase your intake of fiber which is good for your body and keep your body regular," she said.

Carbohydrates can be found in all sorts of foods, yet people are so afraid of them. Immediately the word "fat" is associated with the word "carbohydrate" and therefore eliminating them from your diet is the best way to lose some excess weight. But why is that?

"It's mostly because of media hype," said Hunt. "People are easily swayed by what they hear in the news or read in popular diet books. Nutrition is a

science. It is based on what we have to come to understand as fact. The problem is that nutrition is a very young science and we are still learning a lot about the human body. When new research comes out, it is very easy to make assumptions or change our minds about things we think we know a lot about, but the scientific process is very slow and it often takes years, or even decades, to determine fact."

Conte agrees that fit or fat steer clear of carbohydrate-lacking diets.

Another way some people have found to control what kinds of foods they eat daily is the Weight Watchers program. Tammy Martel has been enrolled in the Weight Watchers program for over two years now, and said to have found it to be an enormous success.

"I am on the points program where everything that I eat is calculated by counting the points I allow into my body per day. I still get to eat the foods that I want, I just have to pick and choose what other foods to mix them with," said Martel.

"Vegetables are zero points so I don't have to worry about gaining weight from eating as many carrots as I want in a day. This program has really gotten me into vegetables," said Martel.

see diet, pg. B9

KSC literary magazine on the brink of extinction

By Emily Andreozzi
Staff Reporter

The revival of the Keene State Literary Magazine came about seven years ago, and now faces the chance of dying out once again, if new members don't join the group soon.

Members of the KSC Literary Magazine are striving to get the works of students, whether poetry or artwork, distributed through the campus. They would like to keep the magazine running for years to come.

The KSC Literary Magazine is a collection that consists of poetry, black and white art, photographs and short stories. The work is submitted by students over a period of time.

"Our main goal in this group is to showcase students' writings and works, and give them the experience of being published," stated Amanda Irwin, a senior, who has been a member of the KSC Literary Magazine for three years.

The members of the student run organization spend their time collecting submissions and putting them into place to properly distribute the final magazine in April.

The final piece can be found at several locations throughout campus and is free to pick up. The many submissions to the magazine contribute to its size of around 50 pages.

There are currently five student members, and an advisor, Kirsti Sandy, who work at putting together the magazine. The group is currently in its seventh year since the revival of the magazine from years ago.

A main concern that the members have is that if more students do not join in helping to put the magazine together, then the group will die out once



The cover of last year's KSC Literary Magazine.

again. "Once the members we have now graduate, the group will no longer exist unless we get some new students involved," said Irwin.

She also stated that the distribution of the magazine in April has gotten good feedback in the past, yet the poetry slams that are held in November and April seem to be getting less popular.

"We're just hoping that we can get more people involved in trying to put this together and get it distributed to the students on campus," Irwin said.

Students on campus have either heard of the magazine through others, or by seeing it on news stands, or have no clue that it exists.

"Another student in my English class explained to everyone what it was about, and encouraged us to submit things," said freshman Katie Deans.

Deans also added that the

idea of the magazine is good, and that she would "pick it up and read it...I find it interesting."

Sophomore Ashley Geiger had never heard of the magazine, but said, "If it's something that students are interested in, then I hope they can keep the group running."

Jenny Holmes, a sophomore, mentioned that she had never heard of the magazine either.

"I might pick it up if I saw it and flip through it, but I'm not really a big art person," she said.

The members of the magazine are accepting submissions starting now until March 14. If there is anyone interested in submitting a piece of work, or becoming more involved with the KSC Literary Magazine, please contact the group President Emily Holland through the Keene State directory system, or email ksclitmag@yahoo.com.

Jim Breuer review
and interview B1



the Equinox

the student newspaper of Keene State College

Thursday
March 13, 2003
VOL. 55 ISSUE 18

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The Equinox Online
www.keeneequinox.com

Students strike for peace



(From left to right) Jamie McGuigam, a freshman, Eliza Sieswerda, a junior, and Danielle Atherton, a senior, hold signs last Wednesday at "Books Not Bombs" in protest of the proposed war with Iraq.

KSC students, community members protest political actions

By Mike Lenz
Staff Reporter

The signs said it all: "No war in Iraq," "Terrorism will not stop terror," "Murdering out of fear isn't defense."

For people like local shop owner Mark Lathrop, the protest was an opportunity to show that many Americans do not support a war in Iraq and that President Bush wants war for the wrong reasons.

"I am here because I do not support the war and since this is a national event, I think being here will send a very strong message to those in power that what they are doing is wrong. We are trying to rid Saddam Hussein of weapons of mass destruction that we supplied him with. Unfortunately, we are going to go to war for the wrong reasons and that is why we are all here today. The Bush

Administration, an organizer of the "Books Not Bombs" campaign, explained that the point of the event was to make the Bush Administration rethink its plan.

"We hope that in showing dismay for this war, the Bush Administration will rethink their plan for war. We want the administration to bring our

troops home and end the terrorism that we cause in Iraq and the nations that we oppress," said Broshnan.

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Freshman Chris Garofolo stood waving the American flag at last Wednesday's protest in the center of Keene.

Administration is going to do whatever they want, regardless of public opinion. They are only concerned about imperialism," said Lathrop.

April Kelley, a senior and one of the protesters held up a sign that read, "Money for schools not bombs," had the same feelings as Lathrop.

"I'm here because I hope the war can be stopped. The only way the Bush Administration will realize they are doing wrong is if people speak out. The president is taking our rights away when he ignores our opinions. The point of participating in this protest is to be heard. This is a democracy and our own president should listen to us," Kelley said.

Protesters gathered all around the bandstand in the middle of downtown Keene and cheered loudly from 11 a.m. until 12:30. Rachael Roberts, a KHS junior, explained that she was there to show that young people could make a difference, and that people should be informed about the damage that our nation inflicts on our countries.

"I think high school and college students can make a difference. The threat of war should be something that every young person cares about. I think people are afraid to speak out against the president and his policies. People fail to understand that we hurt other nations. Iraq should be free to do what they want. You don't see other nations trying to force a regime change on us," said Roberts.

KSC freshmen Seth Mellen and Laura Friedrich explained why they took part in the protest.

"I came out because I don't believe that a war in Iraq is justifiable. I think to attack a country preemptively is wrong. I am

see community, pg. A2

Faculty, community members teach students dangers of war

By Nick Archer
Staff Reporter

A group of 70 students, activists, and academics gathered in the Mabel Brown Room for a panel discussion on just war, war objectives, The Patriot Act and the effectiveness of anti-war protests Wednesday night.

Surrounded with protest posters containing slogans such as "Oil and blood don't mix," and depictions of the American flag with an oil drop instead of stars, the panel discussion was the culmination of the "Books Not Bombs" student strike.

It began earlier in the day, with various presentations and a rally in downtown Keene.

Political science professor

Chuck Weed kicked off the panel with a presentation on the principles of "just war."

One of the principles Weed said was necessary for a just war was that the war must be a "last resort" to solving a problem, where no other alternative exists.

"If you doubled the number of UN inspectors in Iraq today...it would cost about \$80 million a year, the best estimate of the war if we decide to wage it will be \$200 billion," Weed said.

He said that the difference \$80 million for inspectors versus \$200 million for a war was an alternative that had not been demonstrated to the world.

"You've heard Mr. Bush say



From left to right: Chuck Weed, KSC political science professor, Irene Herald, director of the Mason Library, Wes Martin, political science professor, and Robert Riversong, an independent film maker and political activist.

from renovations, pg. A3

will not be able to be in one building, said professor Sue Castriotta, of the Computer Science Department.

"Twenty-five percent of classes are scheduled in the Science Center, so they won't be here," said Castriotta.

One concern with the departments and classrooms being spread out on campus is how it will affect the students.

"We will have to re-think how we are going to support students when they are in the labs," said Castriotta.

With the computer science professor offices moving to

upstairs in the library, and computer labs spread out across campus, professors worry they will not be able to support and interact with their students as they have in the past, said Castriotta.

With the current set up, students can walk down the hall or cross the hall to a professor's office to ask for help.

"The computer lab will be in the basement of Elliot Hall, one classroom in Joslin, one in Huntress, and one in the trailers that are coming from Plymouth State," said Castriotta.

Other changes that will be made are the addition of four

trailers that were used at Plymouth State during the construction of their Science Center. These trailers will be located in the space between the gym and Carle Hall, said Gordon Levesee, Dean of Sciences.

With the move and renovations, there will be many disruptions and changes, though some are looking at it positively.

"Disruptions and change isn't necessarily bad, and we'll all adapt. After all, all we need are willing students, an able teacher and a fairly comfortable environment," said professor

Kristin Alvarez, of the geography department. Though with these changes, all departments in the sciences are planning on offering classes and labs as usual, just in different locations.

"Overall, we can continue to offer our classes and labs during this renovation thanks to a lot of help across the campus," said Levesee.

With the current renovations of 88 Winchester St., the math house, there will be two new classrooms available to use for next year.

Also one of the new classrooms in the gym will be used,

said Levesee.

Once the library books are moved out of the basement of Huntress Hall, renovations of those classrooms will start. Adding another four classrooms for use, said Levesee.

"Both Arts and Humanities and Professional Studies have given us first call on some additional classrooms and labs, by scheduling their classes as efficiently as possible. Large lecture classes will be held in Putnam Theater and even in the Recital Hall," said Levesee.

Faculty will be relocated to offices in 98 Winchester St., 115 Winchester St. and 23

Butler Ct, said Levesee.

"I have been on campus for 18 years and it is nice to work with the science faculty again. They have been very cooperative and seek out advice. They are working hard to do this (move) in advance while still teaching classes," said Atherton.

Faculty members are keeping positive about the move.

"I think the renovations are needed. It will enable us to have a big adventure while the renovations are being completed," said professor Kristin J. Alvarez, of the geography department.

Women's Studies department wants to 'get the dialogue going' on campus

By Maureen Kelly
Staff Reporter

A group of Keene State students from the women's studies department, and the Feminist Collective, who recently traveled to Washington, DC, held a seminar last Thursday to inform the KSC community about their experience and to try and get others involved in their cause.

"It is important to get the dialog going," said Renee Pederson, a senior.

"We don't just want to bring the message back, and have it stop," Pederson said.

The conference that the students attended held to commemorate the 30th anniversary of Roe v. Wade was

sponsored by the Feminist Majority Foundations Never go Back campaign. Ten of the 13 people that went to Washington presented a variety of topics to approximately 25 people who attended the seminar.

Shannon Fitzgerald, a senior spoke about the workshops the participants attended to deal with confrontation and conflict when protesting abortion rights.

"In order to talk about this we need

to understand their arguments so we can counteract them," said Fitzgerald. Renee Pederson brought copies of articles and newspaper headlines that were published during the time that the students were at the conference.

"Because of word choice and pictures used, you can see how different the pro-life and pro-choice sides were portrayed," said Pederson.

In order to show the importance of support for women,

Laura Bogart an attendee of the conference, had those present stand back to back, in order to simulate an activity which they had done in Washington.

"This is the last time you'll ever do this," said Bogart. "You should never turn your back on a woman."

The students that attended the conference stressed the need for people to get their voices heard, and to make their opinions known. Each discussed ways that others could get involved in order to make a difference.

Those that went to Washington had

the opportunity to go to the US Senate building on the last day of their trip, and told others that it was easy to contact their legislator and tell them how they feel about the issue of abortion rights.

"Students could join the Feminist Collective, or even read books and get more information from various Web sites in order to educate themselves on this issue," said K a y T e Kennedy, a senior.

The group also plans on having a forum on April 1, for members of the college and Keene community, to provide information and to get more people involved with this cause.

"It is important to get people involved in the community, in order to then take it past the community," said Maureen Horrigan, a senior.

This group, which is clearly trying to make a difference with the issue of the abortion rights, hopes that others will get involved and will want to do the same.

Members of the women's studies department will try to get the community involved in women's rights.



Photo by Jim Francis

Members of the women's studies department will try to get the community involved in women's rights.

92% ResLife students own computers * 40 information systems applications * 2,500 telephone lines in use * 55,000 calls connected in average month through voice recognition system * 3,500 data network connections * 60 miles of fiber optic cables * 10 Mbps network bandwidth * 1,500 cable connections * 170 network printers * \$5 million voice/cable/data "plant value" * 449 accessible PCs or Macs available to students through Rhodes Hall & Library public computing labs, 28 discipline labs, and library laptop circulation * 50 student technicians * myKSC * 5,000 calls to Help Desk in year * media-enhanced classrooms * 449,541 sheets of paper printed in Rhodes Hall computing lab in academic year 2001-2002 * Blackboard * Staffing and support services for instructional technology and technical support *

The IT Group makes IT happen for students

The IT Group is available to assist students with information technology concerns or questions. Call the Help Desk at x2532, email, or stop by the 2nd floor of Elliot Hall for assistance.

IT Group



Photo courtesy KRTCampus

Since December, U.S. pilots have dropped 11 million leaflets over Baghdad and its surrounding areas. U.S. has bombed seven to 14 Iraqi targets a week since January, 500 planes in 30 locations, says Air Force official

bombing, from A4

underground military communication sites southeast of Baghdad. The attack followed two Monday strikes in southern Iraq.

Since November, there have been more than 120 air strikes, compared with 110 in the previous 34 months, according to GlobalSecurity.org, a Washington nonprofit group focused on defense issues.

"While, officially, no decision has been made on a recourse to military action, the air campaign part of the war really started months ago in all but name," said Francois Boe of GlobalSecurity.org.

The United States has about 500 planes based in 30 locations throughout the Persian Gulf flying missions over Iraq, an Air Force official in the region said Tuesday. Beginning in January, U.S. pilots have bombed seven to 14 targets a week.

Military officials said the air strikes are officially aimed at preventing the Iraqis from threatening American and British pilots monitoring the no-fly zones, which the U.S. established after the 1991 Gulf

War. They note that two out of every three missions draw fire from Iraqi forces.

"There's a lot of shooting going on," said Air Force Capt. Dan King, a pilot who patrols the southern no-fly zone. "It's a daily occurrence."

King was interviewed at an airbase somewhere in the Middle East, the location of which could not be disclosed as a condition of the interview. King flies an F-15E with the 336th Expeditionary Fighter Squadron out of the Seymour Johnson Air Force Base in North Carolina.

The scope of the strikes has grown since September when Defense Secretary Donald Rumsfeld told commanders to expand the list of targets from radar and missile systems to also include communications centers and fiber optic cables.

More recent strikes have targeted surface-to-surface missiles moved closer to Kuwait, where the majority of U.S. troops are waiting for a potential invasion.

"We've definitely upped the ante," said Mark Burgess, a research analyst with Washington's Center for Defense

Information. "There's a definite change in intent. You could argue a war has started."

The stepped-up air campaign not only softens the battlefield, analysts say, it also trains pilots who may soon be officially fighting a war over the same airspace, makes it harder for Iraqis to realize when a war actually starts and helps persuade Iraqis that they should surrender.

In addition to the bombs, pilots have dropped more than 11 million leaflets since December, including 900,000 scattered Monday about 250 miles southeast of Baghdad. The leaflets are key to a psychological operations campaign aimed at persuading Iraqis to surrender. Officials with U.S. Central Command predict tens of thousands of Saddam Hussein's troops will heed those warnings within days of any invasion.

Most of the bombings and leaflet drops have occurred in southern Iraq. But this month, for the first time in 12 years, the military also dropped leaflets in northern Iraq.

Mohammed, from A5

"He could resist for only two days," the official said. He declined to disclose what Mohammed told his interrogators, except that he

claimed to have met with bin Laden in December at a location Mohammed refused to identify.

The ISI official declined to disclose the methods used to get Mohammed to talk.

"Please, this is the first time we are exposing ourselves," he said when asked how the silence had been broken. "We cannot share certain issues."

The ISI officials said no

American agents were involved in the raid, which they said was conducted by 18 ISI agents backed up by police. They said American agents were present during the interrogations.

Some news reports, based on unidentified intelligence officials, have said Mohammed was handed over to U.S. agents the evening of his capture. But the ISI officials said they held Mohammed for three days before turning him over to the American agents, who have taken him to an undisclosed location outside Pakistan.

Anonymous Inter-Services Intelligence Agent

actors from A4

a mouthpiece for the establishment and for White House propaganda. Given the widespread speculation that war in Iraq may begin in mid-March, the March 23 Academy Awards ceremony could become a political speech-a-thon. Oscars producer Gil Cates said the show's policy will be the same as it was 12 years ago during the Persian Gulf War: Presen-

ters will be expected to stick to the script. "I'm asking them to present best animated feature," Cates said. "I'm not asking them to talk about anything other than that, and if they wanted to talk about anything else, I wouldn't ask them to present the award."

Award winners, however, are another story. "If somebody wins the Academy Award and they have 30 seconds to say thank you, while I think it's inappropriate for them to do anything else, I don't think it's unethical," he said, adding that pins and ribbons also won't be outlawed.

As for his overall view of entertainers playing politics, Cates said, "I make the distinction between actors that I would make with ordinary citizens. I think it's always interesting to hear a smart person discuss something, and I think it's always sad to hear a stupid person discuss something."

Gil Cates, Oscars producer

first single of her forthcoming CD.

"CHICAGO" SNAGS SAG AWARDS

It's becoming a common refrain: And the winner is ... "Chicago."

The glitzy musical scored big at Sunday's Screen Actors Guild Awards, winning for best ensemble cast, lead actress (Renee Zellweger), and best supporting actress, (Catherine Zeta-Jones).

The event was the last Hollywood award ceremony before the Academy Awards on March 23, where "Chicago" leads nominees with 13 bids, including best picture.

Daniel Day-Lewis was awarded SAG's lead actor statuette for his role as vicious Bill the Butcher in "Gangs of New York."

Christopher Walken won the supporting actor award for playing the shifty father of a young con artist in "Catch Me If You Can."

On the small screen, James Gandolfini and Edie Falco won their second guild awards for their roles in HBO's "The Sopranos." But the gangster hit lost the big ensemble prize to the popular mortality drama "Six Feet Under," also on HBO.

The best comedy ensemble award went to CBS's "Everybody Loves Raymond," and, for the second time, best comedy actor trophies went to Megan Mullally and Sean Hayes, co-stars on NBC's "Will & Grace."

Clint Eastwood was honored with a lifetime achievement award.

Clarkson will appear on the show March 18 to debut the

BOOKS, BUTT SHORTS, AND BUMPER STICKERS

Order textbooks, KSC apparel, and other gifts online from the KSC Bookstore. Just visit www.keene.edu/bookstore to see all the latest stuff. While you're there, don't forget to sign up for Bookmark, the monthly e-newsletter that provides details of the latest promotions and events at the KSC Bookstore.

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www.keene.edu • put it to work for you

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calendar

NOC CLOSED
for Spring Break
March 14-23

HLSC 310
Nutrition Students
present
Tuesday, March 25
"Cheap eats for your
dorm", free samples, and
cooking demonstration
3-4:30PM
in Joslin House- Foods Lab
open to all!
Please RSVP Rebecca at
x2653

'Sum of All Fears'
Tuesday, March 25
6 and 9 PM
Night Owl Cafe
with \$5.50 pizza

Ticket Night
@ the Dining Commons
Wednesday, March 26
4-7PM

Live in Concert
Friday, March 28
7 PM
Keene Community Kitchen
37 Mechanic St.
Anger Management
Seminar
In the Interest of Space
Death to Tyrants
Lucid Strain
\$5 or \$4 with canned
good
amseminar@yahoo.com

**Art Bridgman/
Myran Packer**
Friday, March 28
8 PM
Redfern Arts Center on
Brickyard Pond
Ticketing Form, Box Office
603-358-2168
This event is open
to the public.
www.keene.edu/racbp

**Academic
Excellence
Conference**
Saturday, March 29
9 AM-5 PM
L.P. Young Student
Center and Rhodes Hall
Ann Rancourt,
603-358-2118
or Donna Hinz,
603-358-2104
free admission
This event is open
to the public.
www.keene.edu/academics/h
onors/aec.cfm

**KSC Percussion
Ensembles**
Tuesday, April 1
7:30 PM
Alumni Recital Hall at
Redfern Arts Center
Box office:
603-358-2168
www.keene.edu/racbp
Price: \$5 and \$7
This event is open
to the public.

**N.H. Geography
Bee**
Friday, April 4
1:30 & 3PM
Mabel Brown Room,
L.P. Young Student Center
Contact: Ray Jobin,
603-358-2296
free admission!
This event is open to the
public.

**Spectrum Series
Recital**
Wednesday, April 9
7:30 PM
Alumni Recital Hall
at Redfern Arts Center
Box office at 603-358-2168
www.keene.edu/racbp
\$5 and \$7
This event is open to the
Public.

**Women's
Lacrosse**
vs. Franklin Pierce College
Thursday, April 10
4PM
Owl Athletic Stadium
603-358-2630
This event is open to the
public.

Men's Lacrosse
vs. UMass Dartmouth
Saturday, April 12
2:30PM
Owl Athletic Stadium
603-358-2630
This event is open to the
public.

Baseball
double-header vs.
University of
Southern Maine
Saturday, April 12
noon
Owl Athletic Stadium
603-358-2630
This event is open to the
public.

Women's Lacrosse
vs. Rhode Island College
Saturday, April 12
noon
Owl Athletic Stadium
603-358-2630
This event is open to the
public.

**N.E. Conference
on Storytelling for
Children**
Saturday, April 12
Redfern Arts Center on
Brickyard Pond
This event is open to the
public.
For additional information
about this conference,
view the KSC news
release and the
Storytelling web site.

Baseball
vs. Endicott College
Sunday, April 13
noon
Owl Athletic Stadium
603-358-2630
This event is open to the
public.

**Flying Saucers
ARE Real!**
A lecture by Stanton
Friedman
April 14
8PM
Night Owl Cafe

Softball
vs. Plymouth State College
Tuesday, April 15
3:30PM
Owl Athletic Stadium
603-358-2630 This event is
open to the public.

**KSC Guitar
Orchestra and
Ensembles**
Wednesday, April 16
7:30 PM
Alumni Recital Hall,
Redfern Arts 603-358-
2168
www.keene.edu/racbp
\$5 and \$7
This event is open to
the public.

**An Evening of
Dance**
April 16 - 19
8 PM
Redfern Arts Center
on Brickyard Pond
603-358-2168
This event is open to the
public.
www.keene.edu/racbp

**Men's
Lacrosse**
vs. Norwich University
Thursday, April 17
5 PM
Owl Athletic Stadium
603-358-2630 This
event is open to the
public.

Softball
vs. Williams College
Thursday, April 17
4 PM
Owl Athletic Stadium
603-358-2630
This event is open to the public.

Baseball
vs. Fitchburg State College
Thursday, April 17
3:30 PM
Owl Athletic Stadium
603-358-2630
This event is open to the public.

Women's Lacrosse
vs. Plymouth State College
Thursday, April 17
3 PM
Owl Athletic Stadium
603-358-2630
This event is open to the public.

Baseball
vs. Colby-Sawyer College
Friday, April 18
3:30 PM
Owl Athletic Stadium
603-358-2630
This event is open to the public.

Exhibit: Emerging Art
April 21 - May 11
Thorne-Sagendorph Art Gallery
603-358-2720
free admission
This event is open to the public.

Exhibit: Emerging Art
April 21 - May 11
Thorne-Sagendorph Art Gallery
603-358-2720
free admission
This event is open to the public.

Women's Lacrosse
vs. Colby College
Tuesday, April 22
4:30 PM
Owl Athletic Stadium
603-358-2630
This event is open to the public.

Softball
vs. University of Massachusetts,
Boston
Tuesday, April 22
3:30PM
Owl Athletic Stadium
603-358-2630
This event is open to the public.

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Arts and Entertainment

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Thursday, March 13, 2003

Equinox



Photos by Chris Dunn
Jim Breuer while signing autographs, and appearing in photos, like this one after his show. (Left) Breuer showing off his gut as his guitarist and opening act, Paul Bond, looks on. (Above)

Live from Keene, it's Jim Breuer!

By Alec Kerr
A&E Editor

I was sweating. I was doubled over in pain. My throat was dry and hurting. What bizarre, infectious disease took over nearly everyone in the Mabel Brown Room Friday night? It was laughter, induced by Jim Breuer's stand up.

Breuer, the star of "Half Baked" and a "Saturday Night Live" cast member from 1995

Live Review

until 1998, brought his unique, rock infused comedy to Keene State College on March 7 in an uproariously funny evening.

Breuer rose to fame on "SNL" with his dead-on Joe Pesci impression and his character, Goat Boy. Originally slated to perform

Feb. 15, Breuer, had the students waiting to see him for quite sometime, but for every one present, it was well worth the wait. Sadly, only 600 seats were available. A live broadcast to the Night Owl Cafe eased this problem only slightly.

One could sense a feeling of disappointment and dread come over the audience when Breuer's opening act, Paul Bond, came on to the stage around 9 p.m. However, Bond quickly won the crowd over.

Bond has been on tour with Breuer for several months and the two are developing a sketch comedy show they hope to get on Comedy Central.

He did some good routines dealing with the backwards rules of the English language, for example, the irony that the phonics can't be spelled phonically. He also introduced a

loop-hole for the use of the F-Word. "I'm saying phuck." He ended closed with a hilarious parody of System of a Down's "Ariel," changing the song to "Cereal."

Around 9:30 p.m., Bond brought out Breuer and stayed on stage to provide guitar accompaniment to Breuer's routines. Those familiar with Breuer's Comedy Central special, "Hardcore," may have heard some of the routines. However, he did have enough new material and different spins on his old material to keep the evening fresh.

When Breuer discovered there was a sign language interpreter present, he took full, and some might say cruel, comic advantage of it. He'd make random sounds and then ask, "How do you interpret that?" At one point, he spoke in

Japanese gibberish to throw off the interpreter. The interpreter was a good sport throughout.

Breuer spent the night alternating between amusing anecdotes, impressions and just random stuff. The impressions consisted of various celebrities including Ozzy and Sharon Osbourne, Joe Pesci, Metallica and AC/DC.

The random stuff included the hypnotic powers of CNN, bits on being drunk, and the advantages of dry humping and sucking face over actual sex.

He told the story behind the creation of Goat Boy, which basically consisted of a "relaxed" Breuer baa-ing at a group of goats and being blown away when they talked back. He also talked about having his balls busted when he met Pesci for the first time.

This was followed by the

story of his awkward encounter with Jack Nicholson in an elevator. Nicholson started laughing at him for seemingly no reason and then he turned to Breuer and told him, "You know, you look like I feel right now."

Breuer was clearly having a blast and at one point he even said, "I'm having fun tonight." At another point, when making a joke about the Yankees pulling players out of the ocean, he collapsed into laughter and said, "That's funny man."

Apparently sometimes he even surprises himself. It should be noted that Breuer used the word 'faggot' a lot. This could obviously be a sour point for many, but Breuer explained when he was younger the word wasn't used sexually.

He gave his definition of the word, "A faggot is a kid who

misses the kick ball." He did address those who might be offended by saying, "If you're a faggot, then you're a...faggot!"

Good comedy is supposed to make you a little uncomfortable, but at the same time make you laugh. Breuer knows this and he doesn't let a world that has become too PC stop him from saying what he wants to say. Those who were offended would disagree, but oh well, you can't please everyone.

Most people were pleased though. The audience laughed long and hard for Breuer. After the show, Breuer came out with a bowl of pastries for those who waited outside for him. He signed autographs and appeared in photos.

Alec Kerr is a film major and a huge "SNL" fan.

A comic conversation with Breuer

By Alec Kerr
A&E Editor

After the show was over, I was able to go "backstage" to talk with Jim Breuer one on one. The conversation we had went as follows:

Jim Breuer: Hey come on in Hammer. Hi, I'm Jim.
Alec Kerr: Hi, I'm Alec. That was a good show.

JB: (Laughs)
AK: I mean what am I supposed to say? It's like you with Pesci. I mean what do you say?

JB: Yeah that's cool. You want some cookies, some brownies? We got all kinds of stuff over here.

AK: No, I'm fine.
JB: So, you got some questions?

AK: Yeah, actually I've got a tape recorder. Is that okay?

JB: Yeah, that's cool.
AK: Okay, I'll put that right there.

Um, ah...
JB: Ah, sugar, sugar.

AK: Um, ah...
JB: Yeah, take your shirt off. Show us what you got Hammer. Show me your guns. Put your number one, (incoherent scream, explosion sound) For those about to rock, fire!

AK: Do you remember your first episode of Saturday Night Live?

JB: Yes, I got cut from it. It was, what's her name? Hemingway. Mariel. Mariel Hemingway, that's right. It was the first episode. Flew my dad up from Florida to see the show. He got all pissed off I got cut from the show. He went up to Lorne Michaels and Lorne

Michaels gives him a "Well, it's nice to meet you Mr. Breuer." My dad goes "Flew up from Florida to see the kid on the show. He wasn't on it." (Laughs) "Ah he'll be on next week." "I'm not gonna be here next week. What the fucking good does it do me now?" Yeah, I remember my first episode.

AK: That makes perfect sense. Ah, you already answered most of my

AK: Do you have any film projects coming up?
JB: No, I'm working on a TV project and I'm working on another record. Working on a first music record ever. And, ah, I have film ideas, but I don't want to do that unless it is absolutely, balls out, the best. If that makes sense.

AK: That's makes perfect sense. Ah, you already answered most of my

AK: Who was your favorite host?

JB: Mayor Giuliani.
AK: Yeah, that was pretty cool. What's the craziest thing a fan has done?

JB: Dress up as a goat and come out on stage. At one of the colleges I was playing at, he came out fully decked out as a goat. Threw me way off. I didn't know what was going on. (Laughs)

AK: What do you think of all the critics that hate "Half Baked?"

JB: Critics, ah, they never meant anything to me. It's not made for everyone. If I make cookies, some people are going to love them; some people are going to hate them. We do I care about the people that hate them? They're made for people to eat them, not to hate them. So, I don't care about critics.

AK: Do you remember your first stand up show?

JB: I remember the first one. I thought I was the best ever. It was at Governors, Long Island. It was Open Mic Night, 1985, and I was going to be the white Eddie Murphy. I think I did good, but I don't remember how I really did.

questions in the act, so that's cool.

JB: (Laughs) Yeah.

AK: What was your favorite movie last year?

JB: (Long pause) "Jackass," by far. I haven't laughed that hard in a theater in a long time. Some parts I couldn't watch though. There was a couple parts, the nasty parts, I had to turn away.

AK: Okay, guess that's it.

JB: All right, cool.



A&E Editor Alec Kerr with Jim Breuer after their interview.

Photo by Chris Dunn

Look for students with pets on page B5 to read more about me!

Features

Sharing is caring for roommates

By Diana Lyn Chandler
Staff Reporter

A roommate could be a person's family unit when an individual is far away from home. In honor of these "adopted family members," RHA sponsored the second annual Roommate Appreciation Day on March 7.

In the course of the past week, they were selling orders of baskets, which undoubtedly will put a smile on a roommates face.

"Roommate Appreciation Day was started as a way for residence hall students to show their roommate(s) how they appreciate all they do for each other. Living with someone else can be very difficult for a lot of students and this gives them a chance to say thanks for living with me," said advisor Jennifer Haggood.

For only \$3, an individual could order a delightful basket. It is full of candy, crackers, Easy-Mac, a choice of chips and a juice box. Also, if you wanted for an additional dollar, a person could have added a balloon.

"I am very excited about this. I love telling my roommate how much I appreciate her. She is the best roommate ever! I would buy her a bigger basket if I could. This is a great way to get RHA's name out there. I

think it is a great program that should be run every year," said Co-National Communications Coordinator, Joy Doliber.

The relationship between roommates is generally a unique experience. In most incidents, more than less, it is a pleasant one.

"My roommate keeps me in check. We were good friends before and we still are. They aren't many disagreements between us. My roomie's the best. We take care of each other and we are a good compliment for each other," said senior Mike Marcelino.

"I love my roommates. We all bring different qualities to the group. There is a special bond between us. To an extent they are my sisters," said freshman Michelle Coddling.

There was one student in particular who had specific thoughts about the sale. The jury was in! The RHA sale was raved as a complete success with the KSC student body.

"I think the RHA sale is a good way to show your roommates, the people who deal with you every day that you care about them. I am lucky to have my roommates. They are the greatest," said freshman Katherine Giambruno.

Then there are some students who don't have a strong relationship with their roommates, but they get along.

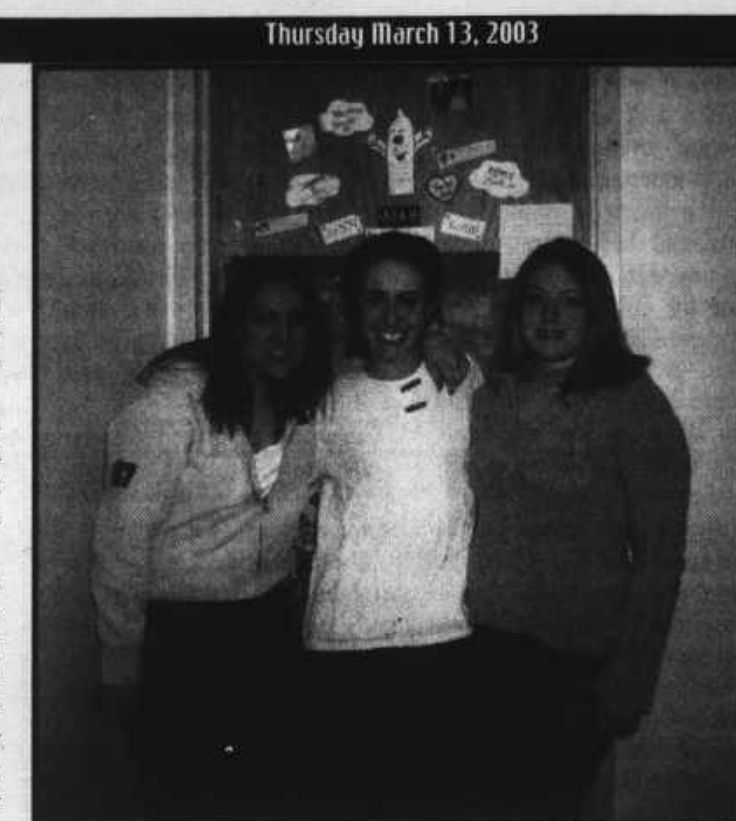


Photo by Monica MacPherson

Freshman Kerri Lawrence, Michelle Coddling and Jenn Curtie all appreciate being roommates.

"My roommate and I get along and everything. We've never fought. There's nothing good or bad about having to share a room with someone. I do my thing. He does his thing. In turn then, we get along fine," said sophomore Corey Smith.

In order to provide a greater sense of communication and harmony between residents and the total college community, RHA (Residence Hall Association) was born. RHA plays a key role in KSC's society. It is a new organization and is growing. Their mission is to help the residence hall students have an influence in their living environment. They sponsor social and educational affairs in the halls each month and at

least one all campus program a semester. "I feel that RHA plays a role in the KSC society by planning events so that people can socialize at across campus, including individual Residence Hall socials to bring people from their own area together," said, President Laura Pimm.

According to the RHA Times, which were delivered to the dorms, March 6, "Don't have a roommate? Then buy one for your neighbor, friend, or yourself."

So, while people are munching away on their treats so generously provided by their roommates, an individual could think that someone actually does care.

Poem of the week

Salmon, Sea Lion, Ladder

At the Ballard fish ladders, that clever sea lion waits for the salmon to emerge. With fins-tattered by cement and water, the salmon are easy prey for the sea lion who has learned to wait

for the largest fish, the most tattered and bruised, and therefore the slowest prey and most efficient meal. The sea lion waits as patiently as water. Blooded and tattered by firecrackers, the sea lion, in love with easy prey refuses to be driven away. Alone, I wait and watch as the sea lion chooses among the tattered salmon. I cannot blame the sea lion, but I pray for the salmon. How long will I wait and watch the slaughter before I agree with the tattered salmon to allow that sea lion to become prey for the local fishing tribe, who collectively, wait to relive some small part of their tattered traditions? Late at night, Indians pray for salmon and sea lion. The salmon cannot wait for the sea lion to leave. No matter how tattered, the salmon must continue. Do the salmon pray? as they feel the dark, inevitable weight of the sea lion? Do the salmon understand the tattered and thin difference between prayer and prey?

By Sherman Alexie



Courtesy photo

This poem was reprinted with permission from "The Man Who Loves Salmon." (Limberlost Press, Boise Idaho, 1998)

Sherman Alexie, the writer of 'Reservation Blues,' will be speaking in the Mabel Brown Room, Tuesday March 25 at 7 p.m.

His lecture, 'Without Reservations,' is described as "an urban Indian's comic, poetic and highly irreverent look at the world."

Tickets will be available at the information desk in the Young Student Center starting March 10. Tickets are free for students, faculty and staff when they bring in their KSC IDs.

By Sherman Alexie
copyright 1998

March 13, 2003

Equinox

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The bulletin boards are a waste of brain cells

War = dead youth."

Thank you fair writer for your words. Scrawled crudely with magic marker across one of the bulletin boards standing in the student center.

Somehow these words, obscured by illegible and far less meaningful writings, jumped out at me as if to say, "Me first!"

A bulletin board where students write whatever they want. A sort of public forum where insults aren't exchanged face to face.

A long, million-sided discussion about current events, food, feces, sports or anything else someone has the whim to write about.

More often than not, the writings center around current events, namely impending war, government treachery and Bush.

"War = dead youth" was among the best I saw; yet there was one writing on which I'm not sure of my opinion.

It said, "So how much oil are we talking about anyway? Maybe this is a good idea."

My problem is I don't know how serious this person is. If said in jest, heavy on the sarcasm, this is absolutely hilarious and the author should be recognized.

However if this person was serious, these are even sadder times for the United States.

What I don't understand about this idea, is the free-for-all nature of it.

Yes, free expression and the ability to say what you want is a good and well-deserved right. What I really want to know is why we're being allowed



Mich Wyatt is a freshman and an English major who enjoys long walks on the beach and stargazing. His opinions do not necessarily reflect those of The Equinox.

free expression. I thought it was common practice to silence the voice of the nation's youth. Yet here is a shining example of what should happen more often. Hurray, KSC.

That's not to say that this freedom is being used with...intelligence. Most the things painted on the board with magic markers is mind numbingly ignorant.

There are a number of replies to previous writings that attempt to insult the first writer. A smaller number of bigoted comments and just plain stupidity.

For instance, someone wrote, "I 'heart' Bush."

With your mind in the gutter, it's funny anyway, but someone still felt the need to write

"hairy" next to the heart.

So, yes, friends and neighbors, it reads, "I 'heart' hairy Bush." Profound words from Keene State's finest.

After all that, there are sports references and other negligible poop jokes. I would just like to say that our time, paper and ink would be better used for essays on Cheese Whiz.

Could we not use our brains and think of something worthwhile to put on the bulletin board?

Maybe call it a "world issues forum" or the "dance fever chronicles." Anything other than something that implies, "Write whatever the hell you want."

Perhaps a sponsor is needed for the board, in order to direct the flow of the writings.

I hear KFC is looking to sponsor a bulletin board that outlines and discusses its delicious 11 herbs and spices.

This would leave the door open for all sorts of hot debate on the three-legged chicken, and its scrumptious thigh meat.

What makes it so good colonel? Now that's an idea you can put your trust in.

I'm all for freedom of expression, but I'm also for moderate intelligence.

The student organization of moderate intelligence, or SOOMI, needs to stand up and fight this wanton misuse of brain cells.

As head of this new coalition, I will be monitoring the use of brainpower on campus and compiling an annual report.

Try and demonstrate yours by writing something worthwhile on the bulletin board. I'll be watching.



Photo by Jason Ku

With crystals surrounding her table, and tarot cards in her hand, Ericka Miller fans out her cards to find insight into the future.

Your future is in the cards

By Roxanne Lockwood
Staff Reporter

Fortune telling is in your future.

Whether it's tarot cards, numerology or astrological overviews, Ericka Miller can help you make sense of your life and predict future happenings with her mystical readings.

Miller started Ericka's Oracle, her reading sessions, just a year ago. She has been performing readings since she was 9-years-old.

"I used to see my mother fan her cards out when she wanted insight and I became very interested. She did not do public readings. She only pulled them out to consult them for herself," said Miller.

Miller received her first set of Gypsy Moon cards when she was 9 and has learned to perform much more than tarot card readings. Other aspects of her mystical readings include numerology and rhine stones, a type of Scandinavian tarot cards.

"Numerology is more or less a view of a person's personality and motivation in life and in the future. When I do a numerology reading, I usually give the person four to six paragraphs of what I see and feel about that person," said Miller.

Although Miller has received mixed feelings on her readings and talent from outsiders, she believes that it is a real and extraordinary thing to experience. "I have had some hair raising occurrences while doing readings," said Miller.

When Miller was a young child and just starting to learn how to read tarot cards, she performed readings on her babysitter. "I kept pulling up cards with fire on them, over and over again. Shortly after that the babysitter was involved in a fire," said Miller.

There are many steps Miller takes to prepare for a reading. She sets her crystals out on the corners of her table and fans the cards out in the center. She

then grounds and centers herself for the reading. "I close my eyes and visualize a cord going through my body running down the center of me to the earth. I try to become aligned with the earth and the universe," said Miller.

Performing readings for people makes Miller happy because she is able to help others and it keeps her grounded while she learns new things from each reading. "Tarot cards can vary from being very simple to more complex. Each card has intricate details from corner to corner which can mean many different things. You learn to pay attention to the details as you progress in your readings," said Miller.

see future, pg. B6

Manners, etiquette and behavior in question

By Chris Jones
Chicago Tribune

One of the perennial issues in social behavior is how to define the terms.

What are manners? What does etiquette really mean? Is well-mannered behavior the same as ethical behavior? And are manners culturally determined or universal?

"I've always found it useful to distinguish between manners, which means the underlying principles of civilized behavior and etiquette, which means the surface rules," said Judith Martin.

And is good etiquette the same as good ethics? The main flashpoints are cultural or religious activities that offend other groups. Cohen was recently asked and has struggled to answer the question of whether the management of an expensive restaurant was behaving ethically when it forbade a waiter's dreadlocks, on the grounds that the etiquette of such places demands a neat and tidy look.

"But," said Cohen, "you could also argue that dreadlocks are a legitimate cultural expression. And the reason the manager doesn't think so is that he is making a racist association with, say, poor Jamaicans." Cohen got into big trouble when he suggested in a recent column that it was ethical, and, therefore, presumably acceptable manners) for one of his female correspondents to decline to do business with an Orthodox Jewish realtor who refused to shake hands with women.

Cohen thinks his column has done well in part because people play along like a parlor game, comparing their own understanding of civilized behavior with the ethicist's advice.

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TAKE THIS TO THE FRIDGE (Drop Hints)

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Fuzzy friends at Keene State

By Emily Andreozzi
Staff Reporter

Once all the snow melts and students are able to spend their free time playing Frisbee or lounging on the quad, they can also make note at the number of dogs that enjoy playing on the quad.

Many of these dogs belong to students who live off campus. When students make the decision to move out of the dorms and into their own apartments, some take into consideration getting pets.

KSC student Mike Coopersmith is the owner of "Colby," a Brindle Boxer.

"Everyone loves her, even my landlord," Coopersmith said. He decided to get Colby simply because he just "loves dogs." He estimated spending about \$150 per month to take care of Colby, as well as taking her for walks, because she is very active, he said.

All of Coopersmith's roommates love Colby as well, and help take on the responsibilities of taking care of her.

Another student who has roommates willing to take care of his dog, is Josh Tangerson, of Franklin Street in Keene.

Tangerson's room-

mates

Ashley Lynch, Torrie Stotlow, and Rob Mennillo, all seniors, take part in caring for



Photos by Seth Crehan

ty of room for a dog. When deciding on getting a pet for an apartment, students don't have to go far to find a pet store.

PETCO as well as Paul's Pets, in Keene, provide many students with animals such as ferrets, fish, and hamsters.

The Monadnock Humane Society, in West Swanzey, is also a place that off campus students have visited in the past when interested in adopting a dog or cat.

Deborah Zuger Lyons, Adoption and Customer Service Manager at the Monadnock Humane Society, said that there are some KSC students who visit the shelter interested in adopting an animal.

Not just any student, however, can walk in and adopt an animal. "We do not adopt out animals to fraternities and sororities," stated Zuger Lyons.

"We also will not adopt out an animal to a house with five or six students living in it. We want the animal to be placed in a home where it will be taken care of," said Zuger Lyons.

The Monadnock Humane Society's goal is to adopt out animals to families and individuals with their own homes.

Anyone interested in adopting an animal must fill out an application, which asks for

the adopter's preference for an animal, their lifestyle, and what vet they currently go



Lab mix, who is like a human, with his own personality. Each roommate helps out with bringing Gordon to vet appointments and providing daily attention. Gordon is known for being low maintenance, where about \$60 is spent per month for his food and other needs. Tangerson said. They decided to get Gordon when they realized that their four bedroom apartment with a fenced in backyard had plan-

