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... in tabloids

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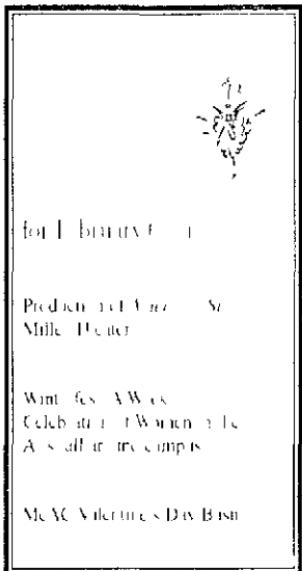
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McAfee Valentine's Day Brush

**DO YOU HAVE AN EVENT
YOU WANT TO TELL THE
BARNARD COMMUNITY
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Just drop the information off at the *Bulletin* Office the Wednesday before you want the listing to run.

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Morris K. Udall Scholarships Appr. \$10,000-\$15,000 annually
55 national awards c. \$1000 each will be made on the basis of merit to sophomores and juniors who have outstanding potential and intend to pursue careers in environmental, public policy, health care or Native American tribal policy.
Please contact Dean Ruppert for immediate info for more information x1243.

apply for it. Let me stress again that in one city how many hours per week they wish to work foreign language or high school science tutor i.e. especially demand Questions? See Dear Welsh.

Seeking a Tutor? If you are interested in receiving tutoring this semester you must fill out a request form available at the Dean of Studies Office. We will begin matching students with tutors the first week of February after program filing. Individual tutoring fees are \$8.00 per hour. Student requests for individualized tutoring may be submitted to the Dean of Students Office, Room 101, or by calling 330-325-7100.

Program	Listing	Deadline
he	in	A
47	Sp	10
Kag	er	10
me	X	r
t	er	p
y	Y	r
r		
E	o	r
x	o	10
t	o	10
t		



News Briefs

SPRING AUCTION

In honor of the new semester, MCAC will once again auction off Wednesdays and Thursdays February 22 and 23. Students bid on items supplied by various members of the administration, faculty, and the Barnard College Trustee Club. Shoppers in excess of \$100 in donations were donated to MCAC and MCAC's Art Program.

The organization which combats racism, sexism, and homophobia on campuses, MCAC Special Events Chair Diana Margolin said that she felt the event went well even though it was highly unusual for them to yet MCAC.

To better inform the student of the auction, they will

be in the Union building between 6pm - 8pm.

DIVERSITY WORKSHOP

CORRIE, the Committee on Race, Religion, Identity and Femininity at Barnard organized a four-day diversity workshop from Sunday January 22 to Wednesday January 25. According to CORRIE's publicity, the all-day workshops challenged students to explore personal identity, i.e. the individual effects of direct and indirect discrimination and learn how to effectively intervene when confronted with oppressive comments or behaviors. All profits will go to effective allies.

Debra Howard-Stern, labeled the workshop "profound and

enlightened" felt it was a great success and that many different campus events. The long-term goal of the workshop is to create a National Coalition Building Institute (NCBI) representative of the U.S.A.

According to Debra, after explaining the workshop's intention to NCBI, the group of the NCBI chapter in New York, the school's previous identity as minority access, multiculturalism and stereotypes that plagued our community.

The training program was less open to NCBI and open to the student body staff and administration. The workshop was open to 35 participants.

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ROPA 203



Grant Recipients Work Over Break

by Stacy Cowley

While the rest of us were sleeping late and catching up on *General Hospital*, three Barnard students were translating their creative impulses into videos, books and mentorship networks. Now that break's over, this year's Student Government Association's SGA Winter Grant recipients are back on campus and preparing for presentations to the SGA on the results of the month long labors.

Rachel Gall (BC '98) is a Teaching Assistant (TA) for this year's *Physics for Poets* class, an experience which directly inspired her Winter Grant project. During her time with the class, she noticed several of the labs begging for rewrites. When you're Taing a class, you always notice things you would like to improve, she commented, and so spent her winter break redoing the lab manuals. Her focus was on making the current manuals clearer as well as creating new labs. Her work will have an immediate effect upon the Barnard community; one of her new labs in which students determine the compositions of different alloys will be used this semester. The new design for the first semester of the full year course and will be incorporated into the curriculum next fall. Her research for the new labs utilized a variety of media—the background information for one of them in which students construct a multi-level was pulled off the World Wide Web. Gall said, I tried to see the

results of her efforts—she hopes to be a TA for the class again next year.

Liz Keidis (BC '98) spent her vacation break working on a 16-minute documentary on the Boston Alliance of Gay Lesbian Bisexual and Transgender Youth, the oldest queer youth group in the country. Her goal is to produce an educational film that can be used in schools, and she's currently applying for other sources of funding to continue work on the video. Because of her background in video production—during the school year she works at *DirecTV*—she felt that doing a documentary of the group she was a member of during high school was a great way to let people know about the work they do.

Jane Goldschmidt (BC '98) and Meghan Quinn (BC '98) collaborated on the process of a seven-page children's story written by Quinn and illustrated by both with collages. Their break was spent exploring the self-publishing process. We discovered how to bind the books and such, says Goldschmidt. We bound six copies, but we want to send the originals and three copies as well as to keep a binding so that his six book copies were distributed to people who helped her with the project and to publishers. In short, the end purpose of their project getting their book into print. The submission process is the one the pair is currently exploring.

Campus Life — pg. 1

her Winter Grant project 310 miles from Bernard at California Lieutenant Governor Gray Davis' office. She interned there last summer and returned last month, working on setting up an Advisory Council of Women Business Owners. She also laid the ground work for a mentoring program between the members of the council and high school students. To extend the scope of her project onto the Barnard campus, Kim hopes to set up a similar mentoring program here either between alumnae and current students or Barnard seniors and underclassmen. The program between seniors and other students would be sort of a career-focused Big Sister system, she explained.

The SGA allocates a set amount of money for the grants program which covers both Winter and Summer Grants. Summer Grant applications tend to be of a higher caliber than those for Winter Grants, so the budget is divided up accordingly, with about 2/3 of the money going to Summer Grants and 1/3 to Winter Grants, explained Pauline Grinberg, SGA grants coordinator. The number of grants awarded and the amount each grant varies depending on the size of the application. The average grant amount is \$400, though it is possible the biggest award made for the year is \$800.

What goes into a successful grant application? It's a detailed breakdown of the



Speaker on Campus Honors Dr. King

by Betsy Cronell

In celebration of Dr. Martin Luther King's birthday last week, Dr. James Washington, Jr., of the Union Theological Seminary spoke on the Barnard campus. The Barnard Gospel Choir sang a medley of Negro Spirituals, and pictures of Dr. King adorned the walls.

In Dr. Washington's speech, he reflected on the race and dream of Dr. King, and on his message as it played out today in America society. He discussed the present crisis in American



democracy which to him is really an institutionalized hypocrisy. He sees a large gap between what America professes to believe and what it fails to express.

In America, Washington says, the average Negro has been reduced to the level of a mere object. The American ideal behind our national culture is denial that any strain of racial difference existed; slavery, Jim Crow laws, and the like. In Washington's view,

the comparison of the South spike out in its racism. In the me-

dia, much attention is given to race relations. Washington explains that the right wing of the country is

brought up to believe that

others would find ways to

live King's dream in their communities. He emphasizes that

racism is still a problem in the South.

He continues, "I think Dr. King must be

right. I don't believe that justice can exist in a racist society."

According to Dr. King, "the

right kind of justice can exist in a non-racist society."

Washington's recent remarks at New York City's meeting of the Negro Clergy have been widely publicized.

He believes that the

American Negro can be

an American hero.

our mountains are filled with

elite of life. We're not built

many mountains to work at. Artificially bolstered by drug

now and then, the Ameri-

cans. However, if

we're not built

right, the Dr. King idea

of justice can't be imple-

mented. In order that very

people must always be put

in their place, the Ameri-

cans. Then, if they

are not built

BETSY BUCHER

Hooked on Ebonics

by Jessica Oton

O December 18, 1963
It is seen that great national
attention the Oakland City
School Board is taking to establish
to recognize the speech of many
African Americans as a separate
language and to design a according
to program that would help
these students learn standard
English.

The Holmes' stand from the years about 1940-50 phonics as main back sounds became buzzword for this controversial paper. The wording of the resolution which described Holmes as genetically based and not strict prompted critics of Holmes as well as the other that cited the School Board's issue statement. It may be intended merely others form in the lack of training in whether Holmes was to be used in the classroom was also a point of contention among critics and eventually the controversy lead me to IB 317. It is a book I will be reading in January. It will not be very far removed from the Holmes as well as now in my opinion that the Holmes will be eaching agent in English.

Sometimes however, emulsions
dissociate with the evolution of
electric charges. This is the
emulsion phenomenon.

America in
clude is in
the distinct
Many people
is minded
the proposal
is nothing
were have
will and
referred
attempt
obtain
exclusion
guaranteed
and that
therefore in
America can
industries
will in
practice
the
of the
the he

OAKLAND CITY
EXCELSIS
OF THE STATE
OF CALIFORNIA
BY JAMES
F. POWELL
PUBLISHED
BY THE
SPEECHES
AND
DISCOURSES
HE HAS ADDRESSED

What's Your Opinion?

It is very clear that Black English is structured coherent and communicationally valuable. If the speakers of Black English come out learning more the value of this experience so much the better. But I also think that we need to beware of isolating the black community any more than it already has been, even if the intentions are good. Anything that will set up Ebonics as different and separate could backfire. It could suggest that there is something special and different about African-Americans and how they learn which is ridiculous' —Professor Joseph Maione Chair of the Linguistics Department

I recognize it linguistically as a language. I don't really feel strongly about it being taught one way or another. I think the decision should be up to the families and communities. —Jennifer Do (BC 97)

However the only force that can be known
is that of the first two terms of the series.
The first term is the force of gravitation
and the second is the force of centrifugal
force. The third term is the force of
attraction between the two bodies.
The fourth term is the force of repulsion
between the two bodies.

is linguistically speaking, it is impossible for BVE to be seen as a language system because it does not have its own identifiable rules.

Given that the point of a language is communication and that all languages are equally capable of expressing the same experience, BVE is considered a language by many.

However many people still strongly disagree, but the extent to which BVE is truly separate from standard English. Some argue that it is merely a dialect. The function is practical importance to know even that the differences between BVE and the dialect in language are not very large. Sometimes speakers

of different languages will struggle to understand each other while two speakers of a different dialect will be able to.

Therefore, it is not

I think it is a good idea because the end goal is to teach the students proper grammar what you need to compete in the real world. —Carla Perissotto (BC '00)

I feel it won't address the real problem in the real world, like college you need to know standard English. —Katrina Rawlings (BC '99)

I think it's stupid. I personally think it is slang, and Ebonics promotes the idea that there is a difference between how African-Americans learn and separates the races more. —Solana Nolfo (BC '00)

—compiled by Charli Long a Barnard first year
and a Bulletin staff writer

language, but it is

the language of the streets, of the poor, of the uneducated, and the unlettered. By definition, one cannot be part of the Order of St. Luke,

any longer than he can be part of the Order of Langobardia, or Lingobardia, or Imparati, or the Order of the Knights of the Temple. When the Order of St. Luke

comes to the town of Athago, will it make any sense to say he improves his identity in Africa? America is like God, there he is called our Father, and in Africa he is known as the

Jessica Davis is a Barnard sophomore and the Bulletin Managing Editor.

the very convincing
—S. while the Oakland School Board's resolution will not be effective, but the new rule

Winter Grants

First come first served! Students will be able to apply for grants to help them with their winter break expenses.

Any student who has a project lined up for the winter break can apply for a grant. We want to help you out as much as

possible, and the process is simple. Each grant recipient must turn in receipts for her project (and retain my full name) every week. All money collected will go to the Student Activity Fund. The grants will be distributed on Friday, January 12th.

Students can apply for grants individually or in groups. Groups

can apply for grants together. Students can apply for grants

Want to be a part of the Bulletin?

Just show up on Tuesday, at 6:30 pm at the Bulletin Office, 128 Lower Level Mac

—Gumbo—

Chapter 3

Penny for a thought and nickel for a bag

Stephanie you can't hear me I had to get you ass in here and make your mama som n to eat! Stephanie shaded her meals body behind Jayon's father's Chevy Impala while her momma fought to steady her scrawny body and speak at the same time. Carl where the hell you at? Betty strained before staggering into building 62B. She stuck her long and castrated neck out the front door one last time to scope the block for her daughter before she gave up. If Stephanie was found—which she normally was on alternate parking days—she would end up making the sandwich for her momma while Betty squatted on the cushionless three-legged sofa pounding at the fold of her arm until a green vein writhed under her ashen skin. The sweet stench of warmed heroin would fill the house and Betty would digest it long before the sandwich.

The thought of a high gave Betty a chill that rushed to her head and throbbed in her hollow temples. Shit I need a fuckin fix she muttered through her rotten teeth and cracked lips as she pushed the wrong side of the door the same door that she been coming through day in and day out for as long as she could faintly remember.

Stephanie knew tha she wasn't going to make her momma a sandwich from earlier that morning becuse they didn't have meat lettuce or tomatoes or bread at that. Stephara had gotten up bright and early that morning and snuck the last bread back before Man could get up and fight her for it. And even if they did have meat and bread making the sandwich would be a waste of time because their momma would take off hypnotized by Carl who Stephara called the cindyman colts herself—soona he buzzed the apartment. Stephanie lost her balance into their apartment day after day looks like the lette r bastard children. He pushed his ass out Stephara and gave Man nuggies that left red imprints on his forehead for hours. And for Betty it was the worst. He would bark her by her mangy strands of unkempt hair.

Beteh how many motherfucking times I have to tell you to have my money or have my shit. Don't fuck wit me. He would grab Betty face with the same hand he which he won his Roxy's wali h and squeeze it over the rim of her check until her body jittered like a tiny handful

of his. The sand forced itself into the corner of her mouth without a late until an arm wrapped around her waist th t. Man didn't beat them.

Betty would sit back up with a mornin the early without Carl but in his stead straw sits in January raises on her lips face and all the world is set to go. the rest holding under her momma's D. I. S. C. H. Is Stephara in sun until the morning she come mm the bloods 6th floor in a faint exspect

Will the fuckin still bring him I should asses up and ready to serve. In a box Betty laid then stumble to the fridge where she took out the liter of milk with a row by gumb. What am I gonna guzzle the milk turned Stephara's face sicker Mrs. Watusi had shown in this room still wearing a whole chicken egg. Stephara cut the roll at the end with her named Black Birthe the hellie Shit. It come that Man brought her over her could have asked he had popped her legs off and checked her out while he sang Burn Baby Burn Man. I'd hit you with a baseball bat with her arm and I

This is the best the god damn motherfucker meant

Betty went then knock Man up the floor trying to some dixie penitentiary in that moment

I am better I know I like the fuckin exreme term in a moment. Be it

We do too. Step Man. I am better than his dingy dungeons and cold floors. I am better

Sophie ewe find Well its about goddamn time you son of a fucker been puttin my medicine twistin my damn new. The antivenom gave me the strength to do all well ne though he still had the power to do all sort of things. Step he was out and proved to us

* Step out I shi
Step man I
want to outlast a
second

Susie Clark is a RUMOR
center

Not Just a Neurotic: Woody Allen Asks "What If?"

by Carolyn Sparote

Woody Allen in a musical? Not possible, but true. Woody Allen writes and directs (as usual) the newly released *Eccentric Sons I Love You*, a musical that isn't afraid to ask the question: what if?

Narrated by DJ (newcomer Natasha Lyonne), *Eccentric Sons I Love You* introduces the audience to an Upper East Side family. That family includes DJ's mother Steffi (Goldie Hawn), stepfather Bob (Alan Alda), four siblings (Drew Barrymore among them) and father Joe (Allen), who lives in Paris. The cast also includes long-term Holden (Edgar Norton) and ex-convict Charles (Ferry) (Jim Roth).

These characters alone are enough to create an interesting story. They are joined further more by Lukas (Timo), DJ's younger brother, who spouts conservative right-wing philosophy to the horror of his liberal father. Julia Roberts also appears as Ann,

a young woman who is searching tirelessly for that perfect fantasy man who will know between her shoulder blades what it's like making love.

Woody Allen doesn't stop here, however; not like the movie itself, he has a hand over his face, returning his film to its most classic self. For it is his first "what if." By what if, I mean: what if the impossible can really possibly

happen? People don't just mollycoddle just break into song, aye, dance. I think most of us would be surprised if, for example, Professor Jackson started singing "New York, New York" during one of his lectures on the Big Apple. Or imagine it while waiting in line at the Financial Aid Office somebody started singing "Money from Cuba" (although that might make the whole process more fun).

Once that line between reality and fantasy is crossed and suspension of disbelief occurs, anything is possible. This film includes (but in no way limits itself to) such scenes as a hospital dance number replete with dancing pregnant women and a straightjacket-clad man tap dancing on the tables at Harry Winston and a levitating Goldie Hawn on the banks of the Seine. What makes this film even more interesting is that the characters show the audience that they are aware of the improbability of these actions by intermittently playing directly to the camera.

Allen is asking: what if? not only through his experimentation with cinema, but also by his three-dimensional characters themselves. What if Steffi had steely turned to hot? What if Sky (Julia) had had the exciting, passionate relationship she always wanted? What if Ann's fantasy of the perfect man comes true? And do they really want what they think they want?

Allen even seems to be asking himself: what if I'm not afraid of death any more? Imbedded in many of his earlier films like *Hannah and Her Sisters* is a preoccupation with death and an intimate fear of it. In *Eccentric Sons I Love You*, however, Allen is finally able to laugh at and with death just watch the funeral scene and you'll know what I mean.

The only problem I had with the movie was the character of DJ, who annoyed me a little. Lyonne's characterization seems somewhat contrived, and her acting wasn't stellar. On the whole, though, I found this to be one of the best movies I've seen in a long time.

As always, Allen celebrates New York City. The story follows all four seasons in Manhattan, with beautiful shots of Central Park. Also as always, he handles dialogue like a deft puppeteer, but, unlike always, he asks the big questions: what if? and opens the door up to the possibilities. An entertainment in intellectual movie purgatory, it's a satisifying musical. Allen is launching his self-awareness, the entire time.

Carolyn Sparote is a Barnard senior.

don't cry for madonna—

Indicates clear

The first time I went
to the city, I was very
nervous. I had to go
to the theater. My mother
had given me a ticket
but I didn't know what
to do. I took a paper
and wrote down the
name of the theater
and the address.
Well, I got there
and showed my ticket.
I was so nervous
that I forgot to
put the paper
in my pocket.
I just stood there
and waited for
the manager to come.
After a few minutes,
he came and asked
me if I had a ticket.
I said yes and he
asked for my name.
I told him my name
and he said, "Oh, you
are a good boy.
Come in and have
a seat." He then
brought me a seat
and a program.
I was so happy
because I had
never been to
the theater before.
I enjoyed myself
very much and
had a great time.



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NAME
JOHN

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she's actually good

estments.

The augmented vocal layer on the real wonder of Lyle Park's "I'm Used to It" makes it stand out. We hear a computerized vocal line (Elton's computer) and original songs and in the mix, we hear me. There are two versions of "Me and the Devil," one of Elton's few truly personal songs. As for the rest of the song, though, I tell that in earlier Elton recordings there were a whole bunch of synthesizers and a bawdy old synthesizer.

Who Parker doesn't think is interesting enough though? Even those he thinks Parker has interspersed here. It's the same Elton John "Chestnut Tree." The lady of the tent, which I suppose is supposed to explain the current state of political correctness. I never thought I'd hear the words "I'm a virgin" and "whoring" come from a rock star, but I did. Elton John's "I'm Not in Love" is the best of the bunch, with its well-expressed love and vulnerability.



Elton John
I'm Used to It

Elton John
Chestnut Tree

Elton John
Me and the Devil

Elton John
I'm Not in Love

Elton John
I'm a Virgin

Elton John
Whoring

Elton John
I'm in Love

Elton John
I'm Not in Love

Elton John
I'm Not in Love

Elton John
I'm Not in Love

Elton John
I'm Used to It

Elton John
Chestnut Tree

Elton John
Me and the Devil

Elton John
I'm Not in Love

Elton John
I'm a Virgin

Elton John
Whoring

Elton John
I'm in Love

Elton John
I'm Not in Love



MUSIC CALENDAR

for the week of
1/29-2/4

Rock

Wednesday, January 29

- Stella, Comet Poole Apples in Stereo (Brownies)
Goldfinger, Weston Reel Big Fish (Tramps)
Teenage Fanclub, BiS (Knitting Factory)

Friday, January 31

- Geggy Tah, Fighting Gravity (Wetlands)

Saturday, February 1

- Flying Neutrinos, Davers True Story, Beat Positive (Fez)
Hope Factory Satelite Audrey (Brownies)
Girdle of Venus The Warmers
Blonde Redhead (Cooler)
Richie Havens (Knitting Factory)

Monday, February 3

- Poe Shy The Health and Happiness Show (Fez)
Violent Femmes (Knitting Factory)

A Guaranteed Easy A

If listening were a class, we'd all pass

by Julie Rothberg

met or semester + bar or I let's check the pencil book and see what's up.

Washington DC POL 1000 Capitol city of the United States right? Politicians, scandals, monuments, marches, government type stuff? Of course we know Washington DC! Home of the straight-edge scene and skin-punk right? Fugazi and apple pie? Next.

Time then for Washington DC MUS 7200. No homework, no quizzes, no final exam. The only requirement is to remember this simple recipe:

2 parts traditional blues
1 part new school punk

- 1 part blue-blues rock n' roll
- 1 part R&B

+ 8 skin suits

Add Hammond organ and harmonica to taste.

- Combine ingredients. Shake hips liberally. Shout! I believe for garnish. Get cozy!

Yum! What could possibly be the best of improved soul in straight up Washington DC? PBS' *Documentary* of the Week: *The Delta 72*.

Week 1 history lesson in *Touch and Go* the Delta 72's *72* is a great place to start. Each example of blues even starts with the first step:

ABC News seems to like blues some with R&B and "90's rock" to like the 90's back what your parents are doing the best. Here it's easy by the Honey Code I checked. The answer is all of the above.

The album opens with a quick but electrifying introduction just to let you know that you're in for over half an hour of boogies. Vocals on most tracks are distorted to produce an effect much like that of a megaphone. The guitar books are irresistible, catchy, and guitarist vocalist Gregg Foreman is no slouch when it comes to playing a little slide. Bassist Sarah Stoltzfus' strong rhythm and crisp vocals do a sexy hip shakin' femme touch to tracks like "It's All Over" and "Satcha". What makes the Delta 72's sound so unique, however, is Kim Thompson's Hammond organ and Karen's harmonica. It's impossible to forget the songs like "72" or my personal favorite on the album, "Get Down".

Week 2: The Delta 72 takes us through the blues learning to play electric and see the Delta 72's first concert. The band consists of people from the Bay Area, University of Santa Cruz, and the San Francisco School of Music. In the first two weeks in December, the band was still with the original four members until the second concert. On December 10,



The Deftones: Energy for your ears

by Anna Akbar

After following their 1996 album *Adrenaline* touring the Vans Warped Tour with bands like Red 5, Unwritten Law and NOFX opening up for 311 on their recent tour and headlining their own tour the Deftones have proven themselves to be the only true mavericks assigned to Madonna's Maverick Records.

As one of the most energetic live bands around they packed in incredible punch at Irving Plaza this past November. Both the intense music and the rough-nous pit left people bruised is no one, not even the guy who fell face first while crowd surfing, left unscathed. The Vans Warped Tour is a skateboard and music festy I which began two years ago and

now with the Deftones on board is set to indicate his style unknown for six months. I managed to draw a board on his task. Is it their most recent show? A perfect hit? A curve? Or

include the main course they beat the rest with. Root is a piece which explores various forms of their voices. It's hit bottom, deciphered, but the lead voice's vocal timbre is also involved, the rage embedded within the soft words. At times it's very raw, the voices. On the other hand, he's able to mesh with the sounds from the overdriven guitar. Funky rap and heavy metal constitute the mix that so wonderfully complements this up and coming four piece group.

Anna Akbar is a *Barnard* this year.

(with their new male bassist)

The first thing that strikes you about the Deftones live performance is their sheer energy. CONFIDENTLY, the band, the crowd, I cut a bed for the gig took. The shakers, out the "Vinn" of stress may seem to be a trend, but I last days from Beck to Jon Spencer to the Make Up is from DE and PJ Harvey. It remains to be Q sideburns a costume in the 1997 Super Bowl. The rock music of Metallica

ment too.

THEIR CERTAINLY THE ONE OF THE BEST OF THE YEAR.

ANOTHER ONE IS THE

DEFTONES.

THEY ARE THE

ONE OF THE

Jazz/Blues

Wednesday, January 29

Charles Blenziq Trio (Birdland)

Milt Jackson and James

Moody (Blue Note)

Sunday, February 2

Jimmy Heath Quartet (Innervision)

Tuesday, February 4

Bobby Hutcherson Quartet

(Village Vanguard)

Joe Lovano (Blue Note)

Matthew Shipp Trio (Alterknit)

Theater @ Knitting Factory)

Classical

Wednesday, January 29

Cavalleria Rusticana

(Metropolitan Opera House)

Thursday, January 30

La Forza del Destino

(Metropolitan Opera House)

New York Philharmonic All

Schubert (Avery Fisher Hall)

Friday January 31

Le Nozze di Figaro

(Metropolitan Opera House)

Delta 72

Well-Woman

Dear
Well Woman

Lately I've been hearing a lot about chromium picolinate as a "natural" means of losing weight. How effective is it? How does it work? And is it safe? Are there any side effects?

Thanks

Dear
Reader

Despite the claims that have been made that chromium boosts energy, melts fat, and builds muscle, there is no evidence that this is true. Chromium picolinate has become the largest selling mineral in the U.S. After calcium, which should indicate how successful an ad campaign can be, The Tufts University Diet and Nutrition Letter (October '96) tells us that chromium is involved in the transport of sugar from the blood to the muscles, thus allowing the sugar to fuel the muscles' activities. But they point out that does not mean that taking chromium pills can "tri-

and tan" the body by building muscle.

Furthermore, chromium seems to compete with iron for room on the protein that carries iron to blood cells. Iron deficiency is a problem for women of college age already so one would want to be careful about contributing to more loss. People who consume between 50-200 micrograms of chromium a day seem to be within an acceptable limit. Beyond that amount researchers do not really know what the effects would be.

The truth is there is no natural way to lose weight permanently. An supplement or pill or shakes must be accompanied by a need diet and exercise. Thanks for asking.

Carol

W. C. C.

Is it ever safe to eat out? I've heard stories of women who have written tips in their local paper of the best fast food joints. Well, what's often left out is that it is 554 times more likely to get food poisoning in a restaurant than at home.

energy level was low. Hip Hop, Cat Chow, and Rich Girl, like a Steel, were SCREAMING to be舞ed to the twist supper party, and we saw a veritable mob of heads bobbing. Stollin's vocals were sorely missed, but Delta 72 made up for her absence with even catchier guitar hooks, breezed up organ segments and energizing enthusiasm.

At 11:30 it was about Brownies, located between 10th and 11th on Ave. A - a great place to see a show. The space is small (even in comparison to CBGBs) very intimate and lacking the pretension of the usual venues. Fantastic perform acts (such as the Delta 72 and the Make Up, who will be appearing 2/11/97) perform there often. Don't worry about begging your parents for book money — shows at Brownies are cheap — expected w/ a buyer for held tickets to the tab. If there is a prerequisite bring ID because you have to be at least 21 for admission to most events.

CLASS PARTICIPATION IS MANDATORY. It is now DC's turn to join the New York City tradition of the annual Take a Set Out Picnic. This year it will be April 12th at the Big Lawn. You can bring a lunch, a blanket, a book, a tape, or a CD. There will be a raffle and a silent auction.

Emily Rothko is a Barnard junior.

“

All Grown Up

”

What I Did For My December Vacation

by Tarun Roeder

WEEK 1

As soon as I finished my last final English exam, I rushed to catch a flight to Europe. As the plane landed in Boston, I put my seat in upright position and I envisioned a joyful reunion with my family. After we arrived, I got off the plane, followed the signs to baggage claim, looked around for my family.

No one was there.

I called home and my dad answered.
Where are you? I wanted to know.
In the living room, he said, why?
Because I'm at the airport!
Your mom and I thought you were coming home next week.

They miss me when I'm away at school. The truth do.

I gave my dad a big hug, when he finally showed up.
I called my boy while I was waiting for you. I told him as he lifted my suitcase into the trunk. He's so fast
he wouldn't have forgotten me.

Yeah? said my dad, letting me know he really loves you.

Man down parents look forward to these vacations.
I walked in the front door and my mother told me
You have a gynecologist appointment tomorrow. It's time
time for your prep smear.

I'm telling you this is why I come to me for the
warmth of being nurtured.

And here's my sister Sandy she's happy to see me.

There's my sister Sandy she's happy to see me in those
new pants?

Yeah I say. If it's too tight –
Can I borrow them tonight?
Well I'm going to wear them
you never give me nothing. She ran up the stairs.
She's the door. I'm

I'm definitely home on the holiday.

WEEK 2

It's shattering and me I'm been home now we
just down the street. I mean I'm used to it but in Dol
New York New Jersey trip. I'm saving my pants for
what's coming in but still earn the year end bonus

the year end bonus. I really over investment
and I'm not the only one in this middle finger
in the middle of the year. I'm not the only one in this

middle finger in this middle finger. I'm not the
only one in this middle finger. I'm not the only one in this
middle finger in this middle finger.

Half the field is still

They've been here for a short while yet. They've
been here for a short while yet.

So what were you doing up there John?

Asked him after I left.

Shutting.

At the right of

Brooklyn Quaker

WEEK 3

New year is so wonderful. Of course anything
worth writing or even reading I was seeing made
responsible. Each city is its best policy. Thus, he
thought. This is 60 minutes after midnight would be in
a police fire truck. I mean I'd been hooking it with
gentleman.

In an hour I went with John and some
friends up to the Bob The Chef's Jazz Cafe. We met
Bob The Chef. We had a great time, although a fence
was set up to the new chips because of the rain.

We were all very surprised to meet him. I
met him.

No, I'm sorry, I'm sorry, I'm sorry, I'm sorry,
I'm sorry.

As we got more drunk we began to dis-
cuss the new chips which is not allowed
in the cafe.

From the beginning, we had the chips. I
had the chips. After the second chips
we had the chips.

Then we had the chips. Then the third chips.
Then the fourth chips.

Then the fifth chips. Then the sixth chips.
Then the seventh chips.

(C)

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PLAY
you'll
second

PLAY
Some-
Some



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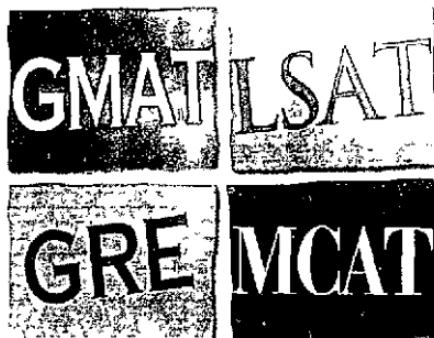
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SUMMER BREAK

TO *

WRITE FOR THE BULLETIN.

IT'S THIS EASY:

Drop in on a Tuesday night.

Come with your own ideas or come clueless.

Talk to your favorite section's editor.

Pick up an article assignment.

Eat some free food.

Turn in your article next Tuesday night.

NOW, COULD ANYTHING BE EASIER THAN THAT?

You don't have to commit to write every week.

(But if you want to, you can!)

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If you can not attend these meetings but would like to write for the Bulletin, please stop by the editor's office or call x12119.