Criminal Hearts is

fast approaching

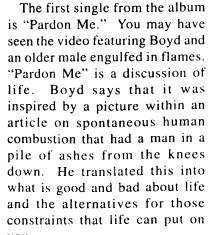
Incubus appeals to college audience and captivates the mind

by Douglas Smith . features co-editor

Recently, the group Incubus released a new album entitled Make Yourself. Most people hear of Incubus and actually say "I never heard of them." Their music seems to be the type that a stereotypical college student would like. However, this is quality music that a lot of people can enjoy.

Incubus employs scratching with the traditional rock and roll elements. The guitar played by Mike Einziger is full of talent despite stereotypes on this brand of music. Brandon Boyd is a very captivating singer. His voice is very strong and delivers the lyrics with a passion. It is as though he is telling a story, not just singing a song to make money. Boyd also has a large hand in most of the material for Incubus, who has released two albums prior to Make Yourself.

Just to get you informed about Incubus we will explore their past a bit. Incubus has toured with Sugar Ray, Limp Bizkit, Ozzy Osbourne, Black Sabbath, Korn, and 311. In the past years they have toured on the Warped Tour sponsored by Vans shoes that often features skateboarding shows and other "extreme" sport showcases. They recently kicked off a tour in Cleveland. Most likely, Incubus will be back in your area this year. They work



the road very hard.

Probably the best song on the album is entitled "Drive." It is a song about allowing fear to drive you through life and what happens if you "take the wheel." Boyd sings, "It's (fear) driven me before and it seems to be the way that everyone else gets around. But lately I'm beginning to find that when I drive myself my light

The rest of Incubus includes DJ Kilmore, who has center stage on "Battlestar Scralatchtica." Jose



Dirk Lance and some crew members relax on the set of the video shoot for "Pardon Me."

Pasillas is the drummer and Dirk Lance plays the bass. The album was co-produced by Scott Litt. Litt has produced albums for Days of the New, R.E.M., and Nirvana. Also, the art design in the album and on the Enjoy Incubus website is very creative

and was done by Brandy Flower Incubus appeals to a younger audience with its combination of heavy rock, ballads, and the famous turntable. However, they also make them think while listening and enjoying their

Series ends nicely

by Leanne Acklin staff writer

Simin Ganatra, Isabel Trautwein, Kathryn Lockwood, and Brandon Vamos composed the Pacifica Quartet, the last group to take the spotlight in The Logan Wintergarden Series program this year.

Armed with a viola, two violins, and a cello, the Quartet performed two pieces before a large audience in Reed. The first, Beethoven's Quartet in C Minor (Op. 18, No. 4) was performed very enthusiastically. The 15

minute piece did not contain any slow movement, which resulted in a performance that kept the attention of even the youngest audience members.

The second piece, Quartet in A Minor (Op. 41, No. 1) by Schumann, displayed vividly the two contrasting personalities of the composer. The piece began in a dark mode, portraying Schumann's deeply emotional side, but lightened up before the beginning of the second movement, introducing the more rational component of Schumann. The two sides were both prominently exhibited throughout the remainder of the

The performance itself was wonderful, due in part to the performers' own enthusiasm shown during the performance. Although the performers differ in origin, their sound is flawlessly blended together. The quartet is based in Chicago and practices a demanding six hours a day to prepare for performances.

The Pacifica Quartet's concert marks the end of the 10th year anniversary of The Logan Wintergarden Series. SPIRITORY

American Beauty a thoughtful, provocative look at family life

Those with main parts include (clockwise from left): Ryan Widrig,

Tickets are available at the RUB Desk now. The show

opens March 31. There are also permformances on

April 1,4,5,6,7, and 8 at 8:00 p.m. There are matinee

performances on April 2 and 9 at 2:30 p.m. Cost is \$3

for students with ID and \$5 for general admission.

Bruce Waller, Jamie Lojewski, and Molly Means.

by Kelly Walsh staff writer

American Beauty gets right to the heart of Americans with its quirky, after his daughter's best friend. sexual, real life humor. Some culture. This movie flirts with forbidden passions of a nuclear family. Fidelity, sex, drugs, parenting, love, friendship, and family are all covered. They are laid out in a way that makes the audience listen. It makes you wish rather than think of your parents as sexual creatures. It questions your sense of family and friendship. This excellent film makes you wonder what you would sacrifice for happiness.

Lester Burnham, played by Kevin Spacey, is a 42-year-old father of one. He realizes his life is passing him by and has had enough of living the perfect little life, in the perfect house, with the perfect wife. up once!" With this kind of The white picket fence is not heartless influence, it is no wonder everyone's American Dream, and it that Jane would like to blend in with

certainly isn't his anymore. Pink Floyd and pot suddenly become his best friends after he quits his job, blackmails his company, and lusts

scenes are repulsive because of the his wife, Carolyn (Annette Bening), grotesque humor, but that is what an uptight realtor. Carolyn Lester is the self-absorbed father movies have to do to sell in today's frequently hits herself (literally) to stop her from feeling true emotions. If her ear to ear grin ever fell from her face and a tear or two would trickle down, Carolyn would slap herself. She pretends to be too proud and strong to wallow in selfpity while in actuality she thrives that a stork really did bring babies, on it. It motivates her to sell homes and be number one. Her quest for perfection is one of the qualities that drive her husband to his intense, mid-life crisis.

Jane, Lester and Carolyn's teenage daughter, has a disgraceful self-image. Her parents never nurtured her. For instance, after seeing one of her cheerleading dances, her mother proclaims, "congratulations, you didn't screw

Every character in this movie is predictable. They each play a different stereotype to the tee. Jane is the insecure teenager, Carolyn is All of this does not sit well with the wife striving for nothing less than absolute perfection, and trying to regain his childhood through an intense mid-life crisis. They live out these roles and make drastic lifestyle changes according

Though the characters are predictable, the plot certainly is not. A normal neighborhood soon turns upside down when new neighbors arrive. Further twists and turns creatively make the movie.

The ending of the movie leaves you wondering what true beauty is, and why it matters so much what we look like on the outside if we are so miserable inside? The truth is that everyone needs to make his or her own judgment call about happiness because no one can do it for him or her. I liked this movie because of the deep rooted thoughts it left the audience with.





SUSH! AND A





Aries (March 21-April 19). Make yourself. Don't let someone do it for you.

Taurus (April 20-May 20). Don't let that test drag you down. You'll be fine.

Gemini (May 21-June 21). Keep your wandering eves to a minimum this week.

Cancer (June 22-July 22). Watch that spare tire.

Leo (July 23-Aug. 22). Try something different this

Virgo (Aug. 23-Sept. 22). Splurge once this week. Treat yourself.

Libra (Sept. 23-Oct. 23). Nose to the grindstone all this week...okay?

Scorpio (Oct. 24-Nov. 21). Raspberry. It just signifies beauty.

Sagittarius (Nov. 22-Dec. 21). It seems you are troubled. Share your feelings with somone.

Capricorn (Dec. 22-Jan. 19). Don't read these horoscopes again. Bongo has been leading you

Aquarius (Jan. 20-Feb 18). Give that special someone a surprise call this week. It will be worth it.

Pisces (Feb 19 - March 20). Deep thought — isn't it weird how a privilege can feel like a chore?

Bongo the three legged monkey



Dear Jane,

Sex always seems to get rid of my headaches. Is it really the sex? If so, why does it work?

Aspirin Doubter

Dear AD,

Yes, there is definite evidence that sex can actually get rid of headaches. So ladies, those of you who are prone to the old cliché, "not tonight, I've got a headache," have absolutely no case. Now, he can say, "well, I've got just

How does it work? Like any kind of exercise, sex causes the release of endorphins, your body's "home-

and

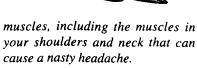
Jane

grown" morphine. Endorphins are painkillers from your brain. Beyond the natural high after orgasm, they are also responsible for the exhilarated feeling you get after intense exercise (runner's high). They are the reason that people who exercise often have fewer problems with depression. They can relieve other pain, like arthritis and joint pain, too.

Beyond the big hit of endorphins, accelerated blood flow during sex helps headaches; getting that blood to pump throughout your whole body takes pressure off of your overworked

Lastly, orgasm can relax your





So, why isn't this information more widespread? Pharmaceutical companies would be very unhappy. Happy painkilling!

Have questions about sex or relationships? Write to Jane at dickandjane@wildmail.com or leave a letter marked "Jane" in the Beacon mailbox, located downstairs in the Reed Union Building. correspondences are confidential.

