

Barnes & Noble on Valley River Road is one of several bookstores in Eugene that carries a large selection of magazines for those who need their celebrity gossip fix.



TRACEY CARTER | FREELANCE PHOTOGRAPHER

# Like an *open book*

BY KAITLIN STEWART  
DAILY EMERALD FREELANCE WRITER

Did you hear that Jennifer Aniston and Brad Pitt broke up? The Brad and Jennifer split isn't the only celebrity gossip spreading through campus. Other hot stories include Prince Charles marrying Camilla Parker Bowles and the ongoing Jessica Simpson and Nick Lachay marriage rifts. Students who love to gab about Hollywood and the celebrities who live there often purchase gossip magazines such as The National Enquirer or People for the scoops on the lives of the rich and famous. Not surprisingly, it can quickly become a vice.

The National Enquirer, National Examiner and Globe are classic examples of tabloids with headlines that include: "Ashley Olsen Caught In A Drug Scandal," and "Brad &

Jen: Custody Battle Over Dog." They contain not only the latest celebrity gossip but also other features such as classified ads for psychics and miracle stories of people returning from the dead.

"Personally, I would never trust anything in the tabloids," junior Jessica Hutchinson said. "I've found that all their stories are usually ridiculously false."

Recent cover stories on celebrity news magazines such as Star and In Touch included "Poor Jessica! Is This the Final Straw?" and "Justin and Cam: Are They Secretly Married?" Like tabloids, they are crammed with gossip.

Arguably the most popular celebrity gossip magazines are US Weekly and People. Recent cover stories included "Orlando and Kate Split" and "Exclusive Photos! Trump's Wedding."

Celebrity gossip magazines help some students put their problems in perspective; for others, tabloids are the first source of news

"I'd rather read US or People because the gossip is toned down," freshman Beth Glazer said. "It seems more factual."

Some students simply cannot understand why people would purchase gossip magazines.

"(Celebrity gossip) is trash," freshman Sean Gibbons said. "I don't understand why people care about what celebrities do."

Beyond finding out about how celebrities live or what they are wearing, students also buy these magazines to help put their own problems in perspective. These magazines present celebrities as real people who have problems just like everyone else.

"I think people want to be included in the lives of everyone, especially their favorite or not-so-favorite celebrity," sophomore David Wu said.

# Balingit: Some suggestions for when reading the O.C.

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political antagonism; with the ASUO, with the administration, with the greek system and with some conservative radio talk host with a penchant for forgetting the facts. It sucks that I have to reserve caution when speaking to certain people just because of their affiliation with a particular organization, and it sucks that when people write nasty judgmental things about me, I have to be polite and take it.

The Oregon Commentator has minimal regard for being politically correct. And, just like any other publication, it should be approached with a critical mind. I recommend the following guidelines:

1. Read the O.C. as you would watch a Michael Moore film or listen to Rush Limbaugh: as part entertain-

ment, part information and part narcotic-induced rambling

2. Read the O.C. as the authors intend you to read it (and as the authors probably wrote it): severely inebriated.

3. Don't read about Will's adventures with Russian club kids if you have a weak stomach, or if you've been drinking too much (see #2).

4. If you see O.C. Editor in Chief Tyler Graf, give him a hug and a cigarette. His parents obviously didn't love him as a child.

The Oregon Commentator has an important lesson for us all. As a kid, I was taught to "embrace difference." The Commentator teaches us to laugh at everyone's differences, hysterically, until we barf on someone's shoes.

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# Nelson: Fine, if the Internet isn't your style, go be social

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Don't start thinking I've gone soft, though. I assure you, nothing turns me on more than a relaxing browse through the vast basement-like directories of eBay. When my stress level goes up, the fastest way to bring it down isn't a cool glass of Pinot Noir or a sensual massage. It's reading about Joe and Jenny Blow from Anyplace, Kansas, and their three prize-winning Dobermans and their purple 1971 Dodge Dart, all displayed in the glory of Jenny's free Yahoo! Geocities Web page. (Did you

know that a 2002 Chevy Trailblazer can be filled with 39,096 76 Styrofoam antenna balls?)

Still not convinced of the mind-numbing bounty of knowledge and pleasure the Internet has to offer? All right. If you don't want to meet mysterious new buddies, expand your mind and aid in the ongoing search for the ultimate free pornography Web site, you can go back to your movie theaters, bars, parties and dates. I'll take care of your goldfish.

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# Dining: Think about health factors and cost when eating outside home

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cook or clean or anything, and it can also be kind of a fun environment for dating or whatever," Harris said.

Some say that eating out is simply not as healthy as eating at home.

Olmos said eating out can be unhealthy because people rationalize eating an unhealthy food by saying they are treating themselves to a rare snack, but those people are actually treating themselves more often than they realize.

"Cooking is becoming a hobby," she said.

Olmos said foods in restaurants don't tend to include many fruits, vegetables or foods high in fiber, and the portions tend to be too large.

"I think you get a much healthier diet by eating in the house," she said.

Olmos recommended students plan ahead where and what they're going to eat, ask for a to-go box ahead of time so there isn't a temptation to over eat, share

large entrees and ask for healthy ingredients on the menu to be served according to preferences. Students should avoid pre-meal snacks and also avoid skipping meals because they know they are going to eat out later, she said.

Payne said Eugene is nice because it has lots of organic restaurants, but he agreed that overall eating out is not as healthy as eating at home. This is because when you eat out you don't know all of the ingredients that went into the meal, he said.

Harris said she tries to eat healthy foods both at home and at restaurants but sometimes fails.

"When I go out, it's not more processed, but it's probably more fatty, meats, fried stuff, stuff that I can't eat at home," Harris said. "But, at the same time, I end up eating a lot of Ramen and macaroni and cheese at home. So that's not very healthy either."

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