

## Popular diets explained

By Joseph Fallon

Many students at Rider have, or are trying, some kind of diet program. There are various plans out there that are presently popular. Each plan has its own style, all with the same goal in mind: weight loss. The current top three plans are the Atkins Diet, the South Beach Diet and Weight Watchers.

The Atkins Diet is based on a four-step process. In the first step, you restrict your carbohydrate intake to no more than 20 grams. The 20 grams primarily come from non-starchy vegetables. The following two steps slowly re-introduce carbohydrates into your diet by increments of five grams. The fourth and final step allows you to select from a variety of foods while controlling your carbohydrate intake to maintain your weight.

Cutting out so many carbohydrates removes one of the sources of energy that the body needs, according to Fitness Center Director Gerry Green.

"This is an effective diet," said Green. "The downside is, however, that some can't stay on it as long as it recommends. You don't have as much energy."

Another popular weight loss meth-

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- Gerry Green,  
Fitness Center Director

od is the South Beach Diet. This diet consists of three steps. The first step requires that you eat normal sized portions of lean meat, fish, eggs, reduced fat cheese and plenty of vegetables in an attempt to drastically restrict carbohydrates. The second step allows you to re-introduce more variety to your diet by adding some whole grain breads and low-fat dairy products, said Green. The third step concentrates on maintaining your weight. You continue to eat healthy foods while avoiding foods that are high in carbohydrates; it is supposed to feel more like a lifestyle, and less like a diet.

"[South Beach] is a much better diet," he said. "It provides you with a larger variety of foods and more carbohydrates for your body to use."

While South Beach has the benefit



Photo by Stephanie Nardi

In Daly's Dining Hall, several students swamp the salad section in order to create a tasty, diet-friendly cuisine.

of greater freedom, this also proves to be a drawback.

"The problem with the South Beach Diet is that it provides too much freedom," said Green. "People tend not to stick with it because there is not enough structure to make them want to stick with it."

The third diet plan is Weight Watchers. This plan offers two choices. The first, called the "Core Plan," has dieters eating wholesome food to lose and maintain your desired weight. The second choice, called the "Flex Plan," relies on food points to control the

amount of food that you take in.

"This is the better plan for most dieters because it's very structured and that's what people need in their diet plans," said Green.

Whatever plan you end up choosing, one thing you have to remember is that dieting is just one step in the process, you also need to exercise, said Green.

"If you just diet and don't exercise, most get to a point where they won't lose any more weight," he said.

## 'SIX DEGREES'

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"On one level it's a mystery play and it's very clear and very accessible," Chmel said. "On another level it's a satire of the phoniness of these Upper East Side characters as they try to understand someone who is so genuinely pure and wants knowledge for the sake of knowledge."

During the performances, the cast will be seated in the front row of the audience, stepping onto stage to perform their parts.

"They're telling a story to the audience by talking directly to the audience," said Chmel. "They then break off from that and engage in real situations on the stage."

*Six Degrees* is a play that forces audience members to look inward at who they are, said Beezer, who described watching the show as "looking in a mirror."

"It's an awesome show because, no matter what, you'll walk away learning something," he said. "You'll learn something substantial about other people and maybe how you view people and how they view you."

Playing the part of Flan, a wealthy art dealer and one of the main characters in the play is freshman Kevin Feehrey. Flan and his wife Ouisa (junior Kim Hausler) find their lives changed by Paul and the color that he brings into their superficial lives.

"It turns out Paul visits a lot of other families and we all come together to try and figure out who this guy really is," he said. "We never actually find out."

Because the material in *Six Degrees* is so difficult, Chmel said that he held off directing it for years until he had the right "pool of actors" to take on the production.

"I've rarely worked with an ensemble of young acting talent, such as the one I have for *Six Degrees of Separation*," he said. "These young actors are taking on material that ranges from broad farce to sophisticated and I think that they're pulling it off admirably."

The play's title comes from a scene, in which Ouisa discusses the theory that every person in the world is merely separated by six people.

"She looks at that as being a very positive thing about humanity," said Chmel.

The writer's message however is not a hopeful one. Contrary to what Ouisa says, Guare's characters are actually disconnected.

"The kids are separated from their parents. The husbands are separated from their wives. The blacks are separated from the whites. The economically privileged are separated from the less economically privileged," he said. "It's about our society being kind of disembodied."

Because of the language, content and brief nudity, the play is suited for mature audiences. The cast is really looking forward to opening night, according to Feehrey, who said that his role has helped him grow as an actor.

"The show will leave the audience members with a feeling they won't be able to put their fingers on," he said. "It's very odd but it's a brilliant, brilliant story and it's a very well-written script. It'll really touch the audience."

## Campus Corner

### FRIDAY

APRIL 8

#### PCM Retreat

5 p.m., Meet at Gill Chapel

#### SEC Film:

*Meet the Fockers*

7:30 p.m., BLC Theater

### SATURDAY

APRIL 9

#### CCM Mass

4 p.m., Gill Chapel

#### SEC Film:

*Meet the Fockers*

7:30 p.m., BLC Theater

### SUNDAY

APRIL 10

#### CCM Mass

11 a.m. & 7 p.m., Gill Chapel

#### WCC Williamson Voices

4 p.m., Bristol Chapel

#### SEC Film:

*Meet the Fockers*

7:30 p.m., BLC Theater

### MONDAY

APRIL 11

#### Rider Interfaith

#### Passover Seder

5 p.m., Fireside Lounge

#### 4th Annual

#### Fitness Challenge

6 p.m., Maurer Gym

#### Pub Alcohol Night

9 p.m., BLC Pub

### TUESDAY

APRIL 12

#### Have a nice day!

### WEDNESDAY

APRIL 13

#### Pet Therapy Day

11:30 a.m., Outside Daly's

#### PCM Open Mic Night

8 p.m., BLC Pub

#### IVCF Worship

#### & Bible Study

8:30 p.m., Wright A-Lounge

#### Greek 101 "Think

#### First, Then Think Big"

10 p.m., BLC Theater

### THURSDAY

APRIL 14

#### University Day

11:30 a.m., Cavalla Room

#### Trenton Area

#### Soup Kitchen

2:35 p.m., Meet at Gill Chapel

#### CCM Egg Hunt and BBQ

5 p.m., Emmaus House

#### Fine Arts Presents:

#### Preview Performance

#### *Six Degrees of Separation*

7 p.m., Yvonne Theater

#### SEC Film:

*Lemony Snicket*

7:30 p.m., BLC Theater

#### Pub Alcohol Night

9 p.m., BLC Pub