



# 'Hal' Shows How Shallow We Are

Adrian D. Varnedoe

Guardian A&E Editor

**A**ny observer knows "Shallow Hal" makes fun of Rosemary, an obese woman, played by Gwyneth Paltrow. But "Shallow Hal" is really making fun of us all.

"Shallow Hal," directed and written by the Farrelly brothers, has in it an underlying message: We're too obsessed with looks and sexiness, which shows how shallow we are as a people.

Think about it; billions

CD Review

## Good Times on High Times

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**B**lissfulness is here once again with "Rip This Joint," a double CD collection from the magazine "High Times." Not known for music, "High Times" put together an outstanding set of jams.

All of the 23 jamming songs are from bands like The Disco Biscuits, Kingfish, Fishbone, The String Cheese Incident, and other artists from live shows across the country.

From the first song—"Breathe" by Keller Williams—you know that you're going to grasp an earful of something extraordinary. Rock n' roll fused with country made a good mixture

are spent every year on both sides for make-up, for gym fees and for weight loss programs.

"Shallow Hal" displays that all the things we do to make ourselves physically attractive are not needed when you have someone to love you.

But Hal's (Jack Black) morphine-high father stressed to him not to pay attention to inward qualities, when Hal was 10 years old. His father convinced him to go after "hot young tail," or thin, physically attractive young women.

Over the next 20 years,

the single-minded Hal is after only the "hot young tail," which wants nothing to do with him.

Mauricio (Jason Alexander), Hal's running mate, attempts to find "hot young tail" for himself as well, even though he has a gorgeous girlfriend at home—he can't stand his girlfriend because of her large toe.

After being rejected for a promotion at his job, Hal has an encounter with Tony Robbins, the self-help guru, in a stuck elevator. Robbins twists Hal's thinking of women, telling him that he will only see women's inner beauty.

Just after that point in the movie, it is hard to tell

if Hal sees some bombshells as ugly ducklings.

Anyway, Hal, who couldn't get the hotties, is now ladies' man, partying every weekend with women he meets at bars that look like men, grafts and rhinos.

Then he sees Rosemary, a 300-plus woman, walking down the street, and falls in love with her. At first, Rosemary is upset by Hal's attention, seeing it as some kind of joke or insult.

But after a few dates and kind comments from Hal, she comes to believe he means well. Then comes the time that Hal sees Rosemary as everyone sees her, and understands why a chair broke on her, why people

make rude remarks about her, and why her father (his boss) questions his attentions.

He now has to overcome the sight of Rosemary in her true physical state, but he is truly in love and nothing can change that, not even Rosemary's weight.

"Shallow Hal" is a funny film. It isn't the Farrelly brothers' best, but it certainly is worth seeing for those who are not easily offended.

One very likeable thing about "Shallow Hal" beside Paltrow is that it doesn't hold back punches in making fun of people like Rene Kirby (Walt), who was born with spina bifida and walks with the help of his hands.

with the smooth lyrics.

Galactic blues tone "Vilified" is what honorable music should be like. The strong kick drum with the background horns is an eardrum dream of valuable music.

With all the good songs, "Rip This Joint" is all about the music. Today's average song lasts two or three minutes at the most. On "Rip This Joint," the average song is six minutes. That's a lot of rock, blues, jazz and funk going on.

None of the songs on "Rip This Joint" are better than the next because they're all good in their own right. The CD mixes well between the classic rock groups of our parents' days and today's bands.

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