

Carter aims to freak out

BY ALEX BOLES
Assistant Features Editor

You can't pull talent out of a hat.

Freak-out artist Chris Carter, who is coming to the University on Friday, decided he wanted to be a professional entertainer in high school. As an avid amateur magician, he gravitated toward mind-oriented effects, he said.

"I was in the psychology club in high school and actually began to learn hypnosis when I was in high school," Carter said. "I'm not a hypnotist exactly, but I do use a lot of hypnotic techniques in my show."

After high school, Carter attended Illinois Wesleyan University, receiving his undergraduate degree in theatre and business. He went to graduate school at the University of Michigan for theatre.

Carter said his family was a little apprehensive about his goal to perform magical acts for a living.

"They're very supportive now," he said. "When I first started to go in this direction, they were supportive, but I could tell that they were pretty nervous about me becoming a professional entertainer."

Carter said his interest in magic started when he was young. He said he performed the grab-a-bunny-out-of-a-hat kind of magic.

His parents were concerned for his future and sent him to his uncle's house in Arkansas during the summer. The time he spent with his uncle spurred his interest in the psychological.

"I used to watch him play poker, and his body language was always giving away when he would bluff," Carter said. "He was horrible at it."

After arriving back at his home in Springfield, Ill., Carter confronted his psychologist mother who gave him a book about body language, he said. Three months later, he developed a routine where he could guess what playing cards people were thinking of by watching their body language, he said.

"I did this on people, and it completely flipped them out," he said. "It was much more impressive than the regular magician tricks. ... And I realized at that moment what I wanted to do. I wanted to do a kind of magic that is based on human psychology and human behavior."

Carter said he knew what he wanted to do for a living at 17, but he did not develop the courage to pursue it until he was 24.

If he was not a professional entertainer, he said he would have liked to be a tour operator for adventure travel.

Practicing mind tricks can be tricky, and a human volunteer is vital to his success, he said.

"I have three ways to do it," he said. "Number one — my wife is my guinea pig. She's very patient. Number two — after the show, people will come up to me and want to talk, and very often I will say 'Hey, let me try this.' ... The number three is. ... I do it on random strangers in airports."

Carter has been performing on the road for 17 years. He comes to Truman after performing in Palm Beach, Fla., and will be in Aurora, Ill., for his next show.

He said he spends the majority of his time on college campuses.

"About two-thirds of my work is on college campuses," he said. "I will, on an average year, get to the vicinity of 170 and sometimes even more college campuses."

His act is an hour and 20 minutes long and full of freaky

tricks as well as the mind-reading of dozens of audience members, he said.

"Basically what it consists of is progressively cooler, more amazing and freakier stunts that deal with the way you think," Carter said.

He does not tell people up front that he plans to hypnotize them, but rather he shapes people to think the way he wants them to think, he said. He also uses mind-over-matter illusions and an audience clothing prediction trick.

Carter said he has received many interesting responses to his abilities.

"Probably my favorite kind of response — sometimes football players will do this — [is when people] swear and go screaming out of the room ... And then they come back. ... I've had guys do this two or three times in a show," he said. "It's actually pretty funny."

Carter said he does not want people to think that they have to believe what he does.

He said he wants people to be freaked out and have a great time. On a freaky scale of one to 10, he said he would give his act a 9.5.



Photo courtesy of mindcramp.com
Chris Carter said he plans to freak out his audience Friday at the University with outrageous mind tricks.

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Simple tips make way for common resolution

Every year as the ball drops and a new year begins, millions of Americans promise themselves to lead healthy lives and lose weight. It is a resolution that often only lasts a few weeks or possibly a couple of months, but it won't be destined for failure if you follow a few pointers.

Exercise: Performing regular, physical activity helps control your weight by using excess calories that otherwise would be stored as fat. Doing a combined number of physical activities like the ones below for only 30 minutes a day can greatly improve your physical condition, as well as the general state of your health. Consider the health benefits of making a minor adjustment in your everyday habits when you:

- walk the dog or enjoy conversation with a friend over a long stroll,
- do simple yard work,
- park your car farther away and walk farther to work or the store or
- take the stairs instead of the elevator.

After steadily increasing your daily activity, you might start to notice a moderate increase in your overall stamina. You might consider joining a gym and taking part in some planned physical, aerobic activity. A physical trainer and physician can help put together an exercise plan that is right for your body. The key is finding an activity you enjoy so you are more likely to do it several times a week.

Dieting: Instead of thinking about how you should cut back, focus on what you can add to your diet. Make sure you are getting the recommended five to nine servings of fruit and vegetables every day. Plan your meals and snacks in advance, and you will be less likely to let your stomach make poor decisions for you.

Don't Skip Meals: Research shows that on average, those who eat breakfast weigh less than those who skip out on the meal. Ironically, eating fewer than three meals a day usually leads to the intake of more calories throughout the day.

Avoid Liquid Calories: A recent study shows that more than 20 percent of Americans' caloric intake comes from beverages. You might forget to consider your caloric intake from drinking when planning your diet. To avoid excess weight gain, only drink alcohol, sugary coffee drinks and regular soda in moderation. Also consider substituting water, light alcoholic drinks and diet sodas to eliminate excess calories.

Rethink Your Goals: This year, make your goal more specific than simply trying to lose weight. For example, plan to:

- go to the gym three days a week,
- only eat out twice a week,
- walk 30 minutes a day or
- only consume one glass of alcohol a week.

With specific guidelines to follow you'll find your resolution easier to stick with on a daily basis. More importantly, pick a weight goal that is healthy for your body type, and don't expect to see results immediately. Instead, celebrate small milestones along the way as you work toward a healthier you.

If you are looking for a place to work out, tone up, slim down or simply pursue a healthier life style, Northeast Regional's Health and Fitness Center offers programs, personnel and expertise to help you achieve your goals. For more information on the Health and Fitness Center, please call 660-785-1832.

For more information about healthy weight loss plans, please contact your physician or Dr. Grgurich at the Women's and Family Clinic at 660-627-4493.

Need for slogan prompts idea for new comedy column

During the break, two fellow Index staff members (Indexers, for you Indexers out there) approached me, requesting that I write a column for the TruLife section (but not the Sex in the 'Ville column I originally had requested.

"It should be funny," they said. "But it can't have an opinion, or else it has to go in the Opinions section. Nor should it make people irritated, aroused or confused."

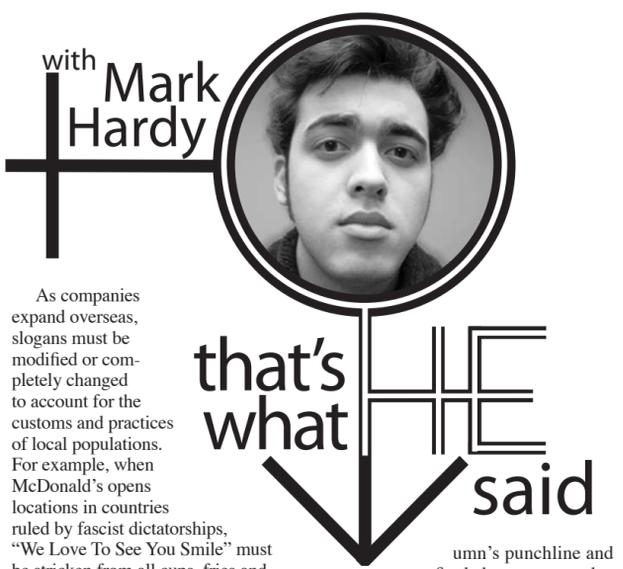
I nodded, demonstrating my clear understanding of these paradoxical, nit-picky details. By the fourth year of college, most students have experienced the perils of questioning things that don't make sense, opting instead to ignore these confusingly controversial issues.

Unfortunately, the complication I had elected to neglect was the fact that I only had one semester of working for the Index under my belt. Perhaps, more importantly, this work was entirely as a photographer.

I placed my laptop on my desk and began to think of something amusing to write. "Poor performance at Iowa Caucus proves that Romney can't buy you love." Hmm ... It states fact rather than opinion, but because it's in the political sphere, it seems too opinionated. "Manifest McDestiny key issue in upcoming election." Wait, that's political again. "Remember, ignore controversy," I told myself once more. Er.

Then it hit me. The Index newspaper needs a slogan. I'm not sure if it has a slogan already, somewhere near the masthead (I don't know what a masthead is, for that matter), but if there isn't, we need one. After all, most major businesses have a slogan.

Think of Burger King's "Have It Your Way," Arby's "I'm Thinking Arby's" or the U.S. government's "In God We Trust." McDonald's even has three slogans: "We Love to See You Smile," "I'm Going to McDonald's" and "I'm Lovin' It" (due to the ease of translating it into other languages).



As companies expand overseas, slogans must be modified or completely changed to account for the customs and practices of local populations. For example, when McDonald's opens locations in countries ruled by fascist dictatorships, "We Love To See You Smile" must be stricken from all cups, fries and sandwich boxes, as smiling typically is viewed as a sign of open rebellion.

"I'm Lovin' It" also is taken off for reasons that need not be said. Nonetheless, I will re-iterate it: Controversy. Remember, these places do not allow for differing opinions.

The factories which manufacture these slogan-bearing items must also be taken into consideration. For example, "We Love To See You Smile" is not placed on the red cardboard fry sleeves until they reach the United States. Similarly, "Just Do It" is not engraved on Nike sneakers until after they have reached their ultimate shipping location.

But don't worry, we probably won't have any of these problems because our newspaper is printed in Ottumwa. With University merchandising ranging from Bulldog bottled water to Bulldogs swimming caps, and because of the Index's presence as one of the largest student organizations on campus, our slogan selection is clear:

...
Unfortunately friends, my col-

umn's punchline and final slogan proposal was axed due to its opinionated and controversial nature. In my opinion, it was light hearted and fair, but views on things like humor differ.

For example, some people prefer the humor of Bob Saget on "Full House." The very same people would be overjoyed to hear that Saget performs stand-up comedy. However, I can guarantee that the majority of these folk would not last five minutes in hearing range of Saget's comedy without soon learning to tolerate differences like same-sex marriage, political or religious views or other personal lifestyle choices.

There is no universal funny and I apologize to readers who do not find this amusing.

Although one group of people may find you funnier, another may become more repulsed.

So, I leave you with one final attempt at universal humor: fart. Thank you and good day.

Take advantage of your good fortune.

Whether you're ticked or tickled, the INDEX accepts letters to the editor every week.

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