

Book offers women advice: men are simple

Janae Frazier
Reviewer

"Men are simple." This is something one will learn very quickly when reading the #1 New York Times bestseller *Act like a Lady, Think like a Man* by Steve Harvey, with help from relationship expert Denene Millner. This book is undoubtedly a must read for all ladies.

This nonfiction self-help book is an insider on what men really think about love, relationships, intimacy, and commitment. According to Harvey, "everything you need to know about men and relationships is right here." Harvey was inspired to write the book when he discovered from his female listeners who wrote letters to his radio show that "too many women are clueless about men."

Harvey claims that men get away with way too much because women do not understand how men think and, with this book, Harvey wants to change all of that. Harvey claims: "try as they might, women just don't get us."

This book is appealing because many women can relate to it and can use the advice given in the book. Almost every woman has or knows someone who has dated a loser and this book can help prevent that from occurring again.

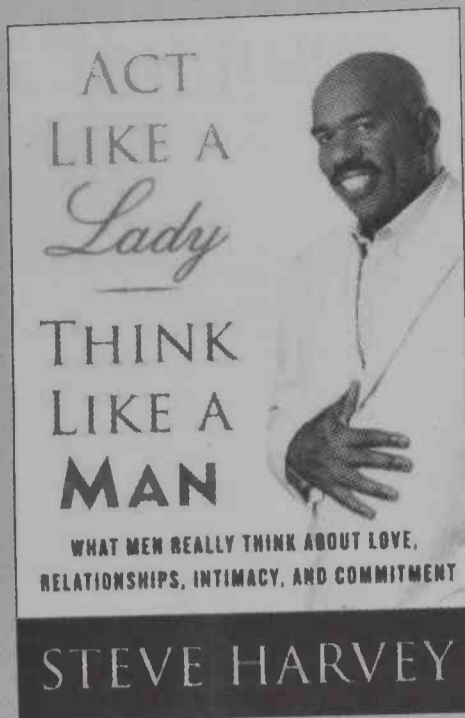
Harvey has spoken with many men differing in occupation, background, race, etc. Through all of this, he found out one thing: "we are very simple people and all basically think in a similar way". Harvey claims that one of the biggest issues is that women think that men are going to respond to things the way a woman would. Harvey reveals that this is not the case. According to Harvey, to know if a man truly loves a woman, he will do the three p's. The three p's are: provide, protect and profess his love for you.

The book is like a playbook; a woman can get into a man's mindset and understand him better. Harvey claims that "there are basic things in men that are never going to change."

In *Act like a Lady, Think like a Man*, Harvey reveals the basic DNA of manhood. It consists of who a man is, what he does and how much he makes. Harvey says until these things are achieved, a man will be much too occupied to focus on his woman.

The writing of the book was excellent. This book is very easy to read and comical. He provides anecdotes and even shares some of his listener's letters and thoroughly tells the audience how she can solve her problem.

In one chapter, he even analyzes responses a woman may give and how a man may take them. The most informative parts are the easy to remember tips Harvey offers in his book about dating. He reveals the five questions every woman



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should ask before she gets in too deep and he also explains a woman's payment and benefits.

The book is mostly written from Harvey's point of view yet he claims that, because men are simple creatures, he is representing all men through this book and this information is true of all men.

However, one would be wise in assuming that they will not know everything they need to know about men from reading this book. Not every single male is the same and every relationship is different; all males may not function in the same way. This definitely needs to be considered when one is reading this book.

Another matter to watch out for with the book is that some of the advice conflicts with a man or a woman who is practicing celibacy. Harvey claims that all successful relationships must have sex; however, there are many relationships that abstain and are still successful.

Although the book cannot solve every relationship problem, it is entertaining and definitely gives women the confidence to know that she can find a good man. It is empowering and helps women know that they are valuable and that men really do respect standards. All ladies can definitely get some precious information from this book.

Crushes finds the Mates of State mixing up their old recipe

Lauren Ramsdell
Reviewer

The band Mates of State have been around since the late '90s and have had albums out starting in 2000. But nothing at all in their discography sounds anything like their latest endeavor - *Crushes* (The Covers Mixtape.)

Yes, it is an album comprised entirely of covers, and yes, they are a wide variety. The Mars Volta, Death Cab for Cutie and Fleetwood Mac all make lyrical contributions to this album. Musical, too, but the Mates tried to make the music their own.

What may surprise longtime fans is that the Mates have branched out from their typical lineup and are now including different instruments in the mix. Husband and wife duo Jason and Kori Hammel have stuck to the drums and keyboard formula for years, and on *Crushes*, they have included guitar and even a horn section. The first song "Laura" (originally by the band Girls) features a drum machine and turntable - very different from previous albums. The Hammel's voices are also more produced than normal, separating their normally well-blended harmonies.

The album succeeds best where the covered artists have a female-male vocal dynamic and also where the Mates were able to infuse their style with the song. The Belle and Sebastian song "Sleep the Clock Around" is the best one by far because of Belle and Sebastian's similar vocal style. Unlike the original, the Mates version is more pumped up and in your face, but it stays true to the source without being a straight copy.

Likewise, another success is found in the cover of Tom Wait's "True Love Will Find You in the End". Not because Wait has a similar voice, but because the group was able to take a stripped-down solo song and make it into a rousing cheer-up anthem.

The two songs that worked least well were the Death Cab for Cutie song "Technicolor Girls" and "Love Letter" by Nick Cave and the Bad Seeds. It wasn't for lack of trying, though; both songs sound all right. But, compared to the rest of the album, they could have been better.

"Technicolor Girls" disappoints for the simple reason that the Death Cab for Cutie version simply fits the lyrics better. The Mates rendition actually takes away from what originally must have been Death Cab's lead singer Ben Gibbard's observations and hard-wrought lyrics.

"Love Letter" originally is a lovelorn ballad and, somehow, when Jason Hammel sings it, the song begins to sound creepy and more than a bit disturbing. *Maybe* that is the vibe they were going for, but it does not seem to work well.

Other than a few missteps, the *Covers Mixtape* is worth picking up both as a fan of the band or as a fan of any of the bands covered. Most songs are unique enough from the original to warrant a listen, and those from artists previously unknown may serve as new "original" music for the first-time listener.

How-To: Stay Fit During the Summer

Rachel Southmayd
Senior Reporter

Everyone's heard of the freshman fifteen. At Elon, there's a lot of ways to avoid those extra pounds: countless healthy food options, a huge fitness center, and of course, regular exercise walking to class and other activities. But what happens when summer comes around? How can you maintain a beach-ready physique over the warmer months?

1. Make time for fitness. Incorporate daily exercise into your routine, even if it's just a short walk after dinner.

2. Take advantage of the warm weather. Throw a Frisbee, play tennis, go for a hike. Outdoor activities can be fun as well as healthy.

3. Eat your fruits and veggies. Summer is full of fresh, healthy and delicious food options. Go to a farmer's market or a produce stand and stock up.

4. See if your local gym has a trial membership just for a few weeks to whip your body back into shape.

5. Splash around a bit. When you're at the beach or the pool, swim laps or hang out in the deep end. Treading water works muscles and burns calories too.

6. Enjoy long walks on the beach. Pushing against the sand is harder than solid ground so you'll get more out of it.

7. If you're working, squeeze little workouts in throughout the day. Take the stairs instead of the elevator or do a few lifts with boxes of paper or files while you're making copies.

8. Let your wardrobe be your inspiration. T-shirt, shorts, skirts and bathing suits require a fit physique, so let looking good in those be your goal.

9. Make smart choices at summer shindigs. Eat a burger without the bun, skip the pasta salad and hit the fruit salad. Also opt for water instead of calorie-filled beverages.