

Awaited LP's finally arrive



TRICIA TITUS

RockNotes

By TRICIA TITUS
Staff Writer

O.K., it's finally here, after so many months and just as many delays in the release date: yesterday two new Guns n' Roses albums finally reached the record stores. Use *Your Illusion I* and *II* see the recording debut of the new G n' R line-up, namely the absence of original drummer Steven Adler (whose departure is the subject of a lawsuit against the band and their management), and the presence of new drummer Matt Sorrum (formerly with the Cult) and new keyboardist Dizzy Reed.

Truthfully, the personnel change hasn't really made much of a difference in the Guns n' Roses sound. Sorrum was widely considered to be a truly great drummer during his pre-G n' R days, and that hasn't changed. Adler was, however, considered merely adequate by most, and nearly inadequate by some.

Perhaps in the old days, the rest of the band merely propped up their drummer. Perhaps, Adler and Sorrum merely have similar styles, but the only real difference I hear is the drumming is a lot better, both technically and creatively. It's still G n' R drumming, though better G n' R drumming.

While the addition of a keyboardist to the lineup would normally change a band's sound considerably, that isn't the case here. Reed merely fills out the traditional G n' R sound with a little bit of piano or keyboard here and there (on less than half of the songs on the two albums, actually), and adds a little background vocal to a few more songs.

The addition is not without it's merit though. Not only does it give the band more versatility and a richer sound, but it also adds the element of new blood, a new character for both the musical and promotional package. And for some reason, the addition seems to counteract any negativity in the replacement of Adler with Sorrum.

So what we have here is essentially the old Guns n' Roses with a better drummer, a little richer sound and two new personalities. But should you buy it? Keep in mind that you're buying two albums, not just one. That's going to cost you at least \$25 on CD.

The first question you need to ask yourself is whether or not you truly like Guns n' Roses. If the answer is a strong 'No,' then you've answered your own question.

These two albums are not a departure from the sound the band had on *Appetite for Destruction* and *G n' R Lies*. If anything, they combine the hard edge of *Appetite* with the melodic acoustical sound that dominated *Lies*, occasionally within a single song.

If you do like Guns n' Roses enough to have bought one of their past albums, then you'll probably love these two. It's typical Guns n' Roses, but better. If, on the other hand, you do like G n' R, but not enough to have bought either *Appetite* or *Lies*, you might really want to check these two out.

Not only do you get "You Could Be Mine" from *Terminator 2*, but you also get the immensely popular (and actually very good) cover of Bob Dylan's "Knockin' on Heaven's Door." If you liked either of these, then it's a good investment to buy the album. (If you can only afford one, both songs are on *Use Your Illusion II*).

If that doesn't convince you, then maybe this will. Use *Your Illusion I* and *II* feature the new songwriting and singing talents of the usually silent rhythm guitarist Izzy Stradlin. And I don't call him a talent just for the sake of convention. To my ears (which occasionally grate on Axl Rose's hoarse screaming), Stradlin is at least as talented a vocalist as Rose and equals or exceeds any of the other band members (except perhaps lead guitarist Slash) in his songwriting skills.

In fact, for me, other than "Knockin' on Heaven's Door" and a few others, Stradlin's songs are easily the best on either album. They have more bluesy flavor, strong but uncomplicated, where the other songs sometimes tend to be almost overdone. If you have a problem with Rose's screaming, here you have a happy compromise: he only does background vocals on Stradlin's songs (though even then he tends to almost drown Stradlin's vocals out).

Use *Your Illusion I* and *II* won't convert any longtime Guns n' Roses haters, but it might actually make listening to the band enjoyable for a lot of people who would never have ordinarily even considered buying a G n' R album, including me.

As far as which of the two albums is better, it's a close call. If you like "Knockin' on Heaven's Door" and "You Could Be Mine," then the second album is your safest bet. But the safest bet of all is to buy both of them. It could be well worth the money.

Best Cuts: Use *Your Illusion I*: "Dust N' Bones," "Don't Cry," "You Ain't the First," "November Rain," "The Garden." / Use *Your Illusion II*: "14 Years," "Knockin' on Heaven's Door," "You Could Be Mine," and "Yesterdays."

Learn to lower your health risks

Keep cholesterol in control

By JONATHAN JAMISON
Staff Writer

Cholesterol is not just a problem for older Americans today, it is also a big problem for college students. Although it might not be a factor in your life now, it just might become one later.

The thing to do about this problem before it becomes a risk is to get tested. The Thomson Student Health Center will administer the test for \$12. This might sound like a lot of money, but isn't your life worth \$12?

"The test is given by taking a venipuncture, which is when blood is drawn from the vein in your arm," said Lisa Mohn, director of Open House Health and Wellness Program of the Thomson Student Health Center.

After the test, if your cholesterol level is 180 mg or above, you are at risk. But, don't give up because there are many things you can do about it.

First, you can eat the right foods. "Foods high in saturated fats, such as butter and whole milk, may raise your cholesterol," Mohn said. These are the foods that should be avoided because they are made of animal fats.

To keep your cholesterol down, Dr. Roger Sargent of Public Health recommends that students "increase the amount of fiber in your diet, maintain a good weight, exercise and don't smoke."

If your level is down and you want to keep it that way, eat foods low in saturated fat. You should also keep your cholesterol intake at a minimum. Your intake should be 300 mg or less a day.

"Cholesterol is a fat-like substance transported in the blood that is essential to the human body. The essential cholesterol is HDL (high-density lipoprotein)," according to a pamphlet by the Thomson Student Health Center.

HDL transports cholesterol to the liver where it is eliminated. A high level of HDL has been shown to reduce the amount of cholesterol in your bloodstream. The HDL level in a male should be 45 mg or higher and 55 mg or higher in a female. When your HDL is lower than 35 mg, this increases your risk for heart disease and strokes.

LDL (low-density lipoprotein) is considered the "bad" cholesterol. LDL transports cholesterol throughout the body, but if there is too much cholesterol being transported, it begins to build-up on the wall of your arteries. This is what causes the health risks.

The health risk the LDL build-up can cause is heart disease, which could lead to a heart attack. This build-up can also cause a stroke.

Foods To Be Wary Of:

Good	Bad
Lean cuts of meat with the fat trimmed.	Fatty cuts of meat like corned beef, brisket, beef and pork ribs, sausage, bacon, luncheon meats (bologna salami, ham), and hot dogs.
Chicken and turkey without skin.	Whole milk, and 2% milk.
Lean luncheon meats - turkey breast or turkey ham, others that are 96% fat free or more.	Custard-style yogurt.
Salmon	High fat cheeses such as cheddar, mozzarella, muenster, swiss, american, feda, cream cheese.
Skim milk	Sour cream, butter.
Low fat yogurt and lowfat frozen yogurt.	Croissants, butter rolls, danish, doughnuts, cheese crackers, other crackers made with saturated fat.
Reduced-calorie margarine, low fat cream cheese	Granola cereals.
Low fat cottage cheese, part skim	Biscuits, corn bread, pancakes, waffles.
Breads like whole wheat, bagels, and rice cakes.	Pasta and rice made with cream sauces, butter of egg noodles.
Pasta (macaroni) plain or with tomato.	Vegetables prepared in butter, cream or cheese sauce.
Oat bran	High fat frozen desserts like ice cream, frozen tofu, milkshakes, floats, eggnog.
Steamed vegetables.	High fat cakes like most store-bought, pound and frosted varieties.
Low fat frozen desserts like sherbert, and sorbet.	Most store-bought cookies.
Lowfat cakes like angel food cake.	Most candy, like chocolate bars.
Low fat cookies like figbars, vanilla wafers, graham crackers.	Buttered popcorn, chips.
Fruit crisps and cobbler.	Butter; coconut, palm or palm kernel oil, bacon fat, shortening.
Unsalted, butter free pretzels, and light microwave popcorn.	Olives, nuts seeds.
Unsatuated vegetable oils: corn, olive, canola, and sunflower.	

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