

## Valentine's puts focus on heart

DIONE GLEATON Staff Writer

February is American Heart Month and Health and Wellness Programs is planning a month full of activities for a healthier heart.

According to the American Heart Association, more than two out of every five Americans dies of cardiovascular disease, and Valentine's is a special time to remember hearts.

"I think that was the reasoning behind (the heart association) starting heart month in February," said Margaret Sproule, a graduate assistant for the Health and Wellness Programs. "Heart disease is really a leading cause of death in South Carolina as well as the nation."

National Heart Month directly tackles the problem of heart disease,

and people are encouraged to learn the major risk factors associated with it.

"Heart disease is something that has a lot of contributing factors like genetics, diet, high blood pressure, inactivity and obesity," Sproule said. "There are lots of different factors that can roll together to enhance (the chances) of a heart attack."

To get more college students involved, Health and Wellness Programs have Wellness Wednesdays, days which cover issues like heart disease. In conjunction with National Heart Month, there will be a table set up on the Russell House patio on Feb. 26 with information about the disease and ways to decrease the chances of having a heart attack. There will also be information on exercise, diet and ways to decrease

stress.

The American heart Association, in fact, recommends that people get 30 to 60 minutes of exercise 3 or 4 times per week to maintain cardiovascular fitness. Of course, even smaller amounts of activity can be helpful.

"We're trying to let college students and the campus know that heart disease is a problem and that it's not too early to start trying to prevent it," Sproule said.

Although heart disease is not infectious, it is part of an increasing number of lifestyle diseases which are major causes of death in the U.S. While some risk factors, including heredity, gender, and increasing age cannot be controlled, cholesterol and physical activity levels can be changed.

In addition to the table on the patio on Feb. 26, the Health and Wellness Center will also provide informational flyers at the Grand Marketplace, emphasizing the ABCs of how to take care of your heart. Also, they offer CPR classes on March 4 and April 8 for anyone interested in learning more about heart disease and how to help someone who may have had a heart attack. The classes are open to faculty, staff and students.

According to Sproule, National Heart Month is important to young and old alike because the information learned can be the source of a longer, healthier life.

"It shouldn't be just a one month event," she said. For more information, contact your local American Heart Association or call 1-800-AHA-USA1.

## World's greatest lover returns

STAFF REPORTS

One of the world's greatest (and most notorious) lovers will pay Theatre USC a visit for Valentine's Day. *Don Juan Comes Back From the War* is playing at USC's Drayton Hall through Feb. 22.

The legendary Don has long been a popular character on stage and screen.

In *Don Juan Comes Back From the War*, playwright Odon von Horvath, author of *Tales From the Vienna Woods*, brings the legend to the 20th century.

Don Juan returns from soldiering in World War I to a German city in which he is the only man. The war to end all wars has brought the Don's philandering ways to an end as well. However, in searching for an old love he had abandoned before the war, he continually encounters women from his past. The great seducer must now fend off their advances and discover, along with the audience, how difficult it is to escape the fate of being Don Juan.

Director David Wiles has drawn deeply from USC's talent pool of Master of Fine Art's candidates who comprise half of the cast. The

demanding title role belongs to William Kwapy. The three dozen different village girls, grandmothers, widows, nurses, maids, waitresses, actresses, designers and prostitutes are played by Leighann Niles, Mindi Penn, Ellen Rosenberg, Kathleen Roy, Monica Wyche, Susan Yelverton



SPECIAL TO THE GAMECOCK

The cast from *Don Juan Comes Back From the War* pose. The play began its run Thursday.

and undergraduate theater students Laura Allen, Shannon James, Wendy Pearson, Jillian Reeves and Lindsay Wray.

Tickets for the play are \$10 for the general public, \$8 for senior citizens, military, USC faculty and through Friday at Longstreet For reservations, call the Longstreet box office at (803) 777-2551.

## WUSC's Latin Beat

JOHN LYONS Features Editor

If you've been trying to find some good Latin American music, you can go ahead and turn off that "I Love Lucy" rerun and give Desi Arnez a rest because your college radio station has got you covered.

Every Friday at 10 p.m., WUSC-FM 90.5 delivers the sounds of Latin America for two straight hours.

From salsa to merengue, Eco Latino offers Columbia music fans a solid block of music from countries like Colombia, Peru and Puerto Rico.

The show's host, Sabrosura, is a USC sophomore and has been focusing on Latin music at the station since the spring of 1996. She said she tries to incorporate both traditional and contemporary Latin music into the show.

Sabrosura, whose DJ name translates as the state of being good, said the name of the show came from a suggestion by her mother.

"It took me a whole semester to think of a name, and finally my mom suggested something," she said. "She said it would be really nice if you named it Eco Latino because it's like the sounds of Latin America echoing into America. It's the sounds of the music of Latin America echoing into USC."

The styles of music she focuses on during Eco Latino are salsa, merengue, vallenato, Latin rock and Latin house music. In addition to Latin American music, Sabrosura includes some Spanish music on the show.

The different styles of music she plays, while all distinctly Latin American or Spanish, are actually very different.

Sabrosura said salsa music covers a wide variety of music ranging from traditional to contemporary. She

said salsa is dance music that is slower than other styles of dance but has more complicated steps.

"I try to satisfy the older crowd with the salsa music," she said. "Salsa music can be old and it can be new. It's very versatile. I can please different crowds with the different styles of salsa I play."

Merengue, on the other hand, is dance music with a faster beat than salsa, but with a simpler, two-step dance that accompanies it.

Both merengue and salsa make extensive use of horns in the music. Salsa mainly uses trumpet and trombone, while merengue uses trumpet and saxophone.

A third style of traditional Latin music, vallenato, is also featured on the show. Sabrosura said vallenato is the most traditional music she plays and that it focuses mainly on themes of love.

"It is more of a romantic music,"

she said. "It's more love-oriented. It's much slower than the other music I play, and it talks mostly about relationships."

In addition to these traditional styles of music, Eco Latino features contemporary Latin rock bands and Latin house music. The show occasionally incorporates other types of traditional Latin and Spanish music like tango or pasodobles, but these styles of music aren't emphasized very often.

Sabrosura said the reason she limits the show to certain styles is that there are so many different categories of Latin music that she wouldn't be able to incorporate them all.

"There are so many different types of music," she said. "For example, Cumbia is a type of music. In Colombia it means one thing, and in Mexico it means a completely different thing. And there are all kinds of music found in the different countries of Latin America. There's no way I can really go into all these different types of music."

Nonetheless, Eco Latino provides a wider scope of Latin music than Columbia listeners can find anywhere else. Sabrosura said she has had a positive response from listeners, and her audience seems to be very diverse.

She said the listeners she has talked to come from different backgrounds, but they all seem to appreciate the show. She said the endearing quality about Latin music is the zest for life that is communicated in the music.

"The first thing about the music that comes to mind is that it's spicier," she said. "I don't want to say that music from other countries is not happy, but Latin music is very moveable. It's very energetic, and the music is always changing."

"I think that in the music you can hear the love of life; the love that comes from hispanic people," she said. "Because most hispanics have a passion for life."

And if you'd like to catch a glimpse at this passion for life, check out Eco Latino with Sabrosura every Friday from 10 p.m. until midnight.

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