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College students should be aware of breast cancer

asst. features editor
DENESHA GRAHAM

The month of October is usually associated with Halloween and filled with thoughts of trick or treating and scary stories.

But October is also National Breast Cancer Awareness Month. And while there's no similarity between this disease and trick or treating, breast cancer can be a scary story.

Breast cancer is second only to lung cancer as the leading cancer killer of women. It occurs 80 to 90 percent of the time as a hard, non-mobile lump anchored in the surrounding tissue of the breast.

This lump, often painless, is formed by unusually rapid cell division, according to Isabel Law, registered nurse and breast health patient educator at the Palmetto Baptist Medical Center's Breast Health Center.

A lump in the breast doesn't necessarily mean cancer. The lump can be either benign or malignant.

According to information from the Breast Health Center, a benign lump is no threat to the health because all the cells that form the lump look normal.

However, with a malignant lump, the cells have an abnormal shape, which means they are cancerous.

Most of the time, breast cancer occurs in women over age 35. Therefore, many college students, average age 18 to 25, might think it's too early to be concerned with breast cancer awareness. However, there have been cases of this disease in younger women.

"My patients here are tending to get younger," Law said. "I've had one 25-year-old this year with breast cancer."

"It does affect young people," said Elise Vaughn, director of USC's Campus Wellness Program. "There are incidents of breast cancer in people of college age."

Even those who don't have the disease are likely to know someone who does: mother, sister, aunt or friend.

According to statistics provided by the Breast Health Center, one out of eight women will develop breast cancer in their lifetime (by age 85).

One woman dies every 12 minutes in the United States from breast cancer. In South Carolina, out of 2,500 new cases, 600 women will die from this disease.

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Isabel Law

registered nurse,
Palmetto Baptist Medical Center Breast Health Center

The greatest risk for getting breast cancer is just being female and getting older, Law said.

However, other risk factors, like having a mother or sister with this disease, increases the risk two to three times. Risk of breast cancer also increases when a female has her first child after age 30, doesn't have children, or has a family history of ovarian, endometrial or colon cancer.

Diet also plays an important role. A high-fat, low-fiber diet as well as an increased alcohol intake can increase the chances of getting breast cancer.

There are several ways to reduce the risk of cancer, according to the Breast Health Center. These include:

- Eating right.
- Maintain a healthy weight. Being overweight is a risk factor in many diseases, including breast cancer.
- Stop smoking. Smoking not only accounts for most lung cancer, it

plays a role in the development of other cancers.

•Avoid heavy drinking. Heavy alcoholic intake is linked to many cancers.

•Manage stress. Stress weakens the immune system, making your body less resistant to many diseases. Learn to cope and relax.

•Avoid hazardous materials. Avoid contact with chemicals, metals, dusts and loose fibers.

Mammography, an X-ray examination of the breasts that can detect cancer, is highly recommended. Breast cancer, if detected in its earliest stages, is more likely to be curable.

The American Cancer Society recommends that women have their first mammogram at age 35. Women age 40 and older should have mammography screening every year.

Instead of a woman under 35 having a mammogram, an ultrasound is

more likely to be used, Law said. Young women's breasts tend to be very fibrous, making them feel naturally lumpy.

However, breast self-examinations (BSE) can be done by women of any age. The American Cancer Society encourages women to start BSE at age 20. At the Breast Health Center, women are encouraged to start doing BSE in high school.

"If people get in the habit of doing breast self-exams now, then they're much more likely to detect a lump if anything like that occurs later on in life," Vaughn said.

There's a technique to performing a BSE.

First, look in the mirror with your hands at your side to check for lumps or dimpling. Then, raise your arms over your head and look for changes in the shape or size of your breasts or changes in the skin texture.

Secondly, while standing in the shower and with fingers flat (don't use fingertips), move your hand gently over each breast in a circular motion. Check for lumps, knots or thickenings. Use the right hand for the left breast and the left hand for the right breast.

Finally, gently squeeze the nipple between the thumb and fore finger to check for discharge. Report any changes

or irregularities to your doctor immediately.

Breast self-exams should be done each month, a week to 10 days after the start of the menstruation cycle. After menopause or a hysterectomy, breasts should be examined on the first day of the month. The actual examination takes an average of 10 minutes.

Students can show support for National Breast Cancer Awareness Month by wearing a pink ribbon.

"I totally agree with women our age being aware of breast cancer," sophomore Aisha Washington said. "If you know the warning signs, you can help prevent it yourself."

The Open Door Drop-In Center, operated through the Health and Wellness Program on campus, have been handing out pink ribbons, the trademark for breast cancer awareness.

These ribbons are available now at the Blatt P.E. Center, the Russell House, the Thomson Student Health Center and the Health and Wellness Center.

For more detailed information on breast cancer or BSE, contact the Breast Health Center at the Palmetto Baptist Medical Center at 988-8888 or visit the Open Door Drop-In Center in the health center.

Eating Mexican food can require a special vocabulary

staff writer RICKY DELEON

The very thought of Mexican food is enough to make some people's tongues begin to tingle at the prospect of spicy salsa, crunchy tortilla chips and steaming entrees full of jalapenos and cheese.

Before this year, such a craving would require that USC students jump in their cars or coax their car-owning friends into making a run to the nearest Mexican restaurant.

However, beginning this fall, those with an insatiable desire for Mexican food could satisfy their taste buds simply by walking to Taco Bell, one of the newest additions

to Russell House's fast-food vendors.

Convenient for students craving nachos to go, Taco Bell offers special meal deals available for the many students who choose to consume more than a taco or two.

"I can't really describe it," freshman LaCarte Wilson said. "I just love their Mexican pizza."

But for those who enjoy more leisurely sit-down Mexican meals, there are many restaurants located nearby off campus to provide such an atmosphere.

Monterrey, at 199 Knox Abbot Drive, is one of 55 chain restaurants of the same name throughout South Carolina, North Carolina, Georgia and Tennessee that serves authentic Mexican cuisine.

The multitude of successful Mexican restaurants like Monterrey are proof of the growing desire for Mexican food.

"I like Mexican food because it is a small representation of a culture differing from my own," sophomore James Hut to said.

Just liking Mexican food is enough to get someone through the door of a restaurant; understanding the menu, however, can be an adventure in itself, especially when patrons are faced with unfamiliar terms like chalupas, chilies rellenos, tamales, tostaguac.

Chances are that most people still don't really know what any of these foods are.

So, what exactly are they?

Listed below are 12 authentic Mexican delicacies you might already have come across.

Enjoy your meal, and remember to make a run for the border.

Spanish-English Food Dictionary, for your chewing pleasure

- Burrito-Flour tortilla rolled around ground beef and topped with cheese and onion sauce
- Chalupas-Flat tortillas with fried beans sprinkled with cheese, topped with guacamole salad
- Chilies rellenos-Chile peppers stuffed with cheese and meat
- Enchiladas-Corn tortilla rolled around ground meat and topped with cheese and sauce
- Frijoles refritos-refried beans
- Nachos-Toasted tortillas covered with melted cheese and green Ortega chile peppers
- Quesadilla-Flour tortillas filled with nacho cheese and onions
- Tacos-Tortillas folded, fried crisp, and filled with beef, lettuce and cheese
- Tamales-Meat fillings steamed in corn meal casing, topped with beef, cheese and sauce
- Tortillas-Thin flour or corn pancakes used as a base for many dishes
- Tostados-Tortillas that are cut and deep fried
- Tostaguac-Flat tortillas with beef, topped with lettuce and guacamole



Photos by Ashton Jone

Mexican food is a tasty type of cuisine that can require a special vocabulary. Monterrey, on Knox Abbot Drive, is one of the many Mexican restaurants in town. The restaurant serves a variety of foods. For those who prefer Mexican beverages, pitchers of margaritas are also available.

(left) A waiter brings a chicken burrito with a side dish of rice. A chicken burrito is \$3.20; the rice is \$1.

(bottom) A waiter serves two plates of beef with onion, peppers and tomatoes.



Thinking about sex? Think about this

special to The Gamecock JENNIFER MACKIE and GRACE RAMIREZ

Along with the choices many students have to make about their values, habits and activities is the decision to have, or abstain from, sexual relations. Those who choose to have such relations should be knowledgeable about all aspects of their decisions, especially when talking about sexually transmitted diseases.

At USC, human papilloma virus, otherwise known as genital warts, is the most common STD among students. From July 1, 1997, to June 30, 1998, the Thomson Student Health Center saw 316 new cases and 266 follow-up cases of HPV, bringing the total number of cases to 582.

The second most common STD on campus is herpes, with 123 new cases and 28 follow-up visits.

Chlamydia is the third most prevalent STD on campus, totaling 49 cases last year.

The overall number of STD cases the health center saw last year totaled 1,216, but those numbers don't take into account the cases that might have been reported by family doctors or other health-care centers in the community.

HPV and herpes are incurable viruses that are transmitted through sexual contact. HPV is associated with 95 percent of cervical cancer cases and can be transmitted even without visible wart-like symptoms.

Signs of herpes include painful blisters and flu-like symptoms. There are two types of herpes. Type I occurs above the waist. Type II occurs below the waist and is interchangeable particularly through oral sexual contact.

The symptoms of chlamydia, a bacterial disease that can be treated with antibiotics, include itching, burning and dull abdominal pain. If left untreated, chlamydia can lead to pelvic inflammatory disease.

There are many more STDs that college students face, including HIV, syphilis and gonorrhea. Students can make many choices to protect themselves from these and other diseases. Condoms and other contraceptives can effectively help lower the risk of STDs.

For details on different contraceptives or more information about STDs, visit the Health and Wellness Center on the bottom floor of the health center or call 777-8248.

Just remember: if you're going to love, please love safely!

Jennifer Mackie is a SHARE peer. Grace Ramirez is an Open Door Peer.

Band backs Tori

staff writer MARCUS AMAKER

When Tori Amos came to the Township Auditorium two years ago during the "Dew Drop Inn" tour, the audience was treated to an intimate two-hour performance.

This year's "Plugged '98" tour, which came to Columbia on Tuesday, was louder, bigger and, in many ways, better.

Tori, backed by a full band, performed many of the songs from her latest album, "from the choirgirl hotel," along with a wonderful mix of her older songs.

The songs from the newest album sounded much better live, especially with the addition of the band. They stormed through fierce versions of "Liquid Diamonds," "Hotel" and "ieeee."

During an encore, everyone stood up for "She's Your Cocaine" and "Raspberry Swirl," and Tori seemed to enjoy the audience's enthusiasm for the songs. The audience was equally enthralled by "Jackie's Strength," the current single from "from the choirgirl hotel."

Some in the press have criticized this tour and the album for its apparent lack of intimacy compared with her earlier work. Even though this is Tori's first tour with a band, nothing was lost. It was just as powerful to hear "Sugar" with the band as it was to hear it with the piano, as it is on the "Hey Jupiter" EP.

As with "Sugar," a lot of Tori's songs were transformed for this tour. "Horses," one of the last songs she did, sounded totally different than it does on "Boys

For Pele." The song's melody was changed, making room for the band.

Also, the band allows Tori to perform a wider range of songs during a show. The audience was ecstatic to hear her do "Tear in Your Hand" and "Precious Things," both from her first solo album, "Little Earthquakes." She also did two songs that were rarely played live before, "The Waitress" and "Past the Mission," from "Under the Pink." All of these songs were amazing, particularly "The Waitress," which was twice as long as the album version and even more intense.

Of course, Tori did perform some songs solo on the piano. One of her best B-sides, "Cooling," was preceded by Tori telling the audience that the song was intended for "Boys For Pele," but never made the album. Before "Cooling," she did a passionate version of "Winter," a song she didn't do when she came here in 1996.

The most beautiful moment of the concert was her rendition of "Hey Jupiter," the show's final song. The whole audience was standing, and everyone was quiet as Tori sang.

The stage itself was sprinkled with special effects, such as flashing lights and a disco ball. The lights were bright during the more aggressive parts of songs, like "The Waitress," "Precious Things" and "Siren," and calm during "Horses" and "Little Amsterdam."

"Plugged '98" was an inspiring experience and an amazing one, considering that Tori gives everything she has in each and every show.

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