

Move over Gatorade: There's another health drink



ELEGANCE ON THE CHEAP

TRAVIS GENY

■ Studies have shown that wine, in moderation, can reduce the risk of stroke and heart disease

By Travis Geny
Oregon Daily Emerald

When choosing a healthful beverage, most people would probably opt for a V8 or a fruit smoothie. Health drinks are usually associated with juice, exercise and jogging. Yet in recent years, an increasing number of doctors have added wine to the list of healthful beverages. This isn't to say that you should go for a tall glass of Merlot instead of grabbing Gatorade after a jog or orange juice in the morning, but wine has been found to have certain positive effects when drunk in moderation.

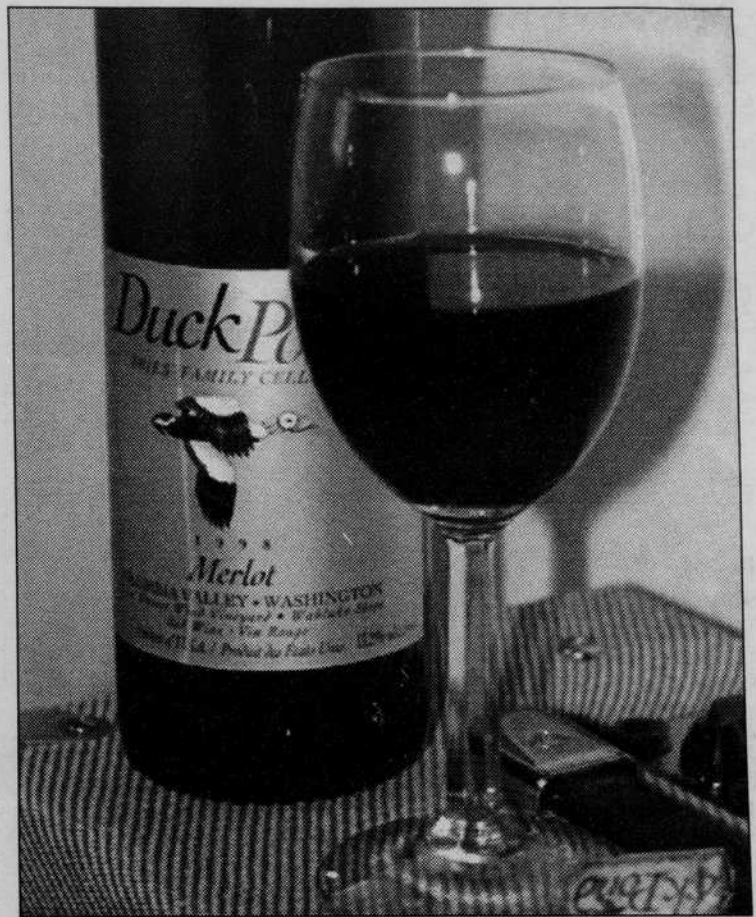
Ralph L. Sacco, M.D., director of the Northern Manhattan Stroke Study, has found that individuals who consume up to two drinks a day decrease their risk for stroke by up to 45 percent. Those who

consume one drink or fewer a month increase their risk by up to 65 percent. People who consume up to four drinks per day are also at a lower risk for stroke, but those who drink five or more drinks per day increase their risk threefold. A drink was considered to be four ounces of red wine as compared to the U.S. government's standard of 5 ounces. In addition, the effects of light drinking seem to be independent of race, gender or age. Researchers at Northwestern University have found at least one reason why red wine may be beneficial. This is the presence of an estrogen-like antioxidant called resveratrol. This substance, believed to reduce the risk of heart disease, is highly concentrated in grape skins and is abundant in red wine. According to the study, resveratrol displays anti-carcinogenic and anti-arteriosclerotic properties that are believed to play a role in the so-called "French Paradox." That is, why the French have such low instances of heart disease despite so much fat present in the typical French diet. Some believe the answer to be red wine.

In an update to the 1991 "60 Minutes" feature titled the "French Paradox," Morley Safer amended the original findings. He highlighted the results of this year's Copenhagen City Heart Study, which he called "the most

significant study to date on the relationship between health and alcohol." The study found that moderate consumption of wine results in a lower mortality rate from all diseases. The program also addressed the pattern of alcohol consumption, stressing the benefits of daily meal-time consumption and the need for more balanced messages from American health agencies. This includes the University administration, which seems hell-bent on never having another student even think of consuming alcohol; maybe it should start watching "60 Minutes" more often.

These statistics might make you think the next time you go to the grocery store to buy your next health drink. To be sure, humans have been cognitive of the healthy effects of wine as far back as biblical times, even if not for scientific reasons. However, despite the benefits, over-consumption of alcohol is still dangerous and unhealthy. It can lead to heart disease, cirrhosis of the liver and a variety of other health problems. In addition, as I have said in previous columns, consuming alcohol before driving a vehicle is not only dangerous, irresponsible and illegal, but it can also be fatal. Despite what anyone says, no one drives better under the influence. Anyone who says different is a moron waiting to get killed or arrested.



Travis Geny Emerald

Studies conducted at Northwestern University have found that individuals who consume up to two drinks a day decrease their risk for stroke by up to 45 percent.

Lecture, dance to revisit the 1946 'Beauty and the Beast'

■ The film will show at the University, accompanied by talk of its origin

By Lisa R. Griffing
Oregon Daily Emerald

On Feb. 28, the University community will have the opportunity to spend the evening watching the black-and-white French film "Beauty and the Beast" and listening to two guest speakers chat about cinematography and the origins of the film. In addition, a synopsis of the up and coming "Beauty and the Beast" ballet will be given by the choreographer.

According to the Internet Movie Database, www.imdb.com, one of the most multi-talented artists of the 20th century is John Cocteau. His 1946 film "Beauty and the Beast" ("Belle et

la Bete") with English subtitles will show in Room 138 Gilbert Hall at 7 p.m. Wednesday. Admission is free.

The thing to remember is that the 1946 "Beauty and the Beast" is not similar to the Disney version. Cocteau is more dramatic, and he doesn't feature singing teapots.

Cocteau's "Beauty and the Beast" is about a virtuous beauty who is besieged by the greed and jealousy of her two sisters, who are like Cinderella's evil stepsisters. Even though she suffers, she still loves and honors her father by engaging in risky perils in the enchanted realm of the Beast.

"Cocteau goes into the psychology of 'Beauty and the Beast,' emphasizing a mystical meaning," wrote "Beauty and the Beast" choreographer Toni Pimble.

"Beauty and the Beast" is a classic

film you hardly ever see on a big screen," marketing director Darell Kau said.

Two guest speakers, Mark Gallagher and Denis Reynaud will follow the end of the movie, along with the appearance of Pimble.

"Denis is a folklorist who will open, discussing the origin of 'Beauty and the Beast' in the 18th century," Kau said. "Gallagher will talk about the artistic endeavors of Cocteau's 'Beauty and the Beast.'"

Pimble will discuss why elements in Cocteau's "Beauty and the Beast"

influenced the up-and-coming double feature ballet "Beauty and the Beast" along with the factors that contributed toward the direction of costume design, style, music and the dancing. In addition, music by Curtis Salgado will be the second segment in the double feature.

Pimble said when she discovered Cocteau's "Beauty and the Beast" for a ballet, she fell in love with the direction. "I based the dance piece off of that," she said.

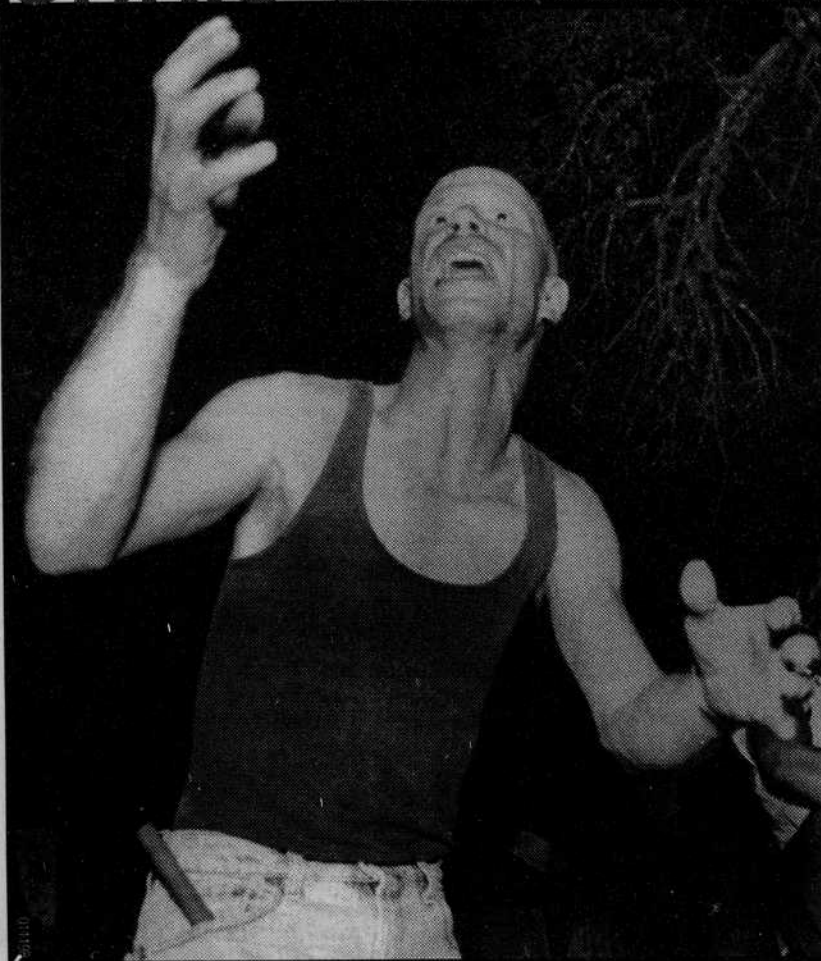
When asked why she chose "Beauty and the Beast" for a ballet, she

replied, "We're always looking to involve family entertainment, fairy tales or matter that works well for a piece," and added that "it had name recognition."

Remember, Wednesday night delves into the core of Cocteau's genius and the making of "Beauty and the Beast" ballet.

"It's going to be of interest to people who are interested in John Cocteau and how elements used in the creation of the film coincide with elements Pimble used for the choreography," Kau said.

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