

Red Moon affirms faith in Been's Call

By ROB NEWBERRY
 In 1986-87, the Call did one of those things that bands hardly ever do: they released two good albums in a row. *Reconciled* and *Into the Woods* are two of the finest examples of American gospel-rock ever recorded.
 But in 1989, the Call switched over to MCA, and released *Let the Day Begin*, one of the weakest records I've ever heard. Now they're trying to make up for last year's bumble with *Red Moon*.
Let the Day Begin was way too keyboard-heavy. On *Red Moon*, Michael Been and crew tone down the synth for some more raw-sounding rock. Tom Ferrier's guitar is allowed some decent soloing and Scott Musick's drums sound only slightly more-produced than some garage band.
 Michael Been has always been an inspirational writer. Every song on *Reconciled* is an affirmation of faith during screwed-up times,

while *Into the Woods* reveals the desperation when that faith doesn't hold up.
 Been's lyrics are nearly as potent on this album, and show extreme improvement over last year's wishy-washy release. While his words sometimes get too wrapped-up in problems that are too personal to relate to, for the most part he reveals those aspects of life that fit everybody.
Red Moon has some extra help from outsiders, too. The album opener "What's Happened To You" is a gospel-rock anthem, and features U2's Bono on backing vocals. T-Bone Burnett offers the harmony on "Like You've Never Been Loved," and aided in the production of the record although all the Call's records have been self-produced.
 Been stays true to his strong gospel influences in this latest release, but never comes off as preachy. The title track "Red Moon" describes scenes of give and take in a world

that doesn't pay attention to the little things in life, as Been reflects, "Love comes, love goes, And the world goes by."
 On several tracks, Been empathizes with the less fortunate, in the style of "The Morning" from *Reconciled*. In "You Were There," Been reveals a feeling of futility in helping others, but he refuses to say that good-Samaritanism is worthless. "What A Day" straightforwardly shows Been's commitment to compassion, "Take a half life and make it whole, Take a poor man from the cold...It's a struggle, What a day."
 As on all the Call's recordings, Been is still concerned with his belief in something bigger than himself. "A Swim in the Ocean" is a gutsy gospel-rock statement about the stupidity of pride: "I'm too smart to be hungry, I'm too hard to be meek, I'm too proud to be sorry, I'm too strong to be weak...Go take a swim in the ocean."

But Been's lyrics do drift into those personal reflections that don't make a lot of sense to the listener. "Family" describes the feelings after a catastrophic event in the family, but it isn't clear exactly what happened or how it could be avoided.
 "A Swim in the Ocean" is much clearer and is the best number on the album. Opening with a bluesy duo between Ferrier and Been, Musick's drums kick in to make the song into a rather rocking hoe-down. Been's voice is laid on dryly, and the tune brings in a piano solo from Goodwin to keep it rocking.
 The Call tripped up so badly with last year's album, and as strong as it is, *Red Moon* won't make up for all the doubts *Let the Day Begin* created. But *Red Moon* is a return to the more serious rock of the Call's earlier albums, and if they can keep it going, I just might forgive them.

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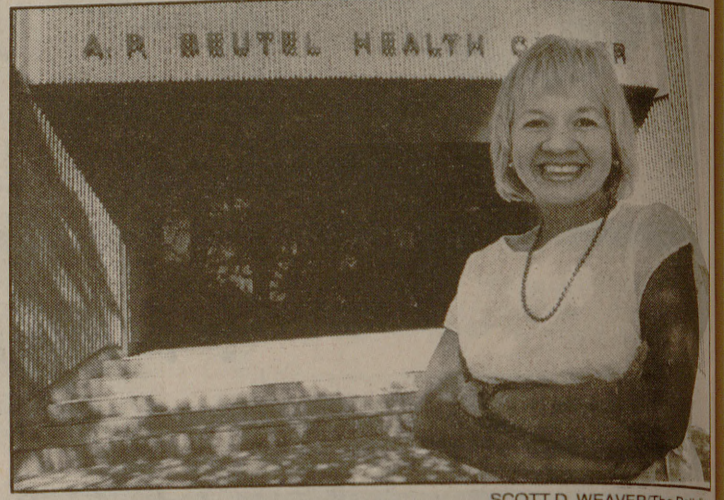
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ASK Erika

Columnist provides information about flu

By ERIKA GONZALEZ-LIMA
 Every fall the flu makes many Texas A&M students miss school, work and feel sick. However, the good news is that the flu can be avoided. This column will explain what the flu is, its symptoms, and how you can prevent it.



SCOTT D. WEAVER/The Battalion
Erika Gonzalez-Lima

•What is the flu?
 "Flu" is short for influenza, a disease caused by a virus. The virus infects the lungs and upper respiratory system.
•How is the flu spread?
 The flu usually begins with headaches, body aches, fever, chills and a cough. You may also have a sore throat, sneezing, runny nose and a tight feeling in the chest. Most people recover within a week, but some may feel exhausted for three to four weeks.
•What are common symptoms?
 The flu usually begins with headaches, body aches, fever, chills and a cough. You may also have a sore throat, sneezing, runny nose and a tight feeling in the chest. Most people recover within a week, but some may feel exhausted for three to four weeks.
•How does the flu spread?
 The virus spreads fast and it is usually passed from person to person by touching, coughing or sneezing. You can also get the flu by touching something that has been infected by someone with the flu and then touching their mouths, noses or eyes. After the virus enters your body, symptoms appear in two or three days.
•What are some complications?
 The influenza virus may produce bacterial pneumonia in people who have chronic heart or lung disease, who are older than 65 years or who live in nursing homes.
 Reye's syndrome is a brain and liver disorder that has been linked to the use of aspirin in children with flu symptoms. Therefore, doctors do not recommend taking aspirin or aspirin-containing medications to fight the flu.
•Who is "at risk" of complications?
 1. Anyone with chronic heart or lung disease, including asthma
 2. Anyone with immunological disorders, cancer or who is taking immuno-suppressant medications
 3. Anyone with long-term health problems such as kidney disease, cystic fibrosis, diabetes or anemia
 4. Residents of nursing homes
 5. Anyone older than 65 years of age

6. Family members of vulnerable people
 7. Health care providers, police and firefighters
•How is the flu treated?
 Although most people recover without needing medical care, it is best to check with your doctor to make sure your symptoms and recovery are normal.
 Flu patients should rest in bed and drink plenty of fluids (8 ounces of juice or water every two hours). A drug called amantadine may reduce the severity and duration of some types of influenza symptoms if it is taken within 48 hours after the first symptom appears. For plain symptoms, antibiotics do not help.
 For sore throat, general aches and pains, take a non-aspirin pain killer, such as acetaminophen (Tylenol). The usual dosage is two tablets every four hours as needed. For additional relief of painful throat, use warm gargles (1/2 teaspoonful salt in 8 oz. water), hot tea with honey and lemon or one tablespoon Cepacol in 8 oz. water. Throat lozenges may also be used.
 For nasal congestion, use moist heat — a humidifier or hot showers will treat the stuffiness. Neo-Synephrine 1/2 percent may be sprayed in each nostril three to four times. Wait 30 to 60 seconds and then blow each nostril gently. Use the spray up to four times a day but for no longer than 10 consecutive days. Discard it after each illness. This medication is sold without a prescription.
 For dry, unproductive cough, use a cough suppressant such as Robitussin, which may be obtained without a prescription. Try to live with the "productive cough," which brings up mucus and cleans your lungs.
 Do not overmedicate. Some influenza-like symptoms are caused by other types of infection which re-

quire different medical therapy. Visit the A.P. Beutel Student Health Center if nausea, vomiting, severe persistent headache, skin rash, excessive sleepiness, high fever or marked changes in color of bowel excrement occur. Call 845-6111 or 845-6112 for an appointment.
•How can you prevent the flu?
 1. Wash hands frequently with soap and water.
 2. Keep your hands away from your mouth, nose and eyes.
 3. Disinfect contaminated objects with soap and water.
 4. Use disposable facial tissue.
 5. Eat a balanced diet.
 6. Drink plenty of fluids, especially water.
 7. Do not smoke.
 8. Sleep and rest. Avoid exercising and partying with the flu.
 9. Protect yourself. Get a flu shot.
 The A.P. Beutel Health Center is providing flu shots weekdays from 11 a.m. and from 1 to 4 p.m. in the Treatment Room. The shot costs \$5.
 Because the influenza virus may change every year, vaccination should take place annually. The influenza vaccine may cause mild side effects, such as fever, soreness or redness of the vaccination site. These reactions are infrequent and usually last two days.
 Although the vaccine is not guaranteed against the flu, it reduces the risks of getting it or of having complications and its protection lasts for several months. Since the vaccine is effective about two weeks after it is received, the time to receive it is October, before the beginning of the flu season.
Erika Gonzalez-Lima, Ph.D. is the Health Education Coordinator at the Texas A&M A.P. Beutel Student Health Center and health columnist for *Lifestyles*.

'GoodFellas' or bad boys? Mob movie violently hits home

By CAROL GLENN

Bullets of reality will shoot through your head as you watch the fantastic, explosively alarming movie, "GoodFellas," as it takes an in depth look at organized crime mobsters in New York City.
 Directed by Martin Scorsese, and based on the book "Wiseguy" by Nicholas Pileggi, "GoodFellas" violently tells the true story of Henry Hill. Hill was once a member of an Italian mob in New York City and is now in the witness protection program after testifying against other members of the mob.
 Wise guys is what people of the neighborhood call the mob. "GoodFellas" is the term they use to describe themselves.
 The story begins with Henry (portrayed by Ray Liotta), who as a kid in the 1960s dreams of being a gangster and is fascinated with the money, power, prestige and action of the mob.
 While in high school to prove his loyalty, Henry voluntarily starts to do odd jobs for his friend Paulie (portrayed by Paul Sorvino), the godfather of the mob. Henry sets Cadillacs on fire, pistol-whips a college kid, steals and acts as a personal officer and liaison between Paulie and the outside world.
 Slowly over the years Paulie starts giving Henry, who is now in his 20s, bigger jobs to do until he becomes a full-fledged, respected member of the mob.
 Henry likes the flashy clothes, the laughter, the social respect, the cars, the big bucks and basically the lifestyle that is associated with being a member of the mob, but he doesn't enjoy the violence and killing (or "whacking" as the members call it) that occurs. But he accepts it. It's all part of the game. And in order to win (which means survival), it must be tolerated.

half Italian. To be a made man you have to be criminal Italian.
 Knowing he will never have too much authority in the mob, Henry begins turning to jobs dealing with cocaine, a strictly taboo subject with Paulie. He becomes a dealer and an addict and ends up bringing the whole mob down around him, his wife Kathy (Lorraine Bracco) and anyone involved with the drug deals.
 This movie, unlike the movie "The Godfather," really shows what goes on in these organized crime groups. "The Godfather" only shows the mob and how it is involved with corporate business. "GoodFellas" shows the alarming violence that occurs on the street and within the local businesses.
 The audience really gets a slap in the face with reality as they see the plot unwind taking the staggering power of the mob up to the 1980s where the judicial system cannot be bribed and bought as easily as it was in days gone by.
 Scorsese does what a director is supposed to do — direct and he does an outstanding job. He doesn't have to do much more because the story is already explosive enough.
 Everything in this movie is alarmingly realistic-looking, especially the whacking. The fashions, the furniture and the make-up are all so superbly done that the audience is avidly carried back in time to the '60s, '70s and '80s.
 The cast also does a wonderful job, especially Lorraine Bracco and Robert De Niro who portrays the character Jimmy. This movie couldn't have been better cast.

To be able to enjoy this R-rated movie you can't be weak-stomached or easily disturbed, though. "GoodFellas" shows the goriest details of each killing. Trust me there's nothing left up to the imagination. Not only is this film grotesquely violent, but it is also filled with profanity.
 If you can stomach the violence, this is a must-see movie. "GoodFellas" brings to life a period of American history that can not go by unnoticed or misunderstood despite many people who would like to forget about the cold, hard facts of the mob and its power.

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