

Stress Management Workshops with Relaxation Training

For more information, call Sue at 472-7450
Counseling & Psychological Services

January 22	Bogs Swamps and Traps
January 29	Time Management
February 5	Self-Hypnosis
February 12	Mid-term Madness
February 19	More Madness
February 26	Relationships

TOPICS

Mondays
 12:30-1:20 pm
 Room 338
 Nebraska
 Union

Parking Problems? Need a Place to Park?

Reduced Price!

Park by Day \$1.00



Park by Month \$20

Don't Fight For Parking

Enter at 8th & S Streets, 1 Block West of Memorial Stadium
 Contact: 1033 "O" Street, Suite 120, 474-2274

ABORTION CARE
 STATE LICENSED PHYSICIANS

Womens Services, P.C.

- Abortion Services Performed During All Legal Stages
- Tubal Ligations
- Awake or Asleep
- Total OB/GYN Health Care
- Birth Control
- Outpatient Care
- Caring Staff

Call for an appointment: 554-0110 or 1-800-922-8331

201 South 46th St. Omaha, Nebraska

BOARD CERTIFIED SPECIALISTS
 G. William Orr, MD, FACOG • CJ LaBenz, MD, FACOG

PAPER WAREHOUSE
 DISCOUNT CARD AND PARTY

Now with two convenient locations!

Any occasion that calls for good times calls for party needs from Paper Warehouse. You'll find everything you need to make any get-together a success and all at DISCOUNT PRICES.

- Wedding Supplies
- Party Decorations
- Helium Balloons
- Holiday & Theme Parties
- Napkin Imprinting
- Greeting Cards
- Wide Range of Colored Plates, Napkins & Tableware

SOUTH
 5500 S. 56th Edgewood Shopping Center (Behind Blockbuster Video) 421-7510

HOURS:
 •M-F 9 to 9
 •SAT 9 to 6
 •SUN 11:30 to 5

NORTH
 621 N. 48th St. (East Side of Albertson's Building) 464-8201

Spring Break '96

Cancun FROM: **\$459**

South Padre Island FROM: **\$169**

FREE! Blow-out Bash!

FREE! All-U-Can Eat dinner & 5 All-U-Can Eat Breakfasts!

FREE! Express nightclub entry and FREE covers!

FREE! Mexico Trip

FREE! Two Beach Parties

FREE! 5 Breakfasts

FREE! Pizza Party at "Charlies"

Costa Rica Adventures Available.. Lowest Prices !!

Call Now SHASTA

AUTOMATED TRAVEL & HEALTH

402-438-2579

Music Reviews



Sarah Elizabeth Campbell
 "A Little Tenderness"
 Dejadisc
 Grade: C

Sarah Elizabeth Campbell is badly in need of a public relations representative.

Aside from the obvious mistake of putting her face on the cover of the compact disc in this materialistic society, her latest offering, "A Little Tenderness," has some redeeming qualities along with a couple of pitfalls.

The album begins wonderfully with acoustic guitar complemented by warm and sincere vocals.

"Mexico" is also complemented by mariachi-style, virtuosic guitars in the accompaniment. The next piece is a ditty, reminiscent of early country influences, with a worthy instrumental bridge.

By the third song, "Part Of A Story," yet another story of a hopeless romance with an incredible instrumental bridge, a pattern emerges.

Campbell has proved her obvious talent as a writer and performer on this album. She also has proved her manic-depressive tendencies and possible obsession with unobtainable loves (not a professional's opinion, just reviewer's observations).

The songs do show a bit of variety, fortunately. For example, "Waltz For You" is almost an optimistic waltz.

Campbell also varies her tempos. Mellow does not even begin to describe this CD.

There's legato (slow), mucho legato (very slow) and so legato it wouldn't even garner a measurement on a metronome.

One thing that does improve throughout the album is the vocal quality. Campbell went from trying a sultry voice to something more suited to her abilities.

Another consistent feature is the ingenious instrumental bridges and accompaniment. Unfortunately, the depressing themes are also consistent.

If one is looking for a folksy, country-inspired CD well-suited to enjoy while eating rocky road ice cream on a depressing, rainy day after just breaking up with a significant other, then check out "A Little Tenderness."

— Emily Wray

Various Artists
 "Take My Hand: Songs from the 100 Acre Wood"
 Walt Disney Records
 Grade: B

I'll say it only once — I am a Winnie the Pooh fan. So I guess I'm a little prejudiced when it comes to this album.

"Take My Hand: Songs from the 100 Acre Wood" is a wonderful compilation of old and new songs in honor of Winnie the Pooh and his friends. The music is recorded by some very highly respected musicians as well as a few surprise guests.

"Take My Hand" opens with the familiar theme song of Pooh, "Winnie the Pooh," as adapted by the Irish folk group the Chieftains.

The album then steps away from the familiar Pooh songs with new songs including: "Friends Around

the World," "We're Gonna Catch a Heffalump," "That's What Tiggers Do Best" and the touching ballad "Never Alone (Eeyore's Lullaby)."

"Never Alone" is by far the best piece on the album, and Tyler Collins' heartwarming vocals are beautiful.

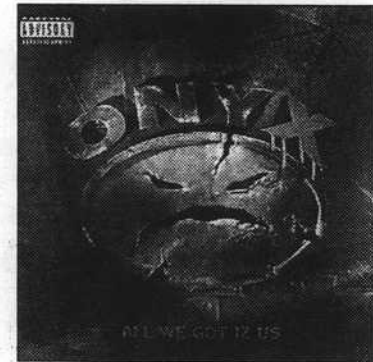
But the biggest surprise of the album is the appearance of Kathie Lee Gifford of the hit show "Live with Regis and Kathie Lee." Gifford, who has released several children's albums, has a wonderfully light voice and brings a great sense of fun to songs like "The Kanga-Roo Hop" and "My Balloon."

Marie Cain's performance on "Just for a Little Taste of Honey" is delightful, and the Valerie Davis song "All Good Things (A Pooh Perspective)" is amazingly innocent and sweet — something lacking in just about everything these days.

"We're Gonna Catch a Heffalump" is the perfect hunting song for anyone, Pooh-sized or Piglet-sized, who wants to catch that most elusive of creatures, the Heffalump.

"Take My Hand: Songs from the 100 Acre Wood" is not a children's album. It's a true family album with songs everyone will enjoy. Especially if you're a Pooh fan. Or a Tigger fan or an Eeyore fan or a Piglet fan or a ...

—Brian Priesman



Onyx
 "All We Got Iz Us"
 JMJ/RAL
 Grade: B+

The crew that had hip hoppers slam dancing and throwing their guns in the air is back with its second album, a little grimmer and a little darker.

Although D.S. left the group, Fredo, Sonee Seeza and Sticky carry on with Onyx and "All We Got Iz Us." This time Fredo does all the producing, with Sticky lending a hand on "2 Wrongs."

Fredo has a very tight vision for the music of Onyx. The atmosphere is dark, the lyrics remain unrestrained, despair-riddled and angry.

"Last Dayz" is the first track and sets the scene for the whole album. Sticky expresses the attitude now predominant in much of the hip-hop world "I'm America's nightmare, young, Black and just don't give a f**k/I just wanna get high/live it up."

The title track goes on to paint the landscape of the streets. And "Purse Snatchaz" continues with crime stories.

The Onyx we remember is still there with the "Slam"-esque "Shout" and "Live Niguz", the latter a featured song from "The Show" soundtrack.

Each of the 11 tracks examines a tin; scene from the urban drama. While "Most Def" holds back the explosion, "Punk Mutherf**az" gives you a head rush.

The message? Don't close your eyes in the dark, especially around Onyx.

— Greg Schick



Souls of Mischief
 "No Man's Land"
 Jive
 Grade: B

Once heralded as the X-men of hip hop for their versatility and strength, Souls of Mischief return with a sophomore effort that may leave Professor X scratching his head.

No one would dispute that everyone in the Hieroglyphics crew had mad lyrical freestyle skills, yet it seems sometimes these guys come up short on album tracks.

For example, "Rock It Like That" is the first single and a straight freestyle jam. This song and "Ya Don't Stop" keep fans listening, while some of the theme raps fall short.

The inconsistency of "No Man's Land" stems mostly from the fact that 10 different people produced the album. A-Plus produced one of the fattest tracks, "Come Anew," but it lasts for only one minute.

The other Hiero producers mix it up. Del produced an echo synth track that sounds as if it is from the 1980s, while Snupe of Extra Prolific, now minus Mike G, produced something that sounds as if it could have been from the Extra Prolific album.

The biggest difference from the band's debut, "93 'til Infinity," is a heavier bass and a less jazzy feel. Songs like "So You Wanna Be ..." bog down the lyrics with the bass. For a lyric-centered group, this will not do.

—Greg Schick

The Instant Monty Python CD Collection
 Monty Python
 Virgin Records
 Grade: B+

Python fans take note — even though Monty Python may be no more, you can still listen to the irreverent comedy stylings of the original sketch comedy kings.

"The Instant Monty Python CD Collection" collects everything ever recorded by the Python troupe. Everything.

It is truly a Python lover's dream come true. It has all of the classic skits, from "Dead Parrot" to "Spanish Inquisition."

Also included are the official and out-of-release soundtracks to their classic films "Monty Python and the Holy Grail," "The Life of Brian" and "The Meaning of Life."

But, boys and girls, that's not all. "The Instant Monty Python CD Collection" also contains the hard-to-get "Another Monty Python Record," "Monty Python's Previous Record," "Matching Tie and Handkerchief," "Live at Drury Lane" and the "Contractual Obligation Album."

In fact, the only albums not included in this six CD box set are readily available best-of sets.

Also included is the spiffy guide to this collection, "The Instant Monty Python CD Collection Book," which has absolutely nothing to do with the CD's, but is filled with fascinating essays such as "Why Accountancy is not boring," "Let's talk about BOTTOMS" and "Horace Poem."

All Python fans can take heart in the fact that Python is back again.

— Brian Priesman