

That's Entertainment!

Don't read this!

Stressed? Who's stressed?

By Maryam Tasnif
Entertainment Editor

I am getting lazy. My brain has been totally drained of any kind of coherent thought.

I feel like screaming till my lungs burst because I have so much work to do. I just don't know where to start. AAAAAGH!!@#%#&@!! That felt better. Maybe you should try it too. You may wonder what on earth I am going to write about this week. Believe me, your guess is as good as mine. Since at this point in time I am a highly stressed individual, I could talk about stress. But I won't. This is supposed to be a "fun" column, as my seven loyal readers know. Therefore I will talk about wierd and whacky ways to relieve stress. People do funny things. Some of these methods are my own, some are from friends and acquaintances and some are from complete strangers. Here goes

-Scream really loudly. If that could get you in trouble, scream into a pillow.

-Find a nice central spot, preferably a window, and blow soap bubbles.

-Take a long walk, either by yourself or with a friend, and ponder life.

-Find a punching bag and punch with all the energy you've got

-Play the piano. You don't have to know how to play the piano, just fiddle around with the keys.

-Treat yourself to something that is probably going to lead to an early grave, is full of cholesterol, has fifty million calories; but it tastes great, so who cares!!!

-Get some sleep. Get a lot of sleep.

-Read, knit and bake.

-Eat like a pig.

-Go for a ride in the car driving at warp speed.

- Throw the cat against the dog
- Choke my teddy bear
- Playing ball
- Playing golf, or go hiking in the woods.

- Go hunting
- Swing the cat around by it's tail (this is a stuffed animal we're talking about here)

- "Love my big honey"

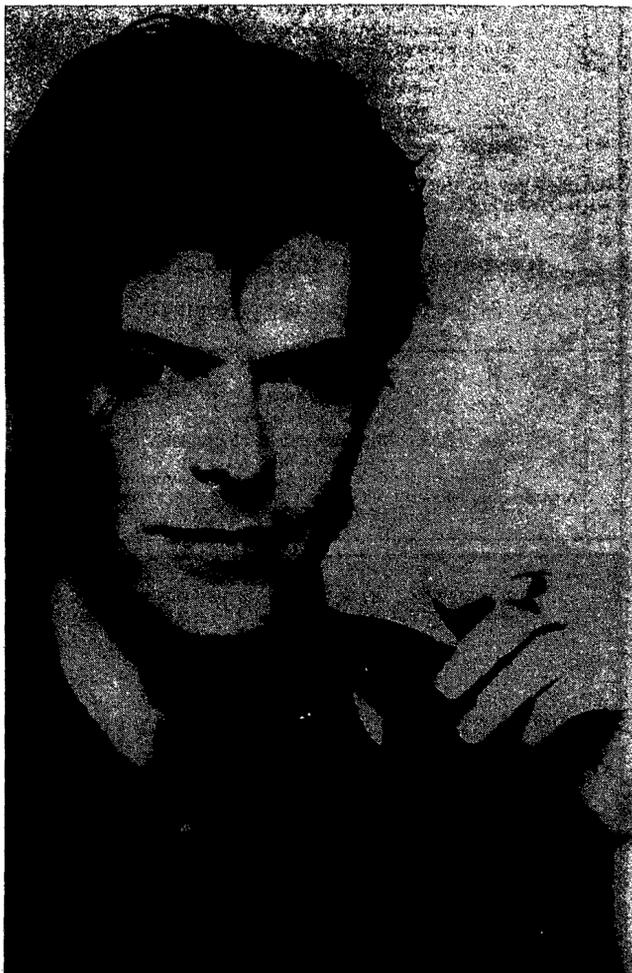
- Play the jump, kick and punch game in the games room.

- Shoot some hoops.

- Go shopping. Actually, splurging is more like it!

- COME AND TALK TO C.S.S.

This is what I got out of an impromptu survey that I happened to take. If you are offended by anything that has been said, tough! Anyway, whoever you may be, have a good break, have fun. Please don't over alcoholize and say "Hi!" to Mom from me. Bye!



David Bowie

ROLLING STONE / OCT. 5, 1989

SOUND+VISION, David Bowie ****

This remarkable collection (three CDs / three cassettes / six LPs) reviews David Bowie's career from its start in 1969 through his "Ashes to Ashes" album in 1980. Over nearly 50 tracks, "Sound+ Vision" gathers hits like "Changes", "Rebel Rebel" (in a rare single version) and "Young Americans", and offers five previously unreleased songs and a batch of rarities as well. The set is beautifully packaged to include thorough annotation and a fine essay by MTV newsman--and former Rolling Stone editor Kurt Loder.

Record review

Pete Townshend "The Iron Man"

By Matt Douglas
Staff Writer

"THE IRON MAN" Songs to Hear (DJ Heaven)

Artist: Pete Townshend
Producer: Pete Townshend
Label: Atlantic Records

1. "I Won't Run Any More"
2. "Over the Top"
3. "Dig"

Concept Records have been a big part of Pete Townshend and The Who's careers. Starting with "A Quick One" on The Who's "Happy Jack" LP, Pete Townshend has penned such concept albums as "Tommy" (1969), "Quadrophenia" (1973), and his own "White City-A Novel" (1986). Townshend's latest concept album tells the story of "The

Iron Man." "The Iron Man" is based on a book by Ted Hughes. The album is enjoyable.

The album's best songs are contained on side one. "I Won't Run Anymore," (sung by Pete Townshend's "Hogarth") is a declaration to stand up to fears.

The character of Hogarth has come to terms with his fear and taken a stand. An upbeat song, "I Won't Run Anymore" could be the album's best song. "Over the Top" is sung by The Iron Man (played by John Lee Hooker).

His character is introduced and the listener is treated to an explanation of The Iron Man's current situation. These two songs open the album well. Unfortunately, they are the best.

The remaining members of The

Who perform "Dig." A song of work for the characters, "Dig" would have made a first rate Who song. The side is closed with "A Friend is a Friend" and "I Eat Heavy Metal."

Side two of "The Iron Man" does not meet up to the quality of the first side. There are some bright spots. "All Shall Be Well" is a standout, as is "Fire." Performed by The Who, "Fire" is a pretty good update of the 1967 version by The Crazy World of Arthur Brown.

Pete Townshend does an acceptable job on "The Iron Man." One likes to think that the album could have been better. It is rumored that Townshend wrote a lot of extra material which was not included on "The Iron Man." Perhaps he should have made a double album. Long Live Rock, Hail Jim, Matt Out.

The Press is looking for poetry! Please submit to The Press office- 111 Corey Union.

ALBUMS	COLLEGE ALBUMS	DANCE TRACKS	U.S. SINGLES
1. THE ROLLING STONES Steel Wheels - Columbia (The Glimmer Twins and Chris Kimsey)	1. FOGUES Peace & Love - Island	1. THE CURE "Love Song" - Elektra	1. WARRANT "Heaven" - Columbia
2-2 TOM PETTY Full Moon Fever - MCA+ (Jeff Lynne, Tom Petty and Mike Campbell)	2. HOODOOGURUS Magna cum Lauder - RCA	2. SEVERED HEADS "All Saints' Day" - Nettwerk Canada	2. GLORIA ESTEFAN AND MIAMI SOUND MACHINE "Don't Wanna Lose You" - Epic
3-9 MILLI VANILLI Girl You Know It's True - Arista+ (Frank Farian)	3. B-52's Cosmic Thing - Reprise	3. XYMOX "Blind Hearts" - Wing/PolyGram	3. CHER "If I Could Turn Back Time" - Geffen
4-4 PAULA ABDUL Forever Your Girl - Virgin+ (Various Producers)	4. WINTER HOURS Winter Hours - Chrysalis	4. LIL LOUIS "Freisch Kitz" - Diamond	4. MILLI VANILLI "Girl, I'm Gonna Miss You" - Arista
5-5 FINE YOUNG CANNIBALS The Raw and the Cooked - I.R.S./MCA+ (David Z and Fine Young Cannibals)	5. OCEAN BLUE The Ocean Blue - Sire/Reprise	5. B-52's "Channel Z" - Reprise	5. NEW KIDS ON THE BLOCK "Hangin' Tough" - Columbia
6-3 DON HENLEY The End of the Innocence - Geffen+ (Various Producers)	6. POPWILLEATITSELF This Is the Day, This Is the Hour, This Is This - RCA	6. BABY FORD "Children of the Revolution" - Warner Bros.:	6. MADONNA "Cherish" - Sire
7-6 RICHARD MARX Repeat Offender - EMI+ (Richard Marx and David Cole)	7. RED HOT CHILI PEPPERS Mother's Milk - EMI	7. D-MOB "It's Time to Get Funky" - FFRR/PolyGram	7. SURFACE "Shower Me With Your Love" - Columbia
8-12 NEW KIDS ON THE BLOCK Hangin' Tough - Columbia+ (Maice Stern)	8. ZIGGY MARLEY AND THE MELODY MAKERS One Bright Day - Virgin	8. BEASTIE BOYS "Hey Ladies" - Capitol	8. SKID ROW "18 and Life" - Atlantic
9-1 PRINCE Batman - Warner Bros. (Prince)	9. VARIOUS ARTISTS The Bridge: A Tribute to Neil Young - Caroline/No.6	9. SOUL II SOUL "Back to Life" - Virgin	9. RICHARD MARX "Right Here Waiting" - EMI
10-8 GLORIA ESTEFAN Cuts Both Ways - Epic (Emilio Estefan Jr., Jorge Casas and Clay Olsfeld)	10. STONE ROSES Stone Roses - Silvertone/RCA	10. LOVE AND ROCKETS "So Alive" - Beggars Banquet/RCA	10. PAULA ABDUL "Cold Hearted" - Virgin