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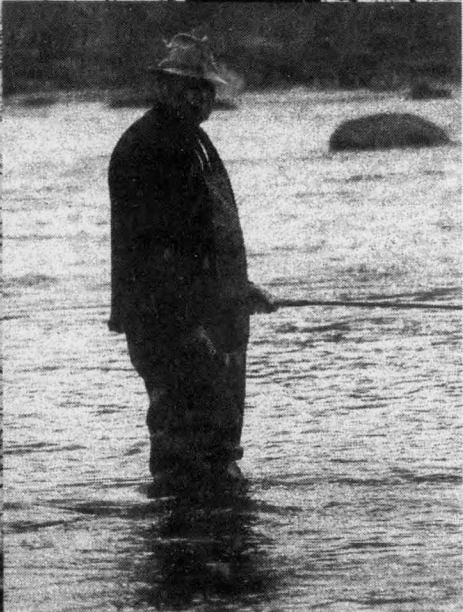
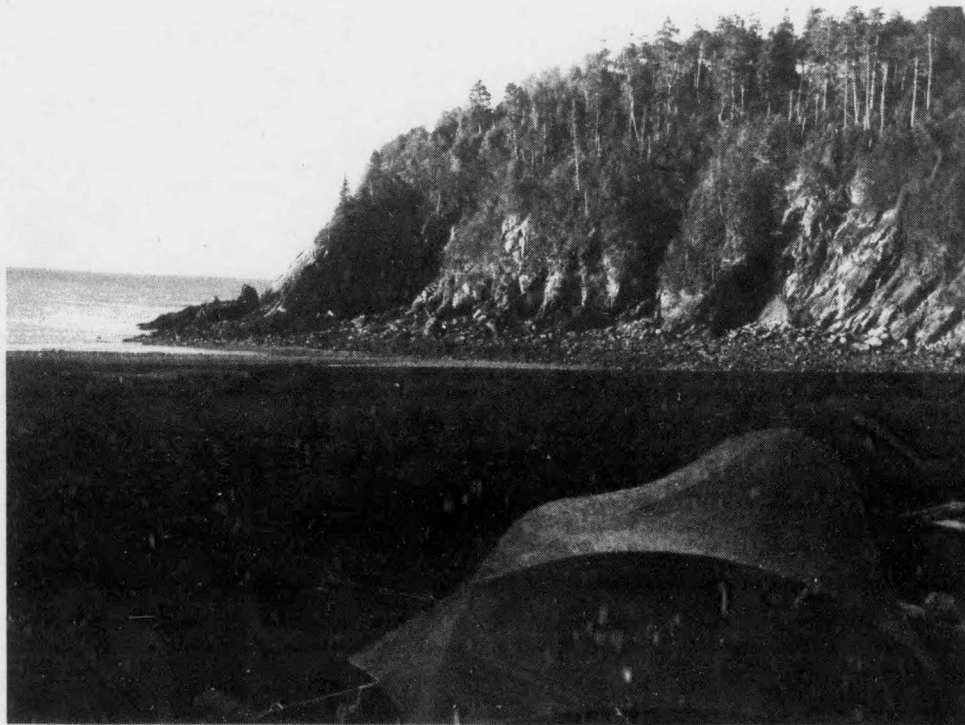
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STEPPING OUT

WITH MARK ROBICHAUD

"Gonna put a hole in my T.V. set. I don't wanna grow up." - Tom Waits



Sorry about the short article this week, but I've been busy. I misplaced my sense of humour and I had to spend some time tracking it down. Yep. Strange week. *Stepping Out* is going to be stepping down to a bi-weekly. I'm afraid that I haven't been stepping into library nearly as often as I should.



FIESTA Italia

Starters

| | |
|-------------------------------------|--------|
| Garlic Bread | \$3.25 |
| Garlic Bread with cheese | \$3.95 |
| BRUSCHETTA | \$4.95 |
| Pastry Wrapped Cheddar Sticks | \$4.95 |
| Deep Fried Ravioli | \$4.95 |
| Pizza Fingers | \$5.95 |
| Personal Pizza (cheese & pepperoni) | \$5.95 |
| Shrimp Delight | \$6.95 |

Salads

| | |
|---------------|--------|
| Garden Salad | \$3.95 |
| Caesar Salad | \$5.45 |
| Shrimp Caesar | \$6.95 |

Sandwiches

| | |
|--------------------------|--------|
| VEAL OR CHICKEN PARMESAN | \$7.25 |
| VEAL OR CHICKEN MILANESE | \$7.25 |

Pasta's / Dinners

| | Lunch | Dinner |
|-------------------------------------|--------|---------|
| RAVOLI WITH MEAT SAUCE | \$6.95 | \$9.45 |
| VEGETABLE STUFFED TORTELLINI | \$6.95 | \$9.45 |
| CHICKEN STUFFED TORTELLINI | \$6.95 | \$9.45 |
| LASAGNA (MEAT) | \$6.95 | \$9.45 |
| PENNE WITH BROILED CHICKEN | \$6.75 | \$8.95 |
| CHICKEN OR SHRIMP FETUCCINE ALFREDO | \$6.95 | \$9.45 |
| SPAGHETTI | \$6.75 | \$8.95 |
| add meatballs | \$1.25 | \$2.00 |
| CHICKEN STIR FRY | | \$10.45 |
| STUFFED PASTA ROLLS | | \$9.45 |
| CHICKEN OR VEAL PARMESAN | | \$10.45 |

458-5636

KINGS PLACE

Sleeping Bags:

Some of you kind folks may be planning on doing some winter camping this year. And to go along with the trip you may be thinking of acquiring some sort of sleeping apparatus - commonly known as a sleeping bag.

A quality sleeping bag and a yummy croissant should share some characteristics: light, fluffy, the ability to squish down really small and several flavours.

Sleeping bags come in two flavours - I'm not sure about croissants. Down and synthetic pile. Down comes from geese. Synthetics? Who really knows? An off-shoot of NASA test products is entirely possible. The critical component of a good sleeping bag is loft - this is what keeps you warm. The interior material combined with the loft creates a cocoon of warm air between you and the elements.

Down bags are expensive but definitely the good. The bonuses are an incredible crunch down factor, light as a feather and warm. The draw backs are the huge price and when the bag is wet you may as

well be curling up under a piece of tissue paper. But most of us use a tent when hiking, so the wet factor isn't that big of a deal.

Synthetics like Litemoft, Polarguard, etc. are cheaper and will maintain some resemblance of heat when wet. These are the good points. The negative side of synthetic fill are: poor loft quality, short life span (300hrs), and weight.

The long and short of a sleeping bag is you would benefit enormously by spending the extra cash on a down bag - you'll get more warmth for your weight. I've had two down bags and loved them both. I now have a synthetic bag made by Woods and I hate it. It has single stitching, cheap-ass zippers and I was lied to by the company. They claimed this particular bag to have a rating of minus twelve degrees. I've used it in freezing temperatures and I had to wear a down coat to make up for the lousy quality.

Remember: neck-ties cut the circulation off to your brain.

