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Fuel your spirit, nurture your intellect
 There above the horizons, above the sea and clouds
 Seek and you shall find the answers to your self-doubt

Or how about this segment from Change:

So let's swing, and come with the thing, that'll bring
 Enlightenment, so your mind will cling
 To the thought, of self-taught Knowledge and awareness

Hopefully leading to a universal oneness

If ever I need to pick my spirits up (remember the job thing), all I have to do is play the song "Rise Like the Sun."

So, have I switched to rap? Is rap the Stove Top stuffing to forever replace my dull, mashed potatoes,

album collection? I don't think you'll see me pulling out my gold chains and Addidas in the near future (unless, of course, it's part of a new job uniform). But I do think I'm sold on these guys, and I'll probably buy their next cassette, thereby doubling my rap collection.

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the aid of Scott Stevens and former Red Army teammate, Viacheslav Fetisov. The Devils have an excellent goaltending duo in Chris Terreri and Sean Burke, though Burke is dissatisfied with his new-found backup role, and has yet to report to the team.



PHILADELPHIA FLYERS: Offense will be a problem area for the Flyers again this year as their leading scorer last year was Rick Tocchet with 40 goals and 71 points. Rod Brind'Amour, who came over from the Blues, and sophomore Mike Ricci will need to provide some much needed scoring punch with Ron Sutter, Scott Melanby and Tim Kerr all gone. Goalie Ron Hextall has had great seasons in the past, when not injured, but is a live wire and at any moment could do something stupid and be given yet another suspension. Among defensemen, only Kjell Samuelson had a plus record last season, and second-year hopeful Murray Baron is now gone to St. Louis. All in all, not a very positive outlook for the Flyers.



NEW YORK ISLANDERS: Again this year, Pat LaFontaine will be burdened with the bulk of offensive duties. If his contractual woes are finally laid to rest, he could be comfortable enough to improve on the 85 points he posted last season. Wingers Davis Volek and Randy Wood could develop into good setup men and should each be aiming for 30 goal seasons. The Isles lost backup goalie Jeff Hackett to San Jose, but Mark Fitzpatrick could fill the role substantially. Glenn Healy had a respectable 3.32 GAA last year and will probably be the work-horse again this year. Defenseman Joe Reekie was one of only two players on the team with a plus rating. He also had 19 points in 66 game and could be a key factor in any success the club may have.

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adjust their stance accordingly. If they do not bend within the spectrum then they may stand to lose a considerable number of votes to the Reform Party.

The change in political environment does not involve the traditional issues of contention: the Reform Party, argues McNally, has introduced racist policies to the political agenda of the 1990s. The Reform Party is "soft-pedaling" their bigoted agenda, he said, and few are questioning the meaning of their policies.

For this reason, the Coalition Against the Reform Party, a national organisation, is addressing the party on its racist reforms and is forcing the party to enunciate its beliefs in cold truth.

The coalition is using the strategy "Expose and oppose" the Reform Party. McNally said the coalition's effect on media coverage of the Reform Party has already been witnessed.

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