

Emma's Bar and Grill

by Emma Sadgrove

While I was trying to decide what to write in this weeks column, one of my friends called to tell me that he had just had his heart ripped out and put through the Moulinex food processor. I recommended cookies to assuage the pain. Eat the entire bag without thinking about the calories.

We often turn to food in times of stress. And why not? When your heart is broken you should pamper yourself and food is a great place to start.

What could be better than the old standby, chocolate? Whether it is the large bag of peanut M & M's or my favorite, Swiss chocolate, as the saying goes, chocolate solves everything.

Who has not consumed large handfuls of chocolate chip cookies? Or how about a whole bag of those Duncan Hines cookies, any flavor? Don't forget chocolate cake, chocolate cream pie and chocolate doughnuts.

I checked with a few other people and it seems that I am not the only person who likes frozen Mars bars. Is there any other way to eat them?

If you want more than just your average chocolate bar then head to your nearest Laura Secord or some other shop that sells chocolates. The selection there should cure even hearts with multiple fractures. And speaking of Laura Secord, they also sell that other cure all, ice cream. Their creamy milkshakes and good selection of ice cream is not to be missed if this is your form of consolation.

Dairy Queen provides some delectable dishes made with ice cream and other heart pleasing ingredients. On campus, Charlies in

SUB has a good selection with staff who are most amenable to people seeking something decadent and fattening.

Just watching the preparation of these delights will make you feel better. On the other hand, you could head into the kitchen to create your own — an excellent form of therapy. Gather together whatever your imagination suggests. Remember the rule of when in doubt, throw it in anyway.

If you prefer things a little simpler just sit down and eat your ice cream right out of the container. Especially if it is a large container, there is something comforting about eating directly from the container.

If you do not have a sweet tooth then a few of my friends had some suggestions. One recommends tortilla chips and hot taco dip. After a tin of this dip you'll be in too much pain to be bothered by anything else.

Greg, who has been eating peanut butter sandwiches throughout his school life, had this suggestion. Take a loaf of bread, a jar of peanut butter and as many jars of jam as you can rustle up. The peanut butter and jelly challenge will also keep your mind occupied. See which jelly goes best with peanut butter. Create interesting combinations. Squash some in the face of the person who made you feel lousy in the first place.

There is also a lot to be said about your basic bag of chips and bottle of pop. Have it in front of the TV. Take it into the bath tub. How about the hot tub?

Another friend came up with this terrific recipe for an espresso shake which he says has never failed him. We agree that it should be consumed while watching a sad movie. Crying for somebody else helps to relieve the stress.

Heartbreak Shake

4-5 scoops vanilla ice cream
1 egg
2 cups milk
1-pouch of Sanka mixed with a bit of hot water.

Combine all the ingredients in a blender and process. Sanka is best because when you need this, you don't need caffeine.

As for my friend with the mangled heart, we had a few straight vodkas (why waste money on orange juice, he says) and he recovered nicely. In fact, he fell in love three times last week. I came out the worse with a terrible headache. But that's what friends are for!

I do not recommend drinking oneself

So

Peter Gabriel
Geffen Records

review by Dragos Ruiu

Peter Gabriel's music has some mystical quality that seems impossible to quantify. He used to be a member of Genesis. Most people only remember Phil Collins from this group, but the first big step to the eventual demise of Genesis was Gabriel's leaving to continue his solo career. You might remember "Shock the Monkey" or "Games Without Frontiers" from his previous solo albums.

His latest album *So* continues with the tradition set by his previous albums, ethereal, unpredictable synthesizers with a style that is unmistakably Gabriel.

Gabriel has appeared on several Laurie Anderson records, most notably in the song "Sharkey's Night". An intriguing collaboration by the two of them, "This Is The Picture, excellent birds" originally showed up on a Laurie Anderson record. The same song also appears on this latest Gabriel album.

You can also hear Kate Bush's unmistakable vocals (recent hit "Running Up That Hill") on "Don't Give Up". Careful listeners will hear Stewart Copeland's (Police Drummer) rhythm magic on "Big Time" and "Red

into oblivion, considering that alcohol is a depressant, but a few hours in one of the local watering holes might do a world of good, especially with a rowdy bunch of friends. Go up to RATT and have a pitcher or two, or three . . . , while enjoying the view. Or head over to Dewey's where I hear that the vodka martinis are worth checking out.

After the food and alcohol is consumed, remember that tomorrow is another day. The smile that makes you feel better makes everybody else happy too. If you think about making a few other people feel good every day, then you make a better world for yourself to be part of. So go out there with a smile on your face and a chocolate shake in your hand and you'll have peace in your heart.

So far, So fantastic

Rain", the song that captivated the audience at the Amnesty International Concert.

I defy anyone to call Peter Gabriel's music simple. He combines the percussion of a Linn drum machine, a drum synthesizer that can produce rhythms no human could ever reproduce, with complex vocal and synthesizer melodies to create a tapestry of rich sound. And his songs mean something — they aren't simple repetition of lyrics.

His latest album seems slightly more commercial than his previous ones, but perhaps this is just an illusion caused by the success of "Sledgehammer". If you like any of Gabriel's previous stuff then possession of this album is a *must*.

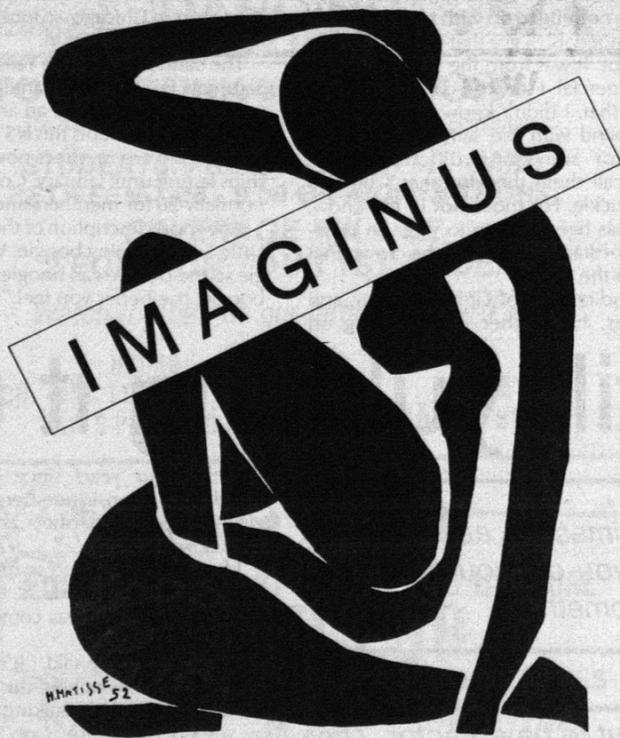
Beware though, do not buy this album and expect it to be entirely like "Sledgehammer". Gabriel combines many different moods on this album. Each song has a different tone.

Emotion ranging from the ebullient and happy "Sledgehammer" and "Big Time" (my personal favorite song) to the slow and introspective songs like "Mercy Street".

The recording quality on this album makes it well worth buying on CD if you can. The Peter Gabriel you hear on the radio is nothing like the one you experience when listening to one of his albums. Try it . . .

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