

Weather: Cloudy but clearing by afternoon. High in the mid-70s with a chance of thunderstorms. Tonight, clearing with a low around 44. Thursday's high near 70.

'New Local Talent' invites variations

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Huskers get the nod in 1986 NFL draft

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Kasperek in his livingroom.

David Creamer/Daily Nebraskan

Tips can help overcome the stress of finals

By Christine Graves
Staff Reporter

They're here . . . almost. Finals. Stress.

It seems, for most students, that finals and stress go hand-in-hand.

During an especially high stress period like finals, students need to learn positive coping skills, said Margaret Eager, psychiatric social worker at the University Health Center.

"People are always looking for some magic answer — there is none," Eager said.

Rather, she said, students need to use common sense, maintain good health and take care of their bodies,

a healthy attitude is the first step to long-range coping, he said.

Several "quick fix band-aids" can be used in emergency situations, Sime said. But people then should seek help in coping with future high-stress situations, he said.

Coping skills include:

- Rejuvenate your system with highly exhaustive exercise. When time allows, go out and run or do something that uses great amounts of energy. Working up a metabolic steam clears your head, Sime said. Often thoughts come more easily when you get away from a stressful situation, he said.
- An action-oriented solution is to get in and do what has to be done, Sime

Ex-student starts 'Peace Pals' Group hopes letter-writing will improve relations

By K. Edward Endacott
Senior Reporter

Former UNL student Doug Kasperek has a straightforward goal: bring peace and understanding to the peoples of the world.

To accomplish his goal, Kasperek has found Peace Pals, a volunteer group that will try to promote peace and understanding between nations through correspondence. The 30-member group will formally begin letter-writing this fall. Fund raising for the Peace Pals is already underway, Kasperek said.

"Peace Pals proposes, on a very large scale, to make communication (between nations) easier and more accessible," he said. "To this end, we want to encourage anything that promotes contact between peoples."

Kasperek, who has been active in community work for most of his life, said Peace Pals — a take-off on Pen Pals — first began as a pipe dream in 1981. Now, he says, his dream is close to reality.

"This is an idea that has been on the back of my mind for a long time," Kasperek said. "I think it's feasible, and it's cute enough to go big. But even if it doesn't go big, it has the potential to do good."

Big sponsors, whom he declined to reveal, have started showing an interest in the group, he said. Peace Pals already has received money from various foundations and will use churches and peace groups to help make contacts with citizens and groups in other communities, he said.

Peace Pals has no political ties

like other groups and is open to people of all ideologies who want to promote peace.

"A few things about the organization that need to be stressed are that we are non-profit, non-political," he said. "We take no religious stance and we are working with a single issue, which is improving relations."

"We don't adhere to a nuclear build-up or build-down. What we intend to be is a peacemaking organization and a fun organization."

The group already has received responses from Canada, the Ivory Coast and India to a mailing it sent out earlier this year.

"We're a simple organization with a simple idea, and that's to increase the amount of knowledge we have about each other around the world," Kasperek said.

Band near fountain causes complaints from employees

By Eric Gregory
Police Reporter

A noise complaint from Administration Building employees Tuesday sent the three-man band called the Lampshades packing — about 20 feet.

Nebraska Union Director Daryl Swanson said he received a complaint about the band at noon.

The caller wanted to know if the Lampshades, who were playing near Teachers College, were a registered event at UNL. But, since the group wasn't using an amplification system, Swanson said the Lamp-

shades didn't have to be registered with the Campus Activities and Programs Office to perform on the plaza.

"I see this as an exercise of free speech," Swanson said.

Nonetheless, the Lampshades, made up of UNL students Dave P. Sullivan, Craig Anton and Jeff Weeks, agreed to move to the plaza, where they played for about another hour.

Swanson said the plaza, over which the union has jurisdiction, is the width of the union building itself and extends from the north wall of the building to Parking Area 16 north of the union.



David Creamer/Daily Nebraskan

"The Lampshades" (from left) Sullivan, Anton, and Weeks, perform before a crowd near Broyhill Fountain Tuesday.