

## Take a finals break — walk, roll in snow, eat

People react to exam week in markedly different ways. I rarely put myself out for exam week. My rationale is: If I haven't learned it already, I'm not going to in a few more hours.

Some people I know cram for the whole week, ending up with no sleep. One girl I know doesn't take her finals. She's not sure why, but she likes to avoid them, and then take whatever grade her professor will give her.

The right balance for a successful exam week includes plenty of sleep, good food, not too much No-Doz or coffee, studying and, yes, entertainment.

Entertainment diverts your worries for awhile and can relax a mind that is screwed up from reading and thinking so hard.



### Chris Welsch

What is final week entertainment? It should be somewhat wholesome, because alcohol destroys brain cells and during this time span brain cells are essential. Diversion shouldn't be too mentally taxing, either. Do something mindless. Here is a list of exam entertainment and stress relief suggestions:

**1. Watch music television.** MTV is a favorite of mindless activity the year round, and around the clock. Watch music performed to writhing bodies and breaking glass. This may stimulate your libido, and it will satisfy any violent tendencies you might have. Watch for about a half hour at the most — any less and you won't be truly bored with it; any more and your mind will be a bit mushy; hence not conducive to studies.

**2. Take a walk.** People used to do this all the time. Ronald Reagan recommends outdoor activity in his PARADE article on fitness and on his new aerobic chopping video and album. The crisp clean air will invigorate you, and if you've been watching MTV, walking in the Nebraska winter is almost as good as an icy shower.

**3. Read something you don't have to read.** For some reason, it's fun to read Dante's "Inferno" when no one is making you. Even a Harlequin Romance can provide that needed break from reading matter that matters.

**4. Stick your head in a bucket of ice water.** I've never done this, but I'm sure it's entertaining. It can't hurt.

**5. Eat.** Oh, dear readers, it's a wonder what a carton of yogurt will do for a limp studying constitution. Or toast and cheese. I cannot begin to tell you what hot, buttered toast can do to lift those down-trodden souls in studyland.

If you are studying in Love Library, you can combine suggestion 2 with 5, step over to Stutter's Place, 1008 P St. and gorge yourself. The little shoebox building that houses Stutter's has held some truly classic Lincoln restaurants.

Chauncey's Ribs was as good as Loyce and Charlie's is. Melt in the mouth ribs — my! Then there was the Buffalo Deli. Buffalo meat is better than beef — both in taste and consistency. It's a shame it never caught on in Lincoln.

Stutter's Place has a better shot at success than either Chauncey's or the Buffalo Deli did. Stutter's hasn't put all his chips on one table, so to speak. His small restaurant doesn't specialize. They say specialization killed the dinosaurs. Noted philosopher Buckminster Fuller said specialization would be the end of the human race — we eventually will lose our great adaptability.

Stutter's won't. It has runzas, baked ham, donuts in the morning, barbeque beef sandwiches all the time, hoagies — for a small place one could hardly desire more variety.

**6. Take a nap.** I could have interviewed someone to tell you this. Don't cram all night. It only strains that gray matter; you probably won't remember that much if you haven't slept at all anyway. Besides, dreams can be better than TV.

**7. Spoil yourself.** The American Cancer Society recommends this as a way to help quit smoking. It can be applied to almost anything stressful. Take a hot bath, eat a bowl of ice cream, go outside and kiss somebody.

**8. Take off your clothes and roll in the snow.** Finnish people do this after a sauna. Like sticking your head in a bucket of ice water, this activity cannot help but be invigorating. If you have a sauna, use it before you roll in the snow.

**9. Stretch.** Stretching your muscles will make you feel better. Touch your toes, twist your back, jump and shout. The blood will begin to flow.

**10. Write a letter to one of your heroes.** Like reading things you don't have to, writing things you don't have to is therapeutic. Sometimes I just sit down and write a letter to the Pope. Even though I'm not Catholic or religious, the pope is a nice guy. In fact, I tried to call John Paul at the Vatican for some comment about what he did to entertain himself during finals week back at the seminary. I'm sure he wasn't one of those all-night crammers — or a pontiff who would blow off his tests. Unfortunately, he wasn't available for comment. Darn.

**11. Above all, don't worry.** In the words of Doris Day, who also was unavailable for comment, Que sera, sera.

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