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'Quietplaces' offer refuge

By W. Andrew Robinson
Staff Reporter

In the course of student stress events, certain measures must be taken to keep your sanity intact. Speaking as one of the masochistically damned students who habitually takes too many credit hours each semester — twenty glorious ones this privileged term — I find that I need, every now and again, a place to retire or retreat from the daily hell that is school. I call these refuges "quietplaces" and I'll share a few if you promise not to make too much noise or tell my creditors.

1) The Coffee House: This lucky joint has been lovingly called my "Second Home" by my roommate. Having the only coffee worth drink-

ing in the greater downtown area, the Coffee House is perfect for light, relaxing conversation and the holistic healing of harried nerves. If coffee isn't your strong suit, Italian sodas, mineral water, fascinating employees and interesting artwork are all included within the walls on P St. between 13th and 14th streets.

2) Sheldon Sculpture Gardens: The perfect place if you're into public meditation and great, natural surroundings. This one is for the "back-to-nature-with-modern-art-thrown-in-for-fun" crowd but is a great place to catch a few blissful minutes before that killer accounting class or the Chemistry 109 lab you've been dreading.

3) The Long Night Drive: This is

good only if you have a car or can steal/borrow one. However, Highway 2 is great for frazzled nerves at about 1 a.m. Coupled with a decent stereo and Pink Floyd or Mozart (depending...), this option is very attractive in an emergency.

5) Hazel-Abel Park: This little gem is one of the unknown wonders of Lincoln. Secreted away among attractively older houses on... Well, you'll have to read the rest of 'Diversions' to learn sage wisdom about this one.

6) Manter Hall First Floor: This is a small but wonderful garden-like rest-stop for all those biology students. Inside, and therefore climate controlled for the winter blues, those of us who begin to hate buildings with a passion but hate freezing even more along about February can enjoy the tinkle of water and the darting of fish and frogs here, recovering from the various and sundry attacks suffered daily.

Mostly, these few offerings are obvious to the really stressed student and each of you can easily invent your own "quietplace" by simply finding somewhere to be safely alone and enjoy the empty solitude of your own mind — this is easier for some than it is for most — and dealing with school's nastier side effects. Taking the time for "mental maintenance" is probably a good idea, even for those credit-crunch veterans out there, and can significantly lessen the possibility of illness and bad grades. Be good to yourself — if not for yourself, do it for the GPA in your life.



Butch Ireland/Diversions

Wandering provides adventure

By Trevor McArthur
Staff Reporter

Wandertag is a German word that literary means "hiking day," or translated into the English, "field trip." When stress starts beating down like a disastrous hail, Wandertag is the cure.

Starting close to home, the University of Nebraska-Lincoln's city campus becomes a park in itself. Wide expanses of green separate the buildings of higher education, which are the cause of much stress. Much of the scenery gets lost while running from class to class, and becomes harder to appreciate as the temperature drops. The short grass is used as a refuge for various species of students, loungers and sleepers every bearable day of the year.

East Campus also provides a park-like atmosphere for squirrels, bunnies, birds and people.

Some campus buildings offer an escape from stress as well. In the foyer of the Manter Hall Life Sciences, a small pond serving as a home to fish and surrounded by foliage denies the cement and glass which surrounds and creates it. The Sheldon Art Gallery provides a good atmosphere for wandering and browsing, as do the other art class buildings nearby. Richards Hall is, in addition to the art galleries it contains, an art statement in itself; every corner has some personality to it.

For those with more urban interests, downtown proper offers a small canyon of alleys to run through and a maze of stores and malls in which to shop your cares away. The climate and mood controlled comfort of the consumer society or the rough brick rears of the buildings can provide hours of browsing, depending on what one is searching for.

Lincoln's dedication to its park system also helps reduce the stress level of the city. Especially good for wandering

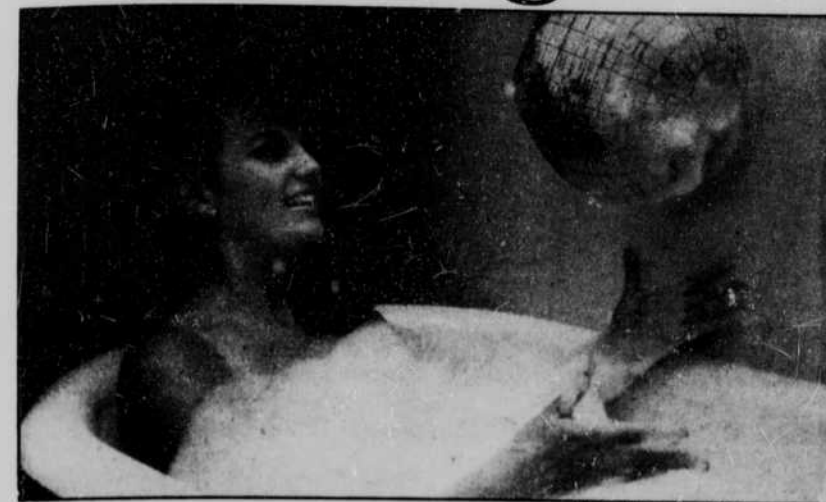
are the several large parks like Holmes Park at 70th and Normal with its lake or Antelope Park beginning on 27th and A streets and stretching well past South street.

Also providing sanctuary, though less isolation, are smaller parks like Hazel Able at 18th and E streets or Foundation Gardens at 14th and N streets, as well as innumerable street corner mini-parks.

Even if you do not go into a park,

much of the city has not moved far out of its suburban, even semi-rural roots. Several old subdivisions, now well inside town, have expansive lawns without the interruption of sidewalks. In other sections notice the ancient walks with "Reimers-Kaufman artificial stone" impressed into the cement when it was long-ago poured, as well as the scattered remnants of the town's original sandstone curbs. Everywhere the old trees hang over the roads. The early

Save a bath by taking one



Butch Ireland/Diversions

Susie Wahl bathing in bubbles

By Chris Allerheiligen
Staff Reporter

Imagine this: Rambo running in the hot desert, sand and grit tattooing his muscular body. He bumps into a pack of revenge-seeking mobsters who are angry because "Gilligan's Island" has been taken off the air. He mows them down mercilessly with his Acme "Port-A-Massacre." Blood splatters everywhere. Rambo throws his hands in the air crying out "Calgon! Take me away!"

Yes, the relaxing bath. The perfect cure for those aching muscles, tired back and sore feet. What better way to

relieve tension than a nice warm bath with bubbles up to your bazookas? I, myself, look forward to when I get the time to take a bath and often bring along a pair of egg beaters so to have a jacuzzi. But a word to the wise, do not use an electric mixer in the bathtub. Water and electricity together made my hair the way it is today.

However, I must admit that every time I take a bath I am a bit wary. Since I have watched way too many late night movies I never pull the drain plug while I'm in the tub in fear of either being sucked down the tubes or having Jaws join me. As I sit semi-submerged in the water I remember all those horrors in which some unsuspecting bather is murdered with either Tupperware, a pitchfork, or Barry Manilow played full blast. Or the unsuspecting victim is attacked by some sea creature, sexually deranged lunatic or television evangelist.

When taking a bath, one must have the proper accessories. Ernie, from "Sesame Street" would never be without his rubber ducky. Others have battleships and submarines. As a child I had a submarine from Captain Crunch that I played with, but now, as a mature adult, I often bring my life-size Mel Gibson blow-up doll in the tub.

This reporter attempted to investigate if other students found taking a bath to a way in order to relieve stress. When asked, a rather large, husky looking fellow with a fake chest hair toupee replied, "Real men don't take baths."

I then asked another slick looking fellow if he took baths. He replied something to the effect that he didn't usually but if I would take on with him, he might consider the option. Giving up on men, I then asked a female if she took baths as a way of relieving tension. She replied that she did indeed like to take baths. She then confided to me, with a giggle, "I even take them naked sometimes."

Unfortunately, the dorms do not accommodate bathers very well. Some students think of ingenious ways to indulge in a soul-refreshing bath. I heard of one person who saved a bunch of red game cups, filled them with water and dipped her various body parts in the glasses all at once. Unfortunately she required medical assistance getting out of a few of the cups.

A fellow figured out the secret to "Atom Man," and by saying the magic words he could reduce himself like the super hero and take a dip in his shaving cup with his toothbrush as a spring board.

Now that we have the convenience of taking showers, baths are often ignored. So save a bath by taking a bath, and ask a friend to join you. You'll be glad you did.



Brent Schott/Diversions

Bikin'

A bicyclist rides into the tunnel beneath 27th St. and Capitol Blvd

Elective: Comedy 401

This elective is held every Thursday Friday and Saturday evening at Noodles Comedy Shoppe. In this class students will learn to tell "You had to be there..." stories so that everyone will laugh. Students can also expect to cover subjects such as handling hecklers, taking advantage of the situation, on the spot "one liners" and improvisations. Class held every Thursday 8:30 P.M., Friday and Saturday at 9:00 P.M.

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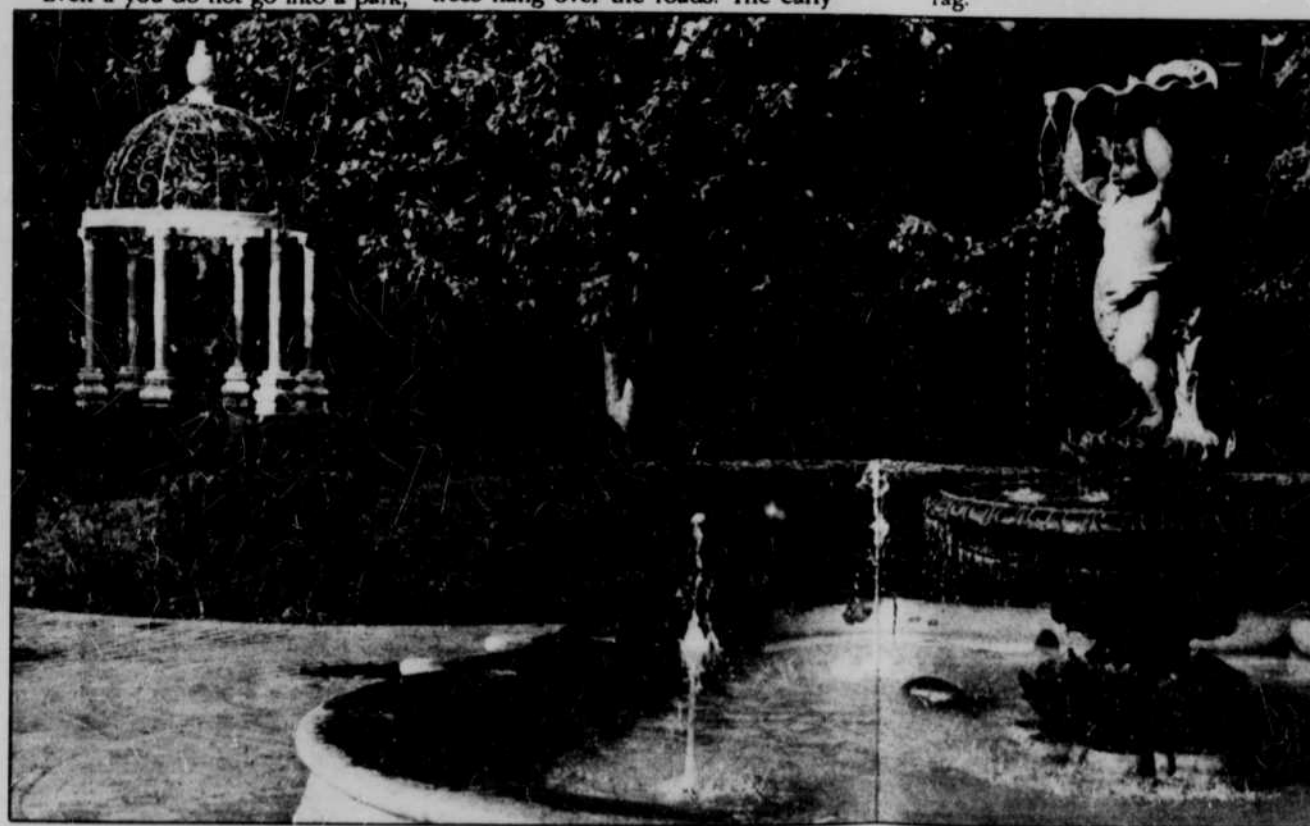
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