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University of Nebraska-Lincoln

MONDAY



32/30
Today, 60 percent chance of light snow. Tuesday calls for a 20 percent chance of snow. Rest of the week, clear and cool.



Finals week stress avoidable, graduate assistant says

By Kristine Long
Staff Reporter

Finals week — and the stress that accompanies it — is here.

Some University of Nebraska-Lincoln students are handling stress by drinking five cans of Mountain Dew a day and cramming a semester of lectures and reading assignments into a one-night studying marathon.

But Tom Meyers, a graduate assistant at UNL's Academic Success Center, said such a method of coping with stress wouldn't work for most students.

Students should study for short periods of time, Meyers said, rather than cramming for many hours. Studying one subject for more than three hours without a substantial break, he said,

will muddle the mind.

Meyers said students should take 10-minute breaks each hour.

Another beneficial technique is studying in groups, Meyers said. Working in groups can help students realize where they need to concentrate their studying, he said.

In a group study session, he said, students should predict test questions and justify their answers.

When it comes to preparing for final exams, Meyers said, it is important for students to look at the big picture.

Knowing a course's main focus helps students understand how small details relate to the class objective, he said.

Most importantly, Meyers said, students

should tailor their studying to the type of test they will have to take.

For an essay test, he said, students should think of possible questions and write out answers or outlines of answers.

If the test comprises mathematical problems, he said, students should work the problems and not just watch the instructor do them.

Students who use active studying strategies such as reorganizing notes, working problems and writing essays always outperform students who use passive strategies such as simply reading the text, he said.

Meyers said that being well prepared was the best way to relieve anxiety and stress during finals week.

Luis Diaz-Perdomo, a psychologist at the

University Health Center, agreed, and gave the following stress-relief tips:

- Practice deep-breathing exercises.
- Think about a relaxing place or scene.
- Exercise.
- Avoid caffeine, alcohol or any drugs.
- Eat well-balanced meals, but don't overindulge.

● Get plenty of rest.

Diaz-Perdomo said a student's perception of the test often created test anxiety.

While a little anxiety can help students perform well on exams, he said, too much anxiety can destroy their ability to think rationally.

"Don't put \$100 of stress energy into a 10-cent problem," he said.

County attorney to file charges in Harms case

By Chuck Green
Senior Reporter

Charges will be filed today against two suspects allegedly involved in the abduction and death of a UNL student, Lancaster County Attorney Gary Lacey said Sunday.

Lacey said he already had decided what charges he would file against Scott Barney, 24, of 967 N. 56th St., and Roger Bjorklund, 30, of 610 S. 52nd St., in connection with the disappearance and death of Candice Harms, whose body was found Dec. 6 in a cornfield southeast of Lincoln.

But Lacey declined to reveal what the charges would be, saying that he would release the charges to the public this morning.

The two men, who remain in Lancaster County Jail on charges stemming from two armed robberies in Lincoln, will be arraigned today at 4 p.m. in Lancaster County Court, Lacey said.

Harms, a freshman at the University of Nebraska-Lincoln, had been missing since Sept. 22, when she left her boyfriend's apartment shortly before midnight and never made it home.

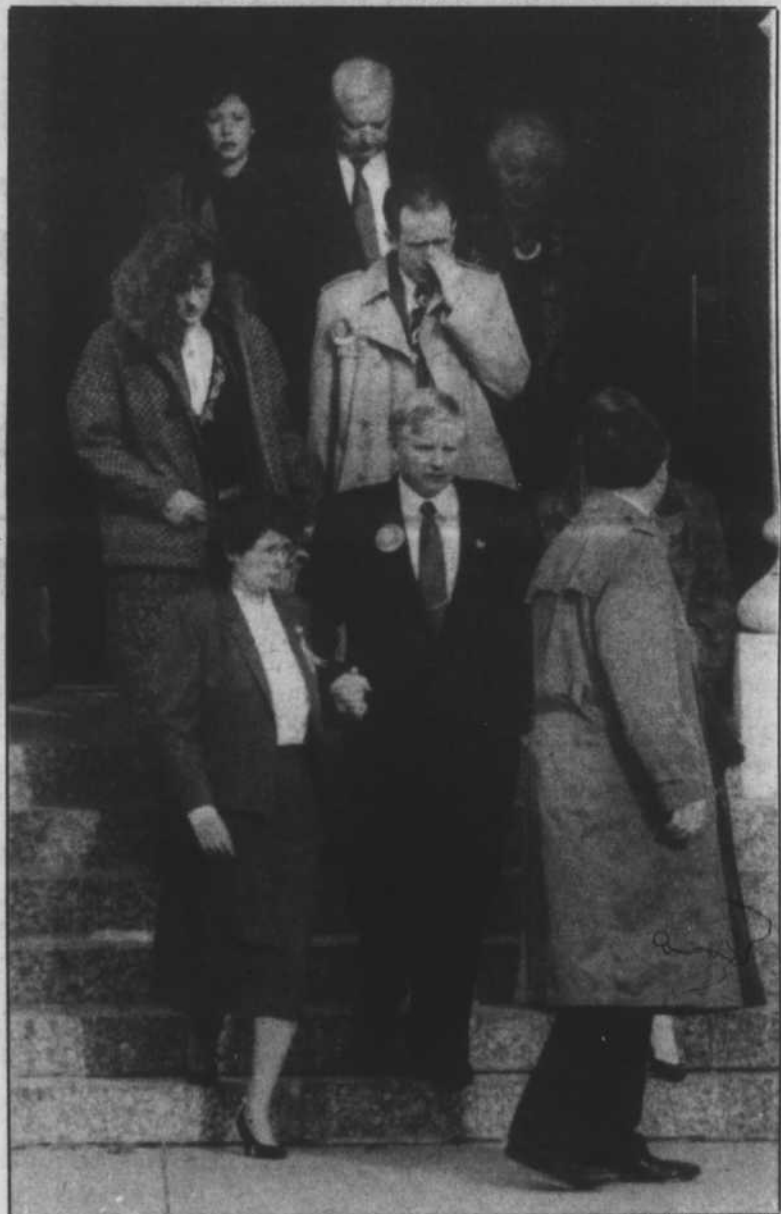
Her body was discovered Dec. 6 after Barney admitted to his attorney that he was involved with Bjorklund in the alleged abduction, sexual assault and murder of Harms the night of her disappearance.

An autopsy last Monday revealed the cause of Harms' death to be four gunshot wounds to the head.

Barney and Bjorklund remain in custody at the Lancaster County Jail on charges stemming from two armed robberies in Lincoln, and are being

See CHARGES on 6

Hundreds attend Harms funeral



Pat (front left) and Stan Harms leave St. Mary's Catholic Church Saturday after the funeral of their daughter, Candice Harms. Behind Stan Harms is Candi Harms' boyfriend, Todd Sears.

Staci McKee/DN

Family thanks community for prayers, help

By Jeff Zeleny
Senior Reporter

After 12 weeks of fear and uncertainty, family and friends of Candice "Candi" Harms said their final goodbyes Saturday.

More than 700 family members, friends and former classmates wearing buttons with a picture of Candice Harms filled St. Mary's Catholic Church to pay their last respects during an emotional funeral Mass.

The Rev. Paul Witt, one of Candice Harms' grade school teachers, celebrated the Mass and assured the congregation that she died with the Lord.

"No matter how we may die, the important thing is that we have a happy death," he said. "A happy death is dying in relationship with the Lord, because she lived her faith daily."

On behalf of her parents, Stan and Pat Harms, Witt thanked the community for their support and help in the search. He urged people to pray for Candice Harms, but not to speculate about her death.

"I say this because hearsay can develop in a community," Witt said. "One thing we really want to do is to see that we don't fall prey to this hearsay, innuendo and a lot of loose talking."

"Let the Lord and the authorities put together what they need and see to it that things are done right, that Candice has her day in court, and that her family is not caused any

more grief."

Candice Harms, an 18-year-old University of Nebraska-Lincoln freshman, disappeared Sept. 22 after leaving the apartment of Todd Sears, her boyfriend. Her body was discovered Dec. 6 buried in a snow-covered grave southeast of Lincoln, after Scott Barney, a robbery suspect, told his attorney about his involvement in the Harms case.

Barney, 24, and Roger Bjorklund, 30, are expected to be charged for the murder today.

No one knows why Candice Harms was slain, but Witt said she was found because of prayers offered at a Sept. 24 Mass at Pius X High School.

"This was a situation that touched all of us in mystery," he said. "We could not figure it out, there was no trace, no clue as to what was going on, and someone had a change of heart — the prayer had been answered."

"I don't know if the change of heart was just to save one's own skin, or if it was repentance."

During the sermon, Witt told Candice Harms' older sister, Becky, of an assignment for her to follow.

"Now that you are on your own as far as not having Candice as a sister beside you, take under your wing people who have lost brothers and sisters because you know the feeling. Provide for them, care for them and when they seem to have their balance again, you can move on; they'll be all right."

Candice Harms was born May 29, 1974, in Ft. Wainwright, Alaska. She attended St. Mary's Grade School and graduated from Pius X High School last May.

A memorial service, sponsored

See HARMS on 6

Regents pass prayer resolution, discuss bowl budget

Members vote unanimously for invocation, benediction

By Andy Raun
Staff Reporter

The NU Board of Regents voted unanimously Saturday to ask the University of Nebraska-Lincoln and the University of Nebraska at Kearney to return prayer to their commencement exercises.

The regents passed a resolution making the request after Richard Wood, university vice president and general counsel, told them it was legal for the board to do so.

But Wood warned the regents that any action stronger than the resolution of request they passed might not bear scrutiny.

"I would have a great deal of concern about the legality" of overruling decisions made by

duly empowered campus committees about commencement, Wood said.

Each NU campus has procedures for making decisions about commencement. The UNL Commencement Committee voted Dec. 3 to eliminate the invocation and benediction from its winter commencement. The UNK Administrative Council eliminated the prayers from its summer commencement and had planned none for winter commencement.

UNL Student Regent Andrew Sigerson, who introduced the resolution, said its intent was not to overrule anyone and neither he nor the other sponsors had expected that it would.

Sigerson was joined in sponsoring the resolution by Regent Rosemary Skrupa of Omaha and Student Regents Kevin McCully of UNK, Mike Farquhar of the University of Nebraska at Omaha, and Natalie Olson of the NU Medical Center.

Sigerson and McCully said they had received strong support from students, parents,

See PRAYER on 6

Student regents to attend Orange Bowl, Spanier says

By Andy Raun
Staff Reporter

All four NU student regents will be able to attend the 1993 Orange Bowl in Miami if they so choose, UNL Chancellor Graham Spanier announced in a written report to the NU Board of Regents Saturday.

But the University of Nebraska-Lincoln will not be allowed to spend more than its \$1.1 million expense allocation for the bowl trip, Spanier said.

Controversy erupted in recent days when student regents from NU campuses other than UNL said they

had been informed by Spanier's office that they might not be allowed to make the trip with the Cornhusker football team.

In his report, Spanier said he appreciated NU Football Coach Tom Osborne's help in finding ways to hold down bowl trip expenses.

Last year UNL spent about \$100,000 more for expenses than the \$1 million allowed by the Big Eight Conference. The additional money came out of the university's one-eighth share of the Big Eight's payment from the Orange Bowl, Spanier said.

The university will reduce expenses by having the football team leave for Miami Dec. 25 instead of Dec. 23, by having NU's official delegation leave Dec. 28 instead of Dec. 27, and by having the marching band leave Dec. 29 instead of Dec. 28, Spanier announced.

The size of the athletic department's delegation has been pared, and efforts will be made to cut costs during the trip, Spanier said. Also, the university will no longer provide complimentary rings or watches to administrators outside the athletic department, he said.

Spanier said new UNL Athletic Director Bill Byrne would be asked to find further cuts in bowl spending.

