

# Excuses, Excuses

A Compendium  
of Rationalizations, Alibis, Denials,  
Extenuating Circumstances,  
and Outright Lies

Leigh W. Rutledge

Courtesy of Plume books

## Lame excuses

*New book of alibis lacks entertainment*

**"Excuses, Excuses"**  
Leigh W. Rutledge  
Plume

"I sometimes drive this fast just to meet policemen."

This is just one of the many excuses Leigh W. Rutledge intends to amuse his audience with in his book, "Excuses, Excuses: A Compendium

of Rationalizations, Alibis, Denials, Extenuating Circumstances, and Outright Lies."

The book, arranged as a collection of excuses, covers everything from, "I'd really like to but my gerbils are having babies tonight," to "I was framed."

Rutledge admits that not only does he make excuses often, he is also very bad at making them.

The one redeeming quality of the book is the "famous excuse" section. Here he quotes people like Lee Iacocca making excuses about Detroit's resistance to tougher automobile standards in 1974.

Iacocca said, "We've got to pause and ask ourselves: How much clean air do we need?"

Another quote is from President Reagan: "Well, Jim, 'The Sound of Music' was on last night," as an explanation to Chief of Staff Jim Baker for why he hadn't prepared for the Williamsburg economic summit.

Admittedly, this section is amusing. But unless you are extremely bad at making excuses, the book, "Excuses, Excuses," neither helps nor entertains. And there's just no good excuse for that.

— Heather Sinor

# Brain Machine soothes

## FUN THINGS

**TO MAKE AND DO**

By Laura Ray  
Staff Reporter

"The Inner Quest is a bio-feed in system using light and sound to promote relaxation and alternative learning."

—The Inner Quest Story

When I walked into The Way Home bookstore, I had just endured my first six hours at a new job. Every muscle in my body was a huge square knot. The sandalwood smell and New Age music floating around the store didn't help relax me much.

This was a stupid idea. I almost backed out. Then Scot Colbourn, part owner of the store, spotted me. It was too late.

He smiled and explained what I was getting myself into. This "Brain Machine" (the Inner Quest, or IQ3) was supposed to relax me, slowly edge me into a meditative state.

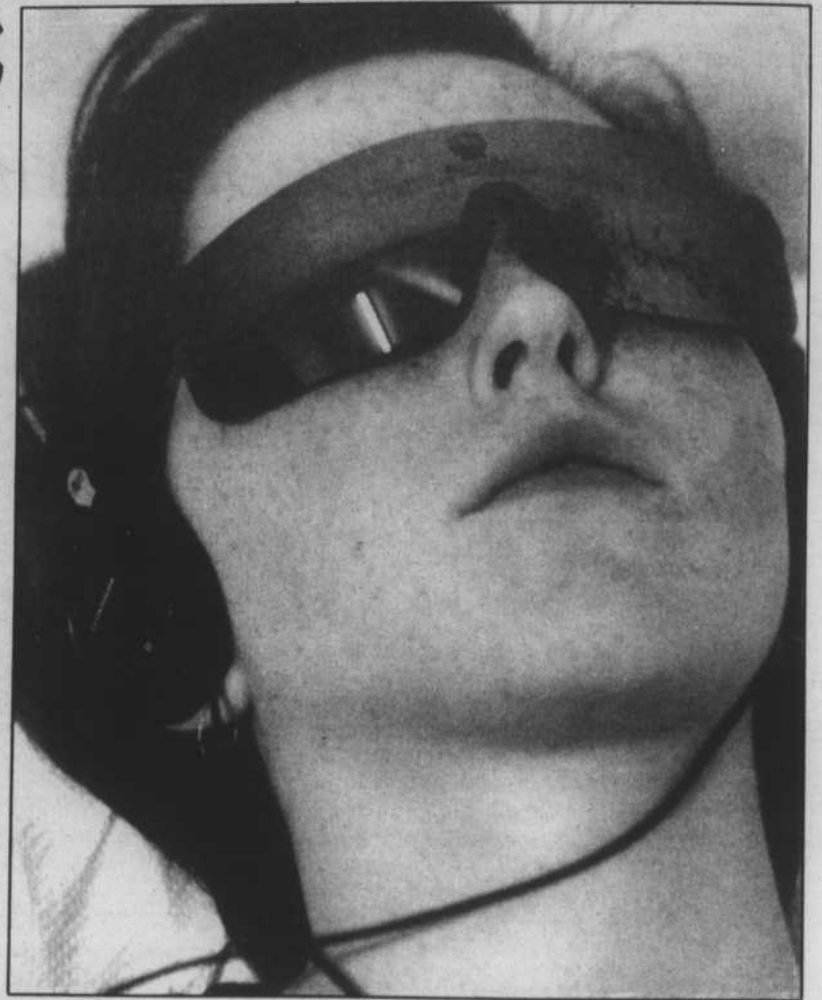
“After a while, I couldn't feel the tips of my fingers.”

He had me sign a waiver form, just to make sure I wasn't eight months pregnant or epileptic.

Then he showed me the light diodes inside the sunglasses that would flash intermittently while I listened to New Age music and a throbbing pulse that went in time to the lights.

A strobe light in my face and chanting in my car, just what I always wanted. But, he said I'd get a cup of tea afterwards, so I said OK.

The literature said theta waves, which the machine is supposed to in-



Robin Trimarchi/DN

Laura Ray relaxes under the influence of the Inner Quiet 3.

duce, help speed learning. Two researchers in Tempe, Ariz. found that the machine helped stressed college students relax and retain more information.

The Yoga Journal chides the machine somewhat: "To one degree or another, they (machines) all promise drive-in, fast food McMeditation — without the sore knees." The Journal goes on to say that the machines are nice, but could never replace meditation.

Scott believes the Journal is right. He said that the machine could be used in addition to prayer or medita-

tion, but there was no replacement for the real thing.

Scott leaned my chair back and pushed the start button. The flashing lights were annoying at first, but I got used to them.

Then my muscles slowly let go. My mind wandered to other things. After a while, I couldn't feel the tips of my fingers. The machine worked.

Whether or not you want to pay \$10 for 15-, 30-, or 45-minute sessions is up to you. But you get a money back guarantee from me. Although it's still no replacement for a long, hot, bubble bath.

## Artist paints singers, gives advice

By Sarah Duey  
Staff Reporter

In a matter of minutes, Denny Dent can create a masterpiece.

With three brushes in each hand, Dent stroked bright orange paint across a black sheet. As Dent diligently worked to reggae music, Bob Marley soon appeared on his sheet.

During Dent's "Two-Fisted Art Attack" at the City Union on Tuesday, he also created vivid paintings of Billy Joel, Albert Einstein and Jimi Hendrix. Dent was sponsored by the University Program Council's Visual Arts Committee.

His energetic message to students stressed being creative and finding what makes one happy in life.

"Wake up and find what you like," he said. "Make it an art."

All people have the right to be

themselves and should take chances to find what gives them passion in their lives, he said.

"It's not what you do," he said, "it's how you do it."

Below: Denny Dent brought his "Two-Fisted Art Attack" to the Nebraska Union Tuesday. In the background, his just-completed portrait of Jimi Hendrix dries under the lights. Right: A portrait of Bob Marley begins to take shape.

Travis Heying/DN



**WANT TO COMMUNICATE BETTER?**

**LEARN ASSERTIVE SKILLS**

"Would you like to communicate your thoughts and feelings more effectively with others? Our group will help you to become more direct and honest while respecting the rights of others. We will meet for 7 weeks, Wednesdays, February 3 - March 17, from 2:30 - 4:30. If interested, contact Sue at Counseling & Psychological Services, 213 University Health Center, 472-7450."

## Sue Tidball Award for Creative Humanity



This Annual award, presented to one, two or three people (students, faculty or staff at UNL), is in recognition of significant contributions to the development of a humane, open educationally creative, just, and caring community on the UNL campus.

Nominations for the award may be submitted by anyone associated with UNL. More information, nomination forms, and guidelines are available at:

- IFC-Panhellenic, NU 332
- Residence Hall front desks
- Most college, school and division offices
- Student Involvement office, NU 200 & ECU 300
- Culture Center, 333 N. 14th St.
- Personnel Office, Admin. 407
- Residence, building, and grounds maintenance offices
- Office of Student Affairs, Admin. 124
- Or phone Larry Doerr at 476-0355

Nominations are due February 15, 1993