

Valentine's tips for all kinds of lovers

By Anne Steyer
Staff Reporter

There are generally two groups of people celebrating Valentine's Day: those in love and those not in love.

Of course, these two groups further specialize: those in love with someone who loves them back; those in love with someone who doesn't love them back; those in love with someone who doesn't even know they exist; and those in love with themselves.

In the group that is not in love: those that want to be in love; those that never want to be in love; those that have loved and have been burned; those that hate themselves.

Or a combination of any of the above categories.

So in the spirit of the season (the pukey, lovey-dovey, I can't get enough of you/I can't get far enough away from you celebration of

Valentine's Day), here are some suggestions for how to spend Feb. 14.

For those in love:

Go to The Tubbery and get sudsy with someone you love. Or want to love.

Watch "The Love Connection" and celebrate how happy you are not to have to look for a date on national television.

Do the traditional dinner and a movie. Try a quiet corner in a darkened restaurant and then head out to see a romantic movie — try "Sommersby."

You can do something unconventional. Go roller-skating — that way you have an excuse to hang onto each other.

Rent some flicks, curl up under an afghan and pop some popcorn. Watch "Beauty and the Beast," "The Thin Man," or "She's Having a Baby."

Relive the nostalgic days of your youth. Take your honey to Holmes

Lake and smooch under the stars.

For those not in love:

Treat yourself to a professional massage. Soothed muscles do a great deal for soothing the heart.

Watch "The Love Connection" and celebrate how happy you are not to have to look for a date on national television.

Rent some flicks, curl up under an afghan, alone, and pop some popcorn. Watch "When Harry Met Sally..." "Singles," or "Heartburn."

Get drunk with your friends and boo all the people that walk by gazing longingly at each other.

Skip Sunday and observe V-Day on Monday instead, by watching "Northern Exposure." Joel and Maggie finally consummate their smoldering chemical attraction.

Go to a friend's "Black Sunday" party. Wear black. Get drunk. Revel in your oneness.

Of course, there is another option: Ignore the whole holiday.



James Mehling/DN

Holiday needs new name

By Anne Steyer
Staff Reporter

I have an aversion to commitment. I think that's why I find Valentine's Day so repulsive.

It's not really the day so much as what it has become: celebration of co-dependency.

Co-dependency is bad.

Overemphasis on any emotion — love included — is bad. And this two-month period dwelling on irrational behavior is definitely over-emphasized, wouldn't you say? You can't enter a store without seeing red hearts and the silhouette of Cupid, pointing his arrow at some

unlucky soul.

He better not try to hit me. It would be a waste of an arrow, because I'm quick as a bunny, so even with his practiced aim, I think he'd miss.

And I don't subscribe to the whole love thing anyway.

I'm bombarded enough on a daily basis by everybody else's love thing.

Actually, I'm not an anti-love person.

I'm a sucker for a sentimental sob story any time of the day or night.

See CUPID on 9

Everything You Always Wanted to Know About Stress... But Were Too Nervous, Tense, Irritable and Moody to Ask.



Learn Self Management Skills to Reduce Stress and Anxiety

GROUP MEETS FOR 5 WEEKS
TUESDAYS, 3:30 - 5:00 P.M.
FEB. 16 - MAR. 16
ROOM F - LOWER LEVEL
UNIVERSITY HEALTH CENTER

Facilitator: Luis Diaz-Perdomo, Psy.D.

For More Information Call:
Luis Diaz-Perdomo at 472-7450
Counseling & Psychological Services
Room 213, University Health Center
UNL is a nondiscriminatory institution.

UNL TAE KWON DO-KARATE CLUB



- Self Defense
- Self Confidence
- Reduce stress and tension
- Get in shape

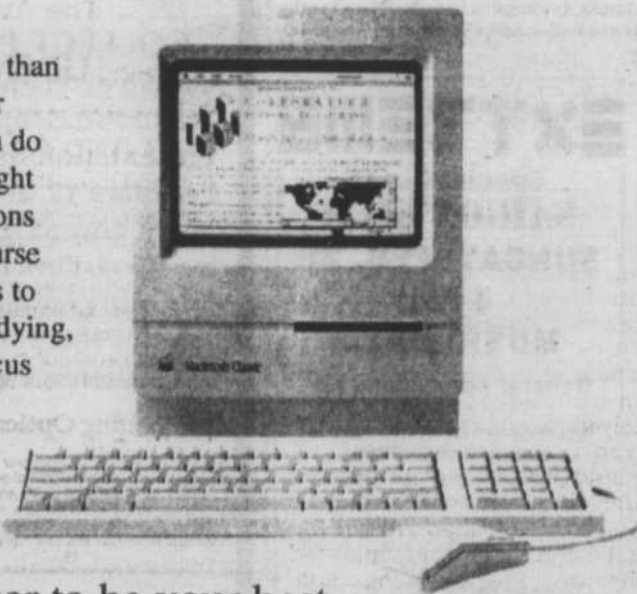
Beginners


Tues. & Thurs.
8:30 - 9:30 p.m.

Contact: Campus Rec. 472-3467 or
Chris 483-6174

With Macintosh, it doesn't need to seem like four years.

More college students buy Macintosh than any other computer because no matter what you do, Macintosh will help you do it better and faster. It's easy to use, right out of the box and powerful applications are available to help you with any course you'll ever take—from African Studies to Zoology. So no matter what your studying, you'll find that Macintosh lets you focus on figuring out college, instead of figuring out your computer.



 Macintosh. The power to be your best.

Feb. 4 13

A sweetheart of a sale at...

Gear **usker**

Red's

Campus Recreation Center

10% to 50% off