

Stadium

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utilize the bottom portions for students.

Joe Selig, the athletic department's ticket manager, said section 12 has been designated as a section for non-traditional students, if they choose.

Faculty and staff members will gain 1,500 additional season tickets because of the new configuration.

Byrne said the additional faculty and staff tickets are generated from the reduction of student tickets from 11,000 to 8,000.

"In the past few years, students have only been using about 7,500 tickets," Byrne said. "So now, since we're using fewer tickets for students, we're able to offer more to the faculty, and even a few more to boosters and alums."

Faculty members receive tickets based on a priority system developed by the athletic department, which considers the number of years a particular employee has purchased tickets.

The price for student tickets at UNL is \$56, which includes seven home games.

Selig said part-time students, whose season-ticket packages cost \$150, will be offered the \$56 rate if there are full-time student tickets remaining.

Byrne said he didn't think the relocation of student seating would have an effect on the noise level at games in Memorial Stadium.

"When we first began discussing this as a possibility, we surveyed 15 to 20 major colleges across the country," Byrne said. "We found out that this is the way most of them allot their student seating — in the corner of the stadium.

"And they've had few problems."



Staci McKee/DN

Lazy Day

Sophomore news-editorial major Simone Liurani, left, and Aaron Benesh, a junior accounting major, enjoy Monday's warm temperatures by relaxing on top of the TKE house.

Experts offer tips for stressed-out students

By Mindy Leiter
Staff Reporter

Healthy habits, realistic goals can help beat finals week stress

It's dead week, when stress can mount as students struggle to complete projects and study for final exams.

Mary Swoboda, a social worker for the University Health Center, said there were strategies students could use to help get themselves through these next two weeks.

Living right during times of increased activity can often help students combat stress, she said.

"You need to eat and sleep right and not drink a lot of caffeine," she said. "If you are not sleeping and not eating, you are only adding to your

stress."

Stressed-out students also should avoid using alcohol and stimulants such as Vivarin, she said.

Swoboda said that students who have to cram for exams could help themselves by setting reasonable goals.

"Set realistic goals for this semester. Try and ask yourself how much you can get done and be realistic about it."

Richard Dienstbier, a University of Nebraska-Lincoln psychology professor and stress researcher, said persistent stress could have unhealthy

consequences as well as act as an impediment to student performance.

"It screws up your system terribly," he said.

Dienstbier said long term stress could affect the immune systems of people. Students who suffer stress can become ill because of their low resistance to disease.

He said that students should schedule their work so things don't pile up at the last minute.

"Try to get caught up so that you are not so far behind," he said. "I know that's easier said than done."

"Study with friends, that really

helps," he said. "If you can look up and take a break and chat with people, that small break is important."

Luis Diaz-Perdomo, a psychological counselor, and Sue Bukacek, a psychologist, held a workshop on test anxiety Monday in the Nebraska Union.

They encouraged students to do deep breathing exercises before an exam, and to put themselves in a test-taking situation as a way to study for an upcoming test.

"Practicing relaxation allows you to diminish anxiety during an exam," he said. "If you can bring the anxiety

down a little, you will have more control."

Bukacek advised students to pull themselves away from their studying routine once in a while to help them feel more refreshed.

Lisa Line, a third-year law student, said she had no hard-and-fast method for dealing with stress.

She said law students are already going through their finals week, a marathon test-taking experience with four-hour exams.

"It seems like a dark tunnel with a little light at the end," she said.

Line said she concentrated on the satisfaction of finally being finished to help her through the stressful times.

Debate restarts over sanctions

Some say plan will be welcomed by Serbia

By Neil Feldman
Staff Reporter

In an attempt to bolster pressure on Bosnian Serbs, the U.N. Security Council imposed tighter sanctions on Serbia Monday, a move that was initially approved following the brutal attacks on the Muslim town of Srebrenica on April 17.

U.N. officials gave the Bosnian Serbs nine days from the date of initiation to sign the peace plan brokered by mediators Cyrus Vance of the United Nations and Lord David Owen of the European Community.

According to Belgrade officials, the sanctions are intended to put pressure on the Serbian people so they will "capitulate to the 'new world order.'"

There are, though, many analysts who subscribe to the notion that Serbia actually will welcome the new sanctions along with whatever additional enactments proceed.

Sanctions and other measures, these sources claim, strengthen Serbian President Slobodan Milosevic's handle on power by reinforcing his belief that Serbs "are

alone in a world bent over their annihilation," as journalist Jonathan Landay recently put it.

Milos Vasic, editor of a magazine in Belgrade, recently stated in an editorial that "this war will now become a holy war for the unity of the Serbs."

Theoretical perspectives, which range from right-wing conservatives to radically liberal, point in a wide range of directions.

Even members of the Security Council often appear flustered by the conflict.

Terence O'Brien, New Zealand's ambassador to the United Nations, asserted last week that peaceful negotiations were the "only acceptable method to quell this quagmire."

On the other hand, Russia's U.N. ambassador, Yuli Vorontsov, has continually pressed for the Vance/Owen peace plan to carve Bosnia and Herzegovina up into 10 ethnically autonomous republics. This, Vorontsov believes, is the only way to prevent the Serb aggressors from moving forward

and taking over Kosovo, Albania and other Baltic states.

The United Nations' actions so far in the Bosnian conflict — a no-fly zone, peacekeeper protection for the purpose of humanitarian aid and economic sanctions — have not acted as a deterrent and do not appear to be heading in the right direction.

U.N. officials, for example, have been negotiating the Vance/Owen peace plan for more than a month, yet haven't suggested that they are close to enacting even part of the plan.

The reason for this, officials say, stems from the fact that a consensus cannot be reached.

This is true, but another wing of officials and analysts claim that if the United Nations cannot have a legitimate impact on the conflict, they should retreat.

Analysts and diplomats from all wings constantly debate what the United Nations' role in the war should be.

There are very few who say the United Nations has been effective in quelling the Balkan conflict.

By issuing a new set of sanctions, as analyst Paul Goble recently said, "we can now look for renewed debates as a new door slowly opens for Milosevic."

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