

Some simple steps put end to stress

By Brian Jensen
Staff Reporter

Stress may overcome students during finals week as they wipe the dust off their textbooks and imagine their parents' reactions to their grades.

However, stress can be avoided if students simply reschedule their lifestyles, said Mary Swoboda, a psychiatric social worker at the University Health Center.

"I think that avoiding late nights and other preventative kinds of measures will be the most helpful ways to avoid stress," Swoboda said.

Swoboda said students needed between seven to nine hours of sleep.

"Other things like avoiding caffeine and maintaining a good diet

can only help you," Swoboda added. Narrayl Parker, a senior English major, advised students to study alone so they could finish early.

"Never try to study with your significant other because you don't know where the study breaks may lead to," Parker said.

Swoboda said cramming was not a good strategy for finals.

"Putting things off and cramming them the night before isn't recommended because you can't retain the information the next day," Swoboda said.

Brian Wagner, a sophomore general studies major, had one other suggestion for getting through finals week without much stress.

"Last year I got really worried about finals, now I pretty much don't let the pressure get to me," Wagner said.

Prison

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—only reflection, he says.

Dressed in a long-sleeve, tan shirt, a white T-shirt and the standard-issue tan pants, Atwater answers questions in a narrow room across the hall from the master control center. His answers are short and direct.

"There is no easy life here," he says. "Any time you do is hard time."

Atwater was sent to prison in 1974 and paroled six years later. After violating parole in 1982, he returned. Any question about what brought him there is cut short by his unit manager.

The only time his gaze drifts from the reporter is to glance at the official, unsure whether to answer.

Inside the small, white canteen building, inmates are shopping. They come with a list of what they want. Picante soups and cups of noodles are advertised on a barred window — 46 cents.

Meanwhile, many inmates are at work — in the metal shop printing license plates earning \$2 a day. Or in the furniture factory, wood shop or

braille shop.

Atwater begins his day at 2 a.m. He says his prayers, makes out a to-do list. Keeping busy is a way of getting by, he says.

Chow line is at 6 a.m. After breakfast, Atwater returns to his cell to watch the morning news until 7:15, when he reports to his job in the law library—a green-striped metal building, midway across the prison yard.

Starting at 7 a.m. doors run hourly — giving prisoners a 10-minute window to leave or return to their cells.

The remainder of Atwater's day is a mixture of work, free time and chow time—all scheduled, coinciding with doors.

Chow line begins again at 10:30 a.m. Lunch Friday was ham slices, red beans, stewed rice, cole slaw and raisin bread.

The yard is cleared at 3:15 p.m. and inmates return to their cells for lock down. Workers return by 4 p.m. for a head count. Evening chow lines start at 4:30 p.m.

The yard is cleared for the last time at 8:30 p.m., and the prison is locked down for the night. Atwater is asleep by 10:30 p.m.

"There is no easy life here. Any time you do is hard time."

KI-RAKA ATWATER

Prison inmate

A single-room cell in Housing Unit 1 is about 6 feet wide and 15 feet deep. A stainless steel toilet and sink basin sit just behind the door. A narrow, wooden bed frame holds a standard-issue mattress — light-tan, vinyl and stiff. Pillows are the same.

Prison society is a reflection of the outside world, Atwater says. But his view of the outside world is through a fence 50 feet away.

"I had no idea what to expect when I came here," Atwater says.

"I've learned a prisoner can go in with the understanding that he is going to learn or just not participate at all."

At first, he says he didn't change. He tried to make it on his own, he said. Now, he says he has begun to learn.

Job services accessible on superhighway

From Staff Reports

The UNL office of Career Services has placed much of its information on the Internet. Students and staff can view job vacancies, learn about career events and gain job-seeking tips through the service.

Job vacancy lists from the BIG (Business, Industry and Government opportunities) Bulletin, as well as vacancies in higher education, are available.


Targeted vacancy lists for economics, astronomy, health, history and education can be accessed, as well as links to other colleges and universities.

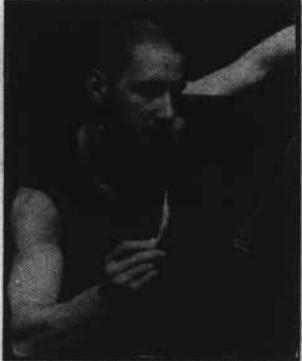
People with university computer accounts can access the information under "NU Frontier," by selecting "5) Campus Services and Organizations," then "2) Services," followed by "2) Career Services."

The service also may be accessed by using the Internet gopher address: "cwis.unl.edu."

Career Services plans to develop a similar site on the World Wide Web this summer.

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