

Jessica  
KENNEDY

# Lighten up

## Don't let everyday strains overshadow life

"Never fear the shadows.  
They simply mean there is a  
shining light nearby."  
—Alexia K. Tsairis

What an inspirational idea! That regardless of moments of "being down" or confusion, there is something bright waiting to pull you through.

Sure, it's hard to look past the obstacles or to even want to be happy. And sometimes it takes more than the knowledge that tomorrow is another day.



Since the odds are against a knight in shining armor whisking you away into the sunset or winning \$16 million in the lottery, look for the light in the little things.

Little things are all around and are frequently overlooked while we hurry through our lives.

Little things like a greeting card from a friend or a call from your mom.

Pick yourself up by looking through a photo album, reading old

"Since the odds are against a knight in shining armor whisking you away into the sunset or winning \$16 million in the lottery, look for the light in the little things."

letters, or playing favorite tapes and CDs.

Do you remember the song "My Favorite Things" from the "Sound of Music"? Julie Andrews sang of girls in white dresses, whiskers on kittens, and brown paper packages tied up with string ... those were a few of her favorite things.

How about a song from elementary school, "Happiness is..." The only parts I can remember is that happiness is two kinds of ice cream and tying your shoe.

These certainly are not fancy pleasures or complex needs. And that's what the little things are all about — enjoying smaller, simpler moments of light, of life.

Stop and think about the little things that make you smile.

For example, I was standing at the sink doing dishes, staring out the window. It had rained the night before and the alley was full of puddles. On this particular day, a male cardinal was in one of the larger puddles taking a bath, just singing away.

It was great — this bird, oblivious to the world around him, brought me days of amusement.

Or how about after the game Saturday: I had forgotten to arrange a place or time to meet my ride, so I high-tailed to where I knew he had parked.

I beat him there, of course, so I hunkered down in the shade to wait. As I sat there, a squirrel came around the corner. I was blown away — the squirrel came within a foot of me,

twice. I tried to offer it my gum, but he wasn't interested.

The little things always pop up when you least expect it and when you need them most.

After telling a professor about the rough afternoon I'd had, he told me a couple of funny stories and then reached out and gave me a big hug!

How he knew that was what I needed, I'll never know. But I did need it and the hug lifted my spirits immensely.

Thanks George!

When things aren't going right or you have a week of waking up on the wrong side of the bed. Take a perspective check.

Stop looking for the big things to cheer you up and don't count on a bouquet of flowers.

Count on yourself. Look around and enjoy what you find. Smile for no reason or any reason. Smile because you're enjoying the leaves falling or children walking home from school.

Look for the picture-perfect moment and find the inspiration.

Look beyond the shadows and see the light.

Kennedy is a senior advertising and broadcasting major and a Daily Nebraskan columnist.

Mark  
ALBRACHT

# Animal attraction

## Discovery Channel offers hours of arousal

Every now and then, despite our deftest attempts to scurry in the other direction, we end up learning something. It's a pain in the ole kaiser bun to get knowledge that

won't affect our GPAs one way or the other. Doing so takes up brain space — cells that otherwise could have been sacrificed to the marauding beer cells that repute to kill intelli-

gence — and in the end leaves us no closer to graduation than before.

I do my best to keep from learning things when it's not required. I go to movies that delve no further into social issues than asking such questions as, "Was Demi Moore more naked in 'Striptease' than Elizabeth Berkley was in 'Showgirls'?" I hold evening long conversations with my friends on what Yoda must have been like when he was younger. I lie on my living room couch and stare at the stucco patterns on the ceiling for several minutes at a time. I'm well-seasoned at idling away my years.

That's why it was so shocking to find myself inadvertently expanding my horizons while tuned in to the unofficial king of cultural regression. That, of course, being cable TV.

There I was, not five minutes from Jenny McCarthy's last flutter for the cameras on "Singled Out," when I found myself immersed in educational programming. My thumb had paused ever so slightly during a routine surf between MTV and Cinemax, but that was all the time required for my brain to relay a quick

"There I was, not five minutes from Jenny McCarthy's last flutter for the cameras on 'Singled Out,' when I found myself immersed in educational programming."

"Whoa Nelly" impulse to my thumb. There, on channel 35 (a.k.a. The Discovery Channel), was a pair of lions doing it!

One doesn't typically picture the king of beasts in that sort of mode. Whoever coined the term "like a cat in heat" must have never heard a lion in such a state of grace, because it is without a doubt the lion that carries the more memorable collection of aroused purring.

As it turns out, lions are not monogamous creatures. The male lion whose interlude first caught my attention, proceeded to indulge himself for a full half-hour of TV time, getting intimate with four different partners. I might very well have been watching "Simba Does the Savanna" as his only break was a one-course gazelle between the third and fourth sessions.

I've developed a new appreciation for educational TV. I now watch the Discovery Channel quite a bit. In fact, I watch it and the Learning Channel simultaneously for several hours a night. And I recommend it to everyone, even to those of us who are stingy with spare brain cells.

Watching lions attempt to squelch their libidinous fires is only a small part of what makes these channels must-see-TV. A single week night

puts the "X-Files" to shame as far as paranormal goings-on. Alien abductions are as frequent as cheesy one-liners in "Independence Day" and there are more per capita bigfoots on these networks than there are in the sparse Cascade Mountains of Washington state. The best of the shows that butter their bread with "Outer Limits" Parkay is "Arthur C. Clarke's Mysterious World." From his home in Sri Lanka (which is weird enough), Arthur narrates investigative reports on every strange occurrence imaginable. He has shows on ghosts, crop formations, UFOs, the Loch Ness Monster — you name it.

The best episode in the series features spontaneous human combustion. All over the world there are reports of individuals with large build-ups of internal methane who became cinder piles from the inside out. One such case was a man in France who started to burn at the dinner table. Flames shot from his stomach which prompted his daughter to put down her croissant and call the fire department. When the firefighters arrived, the man was dead but still ablaze so they thrust a fire hose into his open stomach and put him out.

I think it's very important for humans to know that this sort of thing can happen to them and not just Spinal Tap drummers. In my frequent viewing, the channels have proven to be a bevy of likewise useful information. An example:

Restaurants in Thailand carry a dish known as tiger penis soup. Don't interpret that to be a clever idiom lost in translation, take it literally, because that's what it is — a pair of tigers' penises floating in soup. If you decide to tune in, you'll certainly agree that the sexual aspects of big cats is a top priority of the Discovery Channel people.

The useful part of this information comes in now — tiger penis soup costs \$600. It is served in a large kettle that can serve roughly eight people, which breaks down to \$75 a person, but really, think of what you'd be putting in your mouth for that much money. A useful travel tip indeed.

The show never mentioned whether or not tiger penis soup is actually good. The narrator only said that Thais believe it to be an aphrodisiac. But judging by the satisfied looks on the diners' faces, it's likely the unanimous response was, "They're grrreat!"

If you wish to continue avoiding extracurricular learning, then I recommend keeping a safe distance from Channels 17 and 35. On the other hand, if you have a few sacrificial lobes to spare, at the very least tuning in will give you something to talk about at parties.

Albracht is a junior philosophy major and a Daily Nebraskan columnist.

