

## Stressed by finals? Here are some suggestions

### An upcoming festival celebrating those squirrels of a certain color promises fun and excitement

by John Climer  
Managing Editor

As the school year grinds to a close, many of us are starting to feel the pressure associated with the academic year end.

Whether it's papers, projects, tests, finding a summer job, locating a place to live, or preparing for the next chapter in your life, everyone is feeling the end-of-semester- squeeze.

Sometimes it all gets to be too much, and you just need a break, so here are some tips

for dealing with the shit as it hits the fan:

>Exercise – according to the Mayo Clinic, physical activity releases endorphins, releases muscular tension and can improve mood.

>Try to work on assignments in shifts, rather than hyper-focusing on them for hours on end.

>Take breaks when you're studying – the average person can only study in 30-40 minute increments before they reach a point of diminishing return.

>Engage yourself in things other than academics;

go for a run, go out for a long dinner with friends as an afternoon/evening study break, watch a movie or do something else to disengage your brain from everything that's going on.

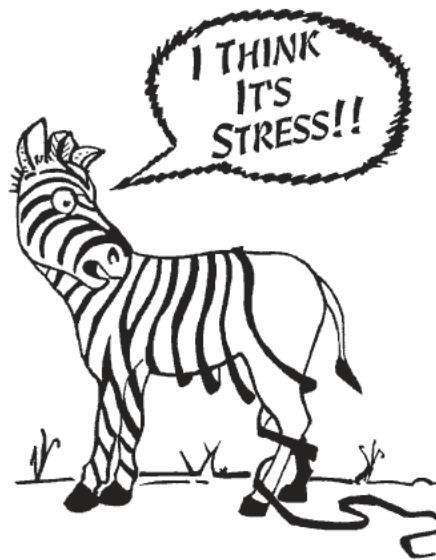
>Study outside – sunlight produces vitamin D, which is good for the body and mind.

>Work on assignments in places that are quiet and comfortable and avoiding studying in noisy or distracting places.

>Take breaks often when working on computers – it's good for your eyes and your brain.

>Study in multiple ways – read, use flash cards, make fake tests for yourself, quiz someone else and have them quiz you, etc.

Finally, remember that we're nearing the end and that the frantic nature of the semester is almost over and that you have a three month hiatus from classes before everything starts again.



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*Don't miss 'Tartuffe,' playing at the Porter Center through May 1!*