

Alternatives to studying

Study breaks sought by students to get through final exam week

By TERESA CURRY
Staff Writer

Before you can say goodbye to all-nighters, bloodshot eyes, blue books and classrooms this semester, there are the pressures of final exams. Occasional study breaks are the only thing getting you through the week.

"Study breaks help students because they are a time for everyone to get away from their books and anxieties in order to relax," said Renee Toney, publicity chairman for Cobb Dorm. "You realize at the study breaks that you're in good company because you're not alone."

Shawn Sibley, an R.A. from third floor Parker, said "Study breaks are an excuse to get away from studying. They give you a goal to strive for. You can work really hard up until time for the break and then afterwards you are ready to get back to studying."

Most dorms, fraternities and sororities offer residents study breaks with refreshments, because study breaks involving food invariably seem the favorite at Carolina.

These study breaks vary widely from place to place. There are doughnut and coffee breaks, ice cream socials, cook-outs, potlucks, or general munchie sessions where a student can feast on snacks such as cookies, cakes, chips, popcorn, apples, candy and brownies.

"If you offer food or refreshments you can draw a larger crowd to the study break just like at any other social function," said Susan Hedrick, social lieutenant governor of Morrison Dorm.

"Also, during finals, people get so tied up in their studies they don't eat. They grab something on the run," so the study break is a means of providing students with something to eat, Hedrick said.

Whatever the reason, students do consume a great deal of food during exams.

Most snack bars on campus note an increase in the sale of junk food items, especially at night.

The managers of Domino's Pizza and P.T.A. both notice a definite rise in business during finals. Students can call out for something to eat instead of having to leave the room or take time to cook.

Both managers agreed that the most popular pizza among students during this time continued to be pepperoni and combinations with pepperoni.

Sadlack's Heroes and Blimpie's also expect a noticeable increase in sales since both now make deliveries.

Yet ARA offers students an alternative to late night eating. Students don't need to use up their valuable study time walking to Franklin Street. They need somewhere on campus they can eat, said Food Service Director Howard Southerland.

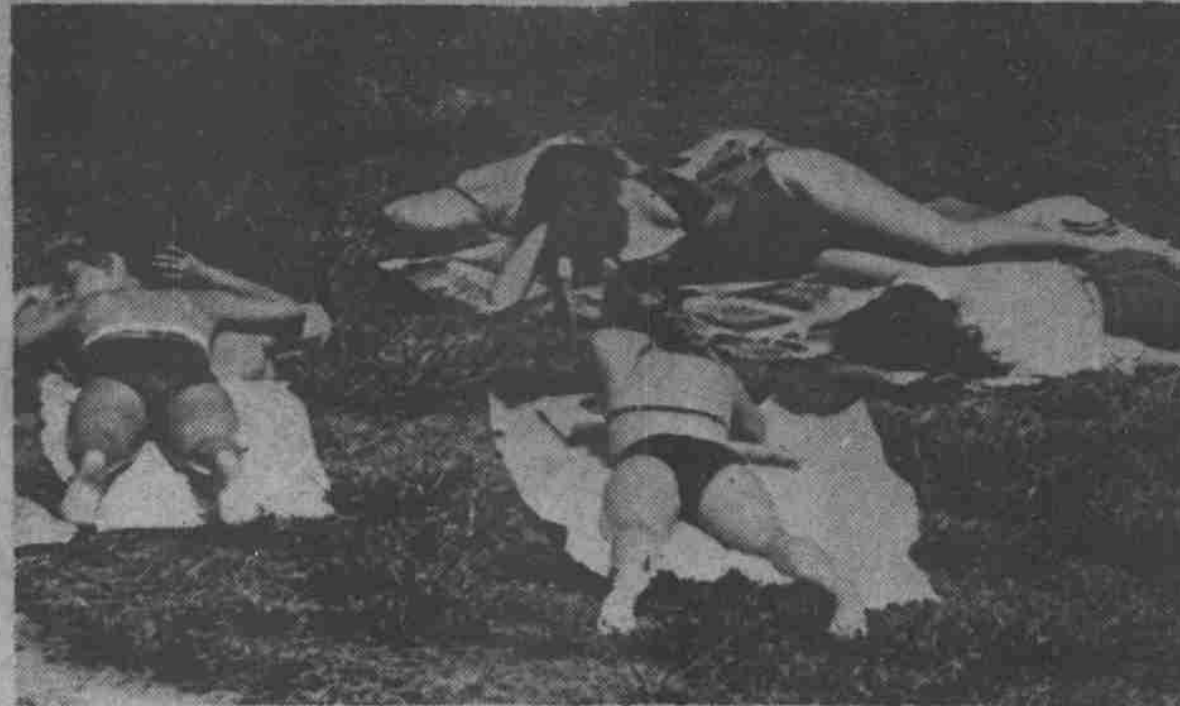
Southerland said ARA will be offering six "midnight breakfasts" on May 4, 5 and 6 at Chase Cafeteria and May 7, 10 and 11 at the Pine Room. All the "midnight breakfasts" will be held from 11 p.m. to 12:30 a.m. and students will have to pay with either cash or budget cards.

Breakfast food items such as eggs, grits, toast and waffles will be served. Free refills on coffee also will be provided.

Other forms of relieving stress can be seen across campus when quiet hours are lifted from 6 p.m. to 7 p.m. Students enjoy playing their stereos loudly, getting a bit rowdy or even screaming at the top of their lungs at the urge hits.

Watching TV and going shopping are also ways of relieving exam tensions. Other means involve taking time out for hobbies such as photography, needlepoint, knitting or painting.

Yet, some students simply enjoy taking a few brief moments to sit back and do absolutely nothing!



Sunbathers relax in Arboretum ... Arb attracts many students, activities

DTW/VW/Owens

Arboretum grows as spot to study, relax, sunbathe

By RAMONA BROWN
Staff Writer

Botanist William C. Coker probably didn't realize that someday the Coker Arboretum on campus would be a place for afternoon sunbathing, studying and socializing.

At the turn of the century, Coker took a \$10 appropriation to drain the land and to plant trees and shrubs in a five-acre area that was once a swampland.

Each day, several UNC students and

visitors spend their afternoons amidst the towering trees and the multi-colored, blossoming flowers and shrubs.

The Arboretum is surrounded by trees that came from the mountains, the coastal islands and the Orient.

"My friends from other dorms come out here, so we just socialize and sunbathe," a UNC student said.

Located on the corner of Cameron Avenue and Hillsborough Street, the Arboretum has become an area for sunbathing on spring and summer days.

Risks of skin cancer wrinkles don't halt pursuit of perfect tan

By CINDE WALSH
Staff Writer

Why do so many people quest for that coveted shade of bronze when they know the long-term effects of exposure to the sun include sunstroke, wrinkles and skin cancer?

Robin Merritt, a freshman nursing major from Pinnacle, said that she wants a suntan "because it's attractive and it makes you not look so dead." She doesn't worry about the long-term effects of the sun on her skin because she said she knows how to take care of her skin.

Merritt said she thought sun salons were dangerous. "When you're out in the sun you know exactly how much you can take," Merritt said. "I like natural sun better."

Paula Johnson, a senior industrial relations major from Raeford, did go to a sun salon a few times before the sun season got underway. "It gave me a base coat, so I didn't peel as much as I usually do," she said. "But the sun's more fun."

Sun salons charge up to \$35 per session. A typical booth is about three feet square and is lined with reflectors and Westinghouse lamps that look like fluorescent lights, but emit an average total of 560 watts of ultraviolet rays.

Unlike the infra-red sun lamps used at home, the lights give off very little heat. One minute in a booth is said to equal an

hour in the sun.

The sun salon experience has been described as "like being nude inside a lit flash cube."

Patty Morgan, a junior journalism major from Charlotte, said she wouldn't want to get her tan in a sun salon because "it's like cooking yourself in a microwave - I'd rather be on slow bake."

The long-term results of the sun were more of a concern to Cindy Shelley, a junior political science major from Hamlet. Shelley worked as a lifeguard during the summer, but was always conscious of overexposure to the sun and frequently used a sunscreen.

Some of the harmful, long-term effects of the sun include wrinkling and skin cancer. The best protection against this is a sunscreen with a high sun protection factor.

The SPF numbers, ranging from 2 to 15, tell how long a person can safely stay in the sun.

Malignant melanoma is a lethal skin cancer that is correlated with sun exposure. Both sex and race appear to be factors in aspects of melanoma development.

Melanoma often is detected through an abnormal change in growth or color of moles. Dermatologists have recently found that people who are exposed to short intense bursts of sunlight may be particularly susceptible to this type of skin cancer.

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Psalm 2:1 and Acts 4:25
"BLESSED ARE THEY THAT DO HIS COMMANDMENTS, THAT THEY MAY HAVE A RIGHT TO THE TREE OF LIFE, AND MAY ENTER IN THROUGH THE GATES INTO THE CITY."
Note the place and position the above verse occupies in The Bible — It is the eight from the end. Just seven more verses and God's written Revelation to man closes. These seven last verses contain one of the most wonderful and glorious invitations of God to men. Also, one of the most terrible, and awful threats to God Almighty's judgments:
THE INVITATION: "And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him take the water of life freely."
THE WARNING THREAT: "If any man shall add unto these things, God shall add unto him the plagues that are written in this book; and if any man shall take away from the words of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book."
The blessing and the curse are set before men, over against one another, from one end of The Bible to the other: in the garden of Eden, by Moses in The Laws of God, by example after example in the experiences of the nations and their kings and rulers and peoples; in the Psalms, and in the prophets, and in the gospels, and in the epistles, and here in the last few words of Revelation.
Surely we are without excuse if the curse becomes our portion! The invitation is Come, Come, Come! And we are on our way to our spiritual "space flight" to other worlds and eternity!
"Why do the heathen rage?" The Second Psalm gives us a picture and the cause of present world conditions and tells us the way out, yet turn back to the First Psalm and look at a different scene, a beautiful and fruitful tree planted by the side of a river: It is the blessed man "that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord, and in His Law doth he meditate day and night."
"In His Law doth he meditate day and night." — "I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments." Psalm 119:99 and 60.
Let any mock and scorn who will, but as for me let me stir up myself to "Fear The Lord and depart from evil."
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