

Clean the fridge for Christmas

By Colette Hutchings
Battalion Staff

FOOD FOR FINALS (Also known as food for thought)

If you think now is a good time to go on a diet, forget it. Good nutrition and hearty meals are a must during finals week. Face it, studying takes a lot of vitamins, minerals and energy out of you. Besides, how else will clean out the refrigerator before you go home?

Below are some meal suggestions which may help you survive the week and give you those extra vitamins, minerals and caffeine needed by studious young college students.

Most of the ingredients are in your pantry or fridge and need to be used before you leave for home or else they'll spoil.

If you're on board plan, you can still play along. Go to a friend's apartment and live and eat there for a week.

Breakfast food

Contrary to popular belief, you must wake up some time or another (if you went to bed at all) and you'll need food to make it through the day. If you don't plan on sleeping this week, fine, use these ideas for other meals.

Stale Cheerios with milk. This may either put you back to sleep or make you think you've just consumed a piece of cardboard. (Check the box before pouring the cereal into bowl — many a coupon has been eaten after creeping into cereal bowls this way.)

Peanut butter and

- 1) jelly
- 2) bananas
- 3) mayonnaise

Doughnuts. Chocolate-covered provide caffeine, jelly-filled are loaded with vitamin C and other preservatives and sugar- or cinnamon-covered will give you the quick energy you need to open those books.

Leftover Pizza. Usually this meal is warmed up in a conventional oven and eaten for lunch. Eaten for breakfast, however, pizza should be cold. This can be a real eye-opener if the toppings are onions, green peppers and anchovies.

Breakfast in a Glass. Mix all of the above in a blender with one raw egg and drink. Cheers.

Lunch (or Mid-day foods)

Usually lunch is eaten after breakfast, but depending on how serious you are about studying for finals, you should be hungry after about two to three waking hours of studying. These meal ideas may not fill you up but at least they'll help clean out the refrigerator.

Soup. Canned, Styrofoamed-packed or individually wrapped-cubes. Put in saucepan and heat. Soup doesn't spoil, but it cooks fast and can be nutritious.

Lettuce Sandwiches. Lettuce is usually eaten in salads, but since you'll probably be out of salad dressing you need to have something to eat it with. Take two slices of bread, spread with mustard or mayonnaise and eat. Maybe you won't even realize the meat is missing.

Quiche Lorraine with watercress and teacakes for dessert. You probably won't have this on hand. You'll have to go out for this. Take a date or a faithful roomie. (Note: they treat.)

Fruit. Individual produce like bruised apples, pears, oranges and bananas can be diced and cubed. If fruit is still salvageable after doing so, cut bruised parts off and eat in a "surprise salad." If bananas are black, save for making bread. Throw them away last thing before you leave for home, because you won't have time to make the bread.

Canned fruit that's been stored in airtight containers for 4 weeks in your refrigerator will probably be fermented or molded, so either throw away now, or do the above. If your fruit is not too black, put it in the blender and say it's a health mixture.

Vegetables. It's always tough to think of creative things to do with wilted celery, carrots, potatoes and onions. So take the easy way out. For lunch, throw them all in a pot of boiling water with salt and pepper and cook the little devils. Who knows, maybe cooking wilted vegetables makes them more tender.

Food for Dinner

Dinner is the time to do more scrounging or send or go out for meals. If you choose the latter, take plenty of cash and change. Most fast food places don't take checks, so you have to prepare for this.

Sunday

Monday

Tuesday

Finals countdown

You really shouldn't even be reading this. You should be studying for finals.

But that's okay. We wrote it when we should have been studying.

So. We have established the fact that studying isn't too high on anyone's list of fun things to do. But next week is the week when it really counts. It's do or die, study or fail.

Procrastination, coffee and mathematics are the order of the day, as students spend a frantic week fretting over test scores and grade points.

If you take all the time you will probably spend computing and re-

13

SUNDAY BEFORE FINALS

Panic.

Go to church. You need it now more than ever. Then go out for Sunday dinner with friends. Go to a movie.

Around 9 p.m., decide to study for the next day's finals. (*Consumption of massive quantities of caffeine starts here.*)

Laundry: Should you or shouldn't you?

Doing laundry takes up a lot of time, which no one has to spare at this time. But at some point you must choose between clean underwear and good grades.

To help you decide if you should take a trip to the laundromat, *Focus* has analyzed both sides of the issue. The decision is yours.

Pro (for): Doing laundry takes up time which would otherwise be spent studying. People will be more likely to speak to you if you are wearing clean clothes. Everyone else is studying, so there will probably be washers open.

Con (against): You can wash free at home next week. You probably don't have any quarters left. People are always grubby during finals anyway; a little extra dirt can't hurt. Brush your teeth and no one will notice. (Save one clean outfit for grovelling to professors — see Thursday of Finals Week.)

14

MONDAY OF FINALS WEEK

Either you're well on your way to doom and destruction, or you have had an extra day of nail-biting before embarking on a week of futility.

Keep the coffeepot perking. Start a list of things to remember to take home with you, and add to it all week.

Don't forget your toothbrush

Don't leave all the wonderful Christmas presents you've rounded up at school. Be sure to take pajamas.

Take that novel you've been trying to read all semester.

Take only enough money for pit stops on the way home. In a round-about way, make sure mom and dad know about your sad financial position. They will feel sorry for you and give you money to go out on. (Make sure your Christmas present is wrapped and under the tree if you're going for big bucks.)

MONDAY DEC. 14

Classes Meeting	Exam Time
MWF 8 or	
MWF 7:30-8:30	8-10 a.m.
MWF 1 or	
MWF 12:30-1:30	11-1 p.m.
TTH 8-9:15 or	
TTH 7:30-8:45	2-4 p.m.
MW 5-6:15 or	
MW 4:30-5:45	5-7 p.m.

15

TUESDAY OF FINALS WEEK

Nearly everybody has had at least one test by now. Some obnoxious people will have the nerve to leave for home. *Do not* offer to help them pack their cars. If you feel a strong wave of good samaritanism, tote a pile of things out to the car then drop it on the ground as you put it in. Apologize, and say you've heard there is a storm between here and their home.

How to act stupid

Anybody who's still around by this time is probably suffering from a bad case of the loonies. You can do things you wouldn't normally do, and they will be accepted as perfectly rational behavior by the rest of us nuts.

Ride around with your car windows down and yell at people. (Beware of people who wear sunglasses at night.) Go to the grocery store and play with the toys. At a restaurant, try to balance the salt shaker on salt crystals, and put sugar in the napkin holder so the next person gets sprayed. Giggle, making sure your hand is over your mouth.

TUESDAY DEC. 15

Classes Meeting	Exam Time
MWF 9 or	
MWF 8:30-9:30	8-10 a.m.
MWF 2 or	
MWF 1:30-2:30	11-1 p.m.
TTH 9:30-10:45 or	
TTH 8:30-9:45	2-4 p.m.
TTH 5-6:15 or	
TTH 4-5:15	5-7 p.m.