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# Take off the heat

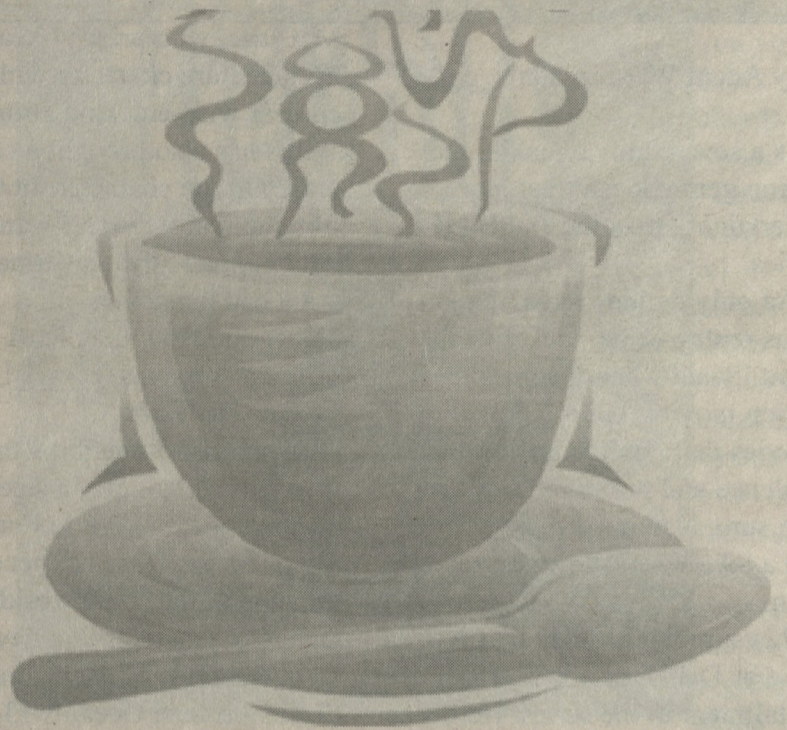
*A healthy way to avoid studying and sharpen the mind during the exam period*

By Vicky Rockett

We all know exams mean procrastination. But exams also breed creativity. We're a pretty crafty bunch when it comes to thinking up new ways to procrastinate. I've discovered a new favorite.

Suddenly, the usual subway meal deal just doesn't cut it anymore. Suddenly I want, no, need to be cooking instead of studying. I've noticed the awesome thing about

creative in the kitchen. And, hey, tupperware some up and go give it to your family. They'll appreciate the thought if nothing else, and be glad to see you're still alive despite this month's stress. And remember, during this exam time, don't let your stress boil over. Take time to simmer and procrastinate. But be sure to whip your mind into shape with some productive study sessions. Then pour all your effort into it. Keep an eye on the time. Then chill, and hope



cooking is there's no end to how long it can extend into study time. The trick seems to be to pick a recipe for which you have none of the ingredients.

Then shop slowly and in an unmethodical way. Better still, cook something you've never eaten before, or don't understand how to make, or what the ingredients look like.

I'm still trying to figure out what miso paste looks like (hey, I'm a beginner at this cooking business) and if it would have made a big difference in my not-so-hot miso soup. I'm guessing yes, and wish I'd heeded my roommate's advice to "ask someone," but that's too easy. We're literally trying to fill hours of time here, no shortcuts wanted. I'm thinking this cooking idea is not a new one despite my only discovering it now.

Housewives all over the world seem to have had this figured out for centuries. Perhaps not to procrastinate but just out of sheer boredom. But hey, kudos to them because it's a great alternative to the other more unoriginal ways to kill time. Who really wants to clean their room, or organize their closet, or vacuum their car, or watch telethons on CBC? So if you're running low on more interesting procrastination methods, then grab your room mates and get

for the best.

*Eat this: Apparently carrots are a great way to detoxify the liver.*

#### Carrot and Sweet Potato Soup

##### Ingredients:

- 1 lb peeled, chopped carrots
- 1 lb peeled, chopped sweet potatoes
- 3 chopped celery sticks
- 1 chopped brown onion
- 1 inch fresh ginger (grated)
- 1 pint vegetable stock
- Juice of 1 orange

##### Directions:

- Put all the ingredients into a large saucepan
- Bring to the boil
- Turn down the heat and simmer for 30 minutes
- Take off the heat and cool for a while
- Pour into a blender and blend until smooth
- Reheat and enjoy

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## Internet Feature: Winnebago Man

This R-rated feature is available on YouTube and features the rantings of Jack Rebney, a commercial spokesman for the RV manufacturer Winnebago. After aggressively overtaking production of the commercial from another party, Rebney's mistreatment of his co-workers led them to compile a selection of outtakes based on Rebney's foul-mouthed temper tantrums on set. There are several versions of the video available, but the one the Cadre staff enjoyed the most was an homage to Rebney about five minutes long. You've been warned - the language on the video is quite offensive, so make sure the kiddies are out of the room and the boss is out of earshot before you take a look at this one.

Search: "Winnebago Man" on [www.youtube.com](http://www.youtube.com)