

Pulse Editor:  
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# Pulse Relax

On Thursday  
Dark Star Orchestra  
brings back the Dead

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## The sleep deprived should drink milk, no common cures for post party woes

Dear Nat: I've been feeling so anxious lately that I haven't been able to sleep. Sometimes I'll lie awake all night long and end up dragging myself through the next day feeling like a zombie. It seems that when I get into bed, I can't get my mind off the million and a half things I have to do the next day. Do you have any tips that will help ease me back into dreamland?

— Sleepless in Eugene

Dear Sleepless: There's nothing worse than lugging along through classes and down the street, stuck in a body that's drained of, well, life. Being bitten by the insomnia bug is unfortunate, but don't fret — there is hope. So in honor of end-of-the-term stress and finals, here are a few of my tried-and-true sleep remedies.

A nightly bedtime ritual will ease your body into sleep mode. First, invest in a nature CD (with relaxing simulations such as ocean or rain) and a lavender sachet. As waves crash in the background, cuddle up in bed with the calming scent and a warm cup of milk or decaffeinated tea. Begin a journal in which you can jot down all the reasons for anxiety in your life, and after each entry tell yourself that these worries will remain on the pages instead of going to bed with you. Practicing a soothing nightly ritual will train your body to expect sleep as soon as your head hits the pillow.

Here's an edible remedy from [www.isleepless.com](http://www.isleepless.com) (a Web site I highly recommend for sleep advice) to use when tossing and turning for hours leaves you in a panic. Get out of bed, froth one banana and some milk in blender and drink the shake along with one valerian root extract tablet (available in health food stores) and an over-the-counter sleep aid. If you don't have a blender, try the tablets with some hot milk and a banana.

When all else fails and you have no choice but to face the day drugged up on exhaustion, give your body the urgent care it needs while taking necessary precautions. Start the day with an invigorating shower and, if inclined, be generous with lotions, cologne and makeup. Be sure to have a healthy breakfast that includes protein and carbohydrates, such as toast or cereal with eggs or cottage cheese. Keep all activities other than un-

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avoidable obligations to a minimum and be sure avoid the two enemies of sleep-deprived victims: caffeine and driving!

Don't forget, when spring break arrives, those woeful feelings of fatigue should transform into blissful nights of slumber. Sweet dreams!

Dear Nat: What's the best cure for a hangover?

—Drunk and Distressed

Dear Drunk: Sorry, but the only true cure is time and sleep. And avoiding excessive alcohol — have you tried that yet?

In my eyes, hangovers and complaining should not go hand in hand. You've dug yourself into your own hole. So either enjoy your late-night escapades and accept the morning-after misery or ease up on the partying. But in the meantime, don't hold back on pain relievers, comfort foods and water.

Contact the Pulse columnist at [natashachilingerian@dailyemerald.com](mailto:natashachilingerian@dailyemerald.com). Her views do not necessarily represent those of the Emerald. Send questions to [advice@dailyemerald.com](mailto:advice@dailyemerald.com).



Natasha Chilingerian  
Ask Nat

## A healthy slice of life

Cozmic Pizza serves strictly vegetarian fare with a commitment to earth-conscious flair

Aaron Shakra  
Pulse Reporter

If you enter Cozmic Pizza — the conspicuously yellow building at 1432 Willamette St. — and find no one operating the counter, don't be confused. You might soon be alarmed anyway. A muffled voice will eventually click on and acknowledge your presence.

"It's really confusing to a lot of people who don't know what's going on," employee Sara Sabol said. "People get weirded out."

Cozmic Pizza opened for business October 1999. The former tenant was Rising Moon Organics, which vacated the building for a new location. Sabol, who has worked at the restaurant for a year, said Cozmic Pizza now has two additional businesses operating within its walls — Conquering Lion Raw Foods and 7 Wonders Herbal Elixir Bar. These replace Cozmic's salad bar, although the eatery still offers salads for order on its menu.

Health conscious ingredients distinguish Cozmic from other pizza restaurants. The cooks make dough for each pie with homemade ground flour — whole wheat and white. All the food is vegetarian, including the meat, which is still listed as Canadian bacon, sausage and pepperoni. There is also a selection of vegan pizzas on the menu. And of course, everything is organic — minus a few toppings — artichoke hearts, olives and pepperoncinis.

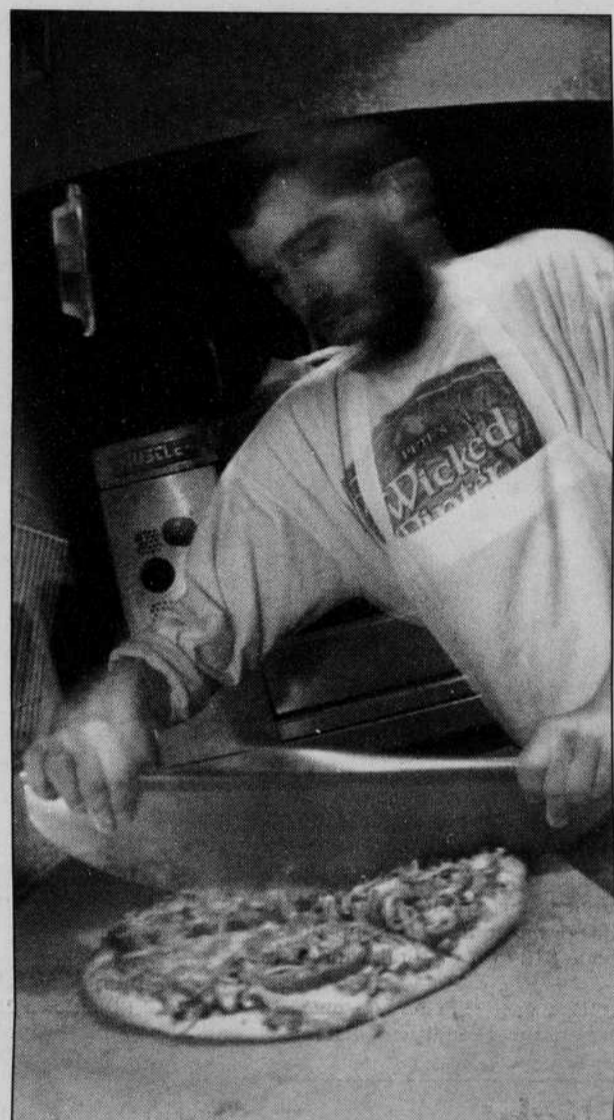
"We have the healthiest pizza this side of the UO — it's pretty cosmic here," employee Nichole Marie said. "We're creating conscious awareness of our diets ... we can't live off grease and expect to progress scholastically," she said.

Marie, who holds no official job title, quoted Mark Twain's saying "make your vocation your vacation," and said she likes making pizza because it's artistic.

"I'm thankful that I have this job," she said.

She added that she wished more college kids would order pizza through Cozmic's delivery service, which uses both cars and a bicycle dubbed "the rocket" by employees. Sabol said that while the restaurant is sometimes empty, it receives more delivery orders than dining customers.

"It's doing well," she said. "It just fluctuates so much. It's not struggling, thankfully."



Adam Amato Emerald

Eugene resident Jeff Rowles cuts pizza during lunchtime at Cozmic Pizza, located at 1432 Willamette St.

Conservation is another key concern for Cozmic. The restaurant uses "re-boxes" — reusable delivery boxes — to bring its pizza to customer's doors. Sabol said they also

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## Retailers play in the key of cheap

Many Eugene retailers offer used instruments at low prices, helping exam-weary, lean-budgeted students explore music

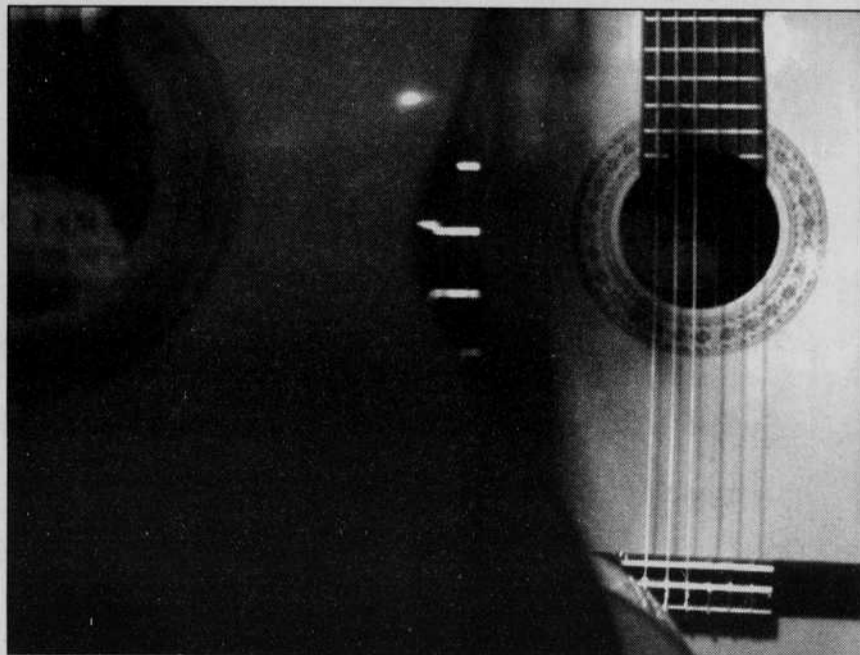
Ryan Bornheimer  
Senior Pulse Reporter

Music has been the saving grace for many a stressed-out college student. And while the perfect CD can help make those all-nighters a little less hellish, some students find relief in supplying the tunes themselves.

Whether it's picking up a guitar between study sessions or taking out that post-exam aggression in a jam session with friends, a musical outlet can be the key to maintaining end-of-the-term sanity. Unfortunately, the constraints of a limited budget might stand in the way of musical relief. Fear not. Eugene offers a number of shops specializing in used musical instruments.

Lights Music Center might be a good place to start. This spacious store, located at 888 Goodpasture Island Rd., supplies everything from used acoustic guitars to orchestral instruments.

Floor manager James O'Boyle said used merchandise accounts for nearly 35 percent of goods sold in the store. Both the selection and pricing depends on the simple law of supply and demand.



Adam Amato Emerald

Lights Music Center, located at 888 Goodpasture Island Rd., is one of several Eugene establishments that sells a variety of new and used musical equipment.

"If we get a good deal on an instrument, we pass those savings down to the buyer," O'Boyle said.

He added there is rarely a used instrument Lights Music cannot restore to its original glory for resale. The store performs repairs ranging from minor adjustments to complete overhauls.

"We do whatever it takes to get the instrument into the best playing condition," O'Boyle said.

This 16-year-old store also offers a 30-day warranty for its used instruments.

For shoppers looking specifically for guitars, McKenzie River Music at 455

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