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Living



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Cruise's 'Mission'

Ticket sales for "Mission: Impossible III" suggest Tom Cruise's star may have lost some luster. **D6**

Eating smart before a big test is a ... No-brainer



Some swear by tricks like peppermint

By VIRGINIA ANDERSON
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Sure, you studied all night and you have your No. 2 pencils and calculator. But do you have your peppermint candy?

It's final exam time, and many students across metro Atlanta have made sucking peppermints a pretest ritual.

"It just kind of soothes you," said Ashleigh Weekley, 17, a junior at Starr's Mill High School in Fayetteville. Ashleigh ate peppermint last Monday, she said, when she took a three-hour Advanced Placement English test. "I don't do it on every test, but the big ones."

That raises a question: Is it true or false that eating peppermint candies improves your test score?

"It's definitely not hurting them," said Bryan Raudenbush, an associate professor of psychology at Wheeling Jesuit University in Wheeling, W.Va., and the man responsible for starting the peppermint craze. He has found that the smell — not necessarily the taste — of peppermint oil improved

JOEY IVANSCO / Staff

► Please see **BRAIN FOOD, D6**

FIVE THINGS THAT MIGHT HELP

1. The smell of peppermint or cinnamon
2. Eating peanuts or protein (meat)
3. Watching mindless TV
4. Drinking some coffee — for college students, and in small amounts, as more than two cups causes jitters
5. Orange juice

FIVE THINGS THAT MIGHT HURT

1. Listening to Mozart
2. Drinking beer
3. Doing a crossword puzzle or other mind-draining task
4. Fighting with a friend or family member before a test
5. Skipping breakfast



Students who listened to Mozart did worse than those who didn't, one study showed.



AND WHAT ABOUT PIZZA?

What about that perennial college student favorite: hot, boxed pizza, delivered directly to one's dorm room?

Mary Ann Johnson, a professor of foods and nutrition at the University of Georgia, was not impressed but did allow that comfort food such as pizza can at least provide short-term relief.

British researcher Kevin Warwick said he thought pizza would be OK so long as it's not British pizza — "pretty awful stuff," he said — but suggested that students order a meat variety, since he said the protein improves cognitive ability.

Pick hometown card for Monopoly

By BO EMERSON
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If Monopoly were designed today, where would the expensive properties be?

Not in Atlantic City, apparently. To update the venerable game, Hasbro is releasing a Here and Now version, with landmarks from 22 cities, including Atlanta, but none from the New Jersey casino town.

Voters can help choose which landmark from their town makes it onto the new board by voting for their favorite site at www.monopoly.com.

The "nominated" properties from Atlanta are Stone Mountain, Peachtree Street and Centennial Olympic Park. Voting continues through Friday. (By the way, the railroads are gone, replaced by four "here and now" airports: JFK, O'Hare, LAX and Hartsfield-Jackson.)

Other properties to be voted into or out of the new game include Chicago's Wrigley Field, Denver's Red Rock Amphitheatre and San Francisco's Golden Gate Bridge.

Fans also can pick which landmark lands atop the coveted "blue" category, corresponding to Boardwalk. As of last week, voting was strong for New York's Times Square, said Hasbro spokeswoman Pat Riso.

The names of the properties aren't the only

► Please see **MONOPOLY, D9**

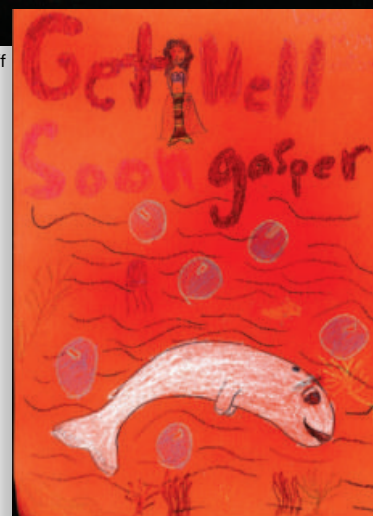
NEWS FOR KIDS



JENNI GIRTMAN / Staff

Whale wishes

With Gasper ailing, we're asking News for Kids readers to send get-well cards to the beluga whale at the Georgia Aquarium. **D10**



**TITLE DEED
AN ATLANTA PROPERTY**

YOU DECIDE

What should represent Atlanta in a new version of Monopoly? Go online to www.monopoly.com to vote for:

Stone Mountain
Peachtree Street
Centennial
Olympic Park

Rent with hotel or house:
to be determined.