

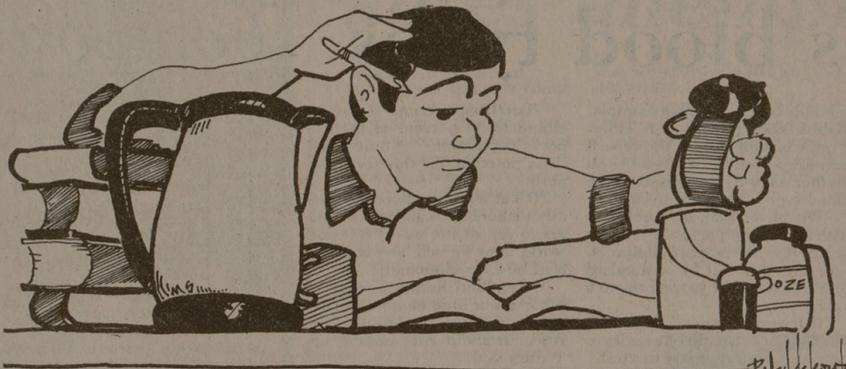
Local

Coffee, No-Doz help pull all-nighters

But no sleep not the way pass finals, doctor says

By SANDRA K. GARY
Battalion Reporter
During finals week, many students burn the midnight oil studying for finals. To help stay awake studying late hours, some students brew lots of coffee and up on No-Doz, Vivarin and caffeine-packed stimulants. However, studying all night is not the best way to retain the knowledge needed to pass finals, Dr. C.B. Goswick, director of the P. Beutel Health Center. Health center doctors don't prescribe any drugs to help students stay awake, nor do they prescribe over-the-counter drugs like No-Doz and Vivarin. "I don't think a few cups of coffee ever really hurt anyone,"

Goswick said. "Most students will find that if they study and go to bed when they get sleepy, their bodies and brains will get the rest they need. The students will wake up rested and refreshed, and will probably wake up smarter than they think they are." Students think that non-prescription drugs like No-Doz aren't harmful. But that isn't true, Goswick said. "Many times students think if one tablet is good, two tablets are better," he said. "And if two tablets are good, four tablets are better. This is where students get into trouble." Not many overdoses of caffeine drugs are reported at the health



center. But those that are reported occur almost exclusively around finals week, Goswick said. "Most students are pretty sensible, though," he said. "The overdoses that do occur are usually

accidental. And most of them are only a one-time thing."

Often the students who take stimulants to stay awake all night get so jittery, keyed up and nervous that they're unable to take their exams, he said.

"After missing an exam because they're so keyed up, students learn that staying awake all night didn't accomplish anything," Goswick said. "They'd have been better off getting a good night's sleep."

Symptoms of a caffeine overdose include wakefulness, irritability and uncontrollable trembling, he said.

Occasionally students will need a sedative or mild tranquilizer to calm down. Most of the time, though, the caffeine products will wear off and the students just need to get some sound sleep, Goswick said.

"Eating will help to minimize the stimulation from the caffeine but it won't prevent it," he said.

However, Goswick said, it's only natural that a person gets a little sleepy after eating. But instead of taking all kinds of drugs to stay awake to study, sleeping is the best thing to do, Goswick said.

"The body will take care of itself if the students let it," he said.

'Illegal' popcorn costs man \$\$\$

United Press International
DENVER — Standing before a judge and entering a plea was an unfamiliar process for David Schultz, who along with his wife, faces charges for disturbing the peace while smuggling popcorn into a movie theater.

"This is all a new experience to me," Schultz said Tuesday after he and his wife, Mary Lou Richardson, both 31, pleaded innocent before County Judge Theodore H. Chrysler.

The Parker, Colo. couple, who met while working in a movie theater in Annandale, Va., 15 years ago, had carried their own popcorn into a recent showing of "Time Bandits" at the Tamarac Theater in Denver, as they had done often over the years.

According to Ms. Richardson, the couple paid their admission and were told by an

employee — who noticed their sacks of popcorn — that the theater prohibited consumption of smuggled popcorn.

Nevertheless, they sat down and ate it.

Later, an assistant manager ordered them to leave.

She said they told the theater official they had paid their way in and saw no reason to leave. The theater official brought in a plainclothes policeman, who also directed them to leave.

Schultz was finally handcuffed and taken to jail, where he was held until his wife produced \$103 bond at 1:30 a.m.

Schultz denies he was disturbing the peace.

"Given our experience with theaters, I was shocked when they had me arrested for taking the popcorn inside," Schultz said. "At one point, sitting in the manager's office, I said, 'Isn't this sort of silly?'"

Stress not uncommon as fear of finals nears

By SHERYLON JENKINS
Battalion Reporter

Aggies under pressure are a familiar sight during final examinations, and it's neither uncommon nor abnormal for students to experience stress and related frustrations while preparing for exams, says Dr. Nicholas Dobrovolsky, a psychologist for the Personal Counseling Center at Texas A&M University.

Stress develops during finals because students realize they can't procrastinate over classwork, Dobrovolsky said, and the frustration ends when a student can no longer avoid the ultimate exams.

Symptoms of stress include excessive eating, inability to sleep, eating, shaking and rashes.

The Personal Counseling Center is traditionally booked with appointments beginning the week before exam week, Dobrovolsky said. They continually counsel students until the last day of exams.

Before the semester break, counselors expect to talk with about 150 to 200 students in addition to those counseled on a regular basis.

Dobrovolsky said the pressure of a final exam grade becomes a problem when it determines a student's success in class. Students tend to place a fear on failing a final that could judge the worth of their semester's work, he said.

"Some students already know they are failing and come to the center looking for an alternative," he said.

An individual's capability to cope with stress is compared to his relationship with fear, Dobrovolsky said.

"You can either fight it or run away from it," Dobrovolsky said.

Many students can cope with stress on their own, but counseling is needed when a student's coping mechanisms become ineffective, he said.

There is hope for tense Aggies. Students can attempt to release some of the exam stress on their own in several ways. For example, research has shown that a well-timed scream can serve as an effective means of releasing tension.

Dobrovolsky suggested other stress-relief methods:

— Meditate in a dimly lit room. With eyes closed, repeat the word "one" in a low-pitched voice.

— Participate in a physical, non-competitive exercise such as jogging, walking and swimming.

— Place a hand over a body muscle and tell the muscle to relax and feel heavy and warm. Go through as many muscles on the body as necessary to ease the tension and stress.

It is important to avoid studying when plagued by anxiety because the stress tends to take over the mind and make exam studies ineffective, Dobrovolsky said.

Council to consider increase in police and fire departments

College Station City Council consider recommendations for increasing the size of police and fire departments for the rezoning of a tract on Southwest Parkway.

The council, which meets at 7 p.m. in City Hall, will take up a request from Police Chief Marvin Byrd for approval of 10 new

positions in the police department. In addition, Fire Chief Douglas W. Landua has asked the council to approve six new fire department positions.

The rezoning request concerns a 22.37-acre tract of land on the south side of Southwest Parkway near the East By-pass. The developer had requested two zoning

changes from residential to commercial use, but at its Dec. 3 meeting, the Planning and Zoning Commission voted to recommend only one.

The council will also consider a street-improvement assessment and a number of other rezoning and plat-approval requests.

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