

FOUR'S COMPANY



SANDRA ALVARADO/The Battalion

Roommates (left to right) Laura Abbott, Sarah Schnoor, Pam Grubbs and Tina Milazzo live in Room 437 of Mosher Hall. The girls were

over-assigned to live in dorm rooms and now live in what was once a study carrel. "We're crowded, but we're happy," they said.

Students living together in Mosher Hall study carrel say they have no complaints

By ROBIN GOODPASTER
Reporter of THE BATTALION

While many Texas A&M coeds complain about roommate troubles and cramped living space, four students living in a Mosher Hall study carrel are getting along fine. "We haven't had any arguments so far," said Sarah Schnoor, a sophomore kinesiology major. "I don't know why we

get along so well, we just laugh at each other."

Pam Grubbs, a freshman marine biology major, said that none of the girls knew each other until they walked in the door.

"We all like each other," Grubbs said.

The girls were assigned to the room through the On-Campus Housing over-assignment process.

Their room has been transformed from a study carrel to a

living space with two bunk beds.

Usually students are in a dorm room with two other students, and after a few weeks of class they are reassigned to another room with just one roommate. However, Grubbs, Schnoor and their other two roommates will be together for the whole semester.

One of the main reasons the girls say they get along so well is because they all wear about the same size of clothing.

"One night I wanted to go country western dancing, and I had never been before, so my roommates put boots and western clothes on me, and out I went," Grubbs said.

With four girls in one converted study carrel, the room tends to get messy and space is at a minimum.

"We don't know whose stuff is whose," Schnoor said. "All our stuff is everywhere."

Because of the living situation, quiet time in the makeshift room is taken advantage of whenever it is available.

With all the people in and out of the room and the numerous

"When people hear that we are four to a room, they say 'Oh, I'm so sorry' — but we love it. The thing that we really don't like is the bathroom situation."

—Sara Abbott

phone calls, the roommates say studying is difficult.

"We don't get much studying done," Schnoor said.

When the girls do study, they reward themselves by taking study breaks and playing pool in the recreation area on the first floor of the Commons. One of their other roommates, Tina Milazzo, a freshman biology major, started this roommate tradition.

"When people hear that we are four to a room, they say, 'Oh, I'm so sorry' — but we love it," Abbott said. "The thing that we really don't like is the bathroom situation."

The girls share a community bathroom with the rest of the hall.

HEALTH TIPS

Erratic sleep patterns hinder internal 'clock,' result in restless nights

By SANDRA J. HONG

Special to THE BATTALION

If you have problems falling asleep at night, it may be because you sleep in, go to bed at different times each night, or take long naps during the day. Your body has an internal "clock" that can be thrown off with varying sleep patterns like these.

Difficulty in falling asleep can also be due to stress and anxiety. If this is the case for you, try relaxing more. Many people fall asleep better after warm baths, calming thoughts, soft music and reading books. Others can fall asleep more easily by focusing on staying awake.

Experimenting can help you identify what helps you fall asleep quickest. Here are some tips to help you get a better night of sleep:

- Check external conditions. Is it too hot, too cold, too noisy, or not dark enough for you to fall asleep easily?

- Do not lie in bed, willing yourself to sleep. This will maintain your mental activity and can make it harder for you to fall asleep.

- Avoid alcohol and caffeine before going to bed. Alcohol may knock you out, but it reduces the quality of your sleep. Caffeine can also easily disturb you sleep.

- Avoid going to bed hungry or stuffed. If you are hungry, a light carbohydrate snack will trigger the release of serotonin, a sleep-inducing chemical in your brain.

- Exercising before bed can keep you restless for hours, but moderate daily exercise helps regulate your sleep schedule and improves the quality of your sleep.

- If you consider sleeping pills, be cautious in your choice, the

length of time you use them, and the frequency of your use of them. Consult a physician about special sleeping pills, their behavioral side effects (memory loss, paranoia, depression, violent behavior, drowsiness), tendencies for addiction and loss of effect with extended use.

For women, sleep irregularity may be due to hormonal changes during pregnancy, menopause and menstruation. Whatever the cause, for men or women, it is best to find the root and, if possible, a cure for any case of insomnia before it becomes more serious.

It may be that you simply need more than the average amount of sleep. To find out, try going to bed at the same time each night in the same place. Keep a log of the hours you sleep each night and how you feel each following day. Find the average amount of sleep you need to feel well-rested during the day.

If exhaustion persists after more than three or four weeks of regular sleep, you should see a physician. Trouble with sleeping may be related to depression, anxiety, stress, or a symptom of other serious illnesses.

Skimping on sleep may cause impaired judgment, decreased creativity and irritability. Long periods of sleep deprivation can lead to confusion and even hallucinations.

If you have any serious problems falling asleep, don't hesitate to see a doctor. Sleep is important for your physical, mental and emotional health.

Quality sleep will help you do well on exams, maintain your immunity to sickness, heighten your creativity and sharpen your reactivity to stimuli in the environment.



SKIN INFECTION STUDY

VIP Research is seeking individuals 12 years of age or older with uncomplicated skin and skin structure infections. If you have a skin infection, you may qualify for a four week research study using a currently available antibiotic medication. Participants who qualify and complete the study will be paid \$200.

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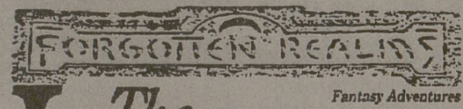


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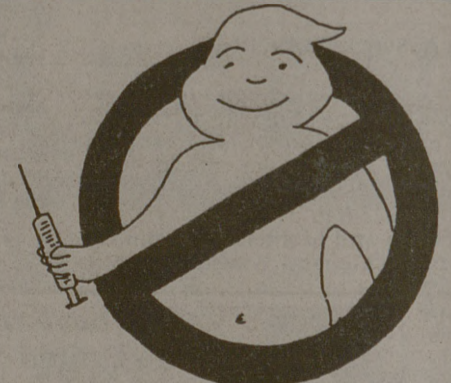
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