

University president calls for nap time

THE ASSOCIATED PRESS

DES MOINES, Iowa — Gather a blanket, tuck yourself in. Take a snooze. At midday. That's what the new president of Teikyo Marycrest University says people on campus should do.

"Latin, Asian and Mediterranean peoples have long known that contemporary medical researchers have discovered naps are very good for us, spiritually, mentally and physically," Joseph D. Olander wrote in his first directive after taking over Oct. 1.

"Therefore, I should like to encourage each of you, sometime between 1 and 2 p.m. every day, to take a 10 to 15 minute nap. Please take time away from work to refresh yourself by this simple 'wellness' program."

Olander, who also took over last month as president of Teikyo Westmar University in Le

Mars, issued the same memo for that school. Some on Marycrest's 1,400-student campus in Davenport, 160 miles east of Des Moines, are nodding their heads in approval. Others say, "No Way!"

"I have a class from 1 to 1:50, so I don't take 10 minutes out then, but I take 10 minutes out of my own schedule. I just kind of relax a little," said David Stedwell, an associate professor of communications.

"It's a positive experience. I have to admit I was not an experienced napper. I'm used to coming in early and staying late. But I have found the 10 minutes I take out of my schedule, I gain it back later on. I'm more refreshed," Stedwell said last week.

Olander said it's OK to nap during class.

"I would like to encourage faculty who are teaching during that hour to ask students simply to lower their heads at their desks with

them and take a nap," he wrote.

Yeah, right, said Kim Brown, a junior from St. Peters, Mo.

"I'm sure the professors are going to give up 10 minutes of their lecture for a nap," she said.

Does napping work for her? "Absolutely not," Brown said. "I do the bulk of my sleeping at night." As news editor of the school paper, she is constantly on the move. "I'm very busy, very stressed. For those who have time for a nap, it's great, it's a good refresher," Brown said. "But those who don't have time, it's impossible."

Besides, she said, she doesn't dare close her eyes during the day.

"I know if I would take a nap, I'd just be sleeping the whole day," Brown said.

The school was founded in 1939 as Marycrest College, a private women's institution. Men were admitted in 1966.

More breast cancer research needed, representative says

THE ASSOCIATED PRESS

BOSTON — U.S. Rep. Patricia Schroeder and feminist Gloria Steinem called Sunday for more support for breast cancer research, and Schroeder accused the Bush administration of doing too little to fight the disease.

"The reason we are losing is because we are being too nice," Schroeder, D-Colo., told a rally of about 4,000 people. She noted that the federal government has OK'd \$1.9 billion for AIDS research. Schroeder also blasted President Bush for not supporting legislation, eventually passed by Congress, to transfer \$210 million in

defense spending for use in breast cancer research. She said the money was to be used to set up "quality mammograms" nationwide, particularly for low-income women.

The National Cancer Institute estimates that women run a 1-in-8 risk of developing breast cancer. Schroeder and Steinem were the featured speakers at the rally and march, sponsored by the Massachusetts Breast Cancer Coalition. On Saturday, Vice President Dan Quayle's wife, Marilyn, was one of the celebrity runners in a 5-kilometer race in Dallas to raise money for the Susan G. Komen Breast Cancer Foundation.

Town harasses homosexual man for planning private bed-and-breakfast

THE ASSOCIATED PRESS

RUSSELLVILLE, Ky. — Jimmy Cates, and the man he loves, have become the scandal of his hometown.

For three years, residents were

content to gossip about Cates and Jim Turner. But that all changed when they learned of plans to turn Cates' hilltop chateau into a men-only bed-and-breakfast.

The homosexual couple have become the subject of sermons, harassment and death threats.

Now, Cates says he can never go back — to his church, to friends he grew up with or even to his family.

"They're part of the persecution against me now, everybody but my real mother," the 39-year-old Cates said of his estrangement

from his devout Methodist father, his four brothers and two sisters. Gay-bashing graffiti has been spray-painted on the asphalt ribbon snaking a quarter mile uphill toward Cates' house.

Effigies have been hanged from the oaks and maples along the pri-

vate roadside.

"They've had their suspicions all along about me," said Cates, a cabinetmaker who was married four times and has two daughters, ages 11 and 18. He said he reconciled himself to his homosexuality in 1989.

"It would have been OK if we'd kept everything quiet, up here in the trees and out of sight and not brought in any more of 'our kind,'" said Turner, 34, who met Cates at a gay bar in Nashville, Tenn., and moved in with him in 1989.

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