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...and CHRIS, another
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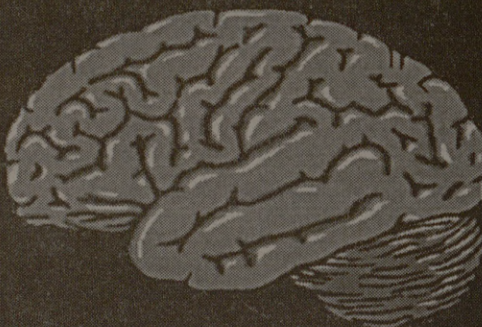
THE ART OF CRAMMING

1. AVOID EXCESSIVE CAFFEINE.



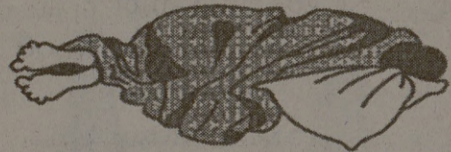
Some side-effects are restlessness, rambling flow of thought and speech, gastrointestinal disturbance, nervousness, and muscle twitching. The rebound let-down and fatigue actually make you feel more tired.

2. ALL-NIGHTERS ARE NO-BRAINERS.



Especially if it is the night before the exam, sleep deprivation will hurt you cognitively. Concentration, reaction time and decision skills are weakened resulting in poor test performance.

3. THERE IS A BEST TIME TO SLEEP.



You need a minimum of three hours and the best times to sleep are between 2AM and 6AM. Your body heat is lowest from 3-4AM, so you are drowsiest then and your memory retention is extremely poor. Sleep helps the mind absorb and retain the information you reviewed while studying.

TIPS ON STAYING ALERT WHILE STUDYING:

- ☞ Break work up into small units; 40 minutes of study with 5 minute breaks. Movies or TV are poor choices for relaxants after studying. They put interference between the studying and the test and worsen memory retention.
- ☞ Washing your face or taking a brisk walk helps refresh and re-stimulate your mind.
- ☞ Avoid studying on your bed. Find a place with good light, little noise, and no interruptions or visitors.
- ☞ When reading a lengthy or difficult assignment, take notes after each paragraph or section to keep your focus and concentration.
- ☞ Eat light foods (fruits and vegetables). Lean proteins are also important for the day of the test. Avoid donuts, coffee, and greasy, heavy foods.
- ☞ Use every available daylight hour to study.

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**THE BATTALION
SPORTS**

Page
Wednesday • April 23, 1997

**SPORTS
BRIEFS**

**Cowboys open
preseason Aug. 3**

IRVING (AP) — The Dallas Cowboys open the 1997 preseason on Aug. 3 with a nationally televised game at Texas Stadium against the Oakland Raiders.

The 7 p.m. game will be carried by TNT.

On Friday, Aug. 8, the Cowboys travel to New England to play defending AFC champion New England in a 7 p.m. game.

The Cowboys then return to Texas Stadium for their final two preseason games. They face the St. Louis Rams on Friday, Aug. 15, in a 7 p.m. game televised by Fox.

In the preseason finale, the Houston Oilers will be in Dallas for the annual Governor's Cup game on Friday, Aug. 22, at 7 p.m.

**Gene Stallings
still hospitalized**

PARIS, Texas (AP) — Former Alabama football coach Gene Stallings, trampled by horses on his ranch, will require a wheelchair or crutches for about three months, his doctor said Tuesday.

Stallings was in good condition after surgery Sunday at St. Joseph's Hospital and Health Center when doctors installed four pins in his fractured hip.

Dr. Steve Rowlan, an orthopedic surgeon, said Stallings will remain hospitalized for up to four more days.

"He started walking with the physical therapist yesterday and has already walked out into the hospital hall," Rowlan said.

Stallings, 62, was injured Sunday morning. A colt knocked him to the ground, while he was feeding horses.

**Pat Fitzgerald
signs with Dallas**

EVANSTON, Ill. (AP) — Northwestern linebacker Pat Fitzgerald, who was passed over in the NFL draft, has signed as a free agent with the Dallas Cowboys.

The Cowboys recently lost three linebackers to free agency.

Fitzgerald said about 10 teams called him Monday and he immediately narrowed the field to three: the Cowboys, the Kansas City Chiefs and the New York Jets.

**Yankees acquire
Irabu from Padres**

NEW YORK (AP) — Ending a four-month saga, the New York Yankees today acquired the rights to Japanese pitcher Hideki Irabu from the San Diego Padres for \$3 million.

As part of the deal, which is subject to approval from the ruling executive council, the Yankees will send injured outfielder Ruben Rivera, minor league pitcher Rafael Medina to San Diego and will receive three players: second baseman Homer Bush and outfielders Gordon Amerson and Vernon Maxwell.

SOFTBALL

Continued from Page 7

"Defensively, we have made some unbelievable plays and our offense has really come around."

For the Aggies, freshman Jamie Smith leads the team with a .345 batting average, while Truelove is second on the team with a .302 average and needs four doubles to tie A&M's all-

**Chicago welcomes
back Rodman, Kukoc**

DEERFIELD, Ill. (AP) — The earrings, the eye shadow and the glittery gold makeup stays in the locker room. But Dennis Rodman, fashion guy that he is, will still sport new apparel for the playoffs.

Rodman, who missed the last 13 regular-season games with the Chicago Bulls, will be wearing a knee brace in Friday's playoff opener against the Washington Bullets.

Just like his hair, no one's sure what color or how stylish the brace will be. But they are sure that Rodman, the flamboyant six-time NBA rebounding champion, is back as the Bulls make a run at their fifth title of the '90s.

Rodman missed 27 games this season, 14 because of three separate suspensions, and the last 13 with a sprained medial collateral ligament in his left knee. Chicago was 21-6 in his absence.

But with the physical play of the postseason, the Bulls need Rodman. They will face a tall Bulls front line featuring 7-foot-7 Gheorghe Muresan. And if they win, Charlotte's Anthony Mason, New York's Charles Oakley and Miami's Alonzo Mourning are all possible opponents in the coming weeks.

"He brings a lot of energy to the game. Hopefully, he can corral that energy and use it in a very positive way," Michael Jordan said, shortly after the Bulls finished the regular season.

"He can certainly hurt us if he doesn't. This is no time to be getting kicked out of games or getting suspended, and I'm pretty sure he's aware of that."

Rodman, like the other Bulls coach Phil Jackson, was not talking Tuesday's practice. Earlier in the Chicago Sun-Times he was physically and ready for the playoffs.

"All this other stuff is well, good, bro. But the playoffs are real men live and die for. So ready," Rodman said.

"All those other teams have been saying we're old and we're broke, and we can't win anymore. If our team can play harder than we and take the championship then that's life. But we're not going to give up the championship. We are going to have to take it. We are the best unit in the league."



body takes it from me. Both Rodman and Toni Kukoc return to practice Tuesday.

Kukoc, who missed the final 26 games with a foot injury, is able to participate in the drills, trainer Chris Schaefer said. Rodman

sat out one while he fine-tuned his knee brace.

"Unless something unfortunate occurs, they're both on to play Friday. I can't see where one of them would not play on what I saw today," Schaefer said.

"We'll see what's going on tomorrow. I'll play, I'll play," Kukoc said as he sped through the practice at the Bulls practice facility.

The Bulls, who lost their final four games to their second straight 70-win season, have not had their starting lineup intact with sixth man Kukoc available since the game on Feb. 27.

BASEBALL

Continued from page 5

Sneed's outing was a welcome sight for the Aggies. As the regular season winds down and the team gets set for the post season, starting pitching becomes a bigger priority. "[Pitching becomes important], especially if you lose the first game of the tournament, then your back against the wall," Sneed said. "You're going to need four or five, maybe even a sixth starter. So to have guys who can maybe come out of the bullpen and start late in the season is very important."

Alomar shakes hands with umpire

BALTIMORE (AP) — Roberto Alomar deliberately went out of his way Tuesday night to find John Hirschbeck in short right field — and shake his hand.

With that gesture, the Baltimore second baseman and the umpire hoped to put one of the game's ugliest incidents behind them.

In a scene far different from their last meeting when Alomar spit in Hirschbeck's face, the two reconciled before the Orioles' game

against Chicago.

Before taking his position, Alomar veered toward Hirschbeck, first base umpire, to shake his hand and offer a few words.

Many of the fans at Camden Yards applauded their approval.

Last Sept. 27 in Toronto, Alomar spit at Hirschbeck after being called out on strikes and then ejected. The next day, Hirschbeck charged into the Orioles' locker room, vowing to get even with Alomar.

time career record of 48.

Senior pitcher Lori Gioco is one win away from hitting the 20-win mark with a 19-12 record and leads the team with a 1.39 ERA.

The Lady Mavericks are hitting .224 as a team, led by sophomore Angela Perry who is hitting .242. The Mavericks' pitching staff is holding opponents to a .242 batting average.

Overall, Evans said the Lady Aggies know UTA is out to get them.

"They know they have to play well

to beat us because in-state teams always out to beat us," Evans said.

"Of course, we are not going to look them because all of our games are important. Our plan is to stay focused and keep on our roll of cutting our offense and defense."

This weekend A&M will face last two Big 12 opponents, Tech and Baylor, on the road. The last home doubleheader will be April 30 against Southwest State University at noon and 2 p.m.

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now available!** **Peer 1 Educators**

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Applications are due in 112 Koldus by Friday, April 25.

If you have any questions please contact Cynthia Hernandez at 845-0280.