

# Opinion

## Better time management brings better sleep



ELIZABETH STRAIT

After academic and social pursuits, sleep is often at the bottom of student's list of priorities. Sleep is one of the most important aspects of a healthy lifestyle. Students should take responsibility for their health and learn to manage their time more wisely, they can get the necessary amount of sleep. Scientists at the University of Chicago have recently discovered that going without sleep may actually be detrimental to long-term health. Cheating on sleep for just a few nights will begin to trigger harmful physiological changes in the body. Often students will get minimal amounts of sleep because they need more study time. If students managed their time wisely, they would not have to sacrifice their health to get better grades. Much of the stress students experience could be alleviated if they realized how poorly they managed their time. For example, rather than waiting until the night before a big test to read all of the chapters that will be covered, it would be easier to read each chapter as it is being covered in class. Lack of sleep increases the production of cortisol, which is a hormone released by the adrenal glands when the body experiences stress or anxiety. This will result in a loss of memory. Studying will, of course, become less productive when a student cannot remember information. Scientists have found that sleep deprivation will interfere with the body's sleep cycles that are needed to replenish it with energy. As a result, key hormones are not released and this will have a negative effect on the body. In the end, long-term health problems can occur when sleep deprivation reduces the production of growth hormone. Reduction of growth hormone can lead to a decrease in muscle mass and bone density. In addition, sleep deprivation can lead to a decrease in the immune system, making a student more susceptible to illness. In the end, long-term health problems can occur when sleep deprivation reduces the production of growth hormone. Reduction of growth hormone can lead to a decrease in muscle mass and bone density. In addition, sleep deprivation can lead to a decrease in the immune system, making a student more susceptible to illness.

and muscle-building growth hormones. In an attempt to jam-pack more work, leisure and exercise into one 24-hour period, people will cut sleep out of their daily schedule and assume there will not be any negative effects. It is very common for tired Aggies to get up extra-early in the morning to work out before class or stay up extra late at night so they can go over to the Student Recreation Center. Although these students may have good intentions of improving their health, they may be doing more harm than good. Eve Van Cauter, a sleep researcher at the University of Chicago calls this behavior counter-productive. Students should be aware that going without sleep can be as harmful to their health as a bad diet or going without exercise, and going without sleep to get more exercise defeats the purpose. Our society has evolved in such a way that those who get by on the least amounts of sleep are considered the most productive. It is more socially and economically desirable to put sleep on the back burner and stay awake

as much as possible. Most people do not want to be labeled as lazy. In addition to health problems that can occur due to sleepiness, people are also more accident prone when they go without sleep. According to an article in *The Dallas Morning News*, sleepy drivers are the cause of 100,000 car crashes annually. The National Sleep Foundation reports that people generally need eight hours of sleep. There are exceptions, of course. For some people, six hours is enough, while others may need closer to 10 to survive. Getting the necessary amount of sleep to perform at peak level is sometimes easier said than done, but there are some steps that can be taken to improve the quality of the sleep people do get. Staying away from caffeine before bedtime, as well as alcohol and drugs that can interrupt sleep patterns, is a good place to start. Also, a regular exercise pattern can improve the value of sleep. In addition, people should reserve their bed for sleep and not TV watching or studying. One of the hardest things to do, but possibly the most beneficial, is for people to make a concerted effort not to take worries and concerns to bed with them. In the end, the best thing a student can do is learn to manage time wisely so it is possible to get all of the necessary activities into the day — including sleep. The ability to manage time wisely is not something that comes naturally to everyone, but help is out there. The Department of

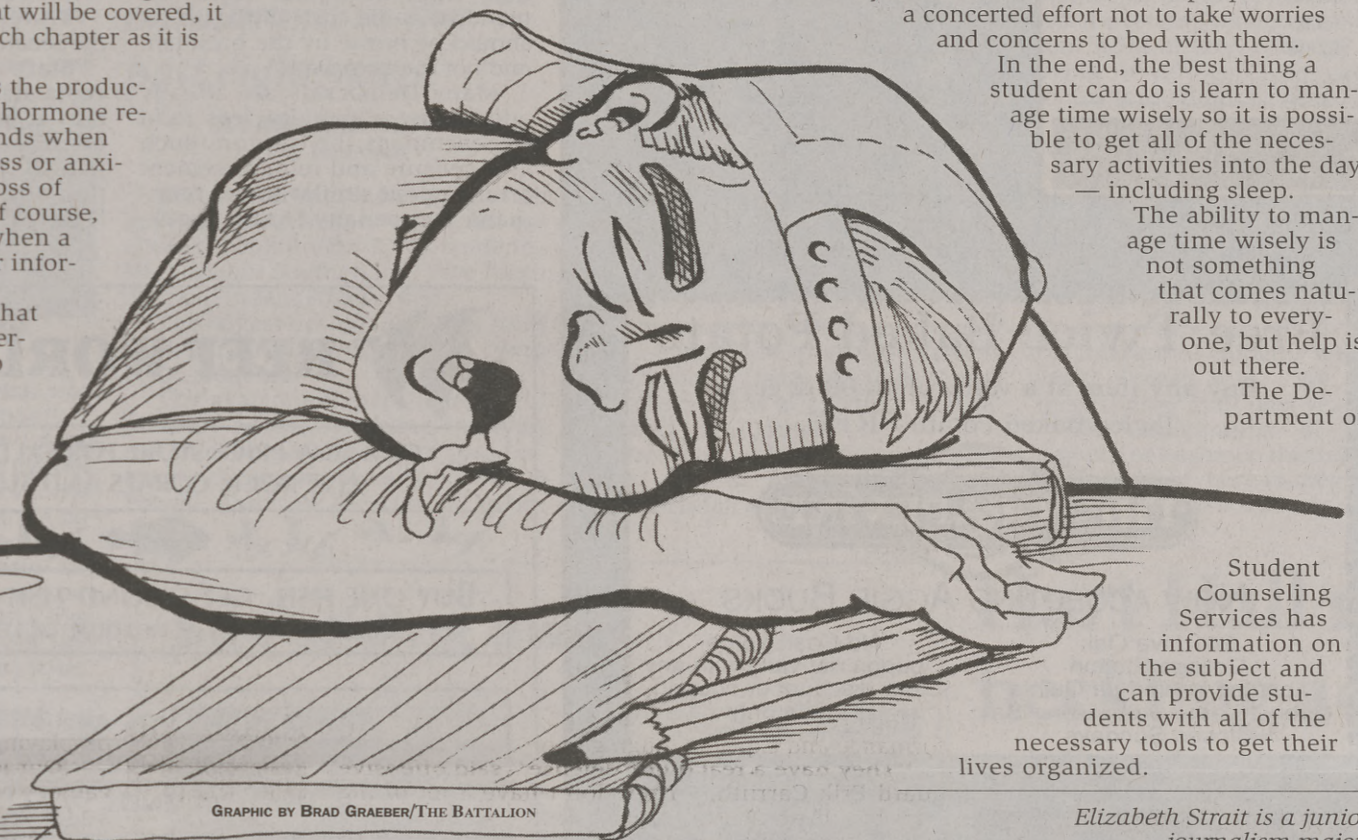
## Students and faculty benefit from interaction



ANDREW BALEY

Students and faculty each have numerous goals they hope to achieve during their college years. Students wish for 4.0s and excellent recommendations so their searches in the job market will not be as fierce. Professors, while employed by universities, hope to achieve tenure and research esteem so their place in a fierce job market and their financial security will be protected. If no one has noticed, students and their professors are very close to being in the same boat. Students and professors, have the same goals: to place themselves in the best position possible and reap the most rewards. If this is the case, should they not help each other and commit to valuable relationships? Neither participant in the student-professor relationship should squander away its potentially valuable effects. There are three elements to better relationships: two are recommendations for students, and one for professors. Most students' goal for a class is to earn an "A." One of the best ways to make this quest easier is to establish a good rapport with the instructor. This may be difficult since not all professors are as congenial as Santa Claus. The big, jolly guy is easy to like, but some professors are not. Each student still must try and reach out, because teachers are the first resource for knowledge and questioning. It is also a good chance to develop relationship skills to use throughout life. Professors are experts in their fields and are supposed to be at students' disposal for any questions and class problems Aggies may have. The second suggestion is based in the unfortunate fact that professors must give each student

a grade for their work done in each class. Some professors make their courses more challenging and harsh than others. In the end, though, most students get the grades they deserve. Challenging or easy, professors should not be viewed as evildoers trying to make life miserable for students. If Aggies would stop to look at the courses from the instructor's perspective, they would be more understanding. The third recommendation toward better relationships is directed to professors. As Texans say, "y'all" can learn from those ignorant, smart-alec youngsters. If all professors appreciated the diversity of their students and tried to view the world from their eyes, the professor's job would be easier. Relating to students is hard for many instructors. The flaw here is that some professors have a difficult time getting to know students when they have four hundred of them in one class. It does not help when some professors are generally more concerned with their research and writing than connecting with students. These obstacles must be overcome. Professors have to realize that they are dealing with the generation that will soon be working in the same world they work in. This new generation relies on their teachers to do just that — teach. But teaching does not simply entail talking to a room of students for a designated amount of time. It requires interaction, developing ideas and inspiring analytical thinking. These ideas are not fool proof, but only suggestions to encourage closer bonds between students and professors. Just remember, it takes two to tango, and for the dancing to continue, the partners must always be aware of who their partner is and why they are dancing in the first place. Andrew Baley is a junior political science major.



GRAPHIC BY BRAD GRAEBER/THE BATTALION

Student Counseling Services has information on the subject and can provide students with all of the necessary tools to get their lives organized. Elizabeth Strait is a junior journalism major.

## Minimum wage increase past due Raising lowest pay helps college students, economy



STEWART PATTON

Clinton proposed an increase in the minimum wage last semester, but the matter was tabled because of you-know-who and the president's you-know-what. Since Clinton's most recent scandal seems to have finally begun to culminate, it is time for the country to refocus and realize the desperate need to raise the minimum wage. In a February speech to promote his 1998 legislative agenda, Clinton announced his plan for a 10 percent increase in the minimum wage by the year 2000. The president, of course, added a good measure of his touchy-feely Clintonese: "I think we ought to reach out a hand." Despite the goofy rhetoric, an increase in the minimum wage is necessary to help raise the income level of the poorest of America's poor. The Clinton administration is already responsible for the most recent increase in minimum wage. Minimum wage rested at \$4.25 an hour for years. Then in 1996 Clinton proposed and saw approval for a staggered 90-cent raise, bringing the wage to its current \$5.15 an hour. Jared Bernstein of the Economic Policy Institute said while unemployment remains at a low 4.5 percent, working families are earning about 4 percent less than they did in 1989. The cause of the recent drop in median family income is not due to falling corporate profits, as many suspect. Rather, it "has primarily to do with the compensation the typical worker earns," Bernstein said. The news gets worse: not only are minimum wage workers being paid less, they are actually working more hours than they did in 1989. Bernstein notes that "they're

working harder but they're still playing catch-up." Clearly, an increase in the minimum wage is necessary simply to boost workers' incomes back to where they were nine years ago. The economy is doing well, and minimum wage workers deserve to be able to take advantage of it. Opponents of the minimum wage increase argue that those who earn minimum wage are most often high school students or college students working part-time and therefore are not supporting a family. However, Lawrence Mishel, also of the Economic Policy Institute, said "76 percent of the benefits of the Clinton minimum wage proposal will go to working families with below-average incomes." The most common argument against raising the minimum wage is that it will force businesses to either fire some of their work force or hire fewer people in the future. Opponents of the minimum wage often take a simplistic view of business and usually cite the age-old law of supply and demand: the higher the wages, the fewer workers an employer can hire. Examining the realities of business, however, will show a decidedly different story. Since the purchasing power of the current minimum wage is 14 percent lower than the purchasing power of the minimum wage in 1979, businesses have actually been getting a good deal for the last 20 years. Bernstein also shows that corporations have been making substantially higher profits over the last few years as the buying power of the minimum wage has been declining. American workers are receiving an increasingly smaller slice of an increasingly larger economic pie. Far from being detrimental to businesses, an increase in the minimum wage

would simply help repair inequities already present in the current system. Most minimum wage jobs are in the retail or food service sectors of the market. Look at how a fast food restaurant uses its work force. Since the manager's job is to increase the profits of the store as much as possible, if she believes that the store could function adequately with only nine people on a certain shift instead of 10, why would she not decrease labor cost by eliminating the extra person? Do opponents of the minimum wage think business owners are so naive that they would keep extra personnel on the payroll until forced to fire them due to a small increase in the minimum wage? In addition to helping the poorest of American families, an increase in the minimum wage would also help college students who often work part-time jobs to support themselves. An extra dollar an hour for Aggies who toil away by flipping burgers, rolling burritos or typing reports could mean the difference between Shiner Bock and the generic equivalent on the weekends. There are probably also one or two students who actually use money from a part-time job to pay for other small things like rent and electricity. Since every other conceivable group in America has representatives who lobby politicians for their interests, it is time for college students to unite and demand an increase in the minimum wage. All good Ags should band together to fight "The Man" who is trying to keep them down. To help college students and America's poor, Congress should pass Clinton's minimum wage program (right before they impeach him). Stewart Patton is a senior sociology major.

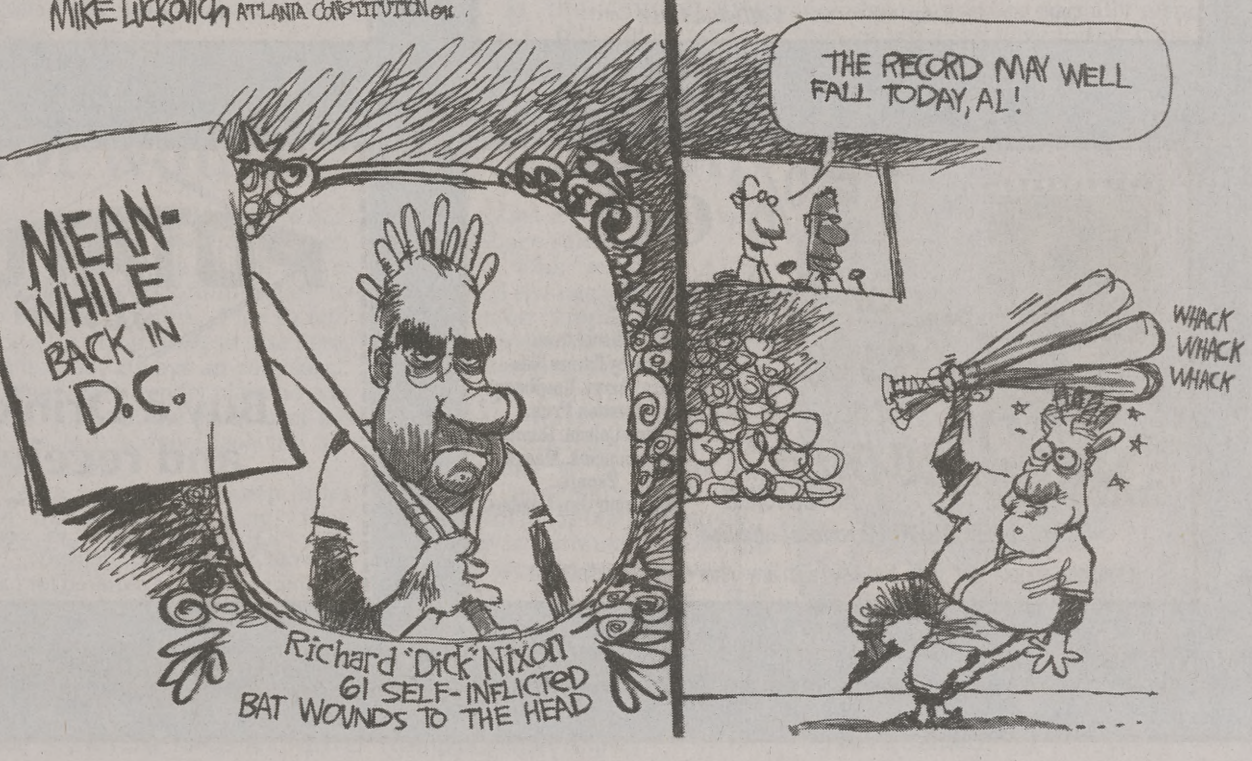
## Starr report details necessary for case

In response to John Lemons' Sept. 14 column: John Lemons considers the inclusion of the graphic details in the independent counsel's "Referral to Congress" as superfluous. If Lemons would have focused his attention on sections of the report other than those dealing with the graphic descriptions, he would have seen the necessity of their inclusion. Since Clinton insists on hiding behind linguistic legalisms, it became necessary — as Starr noted in the report — to include the graphic details. The president contends he did not have "sexual relations" with Monica Lewinsky. The evidence and testimony (as well as common sense) contradict the president. In plain language, he lied under oath. The fact that he lied directly to the American people is what he should ultimately answer for. The president said from the White House, on Jan. 26, "I want to say

one thing to the American people. I want you to listen to me. I'm going to say this again; I did not have sexual relations with that woman, Miss Lewinsky..." Even by his own admissions after the fact, we know he lied. Have we become a society that is willing to turn a blind eye to injustice merely for our own self-interest? Is Clinton's perceived self-importance to our nation's economy something that outweighs the standards that are expected of the office he holds? For the good of the country, Clinton should do the honorable thing and resign. In the words of Dr. Martin Luther King, Jr., "The time is always right to do what is right." Keith D. Gatewood Class of '99

SGA bookswap fights book costs In response to Manisha Parekh's Sept. 10 column: Manisha Parekh's column on textbooks earlier this month dis-

### MAIL CALL



MIKE LUCKOVICH ATLANTA CONSTITUTION