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# 2001 CAMP DAY

## Tuesday, February 13, 2001

9:00 AM to 3:30 PM

Memorial Student Center  
Flag Room and Hallway

**Wanted:** Counselors, Wranglers, Crafts and Sports Instructors, Lifesaving/Water Safety Instructors, Small Craft Instructors, Individuals with Nature and Outdoor Education Skills, People interested in working with youth in a variety of outdoor settings throughout Texas and the Nation.

Camps from across Texas and the Nation will be recruiting employees for the summer of 2001, including camps certified by the ACA (American Camping Association) and by CCI (Christian Camping International).

All majors are invited.

Sponsored by the Department of Recreation, Parks and Tourism Sciences, the RPTS Majors Association, and the Texas A&M University Career Center

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Add \$8.00 for Class '00 or before and \$18.00 for out of town delivery.

**Deadline: 2/12/01**

**Delivery date is 4/06/01**

### UNDERGRADUATE STUDENT REQUIREMENTS

1. You must be a degree-seeking student with at least **95** cumulative undergraduate credit hours.
2. Transfer students need **60\*** hours of credit at Texas A&M University, or degree must be conferred and posted.
3. You must have a cumulative **2.0 GPR** at Texas A&M University.
4. You must be in good standing with the University. (No outstanding parking tickets, blocks, etc.)

### GRADUATE STUDENT REQUIREMENTS\*\*

1. Your degree must be conferred and posted on SIMS or if you have completed all degree requirements, you may present an original letter of completion from the Office of Graduate Studies.
2. You must be in good standing with the University. (No outstanding parking tickets, blocks, etc.)

### PROCEDURE TO ORDER RING

If you meet all the above requirements and wish to receive your Aggie Ring on April 6, please submit a Ring audit online no later than February 12 at [aggienet.tamu.edu/programs/ring](http://aggienet.tamu.edu/programs/ring) or visit the Ring Office between February 5-12 to complete an application for a Ring audit.

Payment is due in full at the time of ordering by cash, check, money order, or your personal Discover, Visa, or Mastercard (with your name imprinted).

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\* If your first semester at A&M was 1993 or before, you may need only 30 A&M hours, instead of 60 hours.  
\*\* See our website for complete details or call the Ring Office at 845-1050.

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# In your dreams

Lack of sleep is harmful, common in student

By CINDY GALLEGOS  
The Battalion

It is a guarantee that, every night, students will be scurrying to finish research papers, cramming for tests and completing daily tasks. Sleep, a vital contributor to healthy living, is often sacrificed for worry, work and stress.

According to U.S. News & World Report, past studies about sleep concentrated on the short-term effects of extreme sleep deprivation. Researchers are now focusing on the effects of losing one or two hours each day. A groundbreaking experiment conducted by Eve Van Cauter included young, healthy men who were deprived of sleep over three weeks. Recent evidence also hints that sleep deprivation may be linked to disorders such as obesity, immunity deficiencies, diabetes and breast cancer. All this research brings up the question: How much sleep do we really need?

"Almost nobody, probably less than 10 percent of people, can get by on less than eight and a half hours of sleep per day," said Dr. James Barker, pulmonary and sleep deprivation specialist. "If you look at the hours of sleep plotted in the U.S. over time, over the last 200 years, the amount of sleep per night keeps getting shorter and shorter."

A national survey of American adults conducted by the National Sleep Foundation concentrates on the effects of sleep habits. In the survey young adults ages 18-29 compare poorly to other age groups.

The "waking up unrefreshed" feeling is prevalent among 18- to 29-year-olds. That unrefreshed feeling requires people to take naps. Naps can be excellent energy boosters if people take them correctly.

According to U.S. News & World Report, for short naps, sleep for no longer than 45 minutes to avoid getting into a deep sleep that will cause grogginess. Longer naps should be two hours to make sure at least a full 90-minute cycle is completed.

"From research studies, what they have found is that people do catch up, but never as good as if you get the right amount every night," Barker said.

Several factors contribute to this society's lack of sleep. According to the National Sleep Foundation, stress disrupts sleep for 18- to 29-year-olds. Environmental factors such as lighting, temperature and noise bother 22 percent of 18- to 29-year-olds as opposed to 14 percent of 30- to 64-year-olds.

"We see quite a few students where sleep deprivation will be part of a pattern," said Dr. Andy Smith, associate director of Student Counseling Service. "Someone who is depressed might also be sleep deprived, or someone who is very anxious about school might be sleep deprived because they're having difficulty sleeping."

Students often forget physical factors that can disrupt normal, restful sleep.

"Factors that people forget about are that drinking caffeine, whether it is coffee, tea or soda, makes it harder to fall asleep," Barker said. "The first three hours of sleep are not as effective if you drink much caffeine close to bedtime and exercise near the time of sleep."

Students often juggle a job, school and social time. Their busy schedules often keep them up all night and affect their alertness and concentration.

"There's a constant strain to keep up with

homework," said Toni Roberts, a freshman wildlife and fisheries science major. "Even when I don't get involved and stick to the books, I still don't get enough Z's."

The first step to avoid sleep deprivation is identifying it. According to U.S. News & World Report, people are sleep deprived if they can lie down in the middle of the day and fall asleep in 10 minutes.

"A good way to tell if you're sleep deprived is, if you have to make up sleep on the weekend, you are probably not getting enough sleep during the week," Barker said.

Signs of sleep deprivation are prevalent on campus. Students can be seen dozing off in class or napping at the library.

"A lot of the students that we see, especially in the Corps, tend to get a lot of upper-respiratory infections," said Dr. Ann Reed, associate director of A.P. Beat Health Center. "A lot of times they get maybe six to eight and a half hours of sleep at night, and the average person needs seven and a half hours of sleep at night, and college students actually need a little bit more."

According to U.S. News & World Report, a recent study indicates that individuals who were awake up to 19 hours scored worse on performance tests and alertness than those with a blood-alcohol level of 0.8 percent. According to the Sleep in America Poll, young adults are more prone to driving drowsy. Twenty-five percent of young people doze off at the wheel.

The statistics speak for themselves. The importance of getting enough sleep is becoming a bigger concern for Americans. It wasn't until recently that studies leaned toward the notion that getting enough sleep is linked to having a long and healthy life. This provides enough incentive for young people not to deprive themselves of basic need.

"My sleep is extremely important to me because it affects my health and test performance," Roberts said.



CHAD MALLAM/THE BATTALION

## Hollywood's couple legally files divorce

LOS ANGELES (AP) — Tom Cruise filed for divorce Wednesday, citing irreconcilable differences as the reason for splitting with actress Nicole Kidman after 10 years of marriage.

The Superior Court petition filed two days after the couple disclosed their separation said they will share custody of their adopted children, Conor, 6, and Isabella, 8.

"It is Tom Cruise's desire that the dissolution of the marriage be handled amicably," said attorney Dennis Wasser. "His major concern is the welfare of the parties' children."

The couple separated in December, the filing said. On Monday, the couple blamed "difficulties inherent in divergent careers" for keeping them constantly apart. Publicists said the actors would

## People in the News

have no additional comment.

It is the second failed marriage for Cruise, who divorced Mimi Rogers in 1990 after three years. That same year, Kidman and Cruise met on the set of *Days of Thunder* and were married that Christmas Eve in Telluride, Colo.

Cruise, 38, has starred in a number of high-grossing and critically acclaimed films, including *Born on the Fourth of July*, *A Few Good Men*, *Jerry Maguire*, *Mission: Impossible*, *Rain Man*, *Top Gun* and *Magnolia*.

Kidman, 33, spent three months in Spain last fall filming *The Others*, and Cruise was one of the executive producers. Her movie credits include *Batman Forever*, *Malice* and *To Die For*.

The couple also starred together in the films *Far and Away* and 1998's *Eyes Wide Shut*, the erotic final film of Stanley Kubrick.

The couple divided their time between homes in New York, Los Angeles, Colorado and Kidman's native Australia, where news of the breakup hit hard.

A front-page headline Wednesday in *The Australian* read: "Tom

and Nicole admit it's mission possible."

The couple were the toast of Sydney last year, living in a sprawling mansion while filming separate projects.

They appeared regularly at social functions and Cruise won hearts of sports fans by throwing his support behind a local rugby league team.

*The Sydney Morning Herald* Wednesday reported sadness among locals who said they would miss Cruise.

Ros Reines, a gossip columnist with the tabloid *Sunday Telegraph*, said she was shocked.

"They were the Hollywood dream couple — our Nicole Tom," she said.

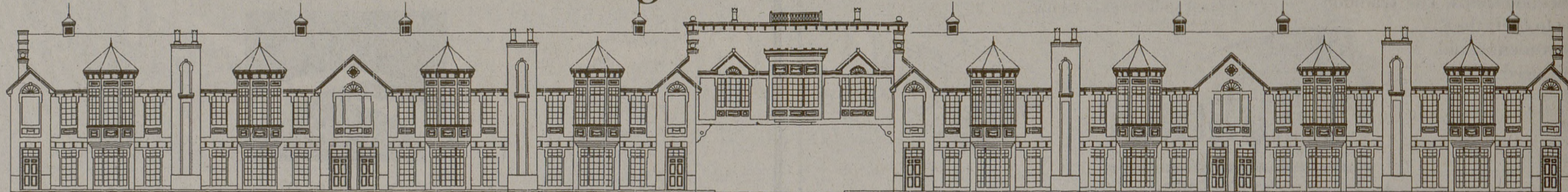
Not all papers were sympathetic.

"Balancing work and family is a formidable challenge for all, but Tom and Nicole are among those best-equipped to do it," *Australian* said, pointing out the couple was worth an estimated \$250 million.

"Who do Tom and Nicole think they're kidding?"

Ready for Fall Occupancy

## Wellington Court on Welsh



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