# AGGIELIFE **THE BATTALION**

Page 3 • Monday, September 13, 2004 PAGE DESIGN BY JULIE BONE

# ROKKEN ROLL

No-sleep zone

### Lack of sleep among students causes more than half-shut eyelids

#### Papa Roach **Getting Away** with Murder **Geffen Records**

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sy-to-like album that comelled you to sing along depite its laughably maudlin ubject matter. The band had a nash hit in "Last Resort" and n page 1 exhibited a sharp sense of melody and competence in writing catchy hooks.

However, the band has been busy sabotaging its own usical credibility since then. Whether by act of a vindictive manager or pathological elf-deprecation, Papa Roach toured the country on Eminem's "Anger Management" tour. Lead singer Coby Dick started going by his given name of Jacoby Shaddix (whether this is an upgrade is highly debatable). They produced a lackluster sophomore effort by the name of "Lovehope that s hatetragedy" that met with a mix of bad reviews and utter

Just when everyone thought Papa Roach was ready to roll over and die like so many

See Roach on page 4

#### By Teresa Weaver THE BATTALION

Only a week into the semester, some students are settling down and getting serious about their classes. Others have chosen to hang on to the sunny weather and summer feeling for as long as possible, conveniently forgetting to do homework until the end of September, when the first round of tests begins. Then it's crunch time and suddenly everyone is at the library or in his dorm room, staying up all night to finish reading a chapter or com-

Though all-nighters may seem like just another part of the college experience, sleep deprivation can cause emotional and physical damage to students, said Dr. Ann Reed of the A.P. Beutel Health Center on campus.

"Not getting enough sleep puts stress on your immune system, and you will get more infections," Reed said. You are more likely to get in car accidents or cause

Greg Propst, a sophomore biomedical sciences major. felt nauseous and shaky after pulling two all-nighters in a row during finals last semester.

"It took so much out of me I was completely exhausted over the break," Propst said. "But it didn't affect my grades; it probably was the reason I did so well."

Robert Stagni, a senior accounting major, has had a lot of experience with sleep deprivation over the course of his Aggie career. Although he now sleeps seven hours each night, last year he was sleeping a mere three hours at some points during the semester.

"When you're tired, it's hard to concentrate on things and you can't keep a normal routine," Stagni said. Stagni said he never thought his lack of sleep affected

Students may not be that concerned with sleep deprivation because it does not cause problems to health that students associate with a lack of sleep, Reed said.

"Students never come into Beutel and complain of not getting enough sleep," Reed said. "But I see Corps cadets come in for strep throat or a cold, and as soon as they sit down in the waiting room, they pass out. They

Capt. Christy Gantt, a cadet training officer, said new changes were made this year to fix the problem that has been linked with the Corps for years.

We changed the daily schedule each Corps outfit follows so that the cadets now get approximately eight hours of sleep each night," Gantt said. "The Corps no longer has morning training ,and so now the day begins

#### at 6:45 a.m.

Jake Neal, a sophomore agriculture major in company K-2, has already noticed

'As a freshman I had trouble staying awake in class, and my grades definitely suffered,' Neal said. "I was so tired sometimes I would fall asleep So far this year has definitely been better."

Although professors call out cadets more often than other students for falling asleep in class, Gantt said, cadets are just the most recognizable sleepers

The cadets are not the only students on campus who feel the pressures of school interfering with their sleep. Kameron Gainer, a junior communication major, said lack of sleep slows her down and makes her stress worse.

but if you're taking a full load of classes, involved in a student organization and work full time to pay for school like me, it just doesn't work out," Gainer said. 'I just try to catch up on sleep during the weekend.'

Reed said an average person needs seven-and-a-half hours of sleep a night, but that everyone is different, and that 12 hours depending on the person. A good way to determine how much sleep you should be

getting is to remember how much sleep you had during high school, when your stress level and work load was much lower, she said.

Stagni said that for students to stay on top of things, they need to be organized.

"It has to start with organizing your time. If you can plan things out, you can plan on getting sleep,"



For college students who are less than enthusiastic about planning out hours of sleep each week, Reed reminds students to pay attention to when they

"If you have to stay up, there are short term solutions like caffeine, but if your body isn't getting the sleep it needs, it will force you to sleep, no matter what you are doing," Reed said. "In the long run, there is no way to get around not sleeping."

And for those that still want to get a taste of Gatti-Town but can't make it for the free lunch, don't worry...our Ag lunch price is only 99 with your student ID!







# Gatti.Town needs your help!

Free Lunchi

On Wednesday and Thursday, September 15th and 16th, come in anytime between Ilam and 4 pm to fill out a survey in exchange for free lunch!

### All-You-Care-to-Eat!

You'll get your fill of our delicious pizza... plus salads, pastas, desserts, breadsticks, drinks and more! (Monday-Friday, Ilam-4pm; Aggie Bucks accepted)

Got a group? Ask about our group deals, private meeting rooms and fundraisers.



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OU CAN STILL HAVE YOUR GROUP'S picture taken for Texas A&M University's 2005 Aggieland yearbook. Photo sessions with Corps units, Greeks and Residence Halls are underway. Photo shoots for club sports and academic and other student organizations will begin in October. Space is limited, so turn in your contracts today. Follow these easy steps: (1) Download a contract from http://aggieland.tamu.edu or pick one up in room 004 Reed McDonald. (2) Fill out your contract and return it with payment to room 015 Reed McDonald. Questions? Call 845-2682 for details.

