

sleep

reporter

april • 17 • 1998



deprivation

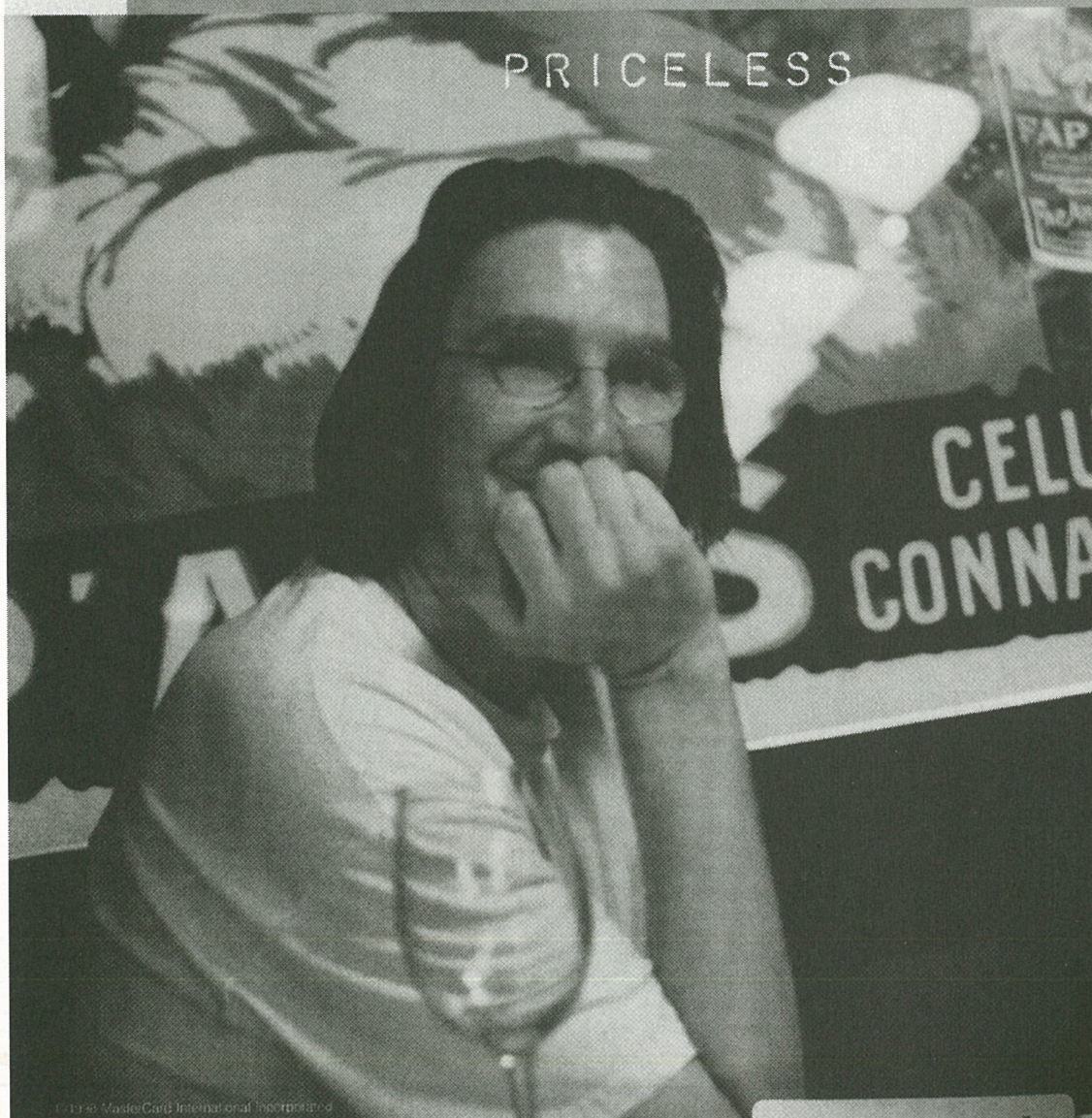
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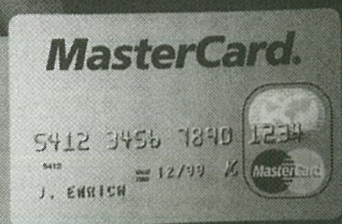
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EDITORIAL

Fony is alive and well at RIT. I had written an editorial on the quarter system, which I intend to run later, but reading the responses of the my fellow students in Word on the Street prompted the following editorial.

The irony is convoluted. President Simone, in a decision that should not surprise anyone, recently denied official RIT recognition of the Cannabis Coalition. Many people have publicly stated that it is a legal issue, in that the US government has declared the substance in question illicit. Other people have raised the issue of free speech and that denying them funding essentially places a limit on their free speech.

Is the irony emerging yet? The US Supreme Court has ruled that there can be no limitations on campaign funding because this would be a constraint on the right of the candidate's free speech (rich candidates, but this isn't about them today). Part two if anyone remembers their history, there was a time of prohibition in our country when alcohol was illegal, yet today it is legal.

I understand and agree with President Simone's position that students who over-indulge in mind-altering substances consistently under-perform. However, students and society have been abusing alcohol for quite some time and no one addresses the legality of alcohol. Cigarette manufacturers have been increasing the amount of addicting nicotine in their product, yet they are still legal. So what is the standard with which this issue should be judged?

A recent National Public Radio (NPR) story covered a scientific study in which people who consumed a moderate amount of mood-altering substances had a lower level of stress than people who did not take any drugs or those who over-indulged. For some reason our country and residents can easily apply a double standard to an issue without even thinking about it. Why are some drugs legal and others not?

And so I wonder what the real issue is in regard to the Cannabis Coalition. I personally am not interested in smoking particular drugs, the death of an athlete my age convinced me of that. But I cannot judge others on their particular drug use because I am known to enjoy a good beer now and then (don't worry President Simone, I am of age). In fact, last quarter when I didn't drink, I was more stressed than this quarter when I have harder classes and work longer hours.

Another argument against certain drugs is the existence of the criminal element. Yet, there don't seem to be any large shoot-outs over alcohol, unless you watch competing advertisers on TV. Drunk driving is a serious problem in our country, yet alcohol is still legal. Is the irony emerging yet?

If anything, the government would have more control over use of certain substances if they were legalized and administered, not to mention creating a nice tax base. Take for example the state of Pennsylvania, where the only place you can buy hard liquor is in a state-run store.

One of the largest growth industries over the last few years in the US has been prisons and law enforcement. The philosopher Foucault stated that you can learn a great deal about a society by whom it jails. I would amend this statement and say that you can learn about a society by examining what it legalizes and what it prohibits.

It is true that our country is founded on law and the respect for law. However, this respect was balanced by providing for laws to be amended, repealed and removed. I believe that it is healthy and necessary for RIT to debate this issue. However, I would hope that people make informed decisions, present logical arguments and realize the context of their statements. The Cannabis Coalition plays an important role in our country and our campus, the voice of the minority. While I may not agree with them, I recognize their rights to assemble and speak.

Michael Fagans
Editor-in-Chief

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4.17.98

cover

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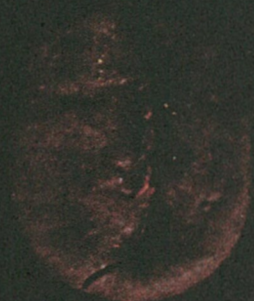
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NEWS

Feminism the Focus of Art Issue

Since the students of this campus produce some of the finest artwork of any school in the country, it is surprising that it doesn't have a greater focus on important topics. The Women's Resource Center is hoping to change some of that this spring with a specially-produced magazine focusing on feminist art. "We don't learn enough about issues," says the Resource Center's Student Coordinator, Leigh-Anne Francis. "This campus is lacking feminist art and we need to find a less superficial way of doing art."

The magazine, which is supposed to be released sometime before graduation '83, will be a compilation of the artwork,

photography, and poetry submitted by RIT students. Because feminism is about "equal rights between the sexes," the issue is "open to contributions from both males and females." Hopefully the focus will be on the politics of the issue. Feminism is about "peace, love and justice, but a lot of times it's about anger." Subjects such as family and motherhood will be accepted also. "What is defined as feminism art is going to be determined by what we receive," offers Francis. "Hopefully, we will get a lot of different kinds of art."

The Women's Resource Center, located in the SAU, has been very vocal on campus this year with programs such as the Empowerment Program and now this art program. They feel this is a good start to get the varying perspectives we need on our society. Look for the magazine, which will be distributed free to the public late in the school year.

by Nick Spittal

XEROX



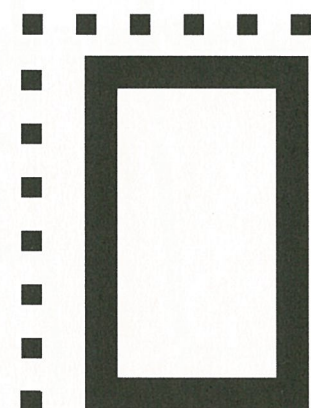
Gives Rare Opportunity to RIT Art Students

What do you do when you have an excess of empty wall space? Well, the Xerox Corporation solved this problem by contacting David Dickinson, a faculty member of the College of Imaging Arts and Sciences. In a new program, students from the college were requested to submit artwork that could be used to fill Xerox's blank walls. Not only would the student's artwork be out in the public eye, but every selected piece would earn the artist \$100.

Fliers put up by the Illustration Guild advertised the opportunity and invited interested students to enter up to three works of art to be judged. A panel critiqued the submitted art and decided upon 33 pieces that have since been handed over to Xerox to hang on

their walls. All the pieces will remain hung for a year's time, when Xerox and RIT will begin the entire process again for next year. Students may then choose to take back their works, or sell them in the open market.

by Nick Spital



Cannabis Controversy Still Smoking

"The Rochester Institute of Technology Student Government has voted in support of the Rochester Cannabis Coalition's pursuit for club recognition."

This was the message released by Student Government President Kevin DeVico on Friday, April 3, after the Student Government ended a long meeting regarding this subject. The vote was preceded by a lengthy and sometimes heated discussion about the decision.

Shea Gunther, president of the RCC, was pleased by the outcome of the meeting and felt that this was "another indication of student support for [the] organization."

Gunther brought his case to the student government following President Simone's decision to not recognize the RCC as an official RIT club. The RCC has insisted that this is a form of censorship and has vowed to fight the ruling. The decision to appear in front of Student Government was one of the many tactics they have attempted, which include passing around petitions and holding a rally.

President Simone cited safety reasons as the driving force behind his decision. In a letter sent to Gunther addressing the issue, he said that he didn't want to place "students at risk by signaling to the criminals who distribute and push drugs that RIT condones drug use by students and that they are welcome to peddle their illegal wares on this campus." Despite these recent forms of protest on the part of the RCC, Simone is standing strongly behind his decision and reasoning, showing no intent of changing his stance in relationship to the organization.

by Clem Barnius

LEISURE

It's Coming!

Yes folks, the second annual Emanon festival is on its way, and its full of enough stuff to keep you busy for at least one day. Come join your friends, prospective friends, classmates, teachers, and the like in celebrating the diversity and community of RIT and the greater Rochester area. On Friday, May 9, the carnival and fireworks display will kick off the weekend's events. Area food and merchandise vendors will be on hand to tempt you with their cuisines and wares. You are invited to participate in many ongoing novelty acts, as well: bouncy boxing, gladiator jousting, 28' rock-wall, bungee run, Velcro Olympics, money cube, lil' trike races, water wars, and X-Treme Air. So come on and join your fellow RIT community in sparring, battling, climbing, running, sticking to each other, getting richer, biking, getting wet, and being stimulated! Since the main purpose of the festival is to get everyone involved, some events will be run and sponsored by organizations on campus. So, check out RHA's "Coupled Up," which will be a lot like the ever popular "Singled Out" game show on MTV. Best of all, the outdoor events are free – and what's not to like about that?

The actual Emanon festival, most of which will take place outdoors along with the carnival, is primarily a musical draw. Some of the bands that will be found jamming on the three outdoor stages are Lughead, Quadrafacet, The Priests, Strangefolk, and The Amazing Royal Crowns. There will be a comedian, Mad Max, performing on a stage as well. At night there will be an indoor concert, featuring Sonic Youth, who will be joined by KRS-One and Moe. Tickets (\$10 for students, \$12 for faculty/staff) will be on sale in the CAB office and in the SAU lobby until the day of the event, when the prices will go up two dollars. If you would like a chance at winning free tickets, sign up at the Emanon table in the SAU during the day. If you can guess the correct number of buttons in the jar, you can win two free tickets and two free T-shirts.

Volunteers are still needed to help with the festival, so if you are interested contact Justin Hunt at x2509. Also, CAB is still seeking vendors, so if you have stuff to sell, Chris Scottie can also be contacted at x2509.

by Jenn Tipton

Note: At press time, more acts and bands were still signing up. So don't fret! There is more to come – you'll just have to drag yourself out of bed to find out what! Or you can go to the CAB website at www.rit.edu/~cabwww/ for event updates.

Website of the Week

If you were handed \$15,000 in cold, hard cash and given the opportunity to do anything with it, what would you do? Buy a car? A new computer (PC of course)? Pay off those pesky college loans? Purchase a movie star? Okay, that last one may sound a little far-fetched, but it really isn't. At the Rogue Market you can buy, trade, and sell "stock" in your favorite actors, politicians, sports stars, and more. The market works just like the real stock market with fluctuating values based on real life occurrences. After a quick registration process, every participant receives \$15,000 to spend on shares of their favorite personalities. Best of all, the market is entirely free and prizes are awarded (but you have to earn them). With an addiction stronger than nicotine, I assure you, once started, you'll lose hours of time checking your portfolio daily (or even hourly in my case)!

by Nick Spittal

Do you have, or know of a cool website that you would like to see here? E-mail me (nrs6247@rit.edu) with your favorite URLs and the best ones may be featured in a future issue!

<http://www.roguemarket.com>

Ian Fleming just might be rolling in his grave. The creator of James Bond could never have imagined that the legend he created would wind down to this: an album that mangles and stomps merrily on the great music of the Bond movies.

I don't know who David Arnold is, and his album makes me wish I'd never even heard of him. Arnold, with the help of eleven "popular" artists, created remakes of certain songs from the Bond legacy and brought them together in *Shaken and Stirred – The James Bond Project*. On the album, Pulp helps mutilate "All Time High," Chrissie Hynde makes a deplorable contribution on "Live and Let Die," and in what is quite possibly the worst move in his career (bar NONE), Iggy Pop hands over a putrid performance on "We Have All the Time in the World."

There are more — worse — songs on the album. The only bright spot is Aimee Mann's "Nobody Does it Better." As much as I like Bond movie music, Carly Simon's contribution to "The Spy who Loved Me" was, at best, boring. Aimee Mann, however, puts a slinky, sensual slide on the song, and adds a low soft-dance-type beat while completely removing Simon's voice.

The eleven tracks on this disc are all way too long (or at least seem that way), including the mercifully brief "Live and Let Die," which is barely three minutes. I usually like the Propellerheads (I recommend their new album "Decksanddrumsandrockandroll"), but their nearly unbearable ten-minute version of "On Her Majesty's Secret Service" is just as bad as the rest of the album.

Whoever this David Arnold is, he has clearly overstepped his bounds with this piece of garbage. A Bond fan who owns this album isn't really a Bond fan. I urge anyone who actually owns this crap to throw it out. If you don't own it, then more power to you.

by William Huber

Shaken and Stirred — The James Bond Project, by David Arnold

With one of the strongest promotional campaigns in recent memory, starting as long ago as October, *Lost in Space* finally arrived in theaters across America on April 3. The campaign worked: the film drew in huge crowds for its opening weekend, as *Titanic* was finally unseated after fifteen straight weeks as number one at the box office.

From the onset, the audience is thrown into a world of razzle-dazzle computer animation with an outer-space dogfight featuring some of the universe's newest fighter ships and interstellar constructions. The effects remain strong throughout the film, bringing the quirky 1960's TV series into and beyond modern times. Perhaps the most noticeable effect of all, however, is in the stereo surround sound, which can literally blow the audience away. Near the end of the film, there is a deafening explosion immediately followed by a moment of dead silence, leaving the audience gasping for air.

What was achieved in the special effects was adversely countered by some mediocre acting and unexplained plot. Star Matt LeBlanc did not have to adjust much from his weekly moronic character on *Friends* to play the foolish, one-dimensional space pilot, Major Don West. Though none of the remaining actors (William Hurt, Gary Oldman, Mimi Rogers, Heather Graham, Lacey Chabert, and Jack Johnson) yield Emmy-caliber performances, either, the cast did hold the television show's theme and integrity intact. Oldman, who portrayed the evil Dr. Smith, could very well have been drawn straight out of the original series. Nonetheless, much of the action seems far-fetched (hyper-spacing through the sun?), even for science fiction thriller. I was quite baffled by the correlation between time travel and the formation of a large planet-warping bubble, which apparently caused the "earthquakes" on the planet. And what the heck was that silly little monkey-like thing?

Unfortunately, much of *Lost in Space* is a borrowed and recycled mumbo-jumbo of previous blockbusters. I found myself scanning the screen for Admiral Ackbar and General Modine during the opening scenes, which featured what appeared to be B-Wing fighters. *Star Wars* returned late in the action, when a Millennium Falcon-like Jupiter 1 flew through a cave of sorts — a scene taken from any of the films in the George Lucas trilogy. Those pesky extraterrestrial spiders mimicked the attackers of *Aliens*, and when Dr. Zachary Smith went through a vulgar transformation bringing him face to face with his nemesis, Professor John Robinson (Hurt), I thought I was watching a Sigourney Weaver encounter with the Queen. The whole concept of flying through an intergalactic stargate was the entire plot to a film entitled *Stargate*. Many of the costumes appeared to have been taken from the archives of the same film. Finally, although better than most transitions, *Lost in Space* is just one of Hollywood's many recent attempts at bringing the boob tube to the big-screen (*The Fugitive*, *Mission Impossible*, *Mr. Magoo*, *Bean*, *Flipper*, and the yet to come *X-Files* and *The Avengers*), signifying an acute lack of creativity.

Despite what may seem like a poor review, this film did have moderate entertainment value, and the ever-improving computer effects are definitely worth seeing. An open mind could disregard the annoying inconsistencies in the plot and lack of originality. Quite honestly, it was better than I had anticipated. See it with a large group of friends (I tried 17), and see it soon — judging from the inconclusive ending, the sequel (why?) is just around the corner.

by Nick Spittal

Danger, Will Robinson! Danger!

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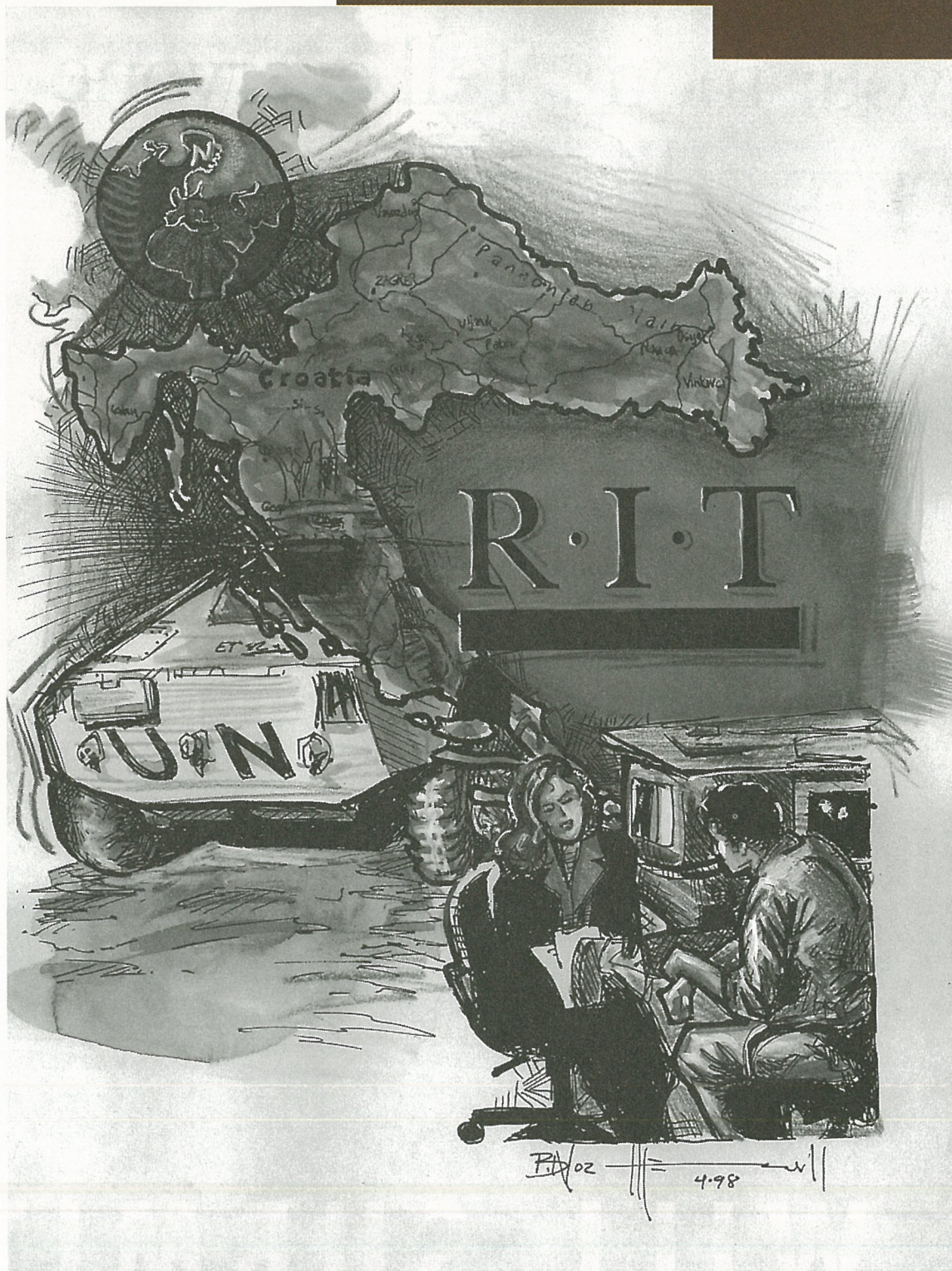
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RIT R

THE CROSSROADS

THE NEW

ACMT

BY OTTO VONDRAK

ILLUSTRATION BY BEN NORTHERN

With all the talk about such things as the alcohol policy and the Cannabis Coalition, it has gone virtually unnoticed that RIT is making major contributions in the rest of the world. The new American College of Management and Technology (ACMT) in Dubrovnik, Croatia, however, is evidence that RIT is doing just that.

The school, which opened in September, is the result of months of hard work by RIT and the Croatian government. "The school has only one program at this time, which is an RIT associate degree in Food, Hotel, Travel Management (FHTM)," said Dr. Stan McKenzie, who, as RIT's Chief Academic Officer, is responsible for delivering the degree program through ACMT. ACMT students will receive RIT degrees, just like students here in Rochester.

The initiative for this project came from Ken Nash of RIT's Office of International Partnerships. He made the initial contacts with members of the Croatian Ministry of Science and Technology and arranged for them to visit RIT to learn about our technology programs. After their visit, the Croats expressed an interest in the FHTM program, to help renew their tourism trade.

Stretching between central Europe and the Mediterranean Sea, Croatia is located "at the crossroads of Europe," and has gained infamy in international headlines. After declaring itself an independent republic after 1918, it became part of Yugoslavia in 1945. In 1990, Croatia emerged from years of Socialist control to become a democratic state. In May 1991, Croatian voters supported a referendum calling for their republic's independence. When the

Croatian parliament passed a declaration of independence

THE ACMT IS THE FIRST AMERICAN UNIVERSITY TO HAVE A PRESENCE IN CROATIA.

from Yugoslavia in June, a six-month civil war followed with the Serbian-dominated Yugoslavian army. After a UN-declared cease-fire in 1992, peace-keeping forces were sent to protect the minority Serbs living in Croatia. In a lightning operation by the Croatian army, they retook western rebel-held areas in May 1995.

With reconstruction in mind, Croatian officials sought to start by strengthening their tourist trade. The Croatian government, encouraged by their positive trip to the RIT campus, appropriated support for the new RIT school. The ACMT is the first American university to have a presence in Croatia. The program is funded through student tuition and Croatian government support. "Aside from the financial support being provided, the program could not exist without the direct support of the Ministry of Science and Technology, which sponsored changes in Croatian educational law to make the school possible," said McKenzie.

The "home base" in Rochester is very involved in this project. McKenzie continued, "The [ACMT] students are RIT students and our Registrar's office handles the certification of their course work. The FHTM curriculum is identical to that offered on the RIT campus, including Liberal Arts courses." Identical coursework, identical professors: RIT academic departments approve all the faculty teaching in the program. Some of the ACMT faculty are from

RIT and go over for one or more quarters. Those who are hired in Croatia are ultimately approved by McKenzie through proper channels in CAST, Liberal Arts, Science, and others. ACMT has a "Dean/President," William Dempsey, who until this year was RIT's Vice President for Finance and Administration.

Other RIT people are involved with the Croatian project. President Simone and McKenzie are both on the Board of Directors, which has American and Croatian members. The board is chaired by Jay Holmes, who is a member of the RIT Board of Trustees.

Is all this RIT support the reason for the recent tuition increase? "No," says Dr. McKenzie. "The school at this point is budgeted to be 'revenue neutral' to RIT. We expect it to provide a positive revenue stream to RIT in the future as well as become a source of additional students in the third and fourth year FHTM program here at RIT." ACMT might be a source for study-abroad opportunities for students here if the program expands to a four-year program.

Managing a school thousands of miles away sometimes requires personal attention. McKenzie, Simone, Watters, and Dean Wiley McKinzie all attended the first meeting of the Board of Directors, which was held in Croatia at the end of March. McKinzie and McKenzie also traveled to Hungary for another RIT project, "Project TechCom."

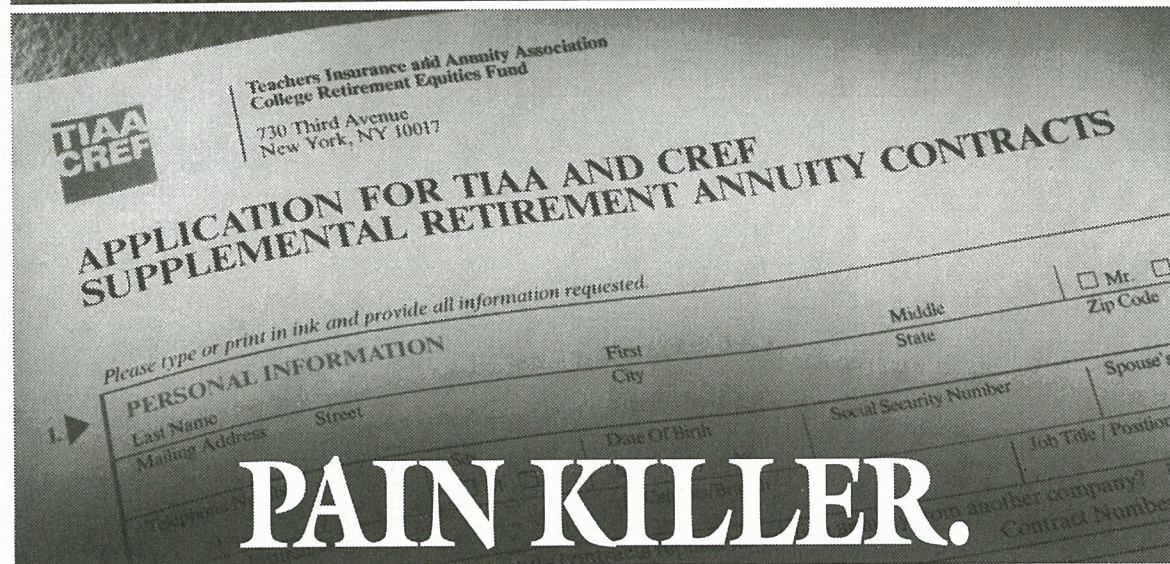
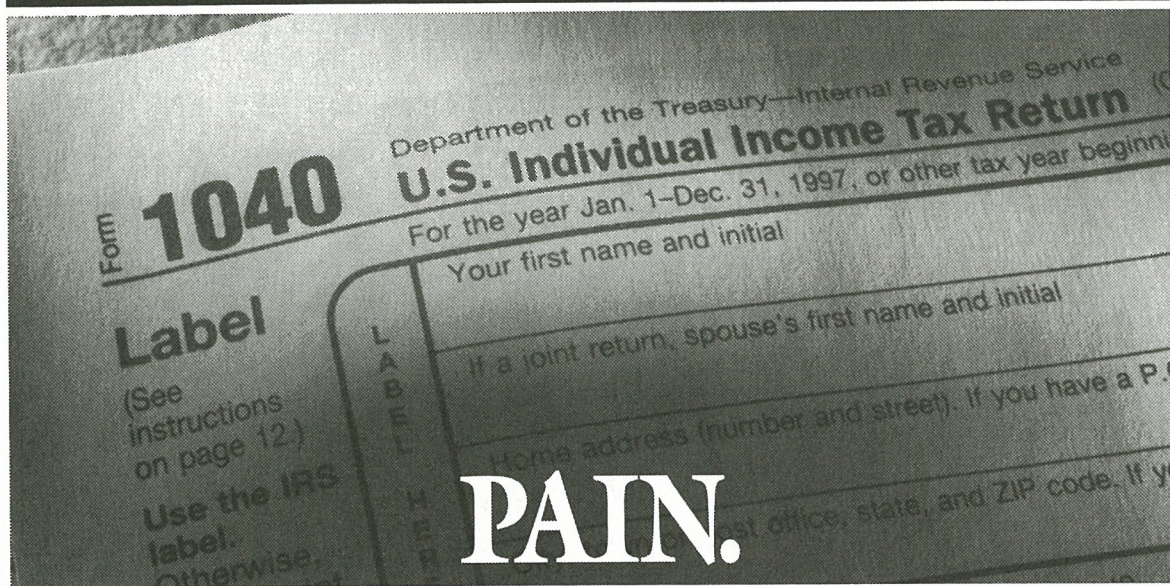
With all the concentration on the FHTM program, is there room for expansion? "Yes," says

McKenzie. "There is a strong interest at the school to expand to a third and fourth year. The Croatians are also very interested in having us offer other degree programs in areas such as Business, Information Technology, and Environmental Management." Of course, these programs cannot be implemented immediately. Any future program expansion will depend on feasibility and finances. "[The development of] Distance Learning may be an attractive alternative for some programs rather than opening additional departments over there."

Poised for growth, the American College of Management Technology is a great first step toward rebuilding Croatia. With more schooling opportunities opening up across central Europe, RIT students at home will be able to reap the benefits of possible "study-abroad" packages. More importantly, Croatian students may be able to study here in Rochester and bring that knowledge back to their homeland.

The twentieth century is closing much like the way it opened: with a focus on the tumultuous Balkan states. With the support of RIT's strong academic programs, Croatia may find it a little easier to navigate the "crossroads" to a successful future. ■

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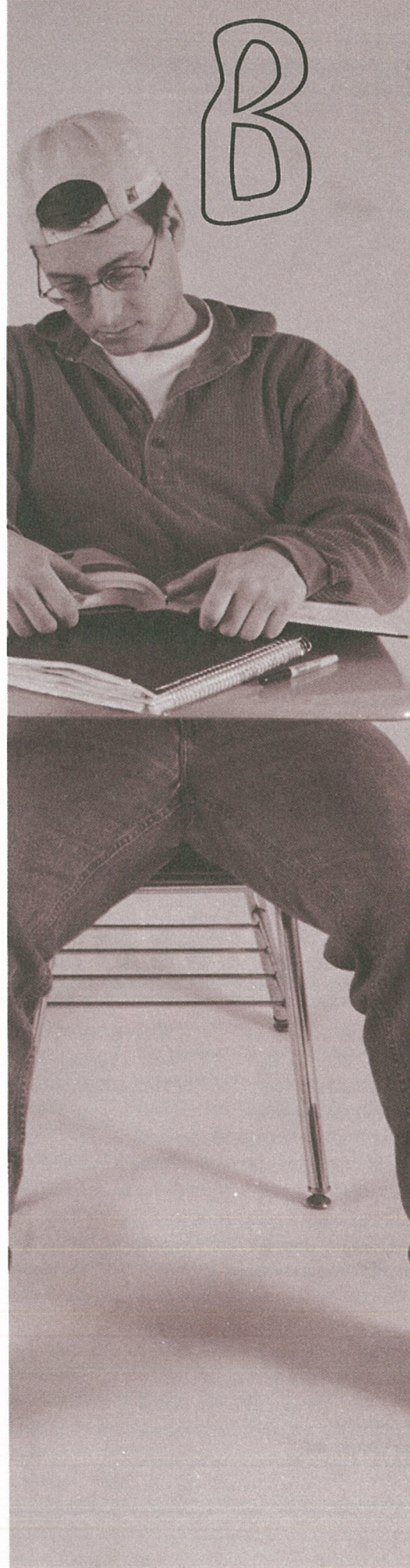
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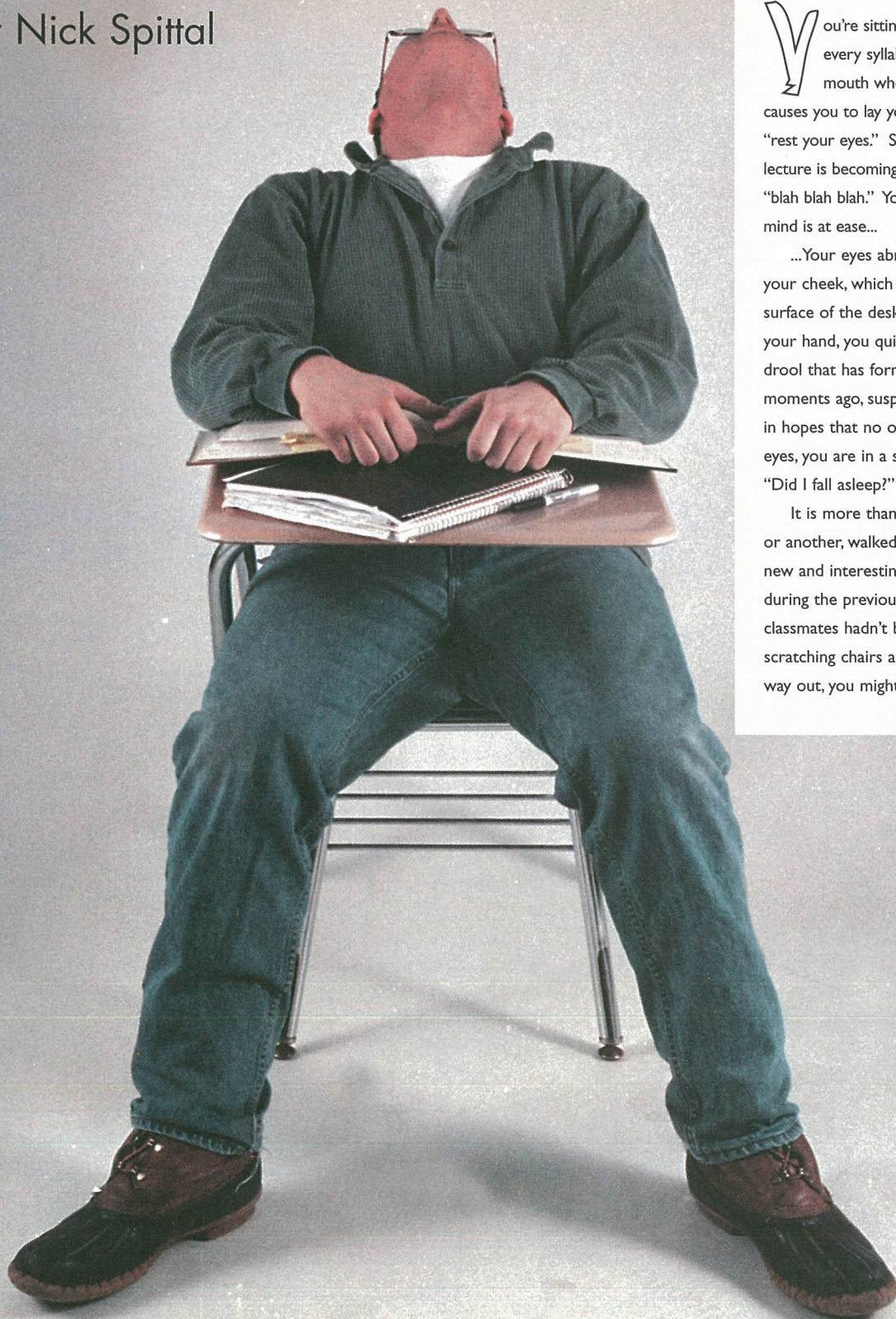


Zzz



ZZZZZZs of College

by Nick Spittal



You're sitting in class, attentively listening to every syllable being spit from your professor's mouth when the excitement of the day's topic causes you to lay your head upon your desk and "rest your eyes." Slowly, the precise articulation of the lecture is becoming blurred into one long paragraph of "blah blah blah." Your attention is lost, but your mind is at ease...

...Your eyes abruptly pop open as you peel up your cheek, which has naturally adhered itself to the surface of the desktop. Pulling your shirt cuff over your hand, you quickly wipe up the gooey puddle of drool that has formed where your head had laid just moments ago, suspiciously looking from side to side in hopes that no one has witnessed. Rubbing your eyes, you are in a state of wonderment. "Did I fall asleep?"

It is more than likely that you have, at one time or another, walked out of a lecture wondering what new and interesting topics the professor presented during the previous hour. Heck, if all your classmates hadn't been so rude shuffling papers and scratching chairs across the linoleum floors on their way out, you might still be peacefully snoozing the

“A professor is one who talks in someone

day away at your desk. All too often, the late nights of movie-watching and partying — ahem, studying for that damned midterm — lead us to sleep the daylight hours away. Then, there are those who somehow find the time to spend every afternoon snuggled deeply in the comfort of their beds, napping.

What causes us to sleep when we try so hard to keep our eyes open? What can we do to prevent the embarrassing reservoir of saliva from oozing onto the desktop, or the sudden outburst of snoring that inevitably results in an uproar from surrounding classmates?

The Facts

It should not come as a surprise that sleep is a biological process. Honestly, can you think of any earthling critter that doesn't sleep? Although their eyes may be open, even fish sleep. (How do they do that, anyway?) There must be a reason why sleep is needed, and there is.

The term “biological clock” usually refers to women and the birth cycle, but it really applies to everyone. The internal biological clock that runs the day-night patterns of the body is called a “circadian rhythm.” When spring comes, the (real) clocks get set ahead, causing many people to miss their morning appointments the following day. It may take a whole week before the new schedule becomes routine. This is due to the readjustment of our circadian rhythms, which set the pattern for when we get up and when we go to bed each day.

So if our bodies more or less tell us to get our butts in bed, there must be a reason. As S.R.N. Chamfort said, “Living is a disease from which sleep gives us relief eight hours a day.” Sleep is a time for our bodies to recuperate from the strain we put them through each day. Dr. Doolittle, an RIT biology professor, reports that the metabolism goes way down during sleep.

Though the heart gets a rest, much of the body is hard at work repairing muscles while “our energy systems re-gear and ... the nervous system is reset.” Recent data shows that, much like Microsoft's

Windows Explorer, the brain devotes the REM phase, the fourth and deepest stage of sleep, to sorting, processing and storing data collected during the waking hours. Supporting evidence demonstrates that those students who pull an “all-nighter” for an exam the next day will not retain as much information as students who have slept. This is because the sorting and storing process has not occurred. According to Dr. Roger Harnish of the Psychology Department, “there is still a lot of debate over this data.” Still, Harnish says that the day's information is often incorporated into our dreams during REM sleep, which may be indicative of a maintenance process. He added that people who are deprived of REM sleep will start hallucinating. Some animals that have been deprived of REM sleep for too long have actually died.

It is highly unlikely that, as an average college student, you get the recommended eight hours of sleep a night. In fact, in a survey of 60 RIT students, only 20% said they slept for eight or more hours a night, with the average being just over 6.5 hours. Two-thirds felt that they did not get enough sleep, and one-third said they took afternoon naps to combat their tiredness. Statistics also indicate that about one-half of students do not get to bed before two-o'clock in the morning.

None of the professors in RIT's College of Science have done any extensive study on sleep, but a 1994 study of 3,100 13-19 year-olds from Rhode Island indicated that less sleep is directly linked to lower grades. Researchers Dr. Mary Carskadon and Dr. Amy Wolfson reported to the *New York Times* that a lack of sleep “may also lessen control over... emotions, lead to more frequent bouts of illness, make them more cranky than usual, [and] cause difficulty with personal relationships.”

Sleeping in Class

Despite all of these facts, the question of why students fall asleep in class is still not fully answered. The first, and most obvious cause (surprisingly pointed out by Professor Harnish), is pure boredom.



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37% eat breakfast before morning classes; of them, **60%** eat healthily

[illegible]

photo by Joe Antonetti



photo by Joe Antonetti

ROCKS Canned veggies thru
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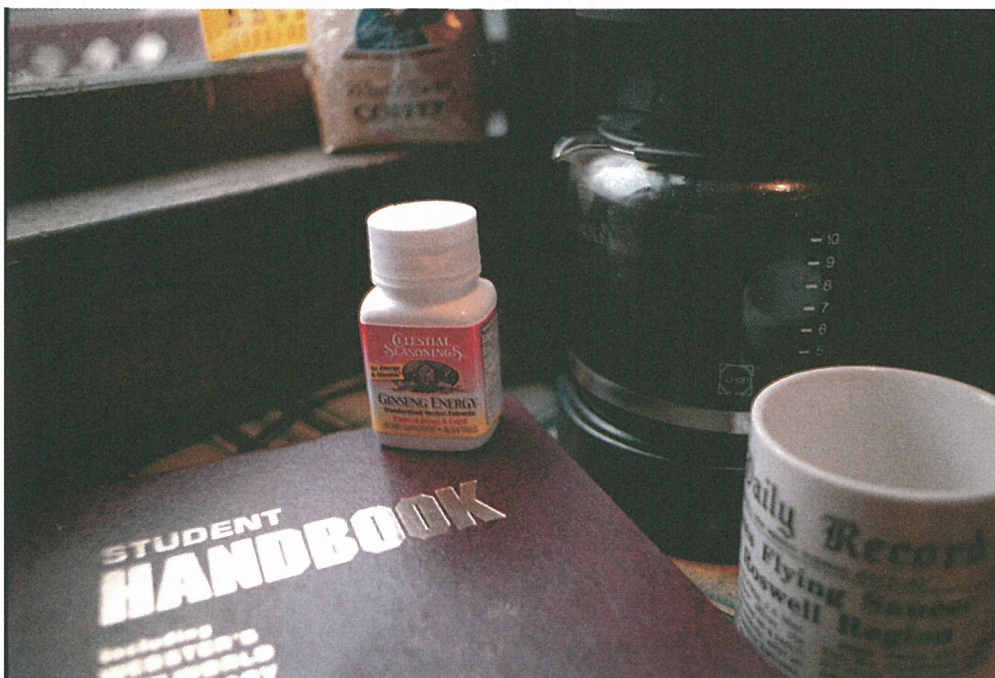
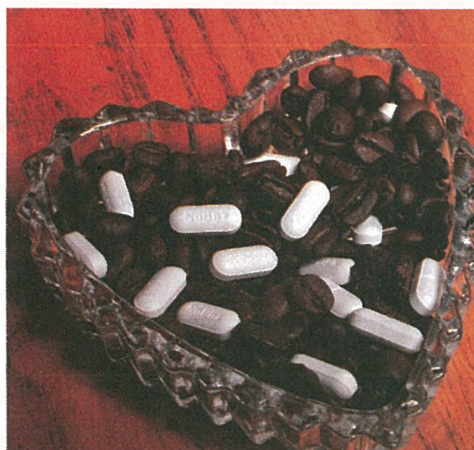
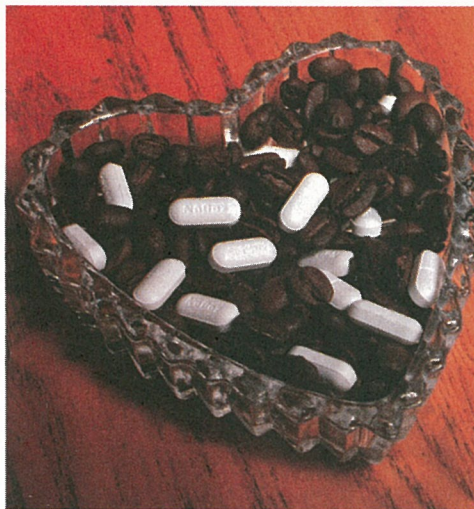


photo by Joe Antonetti

How many lines of binary, pictures of various color wheels, or six-membered carbon rings can one really be expected to look at before just giving up?

Many students will never see the excitement in the monotonous number-crunching used to produce a balance sheet that seems so enthralling to "Dr. Accounting." Just the mention of poetry will bring about shut-eye in half of the literature class.

Boredom is a convenient answer, but (groan) it can't take all the blame — science plays a role. Dr. Harnish attributes the traditional college schedule for much of the problem. He says, "Recent research has suggested that, for college students, it is better to sleep late — [ideally] until noon. It is not just the [college] lifestyle." The reason for this is because the REM and non-REM sleep cycles continue during the early waking hours. The body "may be in sleep rhythms until noon."

Part of the problem can also be blamed on students. Both regular exercise and good nutrition are important in keeping students awake. As Dr. Doolittle says, "The body must be nutritionally prepared." According to the students surveyed, 50% of those who exercise regularly have fallen asleep in class. Three-fourths of the students who do not exercise have dozed through a lecture. Of those who regularly eat healthy food before morning classes, about one-half fell asleep in class. Conversely, there was a 4:1 ratio of students napping in class without previously eating. Researchers recommend daily exercise in the morning or afternoon. It is also suggested that strenuous activity should be avoided late in the day. This will result in a good night's rest, which in turn will lead to a good day's work.

The "Solutions"

A quick glance into a recycle bin on campus will show you that RIT's caffeinated beverage of choice is Mountain Dew, indicating that the lack of sleep is leaving students drained. Caffeine is the most widely used drug in America, where the average citizen consumes 150-225 mg daily. Dr. Doolittle reports that caffeine heightens the readiness of the nervous system. An increase in stimuli results in the "wired" feeling people acquire from the psychoactive drug.

People who choose to use products such as Vivarin, No Doz or Stay Awake are ingesting (in one dose) the same amount of caffeine found in two cups of coffee. Even though caffeine is a safe substance, it is not recommended for regular use. Over time, it may suppress the immune system, and it can cause depression while increasing blood pressure and cholesterol levels. After prolonged use, attempting to quit the use of the "drug" may result in symptoms of withdrawal.

Alternative substances have become very popular in our modern world, and several are offered in place of caffeine. Viable Herbal Solutions sell a product called General Solutions which claims "to increase overall vitality." They also sell an "energy improvement product" called Herbal Stim. Herbal Remedies offers a product labeled HC-2, an "herbal formula to counter the effects of mental exhaustion, physical fatigue and general debility." Ginseng supplements have also demonstrated the ability to raise energy levels in much the same way as caffeine. A study done by Dr. Thomas Gennett in the RIT Chemistry Department has shown that many of

Good Sleep Makes for Good Wake

1. Exercise daily, but not late in the evening.
2. At night, avoid caffeine, nicotine, alcohol and stimulants—they hinder sound sleep.
3. Exposure to natural light (not available in Rochester) during afternoon hours will help regulate your circadian rhythms.
4. Try not to nap, especially during the evening. Also, try to wake up earlier on weekends to keep your sleep clock calibrated.
5. When going to sleep, keep the room dark. Flickering light, such as from a TV, will also impede deep sleep. If noise is necessary, try subjecting yourself to classical music (They say Mozart makes you smarter anyway).
6. For an hour before going to bed, perform restful activities only. Once in bed, relax every muscle, proceeding from the toes to the nose.

these supplements actually do contain caffeine, although they may not list the ingredient, and other chemicals from the same family. His studies are now moving to the herb Gingko to search for similar results. Both of these natural supplements can be found in herbal cocktails like the ones above.

Now that you may know a little more about what's going on with your body, do something about it. Sweet Dreams! **A**

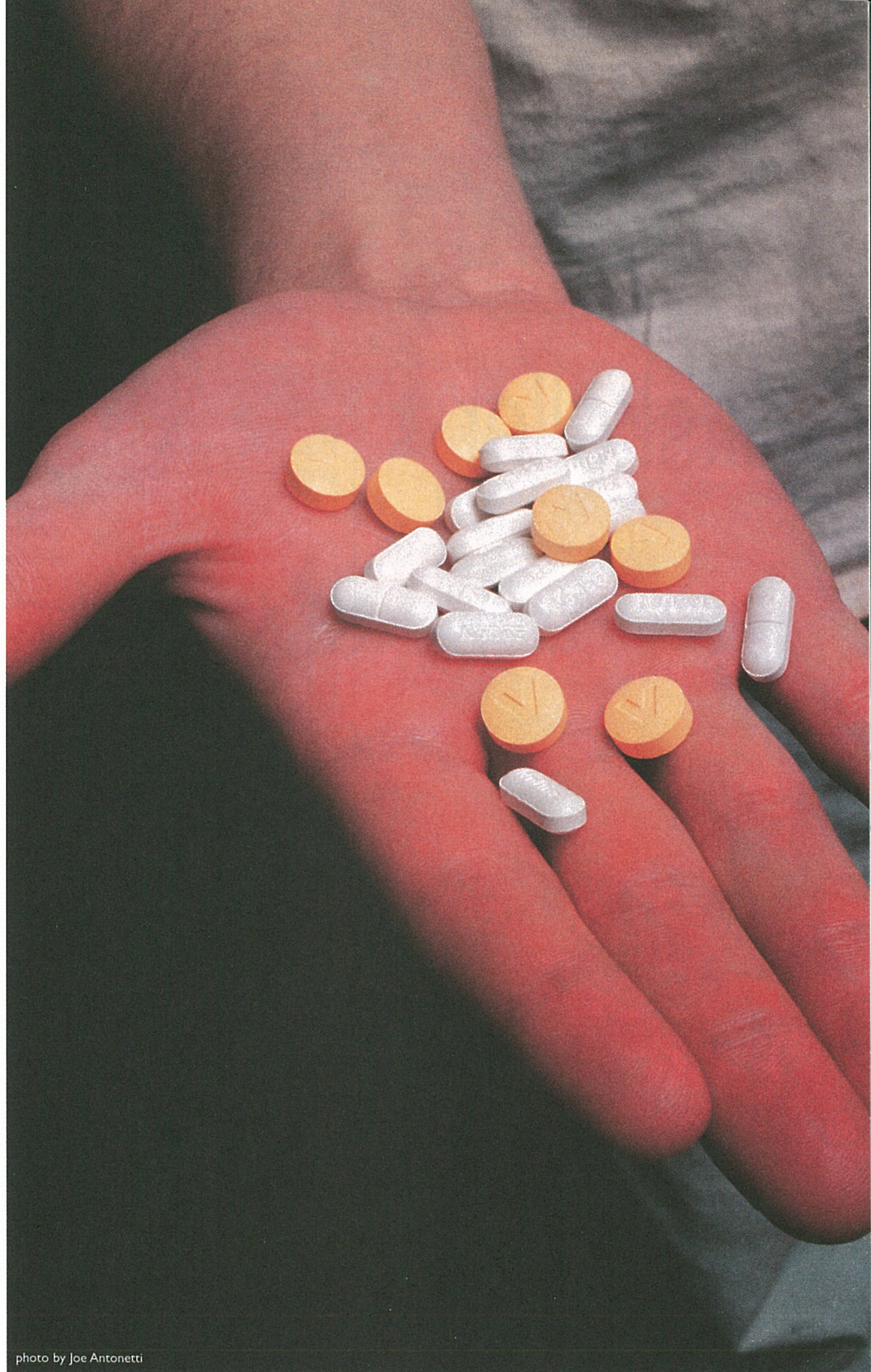


photo by Joe Antonetti

OVER AND STOP WITH THE WAY TO SHOW THE PHOTO
can't jam anymore, feverish, feeling sleepy over my head
canned veggies, milk, pretzels and juice all over the line
inda says that we can't go there tonight if I come up with
into the last lab on the right, hoping I watch the clock
one I need to rest after working out at the gym pushing
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MEMBERSHIP DEADLINE: April 20, 1998

RECEPTION: May 3, 1998 @ 2 pm in the SAU cafeteria

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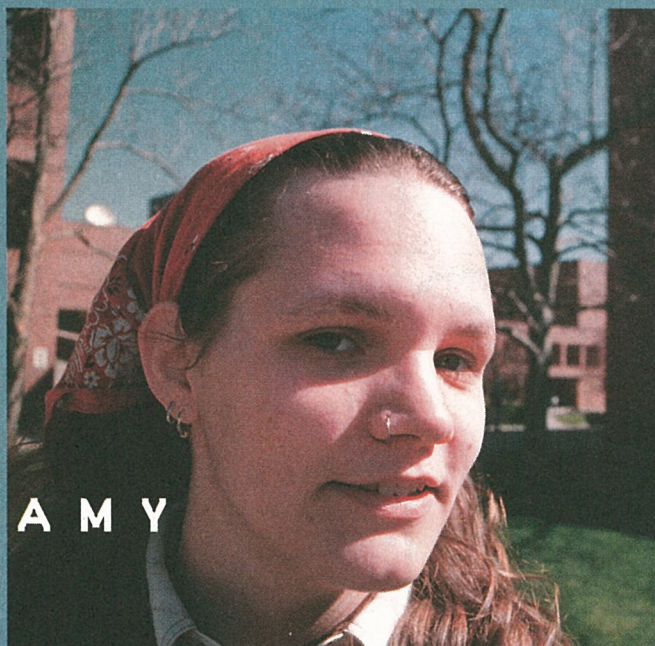
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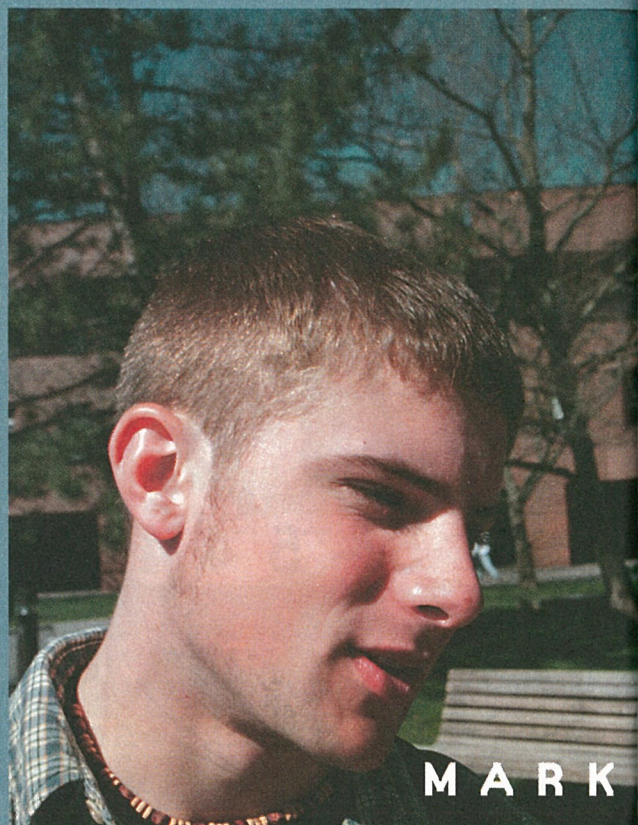
UNIVERSITY OF ROCHESTER MEDICAL CENTER

WORD ON THE STREET

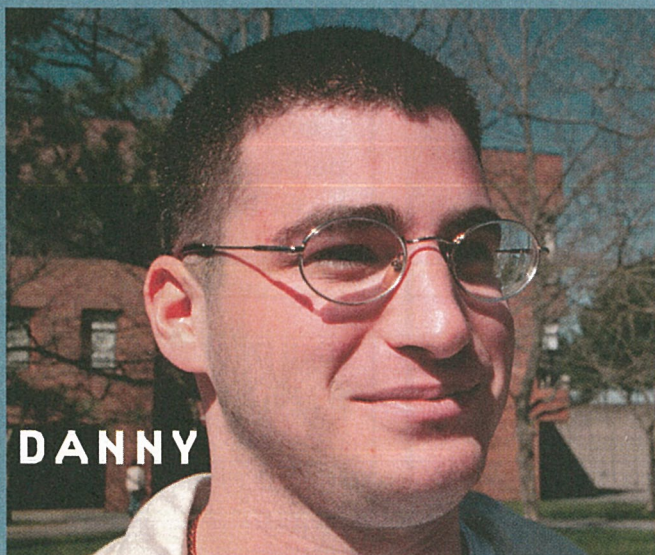
What is your reaction to the Rochester Cannabis Coalition being denied official RIT club status by President Simone?



AMY



MARK



DANNY



TERESA



"I think they should be allowed on campus. They're not trying to force a personal agenda; it's about information, mainly."

Whitney Youngstrom

1st year, Mechanical Engineering

"Since the students approved it, it would be good if the President supported them."

Shavkat Abdurakhmonov

2nd year, Management Marketing

"I think his reasoning for denial is unfounded. I don't think he knows what they're all about."

Bryan O'Grady

4th year, Criminal Justice

"If there was a way to remove the negative connotations, they would have a better chance.... Perhaps change the name of the club."

Chris "Cap" Mingone

4th year, Biomedical Technology

"The parents are going to view the club differently. If they found out a club was on campus promoting a change in the drug laws, they would be upset at the president for not acting. It would seem as if Simone was being too permissive."

Teresa Stancarone

2nd year, Social Work

"I think if RIT is going to talk about freedom of speech and how great it is, then they should back it up. If the club does not personally offend anyone, it should be allowed."

Amy Ruddy

3rd year, Fine Art Photo

"I'm not for what they stand for, but I feel Simone should recognize them because there is so much student support behind them."

Mark Breitenbach

1st year, Civil Engineering

"I go with the government- it's an illegal drug, and that's that."

Danny Birnbaum

3rd year, Woodworking and Furniture Design

"I agree with the decision, because if it's not allowed by the United States government, why should it be allowed at RIT? It's the same as underage drinking on this campus."

Becky Stoltz

3rd year, Visual Media

"It's illegal. So why would they think it would be made legal in an area like this? I think it's a bunch of crap."

Jenni Day

3rd year, Graphic Design

"I think they should be allowed to use school facilities – they pay their activities fee just like everyone else. They should be allowed some funding as well."

Sherri Fields

2nd year, Film & Video

"It's just a matter of [Simone] protecting his image."

Dan Scippo

2nd year, Civil Engineering Technology

"I don't really think [the RCC] condones drug use. [Simone] was under a lot of pressure – from society – to make his decision. It could also be that his personal views interfered with his decision. Most importantly, the club is about information, not about smoking up."

Brenton McNeil

3rd year, Business Management Information Systems

"I don't agree with his decision, but I see where he is coming from. He has to answer up to the Board of Directors."

Peter Branch

3rd year, Business Management Information Systems

"There's a lot of information coming from RCC about the decision, and not much from the school. It seems that RIT would rather not discuss the subject, hoping it will go away. The less attention, the better. It's like he doesn't want to take them seriously."

Fausto Angotti

3rd year, Industrial Design

"Puff away!"

Anonymous

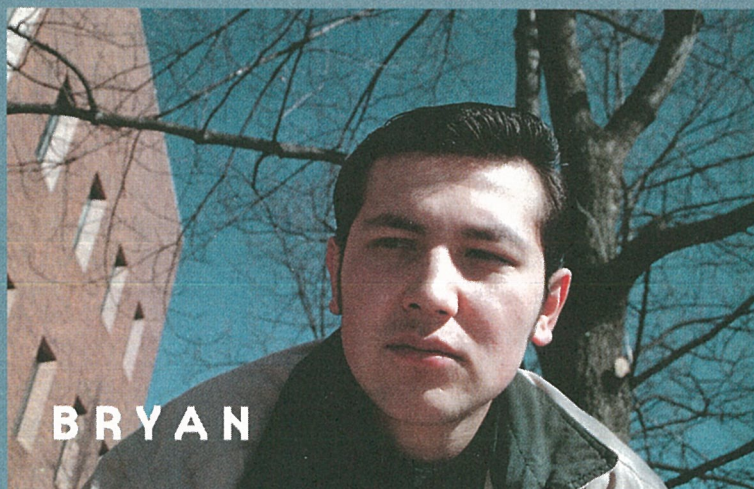
"I agree with Simone. I felt it was within his rights [to deny them recognition]. He is under no obligation to give them money. He is not blocking free speech rights either, since he has not stopped them from meeting."

Vinny Bove

3rd year, Graphic Design

by Otto Vondrak

Photos by Evan Vucci

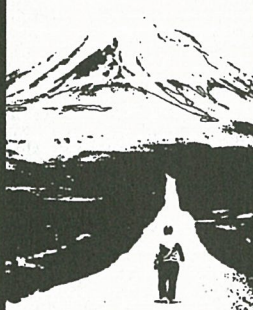


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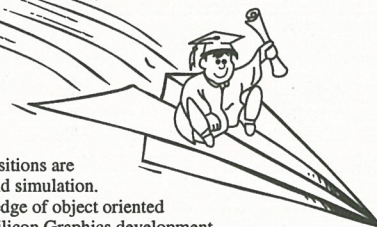


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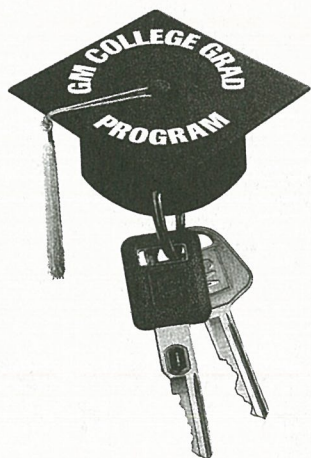
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SPORTS

Spring's First Athletes of Week

With the spring sports season finally on a roll, Jennifer Clements and Chris Corso have been named female and male Athletes of the Week for the week ending April fourth. Clements dominated the women's Lacrosse team and Corso lead the tennis team.

The Lady Tigers picked up two victories and a loss on the week. Clements scored nine of her team high ten goals during the span, adding an assist. She had three scores in an 11-6 victory over Elmira and scored two of RIT's three goals in a loss to Fredonia. In the final game of the week, Clements baffled the Buffalo State defense, netting four goals and assisting on a fifth as the team won 14-10.

Corso had opened the season strong, playing both first singles and second doubles. In a team loss to Hobart, Corso snagged four team points in a 6-1, 6-6, 7-5 singles victory before teaming with Joel Basa in an 8-8, 7/4 win. In the Gamma Invitational at Penn State-Berrend, Corso cleaned house with singles victories over Lake Erie College and Frostburg State. Coach Ann Nealon commended Corso, saying, "Chris showed tremendous mental and physical toughness this week. In one day, he endured two tiebreakers and won them both. He had a great week."

Both teams can be seen in action in the next two weeks. The Women's Lacrosse squad takes on Alfred on Saturday, April 18, and the tennis team is home against Elmira a week later on the 25th.

Released by the Sports Information Office

Edited by Nick Spital



photo by Alexandra Daley

Frigid Temperatures Can't Slow Lady Tigers

The bone chilling wind kept most people inside on the first Saturday of April, but it didn't stop the Women's Lacrosse team. The 30 or so fans that did brave the elements were entreated with an exciting showdown as the Lady Tigers used a late scoring spree to claim victory over Buffalo State.

RIT got on the board early with a goal 27 seconds after the whistle. Thirty-four seconds later, they backed it up with a second goal. Buffalo State retaliated with the next three scores, causing coach Jeff Sultis to call a timeout. He drilled his team on the importance of good passing, slowing the pace, and cutting to the ball.

Soon after, RIT's Lindsay Shaw was able to bounce one past the Buffalo State goalie. One minute later, Buffalo State's Eileen Schubert used her distinct height advantage to score her first of four goals on the day. The last scores of the first half came as Shaw streaked upfield, weaving through the defense for a goal that was followed by Schubert's second score.

At the halftime, the score was 6-5 in favor of the opponents, who were being led by Heather Riel's first period hat trick. Coach Sultis called for his players to "pay attention - [Buff. St.] overthrew a lot." He added, "[You] attack players got to keep moving!" And hustle they did. Amid flurries at the start of the second half, RIT used two scores to take the lead before Schubert netted her third goal, pulling the teams even.

The two teams traded pairs of goals, knotting them at nine apiece with 12:30 to play. The Lady Tigers then surged ahead with four unanswered tallies, three of which came from team leader Jennifer Clements, who had been silent since the second score of the game. Buffalo State managed only one more score as RIT triumphed.

In the 14-10 victory, Clements added an assist to her four goals as Monica Glaziszewski and Kate Ziolkowski each had hat tricks. Shaw and Erica Echols contributed two goals apiece as RIT outshot their opponents 30-21. Buffalo State was led by Heather Riel's five scores.

by Nick Spital

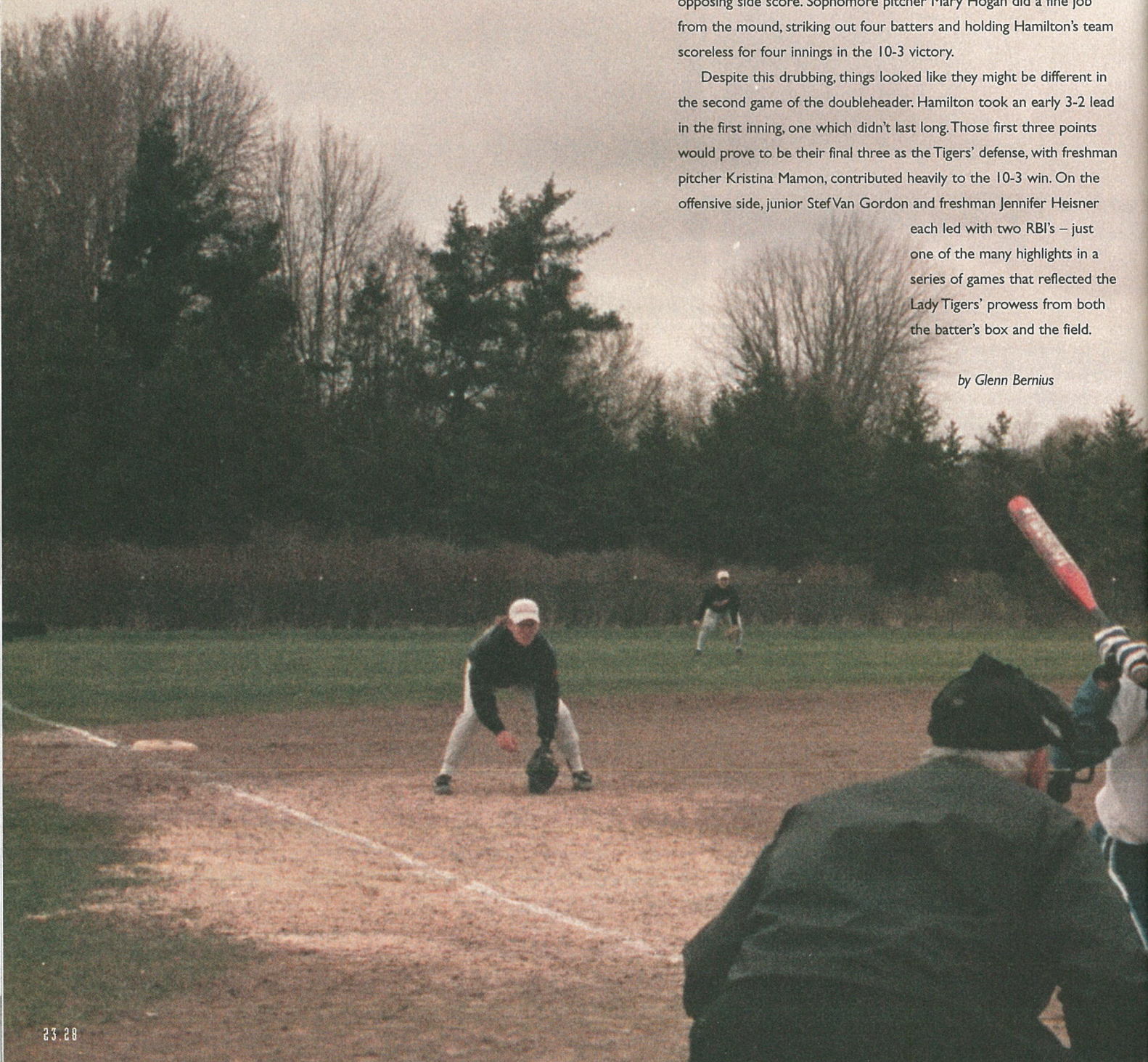
SPORTS

It was hardly a day for softball here in Rochester. The sky was gray and it was so cold that players were forced to don jackets over their uniforms in order to stay warm. This certainly may not have been the best welcome for the team as they prepared for their first home game of the year (the March 27 match against Elmira was postponed because of rain). Still, if the weather did affect them at all, then the Lady Tigers will probably hope for more cold forecasts. After all, they romped to victory in both games of their doubleheader against Hamilton on April 4.

In the first match, the Tigers came out swinging, crossing home plate three times in the first inning, thus setting the pace of this game. They would go on to score eight more points in the remaining four innings, blowing away any competition Hamilton could muster. Defense was also key to this victory as the Tigers let only two players from the opposing side score. Sophomore pitcher Mary Hogan did a fine job from the mound, striking out four batters and holding Hamilton's team scoreless for four innings in the 10-3 victory.

Despite this drubbing, things looked like they might be different in the second game of the doubleheader. Hamilton took an early 3-2 lead in the first inning, one which didn't last long. Those first three points would prove to be their final three as the Tigers' defense, with freshman pitcher Kristina Mamon, contributed heavily to the 10-3 win. On the offensive side, junior Stef Van Gordon and freshman Jennifer Heisner each led with two RBI's — just one of the many highlights in a series of games that reflected the Lady Tigers' prowess from both the batter's box and the field.

by Glenn Bernius



SOFTBALL STARTS OUT SWINGING



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TAB ADS

I watched TITANIC and I couldn't help but notice that the boat sank. - Ben
Happy Birthday man!!!! - Mike

Andrew, doing a killer job on the scans. - A D

Card, come over to my place after Sociology and we can sit in front of my bedroom wall all night so that we may adore Leo's image. - Maggie

Janna, Happy birthday. - Chelsea

Chrissy, keep smiling sis. - Luke

If I fell asleep in my Psychology class - Jason Seaver

What's that? Did somebody say cool? Well, they must've been talking about Dana!

LIZ, How about a date? - Your Secret Admirer

April 17 - April 24, 1998

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Friday, April 17

Talisman Movie: Scream II in Ingle Aud., 7 & 9:15pm; RIT Students/Fac/Staff \$2, General Public \$3, Children under 12 \$1.

TGIF: Lovely and Dryer perform live in the RITZ; Doors open at 7pm; Students \$2, Fac/Staff \$3 RIT ID Required. FREE PIZZA & SODA!!

Presentation: Bruce Strong, an RIT graduate, presents Christian Photojournalism and multimedia at 7pm in the Skalny room.

Saturday, April 18

Talisman Movie: Scream II in Webb Aud. See above Talisman listing for details. Interpreter Requested for 7pm show only.

RHA Presents: Volleyball Blast in the sandbox behind NRH at 11am. For further information please contact the RHA at 475-6655.

Sunday, April 19

Kern Lecture William Ollubodin will be speaking on Health, Disabilities and the Third World in the Skalny room from 7:30-9pm.

Conference on Racism: Topics of interest include Affirmative Action, Race Relations and Higher Education, Politics, Poverty, and Race Relation Initiatives; for more information please contact Alfreda Brooks at 475-4993.

Wednesday, April 22

Lecture on Diversity: The Coat of Many Colors presents: Religious Diversity on Campus; 12:10pm in the Skalny Room. Snacks will be provided!!!

Thursday, April 23

Gannett Lecture Series: A Global Village and a Globe of Villages; Webb Auditorium at 7:30pm.

Friday, April 24

The Grind Presents: Gary Sanders performing modern and classic rock in the College Grind from 8-11pm.

Noche Caliente: Come and enjoy cultural night of Latin Music and Dance in the SAU Cafe from 10pm-2:30am. Contact Chris at 292-1708 for ticket information.

Talisman Movie: To Be Announced; contact CAB at 475-2509 for show details. RIT Students/Fac/Staff \$2, General Public \$3, Children under 12 \$1.

Ongoing Events

Student Cookbook: The Center for Campus Ministry is looking for simple recipes for dorm style cooking with limited ingredients, simple utensils and easy directions for a cookbook to benefit Habitat for Humanity. For more information and submissions, please contact June Campbell at 475-2982.

Volunteers Needed: EMANON Festival is coming! Call the CAB Office at 475-2509 for information.

Skate and Shoot: Would you rather play hockey than watch it? The Ritter Ice Arena is now open Monday, Wednesday, and Thursday afternoons from 2pm-3:45pm; Tuesday and Friday Afternoons from 2-2:45pm; Students/Fac/Staff only! Helmet and FULL facemask required. For more information call 475-2222.

Upcoming Events

May 8-9th.....EMANON FESTIVAL!!!!
May 15th.....SENIOR NIGHT!!!!

To publicize your event to the entire campus, send the name, date, location, time, contact person, phone number, and any other pertinent information to CalendarIT, Center for Campus Life, SAU, Room 2130, by 4:30 p.m. fourteen working days before the issue in which you would like it published. CalendarIT may edit descriptions due to space limitations. Events subject to change.

Tonight, April 20th at 8:30 pm
Ingle Auditorium
Student Government Presents:

Harry Wu

Horton Speaker Series

A political prisoner for 19 years and now a tireless human rights campaigner, Harry Wu has repeatedly risked his life to document the many human rights violations in China, including the use of prisoners as forced slave labor.

Students: — — — — — — — — \$3.00

Faculty & Staff: — — — — — — — — \$5.00

General Public: — — — — — — — — \$10.00

