

“Sleep”

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and many students seize these opportunities with vigor. Many students, however, find themselves overextended and need to sacrifice sleep in order to maintain good grades and a thriving social life.

Most young people, however, are unaware of these sleep statistics, and polls conducted by the National Sleep Foundation reveal more and more young adults are sleeping less to either get more done or simply spend time in front of the TV or computer. Sleep deprivation can indeed have grave effects on performance, and studies such as those mentioned above have recently persuaded a small number of schools around the country to begin their classes later in the morning, or in the most extreme cases, in the afternoon.

Sleep deprivation can also have more dangerous consequences. A full sixty percent of those 18-29 years old have revealed they have driven while drowsy, and twenty six percent of those in the age group who actually seek sleep aid turn to alcohol, which is not only dangerous when combined with other sleeping aides, but actually hinders sleep.

When you can't get enough sleep, several things can be done to allay the consequences of sleep deprivation. When you do sleep, try and do so at a regular time each night, and don't sleep in extremely late; this confuses your biological clock, which can also impede performance. Also, take short naps when you can, since many of the important phases of sleep occur soon after one falls asleep. Once you do get up, get into bright light as soon as possible, which helps as a brain signal that it is time to get up and stay awake. When about to go to bed, though, stay away from bright light as this serves as a brain signal to go to sleep. To wake up fully refreshed, try to avoid caffeine, nicotine, and other stimulants before going to bed. Try to avoid alcohol as well, as this disrupts sleep. Relaxing before going to bed also assists in having a more restful and refreshing sleep. Lastly, try to get into a set pattern of going to bed at a certain time and waking up at a certain time. By doing so, you will set your biological clock and will not only give you better sleeping habits, but will also help repair or avert any physical, intellectual, emotional, or mental damage caused by sleep deprivation. And you could even consider starting your homework before 12:00 and not going to Happy Half or talking to your friends all night.

And the Lord said: Let there be Bruce

JON DOUGHERTY

Ahh, sport. So pure. So untouched. So innocent.

Hey, you. Yeah, you with the paper. Snap out of it. Today, sport is such a hodgepodge of greed, commercialism, and scandal there are only a few parts left undisturbed by modern mass entertainment. And now, players are encroaching on another area that should just be left alone.

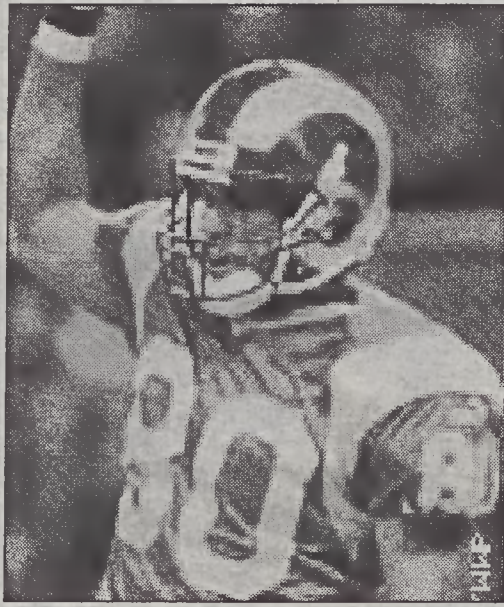
God in sport. Now, lets get a few things straight. When I say “God,” I am not just talking about the Christian faith, although that is the largest denomination practiced in American athletics. I am also not bashing religion. Please, let's keep it clear that the following commentary says **ABSOLUTELY NOTHING BAD ABOUT RELIGION!** Now that we have established that I am not a raging God-killer, lets move along with the article.

Isaac Bruce, while we in the bubble may not have heard about him, is a very famous man in the football world. He made the winning catch in last year's Super Bowl for the St. Louis Rams that sealed their victory. He was, of course, very excited about his play and that of his team. However, he made a statement that makes sports-writers everywhere queasy.

“That wasn't me (out there.) That was all God. I knew I had to make an adjustment on the ball, and God did the rest.”

To hear Bruce tell it, God was hovering somewhere above the field, with a bunch of

betting slips on the Rams, just nudging Bruce into the right position to catch the ball. How can people say that God had a hand in the outcome of a major American sporting event? That is just ludicrous. Sport is a man-made invention. There is nothing



Isaac Bruce credits God with his sports success

ing divine about it. The great players of sport, such as Michael Jordan, Greg Maddux, or Deion Sanders, are not saints by any stretch of the imagination. While we may place them on a pedestal, there is no reason to think that they may be the chosen ones of God.

Now, when players have a great game and they are sitting in the locker room in their towels, they often like to thank God for helping them rise to the occasion, or leading their team to victory. I can understand why players thank God for their health or even their talent. We do not know where talent comes

from. Maybe it comes from a higher power. Maybe it has to do with genetics. We don't know. But when a player thinks that a deity had anything to do with a play, that a burst of shining light came through the clouds and guided the ball into

the hands of the player or into the net or whatever, they are just deluding themselves. Taking a knee after a touchdown, forming the sign of the cross before stepping into the batter's box, all of these things are blatant misuses of religion. Hey, you wanna be a religious faithful? Fine. No one is stopping you. Take

Reggie White. The man, who happens to be one of the greatest linebackers of all time for the Green Bay Packers, is a reverend. But he leaves it off of the field. He never refers to some holy maker influencing his style of play. The great players work hard and make their own luck. When something spectacular happens to them, they attribute it to hard work, the support of their family and team, and just being in the right place at the right time. But they know that there is no holy power that just happens to be a Bulls fan and that is why Mike and Co. won all of those championships.

A few days before the Super Bowl, Bruce and Chiefs linebacker Derrick Thomas are driving two separate cars in two separate locations. Both have terrible wrecks. Both are not wearing their seatbelts. When firefighters arrive at the first wreck, they say they have never seen a car so badly crushed. They are sure no one is alive. Isaac Bruce and his girlfriend crawl from the car barely scratched. In Thomas' wreck, the car does not appear to have been damaged that badly. However, the man in the passenger seat is dead and Thomas, the driver, has a broken spinal chord.

In an interview with Sports Illustrated, Bruce was asked if he felt that he could have ended up as Thomas, who was paralyzed from the chest down for a about a month before he died of a heart attack. He replies, “Oh, no, not at all.”

When asked why, he says, “When the car was flipping, I threw my hands off of the wheel and called Jesus' name.”

He was then asked if that means God doesn't love Derrick Thomas.

He replied, “I don't know what Derrick said as he was flipping.”

The reporter then asked about Payne Stewart, who died in a plane crash earlier this year and who was a devout Christian. Would invoking the name of Jesus have saved him?

“Oh, definitely.”

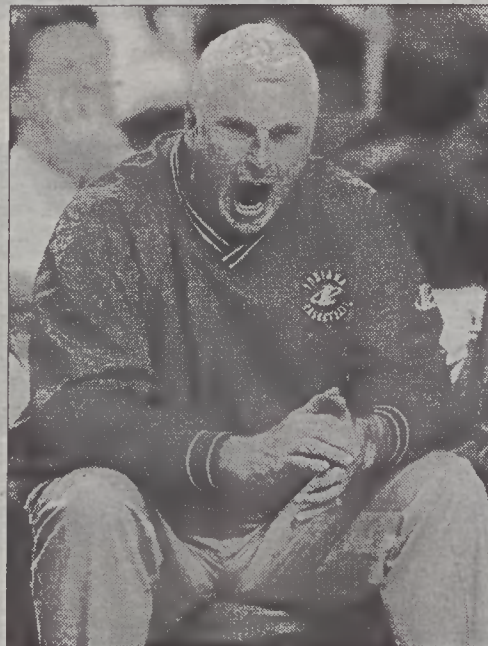
God save us all.

The Knight is Over

JON DOUGHERTY

The saga has ended. America is now faced with a prospect that we have not had to deal with for the last 29 seasons. We may have to look at Bobby Knight in a sweater that is not red. Yes, that's right, Bob Knight will not be prowling the sidelines, barking at officials and players alike, of Indiana University's basketball court. After a tyrannical reign of 29 years, Knight has been fired as head coach of men's basketball at IU. It all began 10 years ago when Knight was videotaped choking an IU freshman player during a fit of anger during a practice. The president of the school, Milton Brand, had put Knight on a zero-tolerance policy. Knight's temper, which is legendary even outside of basketball circles, was the cause of his downfall. A cocky 19-year-old, while walking across campus with his buddies, perhaps in a surge of youth bra-

vado, asked the crusty skipper “How's it going, Knight.” Eyewitnesses testify that Knight



Bobby Knight, ex-coach of IU's basketball team

grabbed the freshman by the arm and told him to have respect for elders. Have RESPECT for his elders?! What a hypocrite. That was the last straw for

Brand. After about a week's deliberation, the deed was done. Knight is out on the street with

his luggage flying behind him. I gotta tell ya, I cannot be happier. I have hated Knight ever since I first started following college sports. He is the antithesis of everything collegiate athletics stand for. Maybe in today's whiny, overpaid, overrated NBA, where at least players will choke

coaches back, Knight's behavior might be acceptable. The man has ruled with an iron-fist. He has yelled at little, old secretaries just trying to take a memo.

He has head-butted players when they don't play well. Well, we will just have to find our entertainment in the WWF. I will admit, Knight has his talents. If I were sending players to an intimidation boot camp, Knight would be my choice as drill sergeant. If there was a chair-throwing event in the Olympics (as it looks there may be in the years to come, based on the new sports that are being added) Knight would be the champion of the world. Other than that, the man is not a good basketball coach. If you cannot make your players perform without having to scream and threaten, then you do not deserve the spot you hold. Knight says that him coaching this season is not unfeasible. We can only hope that the other teams in the country will realize that the wins do not outweigh the hassle that this man brings to a team. I surely hope that Knight will forevermore have to keep his chair-throwing antics in the stands.