

Despite pressure of final exams, students do eat, sleep, poll says

By CAROL HANNER
Staff Writer

Food and sleep. They often seem like luxuries for the student facing final exams.

But according to a random survey of 147 students, the average student gets the six to eight hours of sleep a night he needs; the meals he eats are balanced, although he has a tendency to skip breakfast and lunch.

The survey, conducted by five students in Dr. Dennis W. Tafoya's Speech 55 class, used computer printout sheets to

analyze a random sampling of students' eating and sleeping patterns. They found that 85 percent of surveyed students receive near the range of seven hours and 20 minutes of sleep recommended for an average adult.

That does not necessarily imply that all-nighters are an unknown phenomenon among students. Thirty-five percent of the survey respondents said they stay up extremely late or all night studying very often or often.

Apparently, partying lures even more students to stay up during the wee hours. The survey found that 38 percent stay up extremely late or all night partying very often or often.

The all-nighter devotee who sneaks a few winks the next day need not feel he is alone. Thirty-one percent of respondents said they take a nap very often or often. Once the average student lays head to pillow, he is in a 13 percent minority if he has trouble falling asleep. The student's propensity to insomnia goes up to 30 percent, the survey says, if he has an exam

the next day.

When the average student awakes (if he has been to sleep), he probably will skip breakfast, according to the survey's 67.3 percent figure for early morning non-eaters. Another 31 percent of students surveyed skip lunch.

When dinner rolls around, only 9 percent of respondents skip the meal. In spite of 31 percent of students whom often or very often eat at fast food restaurants, the survey showed a nutritionally well-rounded diet by most respondents.

Meal plans accounted for only 9.5 percent of respondents, although 38 percent said they would improve their eating habits if campus dining facilities were improved.

Of course, the student does not live by bread alone. He also drinks. The No. 1 choice respondents checked as drinking very often was tea (71 percent). Alcoholic beverages trailed at 59 percent behind fruit juices and milk at 62 percent each.

What is the result of students' eating habits? Thirty-four percent of those questioned felt they were overweight, yet only 10 percent were on a diet.

For the other 24 percent, there is always exercise. But that's another story—and another survey.



Students eat fast food ...for meals on the run

'Engine' first all-student drama in Green Theatre opens tonight

Water Engine, a one-act play by David Mamet, opens at 8 tonight in the Paul Green Theatre. The play, directed by UNC graduate drama student David Adamson, will be the first all-student production held in the \$1 million-plus facility since its opening in late September.

Water Engine is set during the 1933-34 Chicago World's Fair, an event which revolutionized science by introducing such technological miracles as television and rocketships. Mamet's mythical water engine is one such invention.

The play is one of two produced each year by the drama department's LDA students. Director David Adamson and

four of the cast members are in the LDA program here, in their third year of graduate study. These LDA students include Danny Westbrook, Kathy Taylor, Brian McNally and John Daggan.

Also in the cast are MFA students Jim Burleson and Marsha Weisenfeld and undergraduates Jody Parker and Dan Brady.

Water Engine will be performed free of charge at 8 p.m. today through Saturday in Paul Green Theatre, on Country Club Road between Cobb Dorm. and the cemetery.

—ANN SMALLWOOD

Readers look at literary rabbits

The UNC Readers Theatre will present *Consider the Rabbit: An Anthology* at 8 tonight and Thursday in Rooms 202-204 Carolina Union.

The show is a collection of excerpts from Richard Adams' *Watership Down*, Mary Chase's *Harvey* and Lewis Carroll's *Alice in Wonderland*, as well as some traditional fables and tales. Tim McMains, Owen Page and Susan Gravelly wrote the adaptation.

McMains directs a cast that includes Laurie Dowling, Mollie Cannon, Caroline Allured, Celeste Ford, C.W. Casey, Susan Hight, Dace McPherson and Wendy Johnson. Martha Nell

Hardy, associate professor of speech, is the adviser to the Readers Theatre.

Consider the Rabbit is the final show of the season for the Readers.

Romance caroling

The UNC Romance Language Chorus will perform period pieces of French, Italian and Spanish music at 8 tonight in Gerrard Hall.

The program will include Christmas carols, Juan del Encino's *Egloga VIII* and Handel's *Messiah*.

The chorus, now in its eighth year, will dress in costumes appropriate to the various periods.

Plaza 3 HELD OVER 7th Big Week
Shows 3:30-5:30-7:30-9:30
WOODY ALLEN'S
"INTERIORS"
PG DIANE KEATON
Written and Directed by WOODY ALLEN

Plaza 3 HELD OVER 5th Big Week
Shows 2:45-5:00-7:15-9:30
Walk into the incredible true experience of Billy Hayes.
Midnight Express

Plaza 3 HELD OVER 2nd Big Week
SHOWS: 3:10 5:10 7:10 9:10
SPECIAL LIMITED ENGAGEMENT OF THE FUNNIEST MOVIE EVER MADE
MEL BROOKS' BLEAZING SADDLES

Varsity HELD OVER 2nd Big Week
Shows: 3:00 5:00 7:05 9:15
JACK NICHOLSON
IN
"GOIN' SOUTH"
A Paramount Picture PG

Daily 7:00-9:00
Sat Sun 3:00-5:05, 7:10, 9:15
Jane Fonda & James Caan in COMES A HORSEMAN
—PG—
Daily 7:15-9:15
Sat Sun 3:15-5:15, 7:15-9:15
John Travolta & Olivia Newton John in GREASE
—PG—
Daily 7:30-9:30
Sat Sun 3:30-5:30, 7:30-9:30
HELD OVER Chuck Norris & Anne Archer
GOOD GUYS WEAR BLACK
—PG—

RAM TRIPLE MCH/FLA/ROSEMAN 947-2584

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DOWNTOWN DURHAM 668-1939

Now - Saturday
TWO BRILLIANT CLASSICS BY JEAN RENOIR:
"THE RULES OF THE GAME"
Comedy-Drama (1939)
7:05
— AND —
The Monumental Classic
"GRAND ILLUSION" (1937)
with Erich von Stroheim
9:05

3:00 5:05 7:10 9:20
GEORGE SEGAL • WHO'S KILLING THE GREAT CHIEFS OF EUROPE?

4:10 6:40 9:10
AGATHA CHRISTIE'S DEATH ON THE NILE

Carolina BLUE & WHITE
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KINGBURGER & REGULAR FRIES \$1.00
Build your own delicious 1/4 lb. hamburger
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Campus Calendar
Public service announcements must be turned in at the box outside the DTH offices in the Carolina Union by 1 p.m. if they are to run the next day. Each item will be run at least twice.

ACTIVITIES TODAY

Chapel of the Cross: "On Putting Last Things First." All are welcome.

The Walk for Humanity Committee will meet at 7:30 p.m. upstairs in the Y Building. This is an important meeting.

Lutheran Campus Ministry meets at 5:15 p.m. for Holy Communion in the Holy Trinity Lutheran Church, East Rosemary St. The fellowship meal will follow at 6 p.m. in the Campus Center. Come to one or both!

The Science Fiction and Fantasy Club will have a special Christmas program: puzzles and a scientific discussion of Santa Claus, at 7 p.m. All are welcome.

E.P. EerNisse will speak on "Modification of Solids by Ion Implantation" at 4 p.m. in Room 265 Phillips Hall.

Gopinath Kallianpur will speak on "Representations of Gaussian Processes of Multiple Time Parameter" at 4 p.m. in Room 324 Phillips Hall. Refreshments will be served at 3:30 p.m.

Hillel will sponsor a workshop on campus programming for Israel by Marsha Rosenblum at 5:30 p.m. at 210 W. Cameron Ave. A discussion on "Opportunities in a Peaceful Israel" will be led by Shmuel Shay of the Israel Aliyah Office at 7:30 p.m.

The North Carolina Coastal Club will be showing Jurgun Baum's film *Carriacou, N.C.*, a commentary on local attitudes and coastal planning, at 7:30 p.m. in Room 215 Carolina Union.

UPCOMING EVENTS

Enjoy the UNC Women's basketball team in the privacy of your own home. WXYC brings you live play-by-play coverage when the UNC women go to Duke at 7:15 p.m. Thursday. If you are interested in supporting the struggles of the Iranian people against the Shah and his U.S. backers, come to the meeting of the Committee to Support Iranian Liberation at 7:30 p.m. in the Frank Porter Graham Lounge, Carolina Union.

The Full Gospel Student Fellowship invites you to prepare for exams through worship and prayer at 7 p.m. Thursday in the Carolina Union.

W. Troost will speak on "Solutions in One-Dimensional Field Theories" at 3:30 p.m. Thursday in Room 265 Phillips Hall.

The UNC Juggling Club will meet at 4 p.m. Thursday in Woolen Gym. We won't get wet this time.

Everyone is invited to join the Mid-Campus Chapter of Inter-Varsity Christian Fellowship for a time of singing and worship in celebration of Christmas at 7 p.m. Thursday in Room 213 Carolina Union.

The Union Social Committee will meet at 5 p.m. Thursday in Room 207 Carolina Union. All members are strongly urged to make this last meeting of the semester or call Bill.

Let them eat steak!

- Jack

College students cannot exist on bread alone. Every so often they, too, need to sink their teeth into a T-Bone.

As our contribution to higher education, Jack's has come up with the coupon below, knocking 50¢ off any regular steak or seafood dinner (sandwich platters excluded). All meals come with a big baked potato, french fries, roll and butter plus all-you-can-eat fresh, crunchy salad bar. The coupon will let you take a friend at the same 50¢ off deal, if you like.

50¢ JACK'S STEAK HOUSE 50¢

Higher Education for Less

Steak eating 101. Course includes choice of any regular steak or seafood dinner (sandwich platters excluded).

Steak eating 102. Same, but with a friend. I get 50¢ off twice.

Offer good throughout 1978/79 school year.
Not valid on Tuesdays and cannot be used in addition to other specially-priced offers.

307 Foushee Street
Durham

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Knife wound
5 Bits
9 Stoop
14 Far: Prefix
15 Leave out
16 Reverse
17 Diminutive suffix
18 Ceremony
19 Gunpowder ingredient
20 Exist
21 — Abbey
23 Swamps
25 Allot
26 Female swan
27 Happy
29 Color
32 Acadian dialect
35 Boast
36 — sense of humor
37 Algerian city
38 Alcohol: SI
39 Suit at law
40 Choose
41 Prong
42 Arrives
43 Tibetan ox
44 Wallop

DOWN

46 Pallid
48 Stamper
52 Trial
56 Before
57 Esteem
58 Mexican president
59 Group
60 Awake
61 Eng. composer
62 Continent
63 Lair
64 Sky light
65 Fruit skin
1 Mist
2 Tropical fish
3 Adjust
4 Apis
5 Girl's name
6 Go —: Err
7 Ballard
8 Slak
9 Criticized
10 Shelley, e.g.
11 Netherlands
12 Indian of Ontario
13 German title
21 While

Puzzle Solved:
UNITED Feature Syndicate

WORDS SACKS SHEM
EKDI IRANI CORE
WELLVERSED AMID
THEFTAS TIED LENS
ST ALDIE ALES
SMIN ALE TREAD
TONES ISERE EVA
AUTOMOBILEMAKER
ISE ICING STERN
RESORT TAW ARTS
TIC
SKIT THE TROCHE
IONA REATYACHED
PLAN ORIEL TIRE
SALT TERME OPEN

22 Double
24 Courage
27 Oink
28 Thrash
30 Gaelic
31 Tints
32 Imitation
33 Solo
34 Evergreens:
2 words
35 Surety
36 Kind of nut
38 Tougher
42 First murderer
44 Blabbers

45 — food
47 Thwart
48 Baby grand
49 Make fun of
50 — Banks:
Cubs' great
51 Royal
52 Comparison word
53 Part
54 — Smith:
Economist
55 Beginner:
Var.
59 Disparity