

Campus News

New study shows cramming college students pay hefty price

Lisa Black
MCT WIRE SERVICE

CHICAGO

College freshman Edie Weiner arrived home for winter break on a Saturday night, fell into her childhood bed and didn't get up for 20 hours.

By the time the 18-year-old stumbled out from hibernation at 5 p.m. the next day, her parents were growing a bit anxious.

Weiner, like many of her classmates, was recovering from a sleepless, caffeine-fueled week of cramming for finals — a sort of celebrated ritual that has long played out on college campuses.

But while some parents may be annoyed about their teenagers' unusual sleep patterns when they return home for break — the word "lazy" might even be muttered on occasion — medical experts describe the students as sleep-deprived and say new research provides cause for concern.

A study published in the

Dec. 18 issue of the *Nature Neuroscience* journal examined how memories are processed in the brain during sleep. During the non-dreaming portion of sleep, the brain replays the day's events, helping people reflect on recent happenings and learn from them, said Matthew Wilson, a neuroscientist at the Massachusetts Institute of Technology's Picower Institute for Learning and Memory.

The bottom line: Information crammed into the brain during a sleepless night has less chance of sticking. When deprived of sleep, students may be able to regurgitate information they've memorized overnight, but they have decreased their ability to understand its meaning or to apply it to future experience.

"Sleep isn't just a passive event," said Wilson, co-author of the study, which interpreted the memories of rats by inserting electrodes into their brains.

"The best way to take advantage of sleep is to have it interspersed between periods of wakefulness in a regular way," he said.

Parents may feel better about cramming for exams because they see that when their exhausted students return home for break, they sleep excessively to catch up.

"They are trying to replenish themselves," said Dr. Phyllis Zee, a neurology professor and director of Northwestern University's Center for Sleep and Circadian Biology. But both she and Wilson said sleep gained days later isn't as beneficial as systematic sleep.

"You can't make up for the lack of past sleep by just loading up on it," said Wilson. Adding to the problem, Zee said, is that many students don't return to a healthy sleep pattern after recuperating from exam week.

Since emerging from her sleepathon, Weiner often

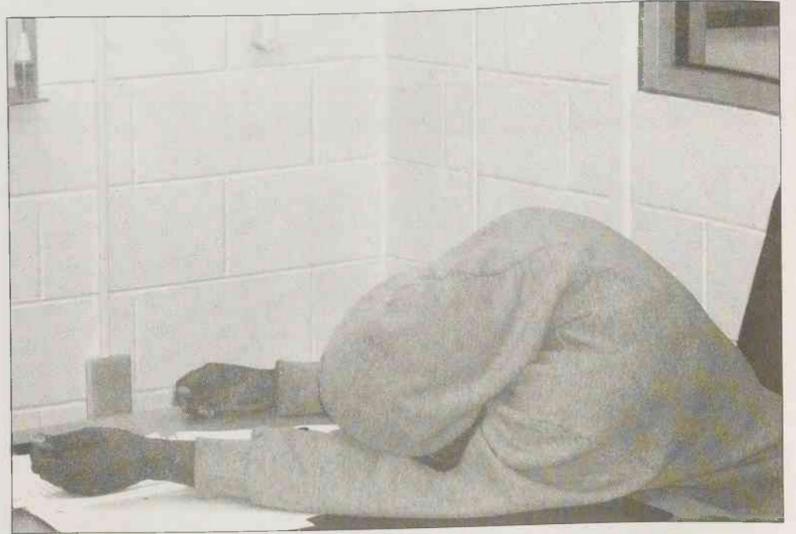


Photo by Sharrod Patterson

Lengthy last-minute cram sessions may result in sleep deprivation.

awakens at 9 a.m. for breakfast, then naps from 1 p.m. to 4 p.m. before heading out the door to hang with friends until 2 a.m. or so.

"(My parents) don't think it's typical, but I do," said Weiner, a freshman at

Southern Illinois University. Weiner concedes she spent too much time socializing at school and found herself sleeping through some of her classes. She isn't sure she will resume her equine studies classes

next semester.

"She just went kind of crazy at school," her mother, Gwen Weiner, said with a sigh. "Where the problem comes in is the maturity and making the right decisions."

Alumna honored

Ashleigh Taylor
CONTRIBUTING WRITER

"I never could have imagined that Winston-Salem State University would grow to be this large," Sadie B. Webster, the second dean of the School of Health Sciences recently

said. Webster, who attended WSSU as a student in the early 1950s, later became dean of the School of Health Sciences.

When she returned for Homecoming this fall, she reflected on her years at WSSU.

"When I was a student here, there were maybe around 600 students, and most of the students majored in education or my major, nursing," she said. Webster was a part of the first nursing class, the class of 1953.

"Back then, everyone knew everyone and there was no such thing as a co-ed dorm," she chuckled.

Because of Webster's extensive knowledge of the nursing department, WSSU has honored her by naming its archival center The Sadie B. Webster School of Health Sciences Archival Center. The center was dedicated in her honor in early October. The center, which is housed on the second floor of the

F.L. Atkins building, contains artifacts such as photographs, old nursing uniforms and medical supplies, and an array of other antiques.

The pictures and artifacts housed in the center are some of the same tools that Webster was accustomed to using while studying at WSSU.

"Throughout the process of gathering information for the archives, attention at times was focused on my tenure as a faculty member, which began in 1966," she said. "The experience also brought mem-

ories of my leadership as director during the 1980-1990 era."

Webster serves as an example of the professionals that WSSU strives to produce. "One of the things I value so much is to see so many of our graduates excel in all phases of their professional lives," Webster said.

Even though she is now retired, she continues to volunteer wherever she may be needed in the Department of Nursing.

Evers-Williams, from page 1

"He said, 'Evil in this country and evil in any other country must be addressed and must be eradicated everywhere.'"

She told her listeners that the evil that particularly disturbs her at the moment is that which surrounded the recent execution of Iraqi dictator, Saddam Hussein, saying that Americans have to be knowledgeable of the inhuman, even in punishing one who was inhuman himself.

"All the hanging of Hussein did was take me back to the hangings of my native state, Mississippi," she said.

As Evers-Williams returned to her seat onstage, she was followed by a standing ovation, as were many of the contributors to Sunday night's program. Terry Dozier, a student from Wake Forest University, composed a powerful poem entitled "Help Me," and performed the piece with two of his colleagues. "Help Me" called out the names of those who served in the civil rights movement, including Evers and Evers-Williams, as well as the mottos and statements that verbal-

ized the sentiment of activists and citizens of that era. Dozier took it a step further by challenging today's generation to expect great things from themselves while remembering to draw strength from their faith and to share strength with one another.

Two members of the Association of Rhythmic Talent's (A.R.T.) dance troupe, dressed in a white and in a black costume, danced to Mariah Carey's "Hero"; a representative portion of the Wake Forest University Gospel Choir sang the hopeful selection, "The Struggle Is Over"; and the Inspirational Voices of Winston-Salem State University gave those gathered an upbeat song called "You're Worthy."

One student and one faculty member from both WSSU and WFU were honored with the "Building the Dream" award, given to celebrate those who are in some way embodying the principles of King's legacy. The student recipients were Shirlette Chambers (WSSU) and Ernest Lewis (WFU); faculty award-winners were Dr. Irene Phillips (WSSU) and Dr. Steven Boyd (WFU).



Photo by Lee Adams

Myrlie Evers-Williams signs a copy of her book, *Us and the Living*, for Winston-Salem State interim chancellor Michelle Howard-Vital.

Roseboro, from page 1

Roseboro also served as assistant football coach, and top recruiter for Gaines' basketball squads.

It was Gaines who first dubbed him "Voice of the CIAA," a title he has had for more than three decades.

Roseboro is happy to have dedicated more than 30 years to WSSU.

"Anytime you can return to your school and have a positive influence, it's very rewarding," he said.

Dream, from page 1

The memorial entrance will feature a sculpture of towering split rocks called "The Mountain of Despair." It is intended to signify the racially and socially divided America that inspired King's nonviolent efforts toward social justice.

"It's about time that he gets this type of recognition,"

An editing error appeared in a sentence on page 4 of the Nov. 27, 2006, issue of The News

said LaTonya Pankey, a junior majoring in nursing. "This monument is celebrating his life and the civil rights movement."

The National Capital Planning Commission approved the MLK project in 1999, and Alpha Phi Alpha Fraternity, Inc., of which King is remembered as a faithful member, helped get this project in motion.

Argus, in a story about the power of massage therapy over stress. The sentence should have

Among those at the groundbreaking ceremony were poet and novelist Maya Angelou, television personality Oprah Winfrey, the Rev. Jesse Jackson, and former President Bill Clinton.

The memorial will be encompassed by the Lincoln, Jefferson and Franklin D. Roosevelt memorials near the eastern part of the Potomac River. The site is

read: "Lewis said he is in this job not for the money, but because he has a love for what he does." In

CIAA's John B. McClendon, Jr. Hall of Fame on Friday, March 2, at the Westin Hotel in Charlotte. Each of the inductees will be acknowledged during the CIAA Basketball Tournament at Bobcats Arena.

NOTE: Hayes coached the Rams for 12 seasons, leading them to three CIAA Championships. He is still the all-time winningest football coach in school history.

expected to be completed by the spring of 2008. As of Jan. 14, donations had reached \$76 million, with a needed \$100 million to complete the project.

For more information log on to www.BuildTheDream.org or call the Martin Luther King, Jr. National Memorial Project Foundation: 888-484-3373.

the same story, physical therapist should have been identified as "PT," not "PC."

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