

Stress, Naps and Nightlife Throw Off Students' Regular Sleep Patterns

BY JESSICA BANOV
STAFF WRITER

Every class has them. You know, the students in front of you who gradually nod off in the middle of class and then snap their heads back up at the end of class.

While some might see this short nap as nothing to worry about, there is the possibility that this student is sleep deprived in a big way. Now is a time when insomnia grows high as looming midterms and stress keep many a student up into the wee hours of the morning, even with Spring Break near.

The average amount of sleep needed

per person varies, but seven to eight hours a night is recommended, said Don Redmond, a stress-management consultant at the Wellness Center. However, the average student probably gets six hours or less, which could result in irritability and lack of concentration, plus those quick naps in the middle of class.

"If I go to bed past 1, then I consider myself sleep deprived," said Jennifer Smith, a sophomore from Cary. "I'm the kind of person who needs lots of sleep. If I don't, then I'm a real grouch the next day."

Four main reasons cause this lack of ZZZs among students, Redmond said. "Most students don't have a consistent

sleep pattern," he said. "They don't have the same schedule every day because of classes starting at different times."

In addition, social activities come into play when determining the time one goes to bed.

The sleep cycle is affected after a big night out, Redmond said.

Naps also contribute to lack of consistency of sleep patterns. "It's really hard to get sleep at night if you've had a long (nap) during the day," he said.

Power naps that are taken in the late afternoon for about half an hour are OK, however.

Redmond said the biggest contributor

to insomnia was stress, whether caused by relationships, academics or parental pressure. He added that a lot of seniors were stressing out now because they're facing uncertainty after graduation.

Some students lie awake at night, contemplating the day and figuring out future plans.

"I can never sleep because when I go to bed, I just sit there and think about the day," said Jennifer Jones, an anthropology major from Drewry. "It's such a relief to be in bed."

Some people just try to lengthen their day by cramming too much into it. Jetting from class to meetings to bed is an addi-

tional stress factor. When something has to give, it's normally sleep.

"Since I do so much during the day, I've decided that trying to make up all that sleep at night is a futile effort," said Andrew Hartness, a sophomore from Monroe. "Instead, I sleep whenever I can, day or night, in class or at work."

Those who call themselves night owls believe they actually get more done by not going to sleep at night.

"It's pride being able to stay up all night," Jones said. "It's proof that you want to work hard."

Redmond offered some tips and tech-

niques to help students get their "beauty sleep."

"Make sure that your bed is only a place to sleep, not a study place," he said. "Otherwise you might associate it with not falling asleep, thus making it harder to fall asleep."

Relaxation techniques, such as deep breathing and thinking of pleasant things can also help. Redmond also advised limiting the amount of caffeine before going to bed.

Contrary to popular belief, alcohol does not aid sleep. Redmond said, "Some think if you drink a lot, you'll sleep more easily, but your sleep will not be restful."

War of Words to Decide Winner of Di-Phi Contest

BY BETH GLENN
STAFF WRITER

Most medals are given for bravery in battle, but on March 15 graduating seniors will duel instead with their ideas. The winner will walk away with the Wiley P. Mangum Medal for oratory, the oldest award given at the University.

The competition will be held at 7 p.m. in the Dialectic Society Chambers on the third floor of New West. It is sponsored by the Dialectic and Philanthropic Literary Societies. All graduating seniors are eligible to participate, and the debate is open to the public.

Speakers will present an original oratory applying the tools of reason and rhetoric to the topic of tuition hikes before a panel of four judges. Participants are judged on the content as well as the presentation of their speeches. Speakers do not have to be members of Di-Phi to participate.

The medal, named for Wiley P. Mangum, dates back to 1877, when it was established by Mangum's daughters. Mangum graduated from UNC in 1815 and went on to become a U.S. senator known for his oratorical skills. He served and debated with such historical figures as Henry Clay and Daniel Webster.

Bill Mangum, historian for Di-Phi and a relative of Wiley Mangum, commented on the importance of the award:

"It's the oldest Chancellor's Award given at the University," he said. "Oratory teaches you how to communicate not only in business but in politics as well. Public speaking takes you places. If people see you are well-educated through your speech and vocabulary, they are more likely to be persuaded to your sales pitches or other ideas."

This year's contest will be judged by

"Oratory teaches you how to communicate not only in business but in politics as well. Public speaking takes you places."

BILL MANGUM

Historian of the Dialectic and Philanthropic Literary Societies

Roger Lochin, professor of history; Connie Eble, professor of English; V. William Balthrop, chairman of communication studies; and Jonathan Sauls, who received the award in 1994. A fifth judge from the Kenan-Flagler Business School has not yet been named.

The Dialectic Society, the debating society, was founded in June 1795 as one of the few social activities in a fledgling University community.

Students met in the evenings to augment their regular education in mathematics, theology and English literature with debating among themselves. The Philanthropic Society was founded as an offshoot about three months later.

Cullen Case, president pro tempore of the societies, said, "It was pretty much the only thing to do at that time. Chapel Hill wasn't even a town except in the academic sense, and they didn't have cars so they couldn't just go over to Durham."

This year, Di-Phi has about 40 members. Any student who is not in their last semester can petition the society for membership. Applicants must attend three regular meetings then present an original oratory before a joint session of the two groups. The society then deliberates and decides on new members in closed session.

NROTC Judges Salute UNC Drill Teams With Top Honors

BY ANGELIQUE BARTLETT
STAFF WRITER

While many students frolicked in New Orleans last weekend during the Mardi Gras celebration, the University's Naval ROTC drill team won first place in the color guard competition and in the drill and inspection segment of the platoon competition.

Thirty-three schools, including the U.S. Naval and U.S. Air Force academies, Texas A&M, Duke University and N.C. State University, participated in the national 1995 Tulane NROTC Mardi Gras Drill Meet, considered to be the premier college drill meet in the nation.

Although UNC's Naval Reserve Offi-

cers' Training Corps drill team is smaller and less experienced than those of most of the schools that participated, the team applied dedication and intensity to win first place in both events, said Maj. Joseph Molofsky, a Marine Corps officer instructor at UNC and N.C. State.

"They were kind of the dark horse winners," Molofsky said. "It's really quite an accomplishment. You could liken it to a very small private school beating UNC in a college sport."

The team did especially well considering it was competing with schools that stress military drill teams, said junior Steven Jackson, drill team platoon sergeant.

"We're not exactly the prime candidate to beat a full-time military school, but

when you put a lot of work into it, it pays off," he said. "There were a lot of teams down there that practice a lot. But if you don't practice correctly, you won't be able to compete well."

Molofsky credited the team's energy and dedication for the first-place performances. "I believe it was really the intensity of their performance more than their expertise. They stood out by their sharpness, by their intensity."

Junior Michael Carreiro, drill team commander, agreed. "This year, we had more intensity and desire. I think the competition at Tulane drove our intensity level."

Michael Porter, the team's assistant coach, said that last year at the Tulane competition the team didn't perform as

well because of adverse weather conditions. "This year, we just had better luck."

Jackson said that leadership had been the key to the group's success. "They paved the way to our success," Jackson said. "Carreiro keeps the motivation going. Without that motivation, we wouldn't have practiced enough to win."

"Porter is a mastermind in drill and is a good teacher," he said. "He not only knows how to drill but how to teach drill."

Teamwork also brought about the group's success, Porter said. "I would credit Gunnery Sgt. E.F. Manchester, the assistant Marine officer instructor, Carreiro and especially the team members because they really practiced hard and they deserved to win."

B-GLAD

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them zero (for telephone expenses) if we're not going to give them enough for the service."

B-GLAD requested \$1,000 for speaker fees. The finance committee recommended \$200, and the appeals committee doubled the amount. "We didn't give them more because they didn't have planned speakers, and usually we like to know who they have in mind," Moore said. "But hopefully this will allow them to bring at least two speakers on campus."

The appeals committee kept the finance committee's initial recommendation of \$80 allotted for computer supplies, half of what the group had requested. "With our experience of the past two years, that amount seems to have been fair," Moore said.

As for printing and publicity expenses, the appeals committee upped the recommendation from \$125 to \$500. "We're assuming that the Lambda (B-GLAD's periodical) is not included in those expenses," Moore said. "We didn't have anybody from B-GLAD there to answer that question."

Finance committee Chairman Tom

Lyon said that because the appeals committee had recommended more money, the money would simply have to be cut from somewhere else.

"We'll be in the red. Student Congress operates on a balanced budget. We'll have to start the whole funding process over again," Lyon said.

It could now be more than a month before any group is awarded funding, he said. "We cut every group, and no group is going to be happy about that," Lyon said. "The Carolina Review got cut more than they did, and you don't see them complaining."

HOUSING

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your customers there's no increase in good news," he said.

Davis said that not raising costs would encourage students to live on campus.

Bradley said similar recommendations had been made only twice in the past 10 or 12 years. He said that despite there being no hike in housing costs, improvements to a number of residence halls were planned for this summer and wages for the 173 resident assistants and assistant area directors would increase by 7 1/2 percent.

Campus Calendar

FRIDAY
NOON Sappho Lunch will be held in Union 218.
MONDAY, MARCH 13
NOON "Loving Our Sisters: What Does It Take to Do It Right?" will be held in the BCC.
5 p.m. Protect Our Woods will hold an important information/action meeting in Union 209. Learn lobbying skills in preparation for a trip to the N.C. Senate about the environment and a sustainable economy.
7 p.m. Phi Alpha Delta will meet in Union 212. Attendance is mandatory for all members.
TUESDAY, MARCH 14
5:30 p.m. Diabetes Support Group Dinner will

be held on the second floor of Student Health Services in the Psychological Services conference room. Call 966-6562 to make reservations.

7 p.m. "Publicity and Promotion for Campus Events" workshop will be held in Union 212. Sponsored by Leadership Matters.

"The Defenders of Orthodoxy in Russian and Serbian Medieval Literature: The Heroes of Kuliukovo and Kosovo," will be presented by Kim Purinton in the Center Conference Room of Cobb Hall.

"Conflict and Compromise in the Drafting of Czechoslovakia's Language Right 1918-1920: The Legacy of Karel Kramac," will be presented by David

Barness in the Center Conference Room of Cobb Hall.

ITEMS OF INTEREST

Seniors' "Outstanding Senior" and "Favorite Faculty" nomination forms are still available in O1 Steele, at the Union Desk and in Suite B of the Union. Applications are due by 5 p.m. March 15 in Steele Building or in Suite B of the Union, at the Senior Class office.

Interested in getting involved in a new, stronger Earth Day campaign? Help collect petition signatures, plan events and educate our community. If you or your organization is interested, call the Student Environmental Action Coalition at 962-5453 and

leave a message. Undergraduate Court and Attorney General Staff applications are available in Suite D, Room 207 of the Union.

Applications are due March 15. 19th annual Black and Gold Ball will be held at the George Watts Hill Alumni Center March 17. Dinner will begin at 7 p.m.

For more information or tickets, call Omar McCallop at 914-1920. Sponsored by the Mu Zeta Chapter of Alpha Phi Alpha Fraternity Inc.

Carolina SAFE will train the members of your organization in CPR and first aid. Call 962-CPR1 for more information.

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