INSIDE: Are you getting enough sleep? If you're anything like the average college student, you're not! • Features, page 8

ГНЕ HANTICLEER

JACKSONVILLE STATE UNIVERSITY VOL. 41 NO. 24

APRIL 14, 1994

Weapon incineration: government's solution



In 1985 Congress instructed the Department of Defense to destroy the nation's stockpile of chemical weapons and agents in a manner that would maximize both environmental protection and public safety.

The army's solution: Chemical demilitarization through incineration. According to the Army this is a three-step process:

First the weapons are taken apart by machines that separate the agents and explosives from the munitions' bodies.

Secondly, each weapon is incinerated in one of four specifically designed incinerators.

These include the liquid furnace for destroying explosive materials, the metal parts furnace for decontaminating the projectile and bulk container bodies, and the dunnage incinerator for destroying trash accumulated through operations.

Finally, a pollution abatement system cools and scrubs the exhaust gases of each incinerator and removes particles so the gases can be safely released into the air.

Three types of lethal agents are in the chemical weapons which are designated as : GB, VX, and H.

GB and VX disturb the central nervous system and can sometimes cause death.

GB and VX agents are contained inside several different munitions including rockets, bombs, mines and projectiles. GB and VX are also stored in one-ton containers and spray tanks.

The agents are stockpiled at nine sites. The remaining site is Johnston Island in the South Pacific.

Johnston Island, also known as JACADS, in addition to being a

scale disposal facility. The site is not without problems. Costs continue to rise at Johnston Island and there are constant delays of operation.

Because of maintenance problems the Johnston Island facility did not operate at all on 32 of the 105 scheduled processing days.

The greatest source of maintenance problems was during the second campaign when there was an explosion in the deactivation furnace used to destroy explosive material. The system was shut down for sixteen days in order to inspect and repair a two by eight inch hole in the furnace, caused by the explosion.

According to the Army, the explosion did not release chemical agents into the atmosphere, nor did it cause any injuries. The only damage sustained was to the furnace itself.

Other problems developed when the liquid incinerator frequently failed to reach the temperature required to assure complete incineration of the deadly chemicals.

Ross Vincent, a chemical engineer and activist with Sierra Club, an environmental action group in Pueblo, Colorado calls incineration an "obsolete technology" with "unacceptable environmental and public health risks."

Vincent said the Army should abandon its incinerator plans and resort to an alternative form of destruction.

Vincent's suggestion gained credibility when the National Academy of Sciences issued a report examining dozens of alternative technologies for destroying the arsenal.

Two alternatives mentioned in the report are molten metal pyrolysis and neutralization.

Ideally, neutralization would produce no gaseous emissions at all

The idea is simply to neutralize the agents, but the containers must stockpile site is also the first full- still be disposed of in some way.



The Alpha Xi's help the Wesley Foundation plant a garden. Alpha Xi owes Wesley 125 hours of community service because of a deal struck at Casino Night.

JSU remembers Holocaust victims

Virginia Teague Staff Writer

"It was worse than slave labor. We were sub-human." This was just one of the remem-

brances of Berny Lane, the keynote speaker at last week's Holocaust Commemoration.

The ceremony began with prayer and a candle lighting service.

Two young girls then read excerpts from "The Terezin Poems", written by people who spent their childhood in the Terezin ghetto. One of the poems, "The Last Butterfly," tells of a small child watching a yellow butterfly leave the ghetto because it cannot live there.

Lane used that same image to described his experiences which began in the Minsk ghetto. His family arrived at Minsk in 1941 in a cattle car. They had been awakened in the middle of the night and told they had six hours to get ready to leave. He was 11-years-old. When Land and his family arrived in the ghetto they had to move dead bodies to find a place to sleep.

Over the next four years Lane spent time in a total of 15 camps, including Bergen-Belsin and Plaszow. He was near death when he was liberated.

"One more day and I would not be here with you tonight." Lane's mother, father and brother were not among the liberated. They were among the dead.

"I am one of the very few (survivors) living in the world." Lane said, "It is very important for people to remember."

The ceremony concluded with members of Temple Beth-El reciting the Kaddish. The Kaddish is usually recited by mourners at public services following the death of close relatives. Last week, it was recited in remembrance of the millions systematically killed during World War II.

JSU instructors take part in Cultural Arts remembrance

Two Jacksonville State history instructors will be actively involved in the upcoming exhibition "Lest We Forget: Voices and Images of World War II." The exhibition opens May 14 at the Center for Cultural Arts in Gadsden and runs through Sept. 30.

JSU history professor Harvey Jackson will serve as a consulting historian and Ted Childress, also of the JSU history department will provide insights into the Homefront.

The sight and sound exhibit will take up 10,000 square ft. of space.

"We're doing this exhibition to honor the World War II generation," said Center executive director Bobby Welch. "It has been 50 years since the war. If not now - when?"

The show will fill the Center's entire second floor. A pre-war. war and aftermath timeline covering the century's two pivotal

See Instructors • page 4

NNOUNCEMENTS

•The mail center in TMB now offers UPS shipping service to students.

•American Red Cross Life Guard Training Classes will be held from 3 p.m. until 5:45 p.m. on May 3 at the pool. For more information call 236-0391.

•Mantainance will need 10 more work study students for summer positions. For more information contact Bill Yates in the Financial Aid office.

•Volunteers are needed for the Mountain Bike Race scheduled for April 24. Call Scott at 435-BIKE for more information.

•Jacksonville State University will hold Visitation Day from 9 a.m. till 1 p.m. on April 16 in Stephenson Hall. Visitation Day gives parents, high school students and junior college students a chance to learn about JSU's academic program, talk to professors, and tour campus. Prospective students and newly admitted students will have an opportunity to pre-register for summer and fall classes. Activities will revolve around Stephenson Hall Gymnasium, where information booths will be available. All academic buildings will be open to visitors. For more information, contact the Office of Admissions and Records at 782-5400.

•There will be a march for the "Safe Destruction of Chemical Weapons," at 2 p.m. on Sunday at the corner of 12th and Leighton in Anniston. A prize will be awarded to a child or student for the most creative sign or placard. Participants are asked to bring their own signs. This will be a peaceful demonstration. For more information call 435-4743, 236-1305 or 236-1496.

 Additional sections of COM 205, COM 301 and COM 315 are now open. See LaRilda VanSandt in Communication (782-5646) for more information.



•4-11. Lamar Keith Elston, 25, of Anniston, was arrested on St. Avenue, in front of Curtiss Hall, and charged with giving false information to a police officer.

•4-11. Criminal mischief was reported at Luttrel Hall.

•4-11. Sumil Silwal reported theft of property at Dixon Hall.

•4-8. Robert Douglas Eberle reported criminal mischief at Martin Hall.

•4-10. Bill Baxlor reported theft of property at Houston Cole Library.

•4-8. Craig Shiver Smith, 23, of Birmingham, was arrested on E. Ladiga St. and charged with harassing communication.

•4-5. Ray Creel reported theft of services in the second degree at Rowan Hall.



"A free press is the unsleeping guardian of every other right that free men prize; it is the most dangerous foe of tyranny." - --Winston Churchill

Melanie Lynn Jones, Editor in Chief Jamie Cole, Managing-Editor/Layout Design Kelli Dobbs, Business Manager Will Chandler, Features Editor Mark Harrison, News Editor Chere Lee, Photo Director Jeh Jeh Pruitt, Sports Editor Virginia Teague, Business Assist.

Joe Langston, Manager of Student Media

The Chanticleer, the student newspaper of Jacksonville State University, is produced by students. The editor has the final decision on editorial content. Funding is provided through University appropriations and advertisements. Offices are in 180 Self Hall. Editorials are the opinions of the editorial board unless otherwise noted. The editor reserves the right to edit for content and space. Send all submissions to Melanie Jones, *The Chanticleer*, 180 Self Hall, JSU, Jackson-ville, AL 36265. Deadline for all submissions is noon Friday.



A tug-of-war was just one of many Greek Week activities.

March 21-24 marked a grand tradition at JSU -- Greek Week. A time when the greek organizations come together in friendly competition.

Activities included field events such as chariot races in grocery carts, a golf drive, an eating contest, an obstacle course, a suit-case race, lap relays, horse shoes, four man beach volleyball and Jeopardy, just to name a few.

Monday night, Delta Chi hosted the first-ever all-greek Party. Other activities included a skit competition, the movie "Animal House," sponsored by the SGA, a Greek Week Banquet, a canned food drive and participation in the blood drive.

Organizations received their honors at the final activity, the Greek Week banquet. David Pugh (Admissions Counsel) gave the invocation and Connie Edge (Director of Special Projects) was the keynote speaker.

Awards went to the following participants:

•Chapter of Excellence-Alpha Omicron Pi

•Faculty Adviser Award-Tim Moore, Delta Chi and Connie Edge, Delta Zeta.

•Most Valuable Player-Darren Johnson, Delta Chi and Shannon Simpson, Alpha Xi Delta.

•Greek Spirit Award-Delta Chi

and Delta Zeta.

•Greek God-Danny Such,

Kappa Sigma. •Greek Goddess-Leah

- Stolz, Alpha Xi Delta.
- •Final standings of Greek Week:
- Sororities:
- First-Alpha Xi Delta.
- Second-Delta Zeta.
- Third-Alpha Omicron Pi. Fraternities:
- First-Kappa Sigma.
- Second-Delta Chi.
- Third-Sigma Phi Epsilon.

The greek organizations extend their thandks to the Greek Week Committee, Terry Casey (IFC Advisor), Lori Coker (Panhellenic Advisor) and every one who participated and madethe week a success.

Psych society gets national charter

Mark Harrison News Editor

Jacksonville State's Psychology Club

recently received approval from the Psi Chi National Council for a Psi Chi Charter. Psi Chi is the national honor society in psychology.

According to Steve Sutton, Psychology Club President, the club originally set the goal of establishing a Psi Chi chapter at JSU during the 1993 spring semester.

Psi Chi was founded in 1929 for the purpose of encouraging, stimulating and maintaining excellence in scholarship and advancing the science of psychology. Membership is open to graduate and undergraduate students who are making the study of psychology one of their major interests and who meet the minimum qualifications. Other qualifications include:

·Completion of eight semester hours of psychology, or six semester hours and registration for at least two additional semester hours of psychology, or equivalent credits in psychology.

•Registration for major or minor standing in psychology or for a program psychological in nature which is equivalent to such standings.

•Undergraduates who are elected to Psi Chi must rank in the upper 35 percent of their class in general scholarship and must demonstrate superior scholarship in psychology, earning an average grade of "B" or better in psychology courses.

Psi Chi accepts the policy of the institution regarding grades.

•For graduate students, an average grade of "B" or better in all graduate courses, including psychology.

•High standards of personal behavior.

Dobyns speaks on future of communication

Allison Graydon News writer

The Information Highway is growing link by link, but many people may never find the onramp, and truth may be the possum that never makes it across the road.

That is the not-so-rosy picture of the future of communication as painted by visiting Ayers Professor and former network anchor, Lloyd Dobyns in his final JSU presentation Monday night.

Dobyns' compelling lecture "The Cat's Back: The Future of Communication" gave a frank, and frequently humorous speculation into the future of communication.

Explaining the title of his lecture, Dobyns referred to a story of how Albert Einstein once explained the telegraph.

Einstein said the telegraph is like a long cat, in that if "you pull his tail in Los Angeles, it meows in New York," only with the wireless radio, there is no cat.

With talk of the new "information superhighway," and the evolution of fiber optics, Dobyns believes the cat referred to is, indeed, back -- at least for now.

The means of communication are rapidly changing, but the impact of those changes remain to be seen.

Popular culture would have everyone believe these changes will bring about a social revolution, but Dobyns, who is not known for his subtlety, firmly believes "we are being sold a whole lot of. . . bull——" by the media.

According to Dobyns, there is already more information available than humans can process. "The information highway will bring us much more stuff that we will ignore," he said.

What's the problem? According to Dobyns, it's education. "We are going to be grossly unprepared to deal with the information on the information highway," he said.

The Information Highway may deliver the raw data, but according to Dobyns, it takes true wisdom to answer the most important question,"Why?", and that is one of the rarest things found in humanity.

Dobyns asked the audience who should pay for the "highway." Should it be put in the hands of the The information highway will bring us much more stuff that we will ignore... ...we are going to be grossly unprepared to deal with the information.

-- Lloyd Dobyns, visiting professor

government or should it be a matter business? Is there

Since no government can afford it, the development must be left to business, the lesser of the two evils.

Dobyns said one of the many problems that will arise from this arrangement is that profit, not benefit, will be the ultimate goal. Since the uneducated cannot afford or understand the new technology, it creates a new distinction between the "haves" and the "have nots."

Dobyns suggests that man-kind is entering a "period for discontinuity" that will be on a far grander scale than the Industrial Revolution. "We accept one change, and two more appear. . . In our new world, change will be a constant," Is there any hope? Yes, if you're young. "The young people always learn the new technology... young people don't know that (new technology) is supposed to be difficult," Dobyns said.

As for the rest of the world, Dobyns seems certain the future isn't quite as bleak as many are predicting. He illustrates this by bringing up the all-important issue of choice.

At some future time, he quiped, there will be only two people remaining on earth who still do not own a cellular phone.

One of them, Dobyns said, will be the town drunk in Point Barrow, Alaska.

"And the other," he added, "will be me..."





Thursday, April 14, 1994 3

from page 1

decades - the thirties and forties will unfold through hundreds of photographs, documents, dioramas, recordings, uniforms, artifacts, films, popular music, posters and art.

"Education is a mission of the Cultural Arts Foundation. With this show, we're teaching a little history," Welch said. "It's important. According to a 1990 Newsweek survey, nearly onethird of American 17-year-olds don't even know which countries the United States fought against in World War II. In 1985, a Life magazine poll revealed that three out of five Americans had no knowledge of the war at all."

Along with Jackson, Allen T. Cronenberg of Auburn University will serve as a consulting historian.

There will be a pre-opening concert of World War II music performed by the Etowah Youth Symphony, and Mayor Steve Means' Big Band at 7 p.m. May 12 at the Gadsden Amphitheater.

The Grand Opening on Saturday, May 14, will start with Means cutting a ribbon at a 10 a.m. inaugural ceremony and flag-raising. This will be followed by an 11 a.m. parade featuring the Fort McClellan marching band and local high school bands. Brunch will be served in the Center restaurant from 10 a.m. to 2 p.m. At 2:15 Jackson will speak on World War II and the Transformation of the American Life.

Monthly focus weekends, each featuring a dinner-dance or show and two days of lectures and extra events, will concentrate on the different theaters of war. In the first of these special weekends, June 3, 4 and 5 the focus is on D-Day and the European Theater. Speakers will include Cronenberg and Stephen L. Jacobs of Huntsville, an international authority on the Holocaust.

July 2, 3 and 4 the Focus Weekend will be on North Africa and the Mediterranean. The major speaker, at 2 p.m. on Monday, July 4, will be Lt. Col. Herbert E. Carter, USAF, ret. one of the famed Tuskegee Airmen.

August 12, 13, and 14 will highlight the Pacific and Asian theaters of war. Speakers will include Bert Bank of Tuscaloosa, who survived the Bataan Death March and 33 months in a Japanese prison camp. He will appear Aug. 13 at 2 p.m.

On Sept. 16, 17, and 18 the emphasis will be on the Home Front. Speakers will include JSU

.

historian Ted Childress.

The Focus Weekends, Welch said, will bring together men and women who served in the various areas of the global war.

"According to veterans live talked to, this theater of operation link is a bonding factor that transcends even service in the different branches of the military. Our visitors will have a good time getting together, and it will encourage round table discussions and oral histories."

The oral history program has

in Alabama.

"I know it's the biggest exhibition we've ever attempted here at the Center," he said. "This has been more than a year in the making. We couldn't have accomplished it without the help on many local people and organizations. And we've had wonderful cooperation from the Department of Defense World War II Commemoration Committee in Washington, the WAC Museum at Fort McClellan and other military museums all over the country.'

Because of the exhibition, the



Dec. 7, 1941, the USS Shaw suffered a direct hit during the surprise attack of Pearl Harbor.

been in progress for several Department of Defense has months.

"These videotaped oral histories will be the greatest legacy of the exhibition," Welch said. "Eventually, the tapes will be archived at the Gadsden Public Library for future generations to see and learn from.'

Many speakers will appear in the course of the exhibition. Among them, local history instructors Joe Robertson and Wayne Findley, lecturing on Camp Sibert: cookbook author and New York Times Syndicate food columnist Prudence Hilburn and Auburn University extension agent Celeste Martin will speak on cooking and housecleaning in wartime.

Musical and dramatic performances are other events planned in conjunction with the exhibition.

"Many cities are commemorating the 50th anniversary of the war with parades and special events," Welch said, "but as far as we know, this is the only major World War II exhibition planned

named Gadsden an official World War II Commemorative Community.



225 E. Hamric Dr., Oxford (across from Colonial Bank) 831-7058 CATHOLIC STUDENTS ORGANIZATION For more information about the C.S.O. program, please call Father William Lucas at (205) 435-3238.



INTERNATIONAL IMAGE

The C.S.O. meets at St. Charles Catholic Church on 7th Street, NE Jacksonville.

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OPINIONS

THE CHANTICLEER ARPIL 14, 1994

Actions speak

louder than whines

This weekend many people will gather together to show a united force against the construction of a in our community.

Twenty years ago that would have been a common sight; now it is amazing.

There was a time in American history when people did more than **complain** about their **problems**. Instead they went out and did **something** about them. It was that attitude that created and expanded America. It ended slavery, incited and destroyed wars and brought about civil rights. But that attitude seems to have ended with the Vietnam war.

Now, as **always, protesters** are seen as **courageous only by** people **who support** them, **to everyone else they** are kooks who will bring about the downfall of our society. The difference is that at one time people were willing to be viewed as kooks.

Once upon a time people were willing to fight for what they believed in no matter what the consequences. Now we just sit and whine to our friends. Whining never accomplishes anything.

There is a reason we are known as Generation X. It is because we've never accomplished anything.

There is no cause we have adopted for our own. Instead, people of our generation sit around listening to music and longing to be a part of a generation past.

Music cannot change the world, nor can movies or books or plays or simple ideas. Nothing changes without action, and there is no action without courage.

So far we have proven ourselves to be a generation of cowards.

This does not mean you should blindly follow any cause that comes along. If you do not know enough about chemical weapons incineration to take a stand, then educate yourself. Read the available material and decide for yourself what is right and act on that decision.

Taking action does not have to mean taking to the streets in protest. There are many different means of expression and we each must choose our own. If you are good with words, write a letter or give a speech. If you are more active, participate in a protest. If you want to be more passive, the least you could do is vote or distribute pamphlets.

The important thing is that we take an educated stand, that we form an opinion and say, "This is what I feel is right." We cannot steer away from confrontation and controversy.

If we truly believe something, we must share it. Only then can our generation be something more than a paragraph in the history books.

Howling, crying and other activities

They're at it again. I saw the hooded figures in the bell tower last night. Teachers plotting to make our lives miserable. They're not really sadists, they just want to "build character."

That's all well and good, but there are some JSU students who have so much "character" they belong on a Loony Toons special. The human mind was not designed to withstand this much stress, and some people just aren't handling it very well. I see some people biting their nails, but they really shouldn't do that, they'll get worms. It's true, my mother told me. I'm not really sure what kind of worms, but it can't be pleasant.

I've heard other students plotting three-state murder sprees, but I know that is not a positive method of stress-reduction. Temporary insanity is not a very effective plea, and I've heard death row is even more stressful than finals.

Okay, if murder and self-mutilation are out, what can you do to relieve stress? Well, here are just a few suggestions.

Some schools declare the day before finals howl day. They set a designated time at which everyone on campus can go outside and howl, scream, squeal, screech and generally make really strange sounds that probably frighten the surrounding community. Sounds

MELANIE LYNN JONES EDITOR IN CHIEF

like fun to me. How about 7 p.m. next Wednesday?

At other schools people have nude marathons on the day before finals, but I don't think that would go over very well here. JSU does not have a tradition of nudity.

If nudity and gutteral noises aren't your thing, you could always participate in a Spar Day a day set aside for people to insult each other as much they want. If you know you won't be taken seriously, you can be as cruel as you want and call your friends all the names you want to call your term paper. Of course there is one problem: unlike term papers, your friends can retaliate. Nevertheless, it is amusing for the rest of us. Then again, a nude marathon would be too.

Plan a board game marathon for this weekend. It makes you think about stupid things instead of about the Pythagoream Theorem. The stress of competition is more fun than the stress of wondering if you will fail on your final, and it is the perfect excuse to eat junk food. Don't get drunk though. You need to save all of your brain cells until after finals are over.

Group stress reduction techniques aren't for everyone, so for you loners, here is some more advice.

Read the poems of Emily Dickenson. Every man she loved died or left her. You can't possibly be more stressed than she was.

Read Dr. Seuss and remember, if you get too stressed out, you'll talk that way too.

Invent strange words and use them in everyday conversation. If people think you are crazy they'll leave you alone. Then they won't ask you do to things that you don't have time to do and make you even more stressed because you can't do them.

Burst into tears. It frightens other people.

You might also be a Stewart Smalley wanna' be. Look in the mirror and tell yourself, "I'm good enough. I'm smart enough, and doggone it, I can pass this thing." At that point you should feel like a total idiot and laugh hysterically at yourself.

I heard a teacher suggest a radical new means of stress reduction. He thought we should study. The theory is that if you know the material, there is no need to be stressed. I'm not sure I trust it but it might be worth a shot.

No matter what some of us do, the stress won't be over until the finals are. That's the great thing about finals — they mean "the end."



Thursday, April 14, 1994 7

ETTERS TO THE EDITOR

Dear Editor,

meeting, I must say I'm totally disappointed with the outcome.

It didn't take long to figure out why there are so many problems on campus.

controlled by certain Greeks.

JSU is a nice institution and has a lot to offer, but dissatisfaction within your without equal representation in the SGA, there will continue to be conflict and dissatisfaction among students.

Being an African-American on campus, and not havgovernment, reminds me of the 60s, and the back-stabbing government of today.

THE

How can you have 20-30 Having just attended a SGA senators in the Senate, and only 4-5 African-Americans. Especially when we represent almost 20 percent of the population on campus. Now from those lines, you can label me as a troublemaker, but To be honest, our SGA is when you have a majority white student government on this campus and still have race concerning student government and activities, do you really care, or are you only out to please a certain percentage of this campus?

We can't go into the 1994ing a voice in our student 95 school year with this system.

> We must sit down and take Navy a long look at Student Gov-

ernment reform, or you will continue to fail.

As for the Administration, it isn't hard to figure out why there is a drop in enrollment.

If you can't please those that you have here, why would anyone else enroll? Or why would current students speak highly of you when they are being mistreated?

You are no longer the Friendliest Cmapus in the South. If you don't believe me, take a survey.

There's a machine on campus, but it most definitely needs a major overhaul.

If you can't listen to me, vou can't represent me. freshman

ARAPORDE AL

Do you get enough sleep?

-SPEAKUP



'Sleep? I think I remember what that is." Amy Ponder Sophomore

"No I don't get enough sleep because I don't have enough time." Heather Kirby





"Yes, I do get enough sleep, because what I miss at night, I make up for in class."

Freshman

Tim Hanby Sophomore

"You mean there are people who don't get sleep?"



Letters to the Editor 1993-94 Policy

- The Chanticleer will not print letters which are longer than 300 words.
- The Chanticleer will not print letters which are libelous and/or defamatory.

We were just sitting here , I was flipping through the TV channels. And I said

I COULD HARDLY WAIT TO GET A DIRECT BROADCAST SATELLITE DISH WITH 150 CHANNELS ...

• The Chanticleer reserves the right to edit letters.

HANTICLEER

• The Chanticleer reserves the right to limit rebuttals to two weeks past publication date of the article in question.

• In order to ensure fairness, there will be at least two weeks in between publication of letters from the same person.

• The Chanticleer reserves the right to refuse publication of any letter.

• Deadline for letters to be in the upcoming issue is noon on the Friday preceding the preferred date of publication.

• Letters may be brought or mailed to The Chanticleer office in 180 Self Hall. Al letters must be signed and include a phone number. Please include your affiliation with the University, such as professor, class ranking, etc.



"No. I take Valium, I go to the Pot Festival, it never works. Maybe it's the speed."

> Mike Canada Junior

EATURES

THE CHANTICLEER APRIL 14, 1994

From College Press Service

As you sit in your 8:45 class trying desperately to stay awake while the professor drones on, do you everthink, "Maybe I shouldn't have stayed up until 4 a.m. discussing (and demonstrating) the fine art of beer drinking?"

If so, you are not alone. College students are infamous for skimping on sleep and then snoozing through classes. Between classes, work and homework, when else could you possibly socialize.

Not unlike many other students, Bryan Marenstein, a University of Washington sophomore, says he usually makes it to bed between 3 and 4 a.m., averaging six or less hours of sleep per night.

"Earlier in the quarter, I got a lot of sleep in the library - on the couches, the chairs, the ground,

Studen

anywhere I can find a place to lie

down," Marenstein said. "I got so

much sleep at night that I was

agree that young adults need an

mands, students end up getting

five or six hours on the average,"

said Michael Vitiello, associate

director of the University of

Washington Sleep and Aging

study found that when placed in a

dark, quiet room, college students

fell asleep faster on the average

than other adults. This has led

many researchers to the conclu-

sion that most college students

A 1982 Stanford University

Most sleep research experts

really tired during the day."

sleep per night.

Research Program.

are chronically sleep-deprived.

Catch some

"When I teach an 8:30 intro class that's obvious because on any given day, if I have 200 students there, I may have one or two with their heads down, collapsed," Vitiello said.

Since Edison's invention of the lightbulb, a 24-hour society has arisen where individuals can stay up through all hours of the night.

But nature may be partially to blame for the chronic sleep deprivation of millions of Americans. Our bodies' biological clock, or circadian rhythm, is set to a 25hour schedule --- one hour longer than the solar day.

"What that means is it is easier for people to stay up later ... But the problem is that you still have to get up at a fixed time the next

end

day," Vitiello said. "So almost by

definition it's very easy four you

to (cut off) your sleep and end up

Additionally, those who suffer

from mid-afternoon drowsiness

sleep-deprived."

certain buttons in a select pattern. "Their performance deterio-

getting rates, reaction times slow and accuracy diminishes," explained Carol Landis, University of Washington assistant professor of physiological nursing.

Although individuals can some-

But a well-known 1964 American Cancer Society study did find that the amount of sleep an individual receives can affect mortality. Subjects who habitually slept less than six hours, or more than 10 hours, were more likely to live shorter lives, said Landis.

Signs of sleep deprivation are all too common in a society that devalues the importance of sleep. hits the pillow ... that they're a good sleeper, but it actually may mean that they have a sleep disorder or they are chronically sleepdeprived," Landis said.

On the average, Americans fall asleep seven minutes after getting into bed. Full-rested people fall asleep after 10 to 15 minutes in bed.

Some sleep-deprived individu-

average of seven to nine hours of or six hours on the average tive "But for whatever the reasons, maybe a combination between academic, social and work de-

can blame their body's circadian rhythms. It has been documented that around 3 p.m. a drop in body temperature triggers a feeling of sleepiness, resulting in the notorious mid-afternoon nap.

There are definite differences between losing sleep for a few nights and habitual sleep loss.

Even one night of shortened sleep can impairmental functions. In laboratory tests, sleep-deprived individuals were unable to add up simple columns of numbers or hit times override the immediate adverse effects of a shortened night's sleep, Landis does not recommend all-nighters before the day of a final.

Researchers have not been able to connect sleep deprivation directly to any physical illness in humans.

"The longest research conducted on humans shows that we can be awake as long as eight and a half to nine days without any reports of physical illnesses," Landis said.

Those who are sleep -deprived suffer from obvious symptoms such as fatigue and a general feeling of daytime sleepiness. They often can be spotted in a series of "microsleeps," or miniature episodes of sleep resulting in drooping eyelids and continual head nodding.

Another sign of sleep deprivation is falling asleep within five minutes after crawling into bed.

"Some people think that if they're out as soon as their head

als fall into a pattern of relying on caffeine to wake them up in the mornings and sleeping pills or alcohol to ensure a sound sleep at night.

Vitiello warned against reliance on drugs. "If you have yourself a double espresso each morning, in a couple of hours you may find yourself lower than before."

So instead of buying stock in Sominex and Folgers, maybe you should just get a good night's sleep. If nothing else, it's cheaper.



or your body will

Elvis lives, sort of, in new novel from Max Childers

Mike Canada Features writer

Praise Jesus and ... Elvis? That's right Jacksonville, there's a new tag team out there saving souls. The King of Jews and the King of Rock 'n' Roll have formed a holy union to combat the evils of the world. Holy pilgrims need no longer spend their life savings on a trip to Jerusalem. Just load up the family and head to Graceland ... the home of bar-b-que, the blues and pink cadillacs.

Calm down. Don't call the Pope yet. Jerry Falwell doesn't have a new breed of competition. Remember, Elvis is dead. It's just a book folks. "Alpha Omega," the second twisted novel by the South's newest satirical voice: Max Childers.

Childers took time out of his busy schedule April 11 to explain his new novel and himself to JSU's Friends of the Library. Speaking to the audience in Houston Cole Library, Childers said, "Alpha Omega' is the story of Bobby Snipes, an ex-con and guitarist, who becomes a rock star ... the new Elvis."

The book opens with Snipes' release from prison. Like most ex-cons, he has a difficult time adjusting to life on the outside ... especially with his mother's new religion. She has traded the stiff hymnals of the Free Will Baptist Church for the rock 'n' roll of the Burning Love Temple, where Elvis and Jesus sit side by side.

In search of a new identity, Snipes combines the blues he learned from his cell mate, convicted murder and blues legend Hoochie-Coochie, with the teachings of cult leader and Elvis imitator, Maurice Short, Snipes' combination of blues and Elvis schlock send him (and the reader) on a roller coaster ride of excess, eccentricity, and electric guitars. Snipes goes from unknown excon to mega-star Alpha-Omega, the feature attraction of the Graceland-by-the-Sea theme park. But, the story's not that simple. "Alpha Omega" is not just the

story of a man's transformation into a modern "god." It is a tinted view of American society and our ever-growing need for cheap miracles. The side characters, with their velvet Elvis paintings and Jesus-head lamps, place their lives in the hands of their saviors, while selfishly guarding vices they can't (or won't) give up. "Alpha Omega" is a familiar story told in a new, refreshing, sometimes disturbing way.

Twisted social commentary is nothing new to Childers. His first novel, "Things Undone," tells the story of a small-town lawyer who takes on a "bizarre legal case that half-crazed includes а televangelist...and a judge with a penchant for acting out his sexual fantasies in historical costumes." Childers' characters are nothing if not original.

Compared by critics to the likes of Flannery O'Connor and William Faulkner, Childers has a knack for spinning Southern tales. Much to the surpise of his readers, writing was not his first cawanted to do. It bored me. So, I started teaching English and writing.'

Childers currently resides in Lowell, N.C., where he works as a free-lance writer and a professor at Winthrop University. He is currently working on a musical adaptation of Nathaniel West's "A Cool Million" and his third novel. While wearing the hats of a teacher, writer and family man (he has a wife and two sons), Childers

also takes time to research the modern American miracles... and they shamelessly mentality. "I watch Oprah and Sally Jesse," said Childers. "There are all of these people looking for answers to their problems. They look to the 'experts' for instant



CHILDER

offer quick cures. Maybe I should get in the self-realization racket. You've heard of 'I'm O.K., You're O.K.'?Maybe I'll write "I'm O.K., you're not!"



Howard directs an outstanding cast 'The Paper' comes close to real life

"The Paper" (Directed by Ron THE BIG SCREEN Howard Starring Michael Keaton, Marisa Tomei, Robert Duvall, Glenn Close Rating: $\star \star \star 1/2$

Watching this movie was like watching my life.

Don't get the wrong idea. That's not the only reason I liked it. But after working on a paper for the last three years, I recognized every character, every situation, every newsroom anecdote.

The film is basically structured as a peek inside the lives of a newspaper staff, for better or worse. The whole story takes place over a 24-hour period, following the lives of our staffers both at the office and away.

Most of the time spent away from the newsroom is spent with Michael Keaton's character, an overworked metro editor who has an opportunity to move up from the tabloidesque paper he works with (the "Paper" of the title is obviously a parody of the New York Daily News) to the Sentinel, a more sophisticated publication. His wife (the gregarious Marisa Tomei) is pregnant and

JAMIE COLE MANAGING EDITOR

opinionated, a reporter on maternity leave. She wants the new job badly for her husband.

In perhaps the only scene in the film in which a staffer goes completely nuts, Keaton ruins his chances.

The staff must decide between two conflicting stories to run on the front page of the paper after two youths are wrongfully arrested in a gangland slaying. A fight ensues at the presses when Keaton's Metro editor and the managing editor (Glenn Close in a manic performance) begin to duke it out over stopping the presses when a story exhonerating the youths comes through at the last minute.

What's so wonderful about watching all of this (besides the fact it's so real to me) is how these actors interact with each other. They all seem to be perfectly cast and compliment each other in each scene

The story meetings are particularly hilarious. For one such meeting the staff is 10 minutes late. Duvall, who plays the editor, slams a dictionary down on his desk when they finally arrive and reads the definition of "deadline." How typical.

Great performances all around, including all the leads.

Tomei shines, however, as the pregnant wife left at home to "sacrifice" her job and time for the new baby. Her scenes with Keaton, and a lunch scene with veteran actress Catherine O'Hara, are priceless.

Howard does a very nice job of making things seem manic once Keaton passes deadline time on his story. Everything past eight in the film is shot hand-held. For some reason, however, he returns to smooth camera operation for the last five minutes or so.

The script is tight, though, throughout. It's no "Broadcast News," but seeing "The Paper" gives you a good idea of what it's like at deadline time in a newspaper office.

Believe me.

'Bama-based bands to perform in Jacksonville

Will Chandler **Features Editor**

The Florence-based band, Mind Station, will be playing tonight at The Galley to promote their independant debut, "Train of Thought."

The three-man band started recording the album, without a name, a mere two months after forming. They clicked so well in their first practice session, they started to write several songs from

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the album the same day.

Their sound is very tight and original, and, says lead singer and guitarist Todd Beene, has changed with touring.

"('Train of Thought') isn't real representative of what we are now, I don't think. We're a lot more mature musically," he says.

"I really hesitate to say (the music) is harder, but...the whole live feel has really bled over into our writing. It's a lot more intricate ... a little bit stranger," Beene says.

Mind Station should start playing at around 9 p.m. Cover is \$2.

Also in Jacksonville tonight will be Birmingham-based based Vallejo.

They'll be at Brothers to promote their new album, "Sins."

Vallejo will be sharing the stage with local favorites, "The Capones."

Show time is around 10:30 or 11:00 p.m. Cover is \$3 for those 21 and older, and \$6 for those 18 and older.

April 21 Compiled by Mike Canada NRBO Variety Playhouse. 8:30 p.m. \$10 April 24 • O'JAYS/LEVERT Fox Theatre 8 p.m. \$30.50 • CROWDED HOUSE/SHERYL April 30 • THE EARTH JAM '94 BENEFIT JACKSON BROWNE, BUFFALO TOM, MARY CHAPIN • ARRESTED DEVELOPMENT CARPENTER, NANCI GRIFFITH, Legion Field, UGA. 8 p.m. \$8 KRISTEN HALL & THE INDIGO GIRLS Variety Playhouse. 8:30 p.m. \$8 Stone Mountain Park 1 - 7 p.m. \$17.50 May 1 • .38 SPECIAL, MARSHALL TUCKER BAND, OUTLAWS, • **RIGHTEOUS BROTHERS** FABULOUS THUNDERBIRDS,

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4-16

PORTS CHANTICLEER APRIL 14, 1994 STILL WINNINC: streak stands at 14 games

Jeh Jeh Pruitt Sports Editor

Jacksonville State continues to add to their winning streak. The Cocks have won 14 straight games and reemerged back to No. 13 in the Division II National Polls.

The good news came Monday while the Gamecocks were playing Southern Tech of Marietta, Ga.

The Cocks played host to Georgia College last Friday defeating them 11-8.

Mike Howell hit a three-run homer in the bottom of the first after Rico Wood and Robby Beaver scored off an Anthony Richardson single making the score 5-0.

But the Colonials came right back with four runs in the top of the second, cutting JSU's lead to one.

Wood blipped a two run homerun in the bottom of the second to advancing the lead 7-4.

Both the Cocks and the Colonials picked up three more runs in the sixth and seventh inning making the score 10-8.

The score remained 10-8 until Chris Duck hit a solo homerun in the eighth inning to seal the win for Jax State.

The next victim was Miles College.

The Cocks slaughtered Miles in both games of a double header Saturday. JSU won the first game

12-0 and the second 14-0. Tough battle with Tech

In Monday's game against Southern Tech, the Cocks looked to have a war on their hands when the Hornets put the first run on the board in the top of the first.

The first run for Southern Tech came when Wood threw a low ball to first baseman Jason Troup who couldn't grab it; that allowed Hornet Jeremy Stroud to score.

The Cocks went down three straight in the bottom of the first and the Hornets continued to keep their one run lead until the bottom of the third.

The Gamecocks batted around one complete time. Troup started the rally off with a single to right field, Jason Cox was walked. With runners on first and third, Duck hit a triple that scored Troup and pinch runner Revy Higgins. Woods picked up a sacrifice RBI when he popped out and allowed Duck to score from third.

The rally kept going when Beaver looped a single over third base and Ray Aschenbach bunted down the third base line.

The bases loaded up when Anthony Richardson singled to left field. Mike Howell singled, scoring Beaver, but another out was recorded off a fielder's choice.

Aschenbach scored the fifth run of the inning off a Roby Brooks double.

The Cocks also had another fiverun inning in the bottom of the fourth. Duck, Richardson, and

things better when they allowed three runs to score off throwing errors. Radio announcer Calvin Wilburn told his viewers three different stories about when the game was supposed to end. Nine innings were supposed to be played, but the game was finished

The Cocks were to play Livingston University Tuesday, but the game was rained out. The Cocks host Lane College in a double header this Saturday and Sunday April 18th and 19th. Saturday's game starts at 4 p.m.; Sunday's game begins at 1 p.m.

Miles College at Birmingham. Aschenbach had the hot sticks ting. in seven as the Cocks put away the when all three hit doubles. Southern Tech was not making Hornets 15-1. Neither team scored until the

College athletes speak out on having 'what it takes' you quit when you are feel-They see college sports

bottom of the sixth and JSU got

yet another five run-inning (can

they had whip lash after looking

up to the sky so many times from

all the balls the players were hit-

The fans must have felt as if

vou believe it?).

What does it take to be a college athlete today?

The times have changed and the athletes have also. They have gotten stronger and faster. Why has this change occurred?

I took an informal survey and some athletes were asked THE QUESTION: what does it take to be a college athlete today.? Has it changed that much since people like, "The Juice", and Jim Brown played?

Football player Eric Powell said: "I feel that in order to be a college athlete you have to have confidence in yourself, a firm mind and body and perseverance."

Brandy White stated that "you need dedication and a heart." She is not talking about the kind of heart that just beats in your chest, but the kind of heart that will not let

ing tired and like you can't go anymore.

Stephanie Vickers said,"You need a lot of effort, discipline, hard work, dedication, and a great love for

the sport that you are playing.' All of these qualities a person must pos-

sess in order to be a college athlete. But is there something else that people don't always say?

Is there a special quality that athletes have that put them in a different category than other people? Eric Stephens JSU football player said: "A lot of athletes come to college not for the education aspect, but they come for the gamble of seeing if they have what it takes to make it to the pros.

as a way out of the streets and they're not going to let anything stand in their

Robby Brooks stated, "What keeps me going is that I want to repay my parents for all the things they taught me, so I go out there on the baseball field and work hard everyday in hopes that I may reach the next level."

Most of the athletes agree that you must have a love for the sport in order to be the best at it.

No matter what happens, you have to stay focused and you can never let anyone take your love for the game away. Doing what it takes to be the best should never be a problem if you love what you are doing. Dedication and hard work will come naturally for the person who loves the sport.

In order to be a college athlete a person has to have a great deal of confidence in himself or herself. They must also have to know their place in the big picture. This means that there is always going to be someone better at something than someone else. Athletes have to find out what they do best and do it even better than the next athlete

Just because someone can run faster doesn't necessarily mean that they can win in every aspect of the game.

Don't give up just because you don't have what someone else has. Always strive to be the best.



way."

JSU pitcher Hal Hodge drills one to home plate in Saturday's double-header victory over

Tennis team, players ranked nationally

Jeh Jeh Pruitt Sports Editor

The Jax State Tennis team has been busy over the past couple of weeks playing three of the top 10 nationally ranked teams.

During spring break, the Gamecocks played two matches in Florida against North Florida.

North Florida's women's team is ranked second in the nation and the men's team is ranked sixth. The women lost by a score of 9-0 and the men lost 8-1.

The Lady Gamecocks also played against Akron and had another disappointing 9-0lost. The men finished their Florida trip against 10th-ranked Georgia and lost by a small margin: 5-4.

The action moved back to Alabama. The Cocks played three matches last week. In the first match, the Lady Gamecocks hosted the number-one team in the nation: Cal- Davis. The Lady Cocks lost 8-1.

The men played Livingston and had a 7-0 victory over the Tigers. But the men quickly dropped the next match losing to Lincoln Memorial 7-0.

The women almost pulled it through against Georgia College, but couldn't hold on losing 5-4.

The next bout was against Valdosta State. The men held on for the win defeating Valdosta 5-2, but the girls team was ranked fifth in the nation and defeated the Lady Gamecocks 6-3.

Although the Gamecocks have not had a good past few weeks, head coach Steve Bailey said, "It's helped our rankings. The girls are ranked 15th and the guys are

Dominique Hines from London is one of the top 15 players in

the nation. Teammate Marga Valera is in the top 25.

ranked 13th (according to the Intercollegiate Tennis Association Poll)."

Some of the players are individually ranked nationally and in the South. Marga Valera is ranked 21st in the nation and eighth in the South as a player and could have a chance to go to the national championship which takes place in California.

"I'm very excited because I didn't think any ranking would be so high because it's my first semester here," Valera said. "I really didn't think I was gonna play college tennis. I was offered a scholarship from Texas A&M for two years. I have a lot more fun here. I like the competition here because you can win more."

On the court, Valera said she thinks about nothing but winning and lets nothing else in her head because if she does, she plays a lot worse.

Dominique Hines is ranked 15th in the nation and fifth in the South and could also go to the nationals. Hines said that he was very surprised when he heard about his ranking.

"I was very happy because I got free Wilson equipment," Hines said. Anyone who is in the top 15 gets royalties (free stuff) from Wilson sporting goods. Hines said his mental side is the strongest point of his game.

"I rely on my mental side a lot. Most people blow up. Total control is the most important. I try to ignore everything else and focus on the match," Hines exclaimed. Hines and Valera said their goal was to go to nationals along with the rest of the team. Medicine can affect your balance, coordination, and vision as much as alcohol. After drinking or taking medication, don't ride. That's the best safety prescription.

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Chris Duck

This Week's Player of the Week is Chris Duck.

Chris Duck was born November 12, 1971 in Lanette, Al. In high school he played three different sports, but chose to play baseball on a collegiate level.

In Monday's game against Southern Tech, Duck batted 4-5 and was a homerun away from a cycle, whic is a single, double, triple, and one out of the park.

"I was 3-for-3." A triple is the hardest thing to obtain in this level. Once I got that out of the way, I knew I was close," said Duck.

Duck tripled in the third, doubled in the fourth and sixth, and singled to left center field in the fifth.

"No one has ever hit the cycle in JSU history," Duck said. "The wind was blowing too hard. You have to be pretty strong to hit a big one against the wind."

The person who Duck admires the most and plays more like him on a professional level is Lenny Dykstra.

"I play the game hard like he does," Duck explained. "I come right at you everytime. He's real aggressive. That's the only way I feel comfortable playing this game."

Duck's batting average jumped to .411 after the near cycle and now has the highest batting average on the team. His batting average against left handers is .478, against right handers .393, and .697 batting leadoff.

Duck is not very big in size, but has a big heart for competition.

"I'm just a player. Some guys are 6' 5 and can blast the ball. I just go out there and try a little bit harder than most people. I just want to be remembered as a guy that gave it everything he had."

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