$6 \quad x^{1}=$

(INBRIEF)
STATE
Memorial conducted for "Baby Grace" TIKLISLAND (AP) - Residents held a memorial service to
help fous a strention help focus attention on the case Of "Baby Grace," he y young girl
whose remains were discovered whose remains were discovered
inside a storage box that washed ashore on Galveston Bay. Hundreds of tips from around the country have poured in since authorities released sketches of the unidentified child on Friday. A fisherman found the toddler's
body a week ago along the Interbody a week ago alo
coastal Waterway.

## NATION

Man accused of shooting wife, judge makes deal LAS VEGAS (AP) - A man shooting the judge who was handling their bitter divorce reached a plea deal Monday, bringing an abrupt end to his trial. Darren Mack, 46, pleaded entered an Alford plea to a charge of attempted murder as the defense was to begin calling witnesses. Mack was on trial for the June 12, 2006, stabbing of his estranged wife, Charla, at M
house in south Reno.

WORLD
20,000 Mexican flood victims remain stranded
VILLAHERMOSA, Mexico (AP) - Hungry and dehydrated
victims of one of the worst floods in Mexico's history scrambled for government packages of food and medicine, while at least 20,000 people remained trapped Monday
on the rooftops of homes swalon the rooftops
lowed by water.
Residents were running dangerously short of food and water after nearly a week of floods left 80 percent of the Gulf Coast state of Tabasco under water and destroyed or damaged the homes

DEATH TOLL
3/8/5/0
U.S. Miltrary deaths in
Iraq since fighting began

WEATHER
Today


CLOUDY HIGH 60
LOW 35

## Wednesday

SUNNY
HIGH 72

## INSIDE

Classifieds...
Crossword.
La Vida.... Opinions Sports....


Student sleep deprivation hinders brain function


## By MATT MCGOWAN

Alack of sleep may have an obvious effect on brain functions, but many Texas Tech students may be surprised by the consequences of sleep deprivation.
In 2005, according to a National Sleep Foundation poll, the average American reported needing at least $61 / 2$ hours of sleep each night to feel refreshed the next day. Twenty one percent of respondents between the ages 18 and 29 years old reported getting less sleep than they need. Within that 18 to 29 year-old age group, 18 percent reported getting an average of less than 6 hours of sleep per night.
Dr. Ralph Downey, a spokesperson for the American Academy of Sleep Medicine, said actual sleep-deprivation statistics for the entire population, especially for those between the ages of 18 and 29 years old, probably are higher than the poll indicates.
"I think that's a really conservative number," he said. "My feeling on it is simply that we, in this society until recent years and even now, most of us regard sleep as a negotiable thing." Although they may not realize it, most Americans need more sleep, said Ed Deaver, a sleep specialist at the Covenant Sleep Center. Falling asleep during the day is not normal, contrary to common belief.
"Falling asleep on Sunday during the ballgame is not normal," he said. "Falling asleep during church or in the movie house is not normal. If you talk with most people who are chronically exhausted, they believe that these are normal things because that's what they've had to do to survive."

SLEEP continued on page 5

## Police clash in Pakistan results in 3,500 arrests

## y MUNIR AHMAD

 Assocarte PressISLAMABAD, Pakistan (AP) - Police fred tear gas and clubbed thousands of lawyers protesting President Gen. Pervez Musharraft's decision to impose emergency rule, as Western allies threatened to review aid to the troubled Musim nation, the government reported half that. Musharraf, who took power in a 1999 coup and is also head of Pakistan's army, suspended the constitution on Saturday ahead of a Supreme Court ruling on whether his recent re-election as president was legal. He ousted independent-minded judges, put a stranglehold on independent media and granted sweeping powers to authorities to crush dissent.
The attorney general called Monday for the polls to be held on time, but Prime Minister Shaukat Aziz left open the posibility for a delay
Western allies to hold elections as scheduled in January, Musharraf said Monday he would relinquish control of the military and return the country to "the same track as we were moving" but he gave no indication when the vote would take place. these pillars - the judiciary, the executive, and the parliament," Musharraf was quoted by state--run Pakistan Television as telling foreign ambassadors Monday.
"I can assure you there will be harmony ... confidence will come back into the government, into law enforcement agencies and Pakistan will start moving again on the same track as we

PAKIITAN continued on page 5
Weather conditions result in near-record cotton harvest
projections for local farmers


By MATt MCGOWAN
Staff Writen

With local farmers projecting this year's cotton harvest to be one of the highest on record for the South Plains region,
local cotton growers can thank a wet spring and warm summer for the yield.
Shawn Wade, director of communications at Plains Cotton Growers, Inc., said cotton growers from 41 West Texas counties are expected to yield 4.9 mitlion bales of cotton this year because
of optimal weather conditions, which is the second-highest vield for the region. Thus far, approximately 10 percent of the harvest has been processed.
"Primarily, we had really good early-season moisture," he said "We had above-average rainfall in the late winter and early spring time period, which just set us up for a really good start." - Eddie McBride, president of the Lubbock Chamber of Com merce, said this year's harvest could have as much as, or even

COTTON continued on page

Tech police say student awareness necessary in preventing assaults


## By ADAM Youn Staff Writer

Texas Tech police recommend students take precautions after student was allegedly assaulted Friday in the Engineering Key A female student allegedly was approached by three males and
attacked by one at approximately $3: 05$ a.m. Friday, according to message on TechAnnounce posted by Cpl. Jack Floyd with the Tech police department.
"We just want to make sure that the campus was aware of the situation and that we have an outstanding assault suspect on campus that could strike again," Floyd said. "We just want to keep everyone on their toes, basically, as a precautionary measure.
officers and did not wish to file a report or participate in prospecution
of any offenders, Floyd said Tech police released her description

ODDBALL DAILY
Texas man sets record with 87 rattlers in bathtub

DUBLIN, Texas (AP) - An- you move real slow and gentle, that other day, another bizarre world record for Jackie Bibby, "The Texas Snake Man." Bibby spent about 45 minutes in a see-through bathtub with 87
rattlesnakes Monday, shattering rattesnakes Monday, shattering
his own record by 12 snakes just in time for Guinness World Records Day, which is Thursday. The record was certified by a Guinness official. Bibby said the snakes crawled under his arms, between his legs
and anywhere else they could slith and Nonywhere ef the snakes bit him.
er. er. "They can go wherever the want as long as they don't start biting," Bibby said. "The key to not biting is for me to stay still. Rapid
movement scares a rattlesnake. If
you move real slow and gentle, the Bibby sat in the dry tub with a pillow propped behind him to make him more comfortable. He wore regular clothing, and contained their venom, he said. Workers placed the snakes in one at a time and removed them one at a time.
The cle
The clear bathtub was specially made several years ago for Bibby by
the Guinness folks for a teleyised segment. He's used the tub for subsequent attempts at the record for sitting in a tub with snakes. "I have set several world reco in that bathtub,", Bibby said. The record was Bibby's latest rab at glory. Last year he set light, he said.

Guinness-certified record by hold ing 10 rattlesnakes by their tails in his mouth at once. He said he plans to break that record Tuesda
by squeezing in an 11th. The Texas Snake Man he holds non-sanctioned record for climbing into a sleeping bag head first with 20 rattlesnakes and going in feet first with 112 . The
latter record, Bibby said, is the latter record, Bibby said, is the answer to a question
game Trivial Pursuit.
game Trivial Pursuit.
Bibby also claims Diboy also claims numerous
movie, TV and theater credits, playing such roles as Hostage on Plane, Hillbilly, Liquor Store Owner and Irate Bar Patron. The acting and the snakes are ways for libiby
lige said. alloween drawing

HELL, Mich. (AP) - Life in Hell just got a little easier for John and Sue Wilson. The couple, who live in the unincorporated town 45 miles west of Detroit, were blessed with a $\$ 115,001$ windfall from

5,001 prize in
The Michigan Lottery.
Then the big prize in the Fantasy 5 drawing held Wednes"How cool is thawe" "How cool is that?" said Sue Wilson, 43, a teacher's aide. Her husband is an electrician. The couple said they plan to use their winnings to pay off bills, make some home im. provements, buy a video game system for their 13 -year-old son and possibly visit relatives in
Georgia.

Woman takes out newspaper ad to sell breast milk

CEDAR RAPIDS, Iowa (AP) - A woman who doesn't want taken out a newspaper ad in hopes of selling it.
Martha Heller, 22, took out an ad in The Gazette newspaper offering 100 ounces of her breast milk for $\$ 200$ or the best offer.
Heller said her freezer is overflowing with breast milk she has pumped
since August. Her 4 -month-old daughter won't drink from a bottle
and the supply is piling up. Heller now donates to the University of Iowa's Mother's Milk
Bank, but the 100 ounces of milk she wants to sell were pumped before she went through the screening process for the bank and cannot be donated. Linda Klein, a lactation consul-
tant at Mercy Medical Center in Cedar Rapids, said breast milk can generally be stored in a freezer for up to six months.

Heller said she researched law regarding the sale of breast milk and couldn't find any in Iowa. Don McCormick, a spokesman for the lowa Department of Public Health, said he was not aware of any laws in lowa restricting the sale
of breast milk, but that state health of breast milk, but that state health officials advised against it. Heller said she hasn't received
any legitimate calls about her ad. "There was one prank caller,"
she said she said.

## WORLD EVENTS IN BRIEF

Panel head tells White House to answer subpoenas WASHINGTON (AP) - tion - White House ChiefofStaff Miers of contempt for failing to House Democrats threatened
Monday to hold President Joshua Bolten and former presidenappear and testify as subpoenaed key conf hold President Bush's tial counselor Harriet Miers - are
then Congress unless they comply with ubpoenas for information on the subpoenas for information on the
Justice Department's purge of fed stice Department's purge of fed dicted White House press secretary ral prosecutors last winter. Congressional Democrats none-
The White the ultimatum, saying the informa- thelcess submitted their 102-page tion is off-limits under executive report, and a Republican rebuttal
to the She and Boten were charged with failing to produce documents on whether the prosecutors were fire at the White House's behest. Also in the sights of House Ju diciary Committee Chairman John Conyers, D-Mich.: Karl Rove,
the architect of Bush's rise to the frivilege ands ahe adviser whol and a top political

Ex-NY police commissioner's results outweigh errors MANCHESTER, N.H. (AP)
-Rudy Giuliani saidMonday that
if his achievenents as president
was more important.
Kerik, whom Giuliani pushed any idea what he's going to do," the If his achievements as president
are as good as the crime-reduction are as good as the crime-reduction
Tesulss of his New York police commissioner, a man now under criminal investigation himself, "this country will be in great shape." The Associated Press, acknowledged mistakes by Bernard Kerik, who was police commissioner when Giuliani was mayor: But he o head the federal Department investigation on what could be multiple felony charges. Giuliani said he hadn't spoken to his friend and one-time business partner
recently and had no idea what recently and had no idea what
implication a Kerik indicment implication a Kerik indictment or dential campaign. "I have no idea what's going to Republican contender said. sibility for his role in Kerik embarrassing 2004 withdrawal as President Bush's Homeland Security nominee after revelation of tax problems. Ethics questions and corruption allegations als former New York mayor said the former New York mayor said the when Guiliani was mayor. But he
said crime reduction for the city happen, first of all, nor do I have incidences.
'Super X-ray' shows promise for finding heart disease

## Assaults

CONTINUED FROM PAGE 1 remaining on sidewalks rather than walking between buildings. than walking between buildings.
"Also, don't walk like you're sleepy or fatigued," he said. "You might want to walk with a skip step. You want to give off the impression that you're not an easy target because people are looking
for the easy targets." on the Tech campus to familiarize themselves with the locations of the 82 emergency intercom stations located in buildings, parking lots and parking garages
on campus, which provide a dion campus, which provide a di-
rect phone link to a Tech police rect phone link to a Tech police
dispatcher.
"Our normal response to any report on campus is within about report on campus is within about
two minutes," he said. "We can't

ORLANDO, Pla. (AP) - Atype"
of "super $X$ ray" "howed promise inits of "super $X$-ra" " showed promise tints
frist big test as a potentially cheaper, first big test as a potentially cheaper,
faster and painless way to find out whether certain people with signs of heart disease actually have it and need treatment. The scans might eliminate the need for some of the 1.3 million cardiac catheterizations done each year in the United States
to check for cloged arterics, said Dr. Julie Miller of Johens Hopkins University:
But the
run over people to get to you,
the administration doesn't like that, but if it's an emergency
we're going to run hot - lights we're going to run hot - lights
and sirens and stuff like that", To ensure the emergency intercom stations work when they are needed, Floyd said Tech police test them on a weekly basis.
Despite two Despite two incidents this semester, the number of ag-
gravated assaults reported on gravated assaults reported on
all Tech campuses decreased by more than 60 percent between 2004 and 20006, with eight in 2004, six in 2005 and three in 2006, according to the Tech police department Web site,
www.depts.ttu.edu/ttind www.depts.ttu.edu/ttpd. blue phones on the Tech campus can be found at the Web site.
adam.young@ttu.edu
aredebating whether topay for them,
and many heart specialists oppose and many heart specialists oppose
them, partly because they supply big dose of fadiation. That raises the risk of cancer and might spur thousands of additional cases if the scans were widely used in the population, said Dr. Michael Lauer of the National Heart, Lung and Blood Instiute.
Speaking at an American Heart Aspeciation conference where study Association conference where study
results of the scan were presented Monday, he called on doctors not to use the scans until research prove they save lives.

Servant testifies about alleged abuse

CENTRAL ISLIP, N.Y. (AP)

- An Indonesian servant for a millionaire couple accused of mod-ern-day slavery testified Monday she was forced to eat her own vomit and was scalded with hot water for misdeeds such as sleeping late and
pilfering food. pilfering food.
The 51 - year The 51 -year-old woman, identified only as Samirah, said through an
interpreter that she was also repeatinterpreter that she was also repeat-
edly poked with a knife and that her ears were twisted until they bled. The fear of being abused caused her to involuntarily urinate, she said for which she was punished further. II said, Mrs., just send me hom
to Indonesia,"' Samirah said. Samirah's testimony began last week in the trial of Mahender Murlidhar Sabhnani, 51, and his
wife, Varsha Mahender Sabhnani, wife, Varsha Mahender Sabhnani, the trash

45. The couple have pleaded not suitry to all charges in a 12 count federal indictment, including conspiracy, involuntary servitude and other offenses.
They are a They are accused of bringing Samirah and another Indonesian woman, Enung, to the United States to work as housekcepers but enslav
ing them instead in their Long Island mansion, sending $\$ 100$ a month home to their families but subjecting them to psychological and physica them to p
abuse.
The The Sabhnanis - who operate a worldwide perfume business out of their home - were arrested in May after Samirah, wearing tatteree
clothes, was found at a doughnu shop, pleading for help after ap parently escaping while taking ou
the trash. the trash.
"I think he went a little overboard" and was reacting to wories the
scans would be used to screen people with no symproms, rather than the more limited use tested in the study said Miller, who led the research. This new CT scan technology ame on the market two years ago and is already used by many hos pitals. Because it uses 64 detectors
to produce and combinc images, the scans are called "64-slice CT." The images are so detailed that one doctor deccribed them as an almost surgical view. s2nd \& SLIDE IN Rockridge plaza. 794-293
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ADRIAN ALFARO, A senior exercise and sport sigh its Monday atterno in the Robert H. Ewalt Student Recreation Center.
Discovery astronauts check wings for ride home CAPE CANAVERAL, Fla. (AP) enter over the entire United States program manager Wayne Hale. -Shuttle Discovery's astronauts -just Florida after zooming up from This 15 -day mission is longer
surveyed the wings of their ship the southwest over Central America than most - and more stresfful, surveyed the wings of their ship the southwest over Central America than most - and more stressful,
Monday to ensure a safe descent over and the Caribbean. But that original too, with the astronauts' impromptu the American heartland after leav- plan would have entailed a pre-dawn repair to the torn solar wing at the
ing the international space station. landing, and shuttle commander Pa-space station. As a result, crew ing the international space station. landing, and shuttle commander Pa- space station. As a result, crew
On the ride home Wednesday, mela Melroy preferred a safer, easier fatigue must be considered, Hale the space shuttle will make the first coast-to-coast re-entry since Colum-
bia shattered in the sky over Texas bia shattered in the sky over Texas
in 2003 and sent tens of thousands of pounds of wreckage raining down on at least two states.
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Cotton
CONTINUED FROM PAGE 1 more than a $\$ 5$ billion impact on the local economy.
"That money that circulates through our economy goes into several areas, whether it be restaurants,
whether it be sales tax collected at whether it be sales tax collected at
the mall," he said. "It just cycles around everywhere in our community, so the actual economic impact that $\$ 5$ billion has - well, I don't know what that figure is." The last five years have pro-
duced four of the five larges yield duced four of the five largest yields
in the region, Wade said, which can in the region, Wade said, which can
be attributed to better production be atribuuted to better production
technology. The technology not only helps produce a better yield, but also better quality.
"'rd say, quality wise, this is probably one of the better crops in the last few years," Wade said.
"They may not be quite as long "They may not be quite as long,
but it has got some other attributes that are superior. That variety that combination of moisture and summer weather, just kind of came together and did real good, so the plants were able to produce up to their potential." Cotton producers initially were poor harvest because of too much rain in the early spring, he said, during which time many of the cotton plants are too premature to survive
excessive water excessive water.
"You never wa
"You never want to turn down
good rain, but on young cottonand good rain, but on young cotton and
baby crops like that, a heavy can be pretty damaging," Wade said. "We had some concern that some of the crop might get sick, bu
we managed to get throu we managed to get through it. We
didn't have any major problems." didn't have any major problems.
Linda Taylor, co-owner of Bust er's Gin and a cootton producer, said ers in and a cotion producer, said
local farmers anticipate the success of this year's harvest. Buster's Gin expects to process about a 100,00 bales this year, which is a lot for the gin, and considerably more than the approximately 58,00
bales pinned affer thedre bales ginned aftee
season in 2006 . season in 2006 .
This year's crop, despite its high
vield and quality will not neces This year's crop, despite its high
yield and quality, will not necessarily guarantee that any producer will see a significant increase in ${ }^{\text {edarningd, she said. }}$
"It's very difficult to give a gen


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* based on full occupancy of 3 bedroom home, price per roommate.


## Ladies: Do not frame that Mrs. degree



Stephen Colbert, we hardly knew ye


BuSH + YOMR TAX DOUARS

 Rudolph Giuliani's actual personal-
ity would have this native Brooklynite standing in front of a grill, with an apron and flipping pancakes in
Palooka-Ville USA? I've seen more Palooka-Ville USA? I've seen more
valid authenticity in baseball cards signed by Jesus.
And what really are the differ-
ences between Sterhen Colbert and the other candidates? Colbert reads jokes, written by a crack team of writers, off a teleprompter. The
candidates read carefully written

 cians. The candidates do the same
with people like Stephen Colbert. with people like Stephen Colbert.
The only fundamental difference is Colbert's joke is on the system, and the candidates' joke is on us. malor from Plano. E-mall him at
Now, you may not be able to Jonathan.hansonettu.edu.

DAILYTOREADOR

Several classes require group $\begin{aligned} & \text { This frame of mind is particu- } \\ & \text { work, and I have often heard guys } \\ & \text { talk about the girls insuo are in class often enjoy non-monogamous }\end{aligned}$ often enjoy non-monogamous
relationshiys and are stereotyped as "players," I have never heard a
guy say he is going "wife shopping." guy say he is going "wife shopping," going "girl shopping." "
The phrase " "hopping" suggests than humans have monetary value. I'm sure this connotation is offensive to many people. Even eBay pro-
hibits the selling of individuals. I wish you all, the girls who are searching for husbands, the best of
luck. Just remember, if you don't find "the one" in college, make sure you have a way of supporting
yourself after graduation. An Mrs. yourself after graduation.
degree isn't everything.

- Griest is an English major from Sugariand. E-m

Investigating the Bible



WHO NOSE?


PHOTO BY WALTER ROSADO/The SAILORS, A jun her design of a human nose Monday morning at the Art building.

Critics say fragmented system can't ensure food is safe from contamination
OMAHA, Neb. (AP) - Peanut two recalls were handled over the butter is regulated by the Food and past year. When Peter Pan peanut butter Agriculture's responsibility. Frozen in February, ConAgra Foods Inc. cheese pizzas - FDA. But if there's recalled it as soon as federal health pepperoni on them, USDA has juris- officials raised questions. But when
diction, too. diction, too.
Critics of
Critics of the nation's food safety and turkey pot pies were tied to a stem say that it is too fragmented similar salmonella outbreak in Octond marked by overlapping authority, ber, the Omaha company waited two and they say that may help explain days to recall them, first issuing only why dangerous foods keep slipping a consumer health warning. through and why contamination Peanut butter is regulated by the
scares are handled in sometimes in- FDA, while pot pies are regulated by consistent ways.
"One of the undertlying problems had authority over meat a has poultry. is the bifurcation of the regulatory Ready-to-eat foods like peanut system," said Caroline Smith DeWVaal, butter, which is eaten right out of the director of the Center for Science jar, receive closer scrutiny because in the Public Interest's food safety there is greater danger if harmful division.
Criticsalso $r$ an fery system suffers from that the foo money and inspectors and inatequate first, and proper cooking kills most money and inspectors and inadequate bacteria
In the months ahead, Congress ease Controng to the Centers for Diswill consider several proposals' to pies sickened more than 270 people, reform the system, including creation the peanut butter at least 625 . of a single food safety agency, an idea Neither the FDA nor the USDA both the FDA and USDA oppose. had the authority to order ConAgra cooperate well now. recalls, except for those involving in"We do not believe a single food fant formula, are voluntary. Often, the safety agency would give us the effl- government gets a product recalled by ciencies you can have from having two warning the company it could face agencies responsible for 99 percent of bad publicity if it does not withdraw
the food that we eat in this country, the food. he food that we eat in this country, the foo oth domestic and imported," said At least a dozen federal agen$\begin{array}{ll}\text { retary for food safety. } & \text { America's food safe, with the FDA }\end{array}$ The government structure that and the USDA's Food Safety and protects the food supply took shape. Inspection Service playing the biggest
piecemeal over the past 101 years. roles. But none of the agencies use the piecemeal over the past 101 years. roles. But none of the agencies use the
The results could be seen in the way same rule book.

Sleep
CONTINUED FROM PAGE 1 Effects of short-term sleep deprivation may impair college students ability to function properly on a
cognitive and physical level, said Dr. Randolph Schiffer, chairperson of the Department of Neuropsychiatry at Tech's Health Sciences
Center. "For college students, short pefformance, both physical - like sports or whatever - but also cog-nitive-test delivery performance, oral presentation performance,
whatever, emotional regulation whatever, emotional regulation, likupuse controt," he said. "Thing like that.
According to the 2005 poll, 22
percent of responidents between the percent of responidents between the ages of 18 and 29 years old said sleep
disorders have caused problems in disorders have caus.
their relationships. Inadequate sleep often induces
depression, self-depreciation and depression, self-depreciation and
an unpredictable temperament, an unpredictable temperament,
Deaver said, which often promotes and increases feelings of isolation. Consequently, sleep deprivation contributes to the deterioration of personal relationships and affects
college students' social aptitude. "I know alcohol is a factor at football games, but I wonder some times about when opposing teams fans get into fights," he said. "We know from studies done in New - aggressivenes ing is a factor alcohol consumption - but whe if they're sleep-deprived?" According to the poll, 75 cent of respondents reported suffering from symptoms of any sleep disorder - a 13 percent increase from 1999 - and 18 percent of 18 to 29 year-Ids said th have a sleep problem.
Downey said stud be careful not to underests should importance of their sleep habits. If students regularly have trouble sleeping for two or more weeks

## Pakistan

CONTINUED FROM PAGE 1
were moving."
Public anger was mounting in the nation of 160 million people, which has been under military rule for much of its 60 -year history, but
demonstrations so far have been limited largely to activists, rights workers and lawyers - angered by his attacks on the judiciary. All have been quickly and sometimes brutally stamped out.
Secretary of State Condoleerza
Rice said W Whshingto Rice said Washington was review-
ing its assistance to Pakistan ing its assistance to Pakistan, which
has received billions of dollars in aid since Musharraf threw his support behind the U.S.S.led war on terror after the Sept. 11, 2001, attacks

early - they may have at least one to
Every person's brain wiring reacts
According to the poll, approxi mately half of the participants said 34 known sleep disorders and should of a regular sleep schedule, Schiffer it takes them 15 minutes or less to consult a physician.
IIf your primary care physician is really not up on the sleep specialty part, really, you should see a sleep spepart, really, you should see a sleep spe
cialist who is cettified by the American Academy of Sleep Medicine," he said "Sometimes doctors yust put people on an Ambien and say, 'You have a nice
day.' That is not the correct approach in the long run." in the long run."
Sleep medica
medications do not direct address the causes of sleep disorders Schiffer said, and may even be counterproductive, much like alcohol.
"If you iust drink 5 "If you just drink 5 ounces o
Scotch whisky you'll fall Scotch whisky, you'll fall asleep, but
two or three hours later you will walke wo or three hours later you will wake up, and you won't feel that good, of
the next morning you won't feel that good, and your performance won't be good," he said. "Drugs do not solve the problems of insomnia, and drugs o not improve sleep pattern in $m$ opinion."
According to the poll, 11 percen of respondents reported using alcohol
to help them fall asleep at least a few nights each month.
Students who consume narco ics or alcohol before going to sleep sabotage the regenerative nature of sleeping, Deaver said.
"Even though we're asleep, the brain is still self-protective, and it is realize," he said. "When the bräñ is under the influence of either drugs or alcohol, that does prevent it from going through the normal survival mechanisms."
According
Acording to the poll, when it comes to staying up later than
planned on weeknights, 47 percent of respondents said they did so a few nights per week.
Establishing
Establishing and adhering to a sleep rhythm is challenging for college
students, Deaver said, because of their students, Deaver said, because of their
unpredictable social lives and rigorous anpredictable social
academic obligations.
"That's all a part of the college experience, but from a sleep standpoint, it's all very bad for good sleep abits," he said.
 Jaid, which is why some people suffer fall asleep. After lying in bed for 20 minutes
from abnormal sleep patterns more rom abnormal sleep patterns more After lying in bed for 20 minutes
than others. "There is an oscillator in the brain said it is best to condition oneself by stem that is on a 26 - to 28 -hour cycle getting out of bed and leaving the that generates these sleep cycles," he room, returning after another 20 minsaid. "It's not on a 24 -hour cycle, even utes of non-stimulating activity.
hough we have 24 -hour days. Well., "What that does is itsort of break though we have 24 hour days. Well, "What that does is it sort of freak
evolution did its hest, but it didn't that learning dattem of 'My bedroom guite hit it. People who have a lon- is a place where I can't sleep', and then quite hit it. People who have a lon- is a place where l can' ' sleep, and then
ger oscillator are often the ones who every time somebody goes to bed the have a harder time regulating sleep go, 'OK, the war begins,"' he said. have a harder time regulating sleep go, OK, the war begins, "he said.
patterns. Their brain is chronically
Trying to sleep and stressing about Irying to sleep and stressing about
out-of-sync with the world."
not being able to do so is a bad idea Without adequate sleep, students Schiffer said. should not drive, Downey said, be- "The other thing, of course, which cause drowsy driving is comparable I always tell people, your brain will
to drunk driving. to drunk driving.
"In college students, this is the said. "You dont't have to worry if you thing I worry about most, is when don't fall asleep. Your brain is no college students are sleep deprived by going to be harmed, you will just feel
Friday, and if they add alcohol to the bad the next day." mix, it's double trouble, he said. matthew.mcgowan@tu.edu


## Yearbook Photos



TOP PHOTO, the official La Ventana yearbook photographer, will be in the Student Union Building Playa Room (second floor):

$$
\begin{aligned}
& \text { Oct. } 29 \text { - Nov. } 2 \\
& \text { Nov. } 5 \text { - Nov. } 9 \\
& 9 \text { a.m. to } 5 \text { p.m. }
\end{aligned}
$$

Picture packages can be ordered if desired. There is no sitting fee Seniors \& Graduates - Business casual attire recommended.

## Ventana

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## Can't feel pity for an 'AMERICAN GANGSTER'






Have you ordered your La Ventana yearbook yet?
(806) 742-3388 8 a.m. -5 p.m. Monday - Friday
 as sexy as "The Godfather" or "The Departed." Wa
but not great.
Crowe was Crowe was miscast. Not that he
does a bad job or anything, this just does a bad job or anything, this just
wasn't his role. He's too big a star for it.
WFent We never get the feling Richie's not
going to catch Frank. Of going catch him - he's being lase hell sell Crowe! A newer actor should have played Richie.
Ruby Dee is the only person in the
film who completely rises ahove the film who completely rises above the script and gives a magical performance. She gives
the film.
The main problem is Ridley Scott, the director, simply fumbles throughout. The beginning of the film is boring and
messy. A ridiculous scene where cops messy. A ridiculous scene where cops
shoot naked shoot naked women preparing heroin
almost screams "Look! Sex, drugs, and almost screams "Look! Sex, drugs, and
violence!"
 $\begin{array}{lll}\text { What should be the final scene, } & \text { Amazing Grace" playing loudly, is } & \text { feel bad for him. }\end{array}$ for being evil, and love him for beings so

TURNS ロUT,

1) $\int \sqrt{6}$

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NOVEMBER 6, 2007


## NOVEMBER 6, 2007 THE Daily Crossword

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## BCS COLLEGE FOOTBALL STANDINGS - WEEK 11

Team

|  | Rk | Pct |
| :--- | :--- | :--- |
| 1. Ohio State | 1 | 0.9993 |
| 2. LSU | 2 | 0.9345 |
| 3. Oregon | 3 | 0.9168 |
| 4. Kansas | 5 | 0.8219 |
| 5. Oklahoma | 4 | 0.8913 |
| 6. Missouri | 7 | 0.7473 |
| 7. West Virginia | 6 | 0.8110 |
| 8. Boston College | 8 | 0.6499 |
| 9. Arizona State | 9 | 0.6088 |
| 10. Georgia | 11 | 0.5844 |
| 11. Virginia Tech | 13 | 0.5310 |
| 12. Michigan | 15 | 0.4715 |
| 13. Connecticut | 16 | 0.4025 |
| 14. Texas | 12 | 0.5451 |
| 15. Florida | 17 | 0.3819 |
| 16. Hawaii | 10 | 0.5936 |
| 17. USC | 14 | 0.4970 |
| 18. Auburn | 18 | 0.3451 |
| 19. Virginia | 21 | 0.1720 |
| 20. Boise State | 19 | 0.2644 |
| 21. Clemson | 20 | 0.1745 |
| 22. Alabama | 22 | 0.1547 |
| 23. Penn State | 26 | 0.0630 |
| 24. Tennessee | 24 | 0.0888 |
| 25. Kentucky | 23 | 0.1019 |

Computer

Torre front and center at introduction as manager of Los Angeles Dodgers LOS ANGELES (AP) - Joe Jamie McCourt, general manager
 into the California sun and immedi- "The Dodgers were always special ately looked like a longtime member and I certainly expect the Dodgers of the famous Dodger family. will always be special," Torre said. Flanked by Hall of Fame man

## Dodgers field arm-in- arm with his wife, Ali

 ont oone fog. They took seats on a stage Stadium, Torre with their backs to the multi-
was quick to pay tribute to tiered stands. one of baseball's most successful has been wild here. franchises Monday.
"I didn't sleep all night," he said. The last two week have been a
whirlwind," Torre said "Y "It's just a great feeling to be here. goodbye to one prestigious organiThis is one of a handful of organiza- zation and you say hello to another tions you automatically say yes to."
Indeed, Torre was front and
Torre will wear No.
Inganization." Indeed, Torre was front and Torre will wear No. 6, a carrycenter for his introduction as Los over from his Yankees uniform. He three weeks after walking away coaches Don Matringly and Larry three weeks after wakking away coaches Don Mattingly and Larry
from the New York Yankees. Scully Bowa will follow him and join his delivered the opening remarks for staff with the Dodgers. an event held in center field to ac- Mattingly's son, Preston, is a
commodate the overload of media, minor leaguer in the Dodgers' orcommodate the overload of media, minor leaguer in the Dodgers' ora first according to team spokesman ganization. Josh Rawitch.
. Non Mattingly, I can't tell you
Near the podium, Torre was how excited he is," Torre said. "We're joined by team owners Frank and how excited he is," Iorre sal" "\$o

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## Tech faces challenges in final 2 games

| By ADAM COLEMAN Stapf Werter <br> Texas and Oklahoma are highprofile games, but few teams face the task of playing them back-to-back as he season comes to a close. <br> Texas Tech has that honor this season as it will travel Saturday to Austin to face No. 15 Texas and return home against No. 4 Oklahoma Nov. 17. <br> "I think some players get a little more excited when you play those teams," Tech defensive back Chris Parker said. "That's something we ust (have to) control this week and just be ready to play them. They're another team, it's nothing special." <br> Tech coach Mike Leach is a combined 2-12 against the Sooners and the Longhorns. <br> Tech will face a Longhorn team that has controlled the series recently. In the past 20 meetings between the two teams, Texas has a 13-7 edge over Tech, including winning eight of the last 10 matchups. <br> Tech's last win over Texas in Austin occurred in 1997 on a 24-10 |
| :---: |
|  |  |




A\&M says Franchione will be evaluated at end of season

mation about players
Franchione's con Franchione's contract paid him
over $\$ 2$ million per year and ran over $\$ 2$ million per year and ran
through 2012. The two media Web sites reported that Franc
the school were ironing out the details of a
buyout. The Chron-
icle said Franchione
$\qquad$ Cowboys coach Mike Gundy said least Wednesday will
Monday that he Monday that he wasn't sure when not play in that week's
Collins, who is due to stand trial games. Gundy said Tuesday in Texarkana, Texas, on an that policy would aggravated sexual assault charge also hold true in C
stemming from an after-prom party in stemming from an "If he dor

Cannon added, "thave received indication that he has changed his stance." Cannon said Fran-
chione is still A\&M's coach and is
preparing the team to play Missouri Saturday:
Byrne was never aware of the Franchione, 56 -mails until a newspaper reporter e-mails until a newspaper reporter asked about them. On Oct. 11 ,
Byrne admonished Franchione ordered him to shut down his coach, filling an auditorium ordered him to shut down his applauding him a few days after the personal Web site and fired Mike e-mails became public McKenzie, Franchione's longtime Their support never translated personal assistant and author of The school launched an internal inyestigation and reported the findings to the NCAA, acknowl
edging possible rules violations. A\&M is still awaiting a response A\&M is still awaiting a response
from the NCAA. Byrne vowed the ugly scandal would be part of Franchione's postseason evaluation. $\qquad$
$\qquad$ 1994. He boldly set high expecta tions for this season, but the los speed and exposed A\&M's lack speed and athleticism. Big 12) have lost three of their las four games heading into Saturday Franchione was und Franchione was under pressur saved his job by beating Texa
A\&M's first win in Austin since .
LB Collins leaves Oklahoma State for trial Starting linebacker Chris Collins has what's going on there. It doesn't mat- Cowboys' leading tackler through six backer, Jeremy Nethon, expecte Ster Oklahoma State's football team ter. Either he shows back up here or
lemes last year before an injury forced
lo miss a second straight game to attend his assault trial in Texas he doesn't," Gundy said. him to miss the second half of the due to injury, Collins' presence
this week, and he may not return in Oklahoma State has a policy season. He had also missed Oklahoma would be an even bigger lift for time to play Saturday against No. 5 that injured players who do not State's last four games before the Cowboys, who moved Rodrick Kansas. participate in practice by at returning Saturday to Johnson back to the positio
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