

Eat to stay awake in class

by Carl Cook

health reporter

In some classrooms the faint hum heard from outside the doors is the enthusiasm of the students preparing for class to start. In other classrooms the hum overheard is the sounds of students snoring.

The only real remedy for a boring instructor is a drop slip. There are, however, ways to remain alert in those not so interesting classes.

Vitamins are an excellent way to refresh a body and keep its mind alert. The basic B-vitamins in particular are an excellent source of revival.

Vitamin B helps turn food into energy, therefore energizing the mind. B-vitamins also encourage the body's assimilation of necessary minerals and amino acids that the digestive system could have difficulty with.

The body reacts differently to different items. What is believed to achieve a goal may not do anything at all. Case in point, sugar. Sugar used as a stimulant is a definite mistake. Studies show that a brisk walk around the block refreshes people for longer periods at a time than the average candy bar. Sugar has also been found to depress patients. After the initial "sugar

high" wears off the body adjusts to a new low.

One stimulant that I recommend is Gensing. Gensing creates endurance levels in the body matched only by machines.

Taken from the root of a bush found in the orient, Gensing has been used in many experiments as a caffeine replacement. Due to its remarkable effects I encourage you to add it into your diet. Gensing is perhaps even strong enough for political science majors. (Maybe).

A great way to begin a new day is with a carbohydrate loaded breakfast, juice and a potato dish. Beginning the

day in this manner encourages your body to remain alert a little longer. Coffee with breakfast is good for a quick lift, however I don't recommend drinking it. The acidity in coffee disrupts the digestive process, besides, the caffeine makes for increased nervous anxiety.

Staying awake is a wonderful idea, being nervous isn't.

Try these methods, if class is still boring, show this article to your instructor followed by the comment "Get a clue" this method may be the most effective of all.

Calendar of Events

MARCH 25

THEATRE WORKSHOP: "Acting." With Peter Michael Goetz. 1-5 P.M.; Black Box Theatre. Free. 739-3666.

MARCH 25 & 26

RECREATION TRIP: "Paragliding." \$75. Reservations required. 739-3575.

MARCH 26

EXPLORING TRIP: "Devil's Hole--Ash Meadows." 8am to 5pm. Meet at Physical Plant Motor Pool. \$45. 739-3394.

SEMINAR: "Play and Your Creative Inner Child." Call for time. Carlson Education Building 214. \$40. 739-3394

SEMINAR: "Current Legal Topics in Real Estate." 9am-4pm. Beam Hall 242. \$55. 739-3394.

SEMINAR: "Word Perfect Macros." 9am-4pm Beam Hall 115. \$65/\$70 with CEU. 7739-3394.

MARCH 26 & 27

RAFT TRIP: "Westwater Canyon, Utah." \$85. Reservations required. 739-3575.

CANOE TRIP: "Black Canyon, Arizona/Nevada." \$35. Reservations required. 739-3575.

Animal rights activist to speak

Donald J. Barnes, Director of the National Anti-Vivisection Society, Washington, D.C. will lecture "The Case Against Animal Experimentation" 7pm Wed., March 30, in UNLV's Moyer Student Union, Room 203, part of "Animal Awareness '88". Sponsored by students for

the ethical treatment of animals.

Prior to his entry into the animal rights movement, Barnes, conducted experiments on primates at the School of Aerospace Medicine, Brooks Air Force Base, San Antonio, TX. After 16 years as an animal researcher Barnes

is now irrevocably opposed to animal experimentation. Admission is free and open to the public.

A debate will be sponsored by SETA (Students for the Ethical Treatment of Animals.) on March 31 at 7pm in the MSU room 203. "Should we use animals in bio-

medical/medical experimentation?" Donald J. Barnes (No), Rep. from UNLV bio dept. (Yes), and Richard Urey, KLAS TV Ch. 8 will be the mediator.

MSU

building will increase from 64,000 to 75,000 after completion," he said.

As part of the expansion, the bookstore will also be increased from 7,500 square feet to 10,000 and will include a more convenient set up for the checkstands in order to cut down on the lines students have to wait in.

The game room will also be expanded to include an arcade. The machines for the arcade are currently in the lobby. Removal of them will help to increase the size of the lobby.

During the expansion construction, certain "facelift" work will also be done, according to Teh. This will include new floor tiles; a new ceiling; a waterfall into the planter in the lobby; and the addition of an elevator for easier

access to the second and third floors.

The funding for this project comes from several sources. "CSUN is a self-supporting body, and the majority of the funds will come out of the CSUN reserve savings, which comes primarily from earnings from the bookstore

and the food court," Teh said.

In addition, Barnes and Noble has made a sizable donation for this project.

Construction is expected to begin toward the end of June, with the estimated completion date being the end of December.

Cont. from front page

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