

NEWS

Mystery of snoozing students easy to solve

by Tina Crinite
YELLIN' REBEL

They can be found just above anywhere. You may see them in the Donald C. Moyer Student Union, laying in the grass, even in the classroom. That's right, they are bored, the tired, the sleeping.

Sleep, at least seven to eight hours each night, is a necessity, and it looks as though many students at UNLV just can't seem to get enough at home, and choose to catch a few Z's around the campus.

The majority of the students found snoozing said that the reason for sleeping between classes was due to late night studying and irregular work schedules.

Students such as Sonya Wilson, found stretched across a couch in the union, mumbled she was catching up on lost sleep caused by conflicts of work and school. She commented that she could "sleep anywhere."

Frank Hannon was spotted dozing off with a book dangling from his hand. He said that he only received two to three hours of sleep the night before because of work, which lasted until 3:00 a.m.

sleeping habits may seem insignificant to many, but Lori Winchell, director of Student Health Services said that sleep is very important to maintaining a person's health.

Winchell said many times people sleep due to boredom or depression as a result of the events happening in their lives. Many students try to combine too many things into one day, such as being a student, as well as keeping a full time job. She said that students seem to be "burning the candle at both ends."

Other reasons many people may feel overly tired, according to Winchell, include medical problems, lifestyle, stress, anxiety, depression, boredom and nutrition. Winchell said a student's nutrition can play a

vital role in a person's well being. "Many students find it quicker and more convenient to make a habit of eating fast food instead of well balanced meals," said Winchell.

Fast food primarily consist of carbohydrates which emit a quick energy. But this burst of energy is followed by a down period of leaving the person tired. Protein provides a long term energy needed for functioning properly, Winchell said.

Winchell said that students should try to adapt good eating habits, and make a point of planning healthy meals.

Organization of activities is essential, as well as the budgeting of time, Winchell said, adding that taking on too much at once can provide an avenue for bad health and sleeping habits.

All students out there who just can't seem to keep their eyes open should take a good look at you won lifestyle. According to Winchell, their health may depend on it.

AIM HIGH

GO TO OFFICER TRAINING SCHOOL.

Put your college degree to work in the Air Force Officer Training School. Then, after graduating from Officer Training School, become a commissioned Air Force officer with great starting pay, complete medical and dental care, 30 days of vacation with pay per year and management opportunities. Learn if you qualify for higher education in the Air Force. Call

**USAF OFFICER RECRUITING
TOLL FREE
1-800-423-USAF**



College Bowl returns this semester

by Elizabeth Ghanen
YELLIN' REBEL

The College Bowl tournament returns to campus this semester, and it could give UNLV "national recognition," said Cari Cohn, assistant director of student activities.

Dubbed, "The Varsity Sport of Mind," this intellectually challenging game is like the TV program "Jeopardy." But Jeopardy is easier than the College Bowl," Cohn said.

All registered students are eligible to enter. Teams will consist of four players and an alternate.

The first tournament will be held in Room 201 of the Moyer Student Union on the evenings of Nov. 27-28.

There is a limit of 10 teams for the competition. However, if there is sufficient participation, another tournament may be held at the beginning of the next semester.

Tournament judges will be a UNLV faculty and staff members. The questions are sent from the National College Bowl Co., Inc.



An all-star UNLV team will be chosen to go to the regional competition in San Luis Obispo, Calif., on March 2, 3, and 4.

The national finals will be next summer. The trip to the regionals will be sponsored by the Moyer Student Union.

Last year, UNLV competed in the regionals, but placed third to last among 16 teams.

Liz Ritter, a member of the MSU Program Council and a competitor in last year's College Bowl, said that although UNLV lost, "I

met a lot of interesting people and had a lot of fun."

Ritter will participate again this year and encourages others to do so.

Although Ritter said, "you can't study for it," team members with different backgrounds and knowledge make for a well-rounded team. She also advised, "watch Jeopardy for practice".

Brian Bourgon, special events coordinator, feels this could be an important tournament.

"It's just like any other sport, if we make it to the nationals, it's like making it to the Final Four."

Bourgon hopes to recruit the teams that participated last year and to encourage other to join.

The games consist of two, seven minute halves and the alternates may take over at half-time.

The entry fee is \$10 per team. Packets with the official rules and guidelines can be picked up at MSU Room 126; the deadline for registration is November 20.

A practice tournament may be held the second week to November to arouse interest.

For more information, contact the Special Events Committee in the Moyer Student Union offices or call 739-3221.

Desert tortoise safe for now

continued from page 3

side of the Colorado River.

Some desert construction in Southern Nevada has been stopped as a result of action the U.S. Fish and Wildlife Service took on Aug. 4, when it placed the desert tortoise on the Rare and Endangered Species list.

The Rare and Endangered Species Act prohibits the killing or harassing of the desert tortoise.

A plan of mitigation (a natural habitat to restore the land taken by growth and construction) is needed, he said. The plan must be filed with the Fish and Wildlife Service.

The mitigation plan must provide two things: A guarantee the species will survive, and the funding necessary to insure this.

An endangered species problem, involving the spring-toed lizard in the Palm Springs area, took two years to solve.

Nevada should be able to use a lot the information gathered in that case, allowing the desert tortoise situation to be solved in less time, Baepler said.

"Two or three large areas must be set aside as natural habitat," he

said. "There is no set definition of large." Baepler added that 10,000 to 20,000 acres of land sounded logical to him.

"It would be nice if some land on the Nevada Test Site or the Lake Mead Recreation Area could be set aside to preserve the desert tortoise," said Baepler. "To guarantee the area funding, each builder is taxed \$250 for every acre of land they develop."

Baepler said construction at UNLV will not be affected by the tortoise situation because there is no desert expansion involved.

Why pay more, when you could pay only 2.99

2.99 & MORE CLOTHES

10% discount with UNLV I.D.

4747 South Maryland Parkway
798-7276
(in University Square)