

DDS

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all trying to work together to make sure that everyone who needs to get home can," she said.

Chen said that providing a service strictly for women is still important, despite the many ride options already available to everyone.

"If males on campus are concerned with their safety, students have every right to start a service if they feel there is a need," he said.

A student who wants to start any service can go to the ASUO and fill out an application and ask for funds.

Alexandra Kerl, the women's center education outreach coordinator, said that Saferide came about because women felt unsafe, and while she knows that some men feel unsafe, she said they have many other options such as the Tandem Taxi.

"I don't think that we need a mirror image. It's the way society works," Kerl said. "I just don't think that things are the same."

Jennie Breslo, events coordina-

tor at the women's center, said Saferide has never been about gender discrimination or exclusivity, and other action could have implemented change prior to filing a grievance in order to inflict change.

"Aaron needs to do the work if he wants a similar program, and I think that women and the women's center would support him," Breslo said. "Women fought for this, it wasn't like we had a rape-free environment before and then we just decided that we felt unsafe. This program came about out of need."

Sleep

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student has to make up later. And contrary to popular belief, "you can't store sleep up," Fleischli said.

Most students don't practice good "sleep hygiene" — which includes going to sleep and waking up at the same time each day and not drinking caffeinated beverages before bedtime, Fleischli said.

"Students are probably not getting as much sleep as they need," Fleischli said. "And bouncing their schedules around isn't healthy."

University students are not alone, however. Almost half of American adults ages 18 to 29 don't keep regular sleep schedules, according to statistics from the National Sleep Foundation's 1999 Sleep in America poll. And unless students are getting the recommended amount of sleep at the same time each night, they're actually harming themselves, Fleischli said.

"Students can get into a downward spiral," Fleischli said.

"When you study when you're tired, your studying is not efficient, so you figure you just need to study harder. But if you get more rest, you can get more work done in a shorter amount of time."

Students are better off managing their time effectively than taking caffeine pills or downing countless cups of coffee, said Joanne Frank, a health educator with the health center.

"I wouldn't personally recommend caffeine pills or drinking coffee," Frank said. "What will happen over time is that the body will eventually fatigue, and you won't be as alert for your classes the next day."

If students absolutely must stay up for a project or study for a test, Frank said students should look for better alternatives than stimulants such as caffeine or sugar.

"Students can crack a window open to bring in fresh air, or get a friend and take a walk outside to help wake them up," she said. "There are other ways that are more natural than using a stimulant to stay awake."

Are you suffering from excessive sleepiness?

Answer these questions with one through three, one being only a slight chance of dozing and three being a high chance of dozing, and then sum the answers.

- Sitting and reading _____
 - Watching TV _____
 - Sitting inactive in a public place (i.e. a theater) _____
 - As a car passenger for an hour without a break _____
 - Lying down to rest in the afternoon _____
 - Sitting and talking to someone _____
 - Sitting quietly after lunch without alcohol _____
 - In a car while stopped for a few minutes in traffic _____
 - Total** _____
- A score of greater than 10 is a definite cause for concern.

SOURCE: Nebraska Rural Health and Safety Coalition

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smoking cessation

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Wednesdays, 4:30-5:30 pm
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relaxation

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Thursdays, 5:00-6:00 pm
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Medical Library,
University Health Center



fueling your workouts with food

If you aren't getting what you think you should from your workouts then maybe you need to evaluate your eating habits. This four-week series will cover current nutrition recommendations and requirements, supplement usage, and fluid replacement.

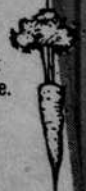
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