

THE STOUFFER TRIBUNE:

The Voice of the Residents of Stouffer College House

Vol 4, No 2

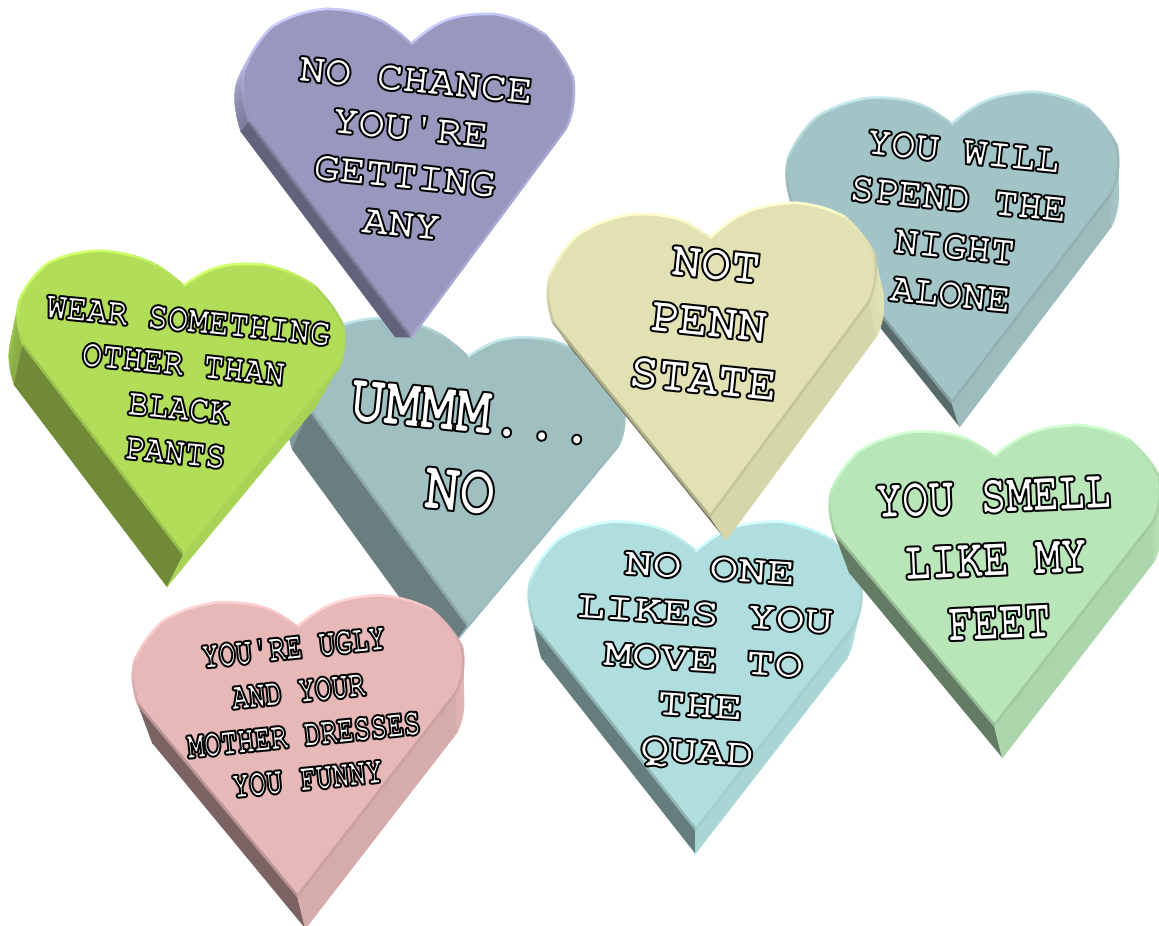
February 2004

Valentine's Day Is For Suckas

By: Corey "Pulse" Hulse

Oh yes, it's the most wonderful time of the year. That is, for the lucky few of us who have a significant other. All I have to say is, "Bite Me." I mean that in the nicest way possible. Really. Well, out of my extreme bitterness, I present to you my latest project:

CANDY HEARTS OF ANTI-LOVE



OK, so this is lame. This is what happens when you write your Tribune Article at 3 a.m. It's 3 a.m., I must be lonely. I'm going to curl up with some ice cream and my new \$32 Mogu pillow from Urban Outfitters. Call me for a good time.

A full night's sleep? Not everyone needs it

Mon Feb 9, 8:00 AM ET

By Marilyn Elias, USA TODAY [Contributed by GA Derek]

The truism that all adults need at least eight hours of sleep a night for good health should be put to rest by mounting evidence that less may be better, a leading sleep scientist says.

People who sleep about seven hours a night live the longest, three huge studies have found, the newest out in the February issue of the journal *SLEEP*. Still, many sleep experts say lots of adults get too little rest, and that can lead to dangerous health problems.

In the latest report from Japanese researchers, 104,010 adults were followed for about 10 years. At the start, the participants answered questionnaires about their sleep patterns, and about their health, mental health and lifestyle habits, which also can affect survival.

After accounting for all of these factors, adults getting an average of seven hours had the lowest death rates. Surprisingly, less sleep, even as little as four hours a night, didn't significantly increase deaths for men and only lowered survival for women if they averaged less than four hours. But adults who slept longer than seven hours, particularly women, were more likely to die during the 10 years.

Two other major published studies and a dozen smaller ones came to similar conclusions, says psychiatrist Daniel Kripke, a sleep researcher at the University of California-San Diego School of Medicine.

Doctors shouldn't tell all of their patients to get at least eight hours of sleep, he says in an editorial in the journal.

Hormonal changes triggered by darkness or other unknown biological effects from long sleep could be affecting survival, Kripke says.

But short sleepers may suffer other bad effects. In his brief studies, those sleeping four to 5½ hours did poorly on tests that measure memory, clear thinking and the ability to pay attention, "and they did progressively worse as the week went on," says David Dinges of the University of Pennsylvania School of Medicine. Adults who slept about seven hours performed best, he says.

Dinges uses monitors in his studies to determine exactly how much people are sleeping; the larger studies rely on personal estimates, and there's evidence these may not be accurate, Dinges says.

Other small studies have found adults who sleep less than six hours may be at higher risk for diabetes and obesity. And sleep deprivation also causes car crashes, Dinges says.

"People should get as many hours sleep as they need to feel rested," Kripke says, adding that there's no proof that shortening sleep will lengthen life. Sleep need is partly genetic and may be determined by other factors that also influence life span, he says.

So, God, why did you go ahead and make the human race?

Well, it was a Sunday, my golf day, and I needed someone to carry my bags. It's a really long story, but I have just the book... Ah, here it is. It's called The Bible. I know it's quite a lofty and prestigious title, but it pretty much captures the whole thing. Not to brag, or anything, but the Genesis chapter is the best chapter of all time.

There was a band in the '80s called Genesis.

Yes, Phil Collins paid me a rather high – and perhaps overly high – royalty fee for the name. God forced him to put a disclaimer on all those records.

There you go with the third person again... A lot of your writing reflects a poor use of grammar.

People don't use third person anymore, it's passé.

Listen, I'm God. I made you, you puny interviewer and I can make grammar if I damn well please.

Do you really, actually, "damn well please"?

I might.

Well, I'm sorry to offend. Is there anything you don't take credit for on Earth?

It operates under a "you made it, you deal with the consequences" sort of vibe.

Is that like the "if you broke it, you buy it" idea?

Exactly. So, yes, to answer the question that's burning inside your poor little head, I did create Hitler, Stalin and O.J. Simpson. Amazingly, Adam Sandler's Chanukah song was right on: O. J. Simpson... not a Jew.

How did you...

God.

Good point.

God thought so.

So, Adam Sandler... Does God have enough time to keep up with current music?

Well, I tend to favor Church, Temple and Mosque songs, because then it's all 'Me, Me, Me.' Other than that, I can give you a good idea of songs that might be on charts one day. Ever hear of a little band called the New Kids on the Block?

Actually, yes, they were quite popular. God, not to doubt or anything... but aren't you omniscient?

Lies, lies, all lies. I actually don't keep up with much news or current fads. I pretty much clocked out about 5000 years ago. Everything else has been people's fault. Give you little guys an inch and you take a mile... especially that whole Tower of Babel thing. What the Hell were you guys thinking?

You curse a little more often than might be expected.

Damn right.

Why is that?

Well, basically, you are all sinners. You've done a real number on my planet and quite frankly, I want to remind you once again that God is God! Cursing is just a human word for trying to do what only I can – or more precisely, should - do. As you should very well know, I can do whatever I want with words. Hey, hey, hey! Stop thinking about your neighbor's wife like that!

What are you talking about? I was just gonna ask if God had a special lady friend.

Amazingly, no. Being omnipotent I would have thought I could get something going on that end. When it comes down to it, though, it's hard to find a partner who is up to God's standards. I'm a little picky, and I can't really just choose one person to be with me for all eternity. Any clue how long that is!

Eternity sounds pretty long. Otherwise, I feel the same way. Being famous makes you question the integrity of any relationship. You never know if they want you for your popularity or if they truly love the real you. Do you know anything about love?

Duh. I invented love. I'm the Godfather of Soul Baby!

Wasn't that James Brown? More recently, Jon Bon Jovi invented the Philadelphia Sol.

Arena League Football will NEVER catch on! As for James Brown, you give the man too much credit. He beat his wife after all. How good can he be?

Well, he's the most sampled artist of all time. Isn't everyone human? That is to say, aside from you.

Good save. Good indeed. [Laughs]

Who's going to win the 2015 World Series?

Just watch Back to the Future: Part II. It's all in there. Art does imitate life. It's really quite something spectacular. I've done good. Very good. Good indeed. Read my book. It's good. Good, good, good.

What is the meaning of life?

No comment.

RANDOM STOUFFER COLLEGE HOUSE MUSINGS

Want to write your own scathing email about the Bush administration? Want to show your support for the President? Just pick the words you want!!

Personally, I think that the war was entirely justified / a foreign policy nightmare. Bush is one of the best / worst Presidents in our history. How could you possibly think otherwise? People will look back on this Presidency with awe / horror. After September 11th, our country needed a leader with courage and convictions, and we found that leader in George Bush / got Bush instead.

If you need any proof of this, look no further than the war in Iraq / war in Iraq. Invading that country was necessary / unnecessary; one need only to look at all the people killed by Saddam Hussein / people killed by the US. Anyone who says otherwise is a fool / idiot / hypocrite / (insert your own here).

I just hope that everyone goes out to vote for Bush / (insert Dem. candidate of your choice here) this Novemeber; clearly, he's the man we need to run our country after the terrible Clinton / Bush administration.

**To the tune of Beauty and the Beast (aka Tale as Old as Time from the Disney movie)
Written during the latter half of a really boring lecture by Matt Crespi**

Lecture on Excel

More than i can take
My eyes try to close
Then my focus goes
I fight to stay awake

His accent is obscure
When will he be done?
Oh I want to leave
Grant me some reprieve
From OPIM 101

Each lecture's the same
Never something new
Numbers on a screen
Who cares what they mean?
What am I to do?

Blathers on and on
Lectures are so long
I am in a bind
I must use my mind
So I write this song

Then I'll take a nap
When I've had my fun
I'll write songs to survive
I learned to stay alive
In OPIM 101

Now my song's complete
Into sleep I retreat
From OPIM 101