FOCUS

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Promises fulfilled?
Find out if your elected SGA leaders are fulfilling their campaign promises—in what areas do our reps still need progress before they've acheived it all? Page 14

Offensive line overcomes
Check out how the football team's offensive line has managed to overcome the loss of several players and a recent rash of injuries to continue their solid play. Page 28

Pulling all-nighters detrimental to grades, health, happiness

As dead week and finals week approach, learn about some of the adverse and unwanted side effects staying up all night to study can have on your body and mind. Does the extra study time really result in a better grade?

By Eric Vogel
Contributing Writer

To graduate from Georgia Tech, all students must take some form of a health class. HPS 1040, the course most Tech students take to satisfy this requirement, educates students on all sorts of health risks, including drugs, alcohol and unsafe sex. But quite possibly the worst health risk of all is never discussed—finals week.

Perhaps as great a Tech tradition as the Ramblin' Wreck or the UGA rivalry, pulling all-nighters near and during finals week is unduly common at Georgia Tech. Students cram every last morsel of information they can fit into their short-term memories with the hopes that, in combination with what they've learned over the course of the semester, they can scrape together enough points on their exams to earn the grades they want. But skipping sleep may wind up hurting more than helping.

"My roommate pulls an all-nighter before every test," said sophomore Emily Lukach, a recent transfer student to Tech. She, however, has never done so, explaining that she doesn't "think I could function the next day" if she did.

Sleep deprivation, which has been linked to depression, relationship difficulties and around 200,000 car crashes every year, can negatively affect one's ability to do well on finals. Information from the Georgia Tech Wellness Center shows a direct correlation between sleep deprivation and lowered academic performance. It's shown to cause a decrease in one's vital test taking skills, including attention span, ability to concentrate, memory and cognitive judgment. It also causes an increase in reaction time, meaning that those who have trouble finishing their tests on time are even worse off without a good night's rest.

The definition of "a good night's rest," however, varies from person to person. A typical adult requires about eight hours of sleep per night. That, however, is just an average. According to the National Sleep Foundation, "The lucky few are rested and ready after five or six hours

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By Ian Clark / STUDENT PUBLICATIONS

Pulling an all-nighter can cause a slew of mental, physical and emotional problems for students who attempt to stay up all night to finish studying. Often, these long stretches without snoozing can result in public napping.

Lost Boys find home, education at Tech

By Christine Rutz
Contributing Writer

"What does war do to the spirit of a child? Imagine your comfortable life thrown into upheaval for reasons you cannot comprehend. Suddenly bombs explode, bullets race past you. Your parents are killed or missing. You run for your life, eventually walking hundreds of miles with little food or water, eating leaves, dirt, whatever you can find. You fall victim to animal attacks and the aggression of soldiers. You are six years old," read the Lost Boys Foundation website.

In 1989, civil war broke out in Sudan, an African nation with 34.5 million inhabitants, between the Muslim tribes of the North and the Christian tribes of the Southern regions, displacing an estimated 17,000 Sudanese boys, most of them from the Dinka tribe of the South. The war destroyed the economy of the region, which was primarily based in agriculture and cattle farming, by decimating fields and other natural resources.

The displaced tribes of boys fended for themselves, eventually ending up in a Kakuma, an Ethiopia refugee camp. Agencies such as the Lost Boys Foundation and the International Rescue Committee worked to bring the so-called "Lost Boys of Sudan" to the United States for a better life. Since the year 2000, these organizations have helped resettle over 3,800 boys and young men in various cities across the United States, including Atlanta, Boston, Dallas, Phoenix, Salt Lake City, San Diego and Tucson.

Fourth-year International Affairs major Bronwen Halsted-Nussloch worked for the Lost Boys Foundation this past summer. She explained that the purpose of the foundation is to provide tutoring, job search assistance and general counseling to acclimate the refugees to life in Atlanta. She and other volunteers work with the boys on computer skills, transportation know-how (like how to use MARTA) and language skills for the GED (Georgia Equivalency Diploma, like a high school degree).

The Sudanese boys, she said, need "guidance with everyday tasks." Coming from a war-torn country with primitive plumbing, transportation and technology, the United States is quite a culture shock. Job placement is an integral part of the program because the experience serves a twofold purpose—to acclimate them to American customs and to start building their resume.

Georgia Tech is one such place of employment for the Lost Boys; Tech also offers an additional benefit of special classes for GED preparation. There are approximately 12 Lost Boys employed by Georgia Tech Facilities; they live in Atlanta suburbs and take public transportation to work each day. Two days out of the week, they receive instruction in language and math skills through

See Lost Boys, page 12

By Kanrad Rykaczewski / STUDENT PUBLICATIONS

Sudanese refugees, nicknamed the "lost boys," are employed by the Facilities deparment. When they're not working, these men receive an education through a special Tech program to help them get their GEDs.

Behind Prism-Mail Merger: What the changes mean for you

By Jennifer Lee
Contributing Writer

Suppose you're filling out a form, and it asks you for your email address. You write your seven-digit GT number, followed by...well, is it @mail.gatech.edu or @prism.gatech.edu?

Beginning this year, when new freshmen received their GT ID, their email read user@mail.gatech.edu instead of @prism.gatech.edu, as it has been in years before. This was due to the Office of Information Technology's (OIT) merging of Prism and Spectrum mail, which happened at the end of this past summer. Prism mail still works, however, and currently, all students, including freshmen, can still use a prism address. Email sent to a prism address goes to the same account as a mail address.

> "It would be nicer if everyone used one big homogeneous name , but...it's hard to coordinate 30,000 people to do anything."
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> **John Bryson**
> Academic Services Manager in Operations and Engineering for OIT

John Bryson, Academic Services Manager in Operations and Engineering for OIT, whose department was in charge of the migration from Prism to Spectrum this past summer, said, "What happened is that we had an email system on prism [for on-campus], and we had an email system on spectrum [for off-campus], and then we had a big push to migrate everyone from email on Prism to email on Spectrum."

The new, consolidated email system provided some new services, a major one of which was virus scanning. Ethan Trewhitt, a second-year EE major, said, "I used prism until the systems were merged, and then I just started giving out mail instead. 'Mail' is probably easier for people to remember, also."

OIT chose not to force a complete switch from prism to mail for existing prism users. Bryson admits, "It would be nicer if everyone used one big homogeneous name, but...it's hard to coordinate 30,000 people to do anything. 'Phase in' is always easier on the user." In addition, the prism server was also maintained for testing purposes.

As of now, there is virtually

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Sleep

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By Scott Meuleners / STUDENT PUBLICATIONS

MSE student Jelila Mohammed studies late Wednesday night at West Side. The on-campus eatery provides coffee and snacks for students who study and socialize during the late night and early morning hours.

of shut-eye; others can't perform at their peak unless they've slept a full ten hours." The best way for people to judge how much sleep they need is to see how they feel when they wake up.

Freshman Stephen Schulze said he pulls all-nighters "rarely," and has only had "a couple so far." His, however, were not planned for—they resulted from homework assignments he had put off that wound up being "a lot harder than anticipated." In both cases, he had no major plans the following day, so he was able to "catch up on his z's." He feels that all-nighters "can be harmful to you mentally and physically," and as such, avoids them whenever possible.

Sleep Secrets

- Consume less or no caffeine and avoid alcohol and nicotine.
- Drink less fluids before going to sleep.
- Avoid heavy meals close to bedtime.
- Exercise regularly, but do so at least three hours before bedtime.
- Try a relaxing routine, like soaking in hot water (a hot tub or bath) before bedtime.
- Associate your bed with sleep—don't use it to work or watch television.
- Establish a regular bedtime and wake-time schedule.

What exactly happens while you sleep? A person's body goes through several cycles, each one taking an hour or two. Each cycle is comprised of five stages, starting with four stages of "quiet sleep." During these stages, the senses are decreased, the muscles are relaxed, and breathing is slowed while the body repairs and regenerates tissue and strengthens the immune system. The fifth stage, which usually occurs about 90 minutes into a cycle, is called the REM (rapid-eye movement) stage. In this stage, a person's heart rate and breathing are increased and he/she can have vivid dreams. Sleep experts believe that during REM sleep, new memories are sorted and stored and the nerve networks of the brain are stimulated. The stage a person wakes up in affects how they feel; the first two stages are thought to be the best to wake up in.

Finals week aside, the average Tech student likely has one of the highest frequencies of all-nighters when compared with similar institutions.

A sophomore, who chose to remain anonymous, was at the extreme. He said that "last semester, I pulled an all-nighter three times a week," citing his 8 a.m. class as his reason for doing so. He made up for it by napping for a few hours after class and having a 16-hour sleep-a-thon on the weekend.

Stephen Cairns, a freshman, tries to limit himself to one or two per week, explaining that "anymore and walking becomes difficult" for him until he's had a few days to catch up. "Often, I play more than I work. This isn't time-efficient, but it keeps me happy," he said.

Cairns acknowledged that such sleep habits can lower his immune system, but was unsure whether they would cause any long term effects. The benefit, he said, is "worth it more often than not."

When it comes down to it, sleep is pivotal to help your mind remember and apply all of the information you cram into it the night before a final, and is also necessary to help your body stay healthy throughout the stressful exam week. Students would be well advised to remember that all-nighters are generally just not a good idea.

So remember: study hard, but sleep well, and good luck.

For more information about sleep and all things related, including the detrimental side effects associated with all-nigheters, visit www.sleepnet.com or www.sleepfoundation.org/.

Lost Boys

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a special Facilities tutoring program.

Twenty-two year old Santino Dhlieu is currently studying math, English and political science. He lives in Indian Creek, Georgia in an apartment with his three roommates, who are also from Sudan; they take MARTA to Georgia Tech each day. When asked about his job at Georgia Tech, he described it as planting flowers and trees and keeping the campus clean. However, Santino said, "My favorite part is to learn." He explained that in Sudan, "there is no good education, so that is why many people are looking to [come to the United States] to get opportunities."

> "When we see students moving from classes to classes...when we see they are our age and they are studying...[in the United States] the work we are doing is not what we are supposed to do (since most US men our age are involved in studies)."
>
> **Santino Dhlieu**
> Sudanese Lost Boy

Halsted-Nussloch explained that one of the difficulties the Lost Boys encounter is that in America, they are considered too old for high school, but not educated enough for college, and the only job opportunities available to them do not allow ample time for study. Georgia Tech is a unique employer in that it allows the boys to proceed with their education and pursue more advanced opportunities. It provides the ideal combination of work experience and learning for new residents.

Halsted-Nussloch said, "The Lost Boys have a saying—'Education is my mother and father.'" The boys are enthusiastic learners and have a drive to succeed in American society. Peter Manyag, a Lost Boy who worked and studied at Georgia Tech, took and passed the GED last year, and is now hoping to attend college and become a physician.

Dhlieu said that the United States will be his home; someday he wants to return to Sudan to visit his older brother and sister, but he definitely wants to stay here permanently.

Although Dhlieu is excited about the future opportunities that await him after he finishes his GED training, he is sometimes wistful about being a full-time student at Georgia Tech, "when we see students moving from classes to classes…when we see they are our age and they are studying." He realized that in the United States, "the work we are doing is not what we are supposed to do," meaning that most American men are involved in their studies at his age, and he wishes he had the opportunity to study all the time.

However, Dhlieu and the other Lost Boys employed by and studying at Georgia Tech are all motivated individuals, well on their way to passing the GED and pursuing advanced career opportunities.

Organizations like the Lost Boys Foundation and the IRC need funding to continue to assist the refugees. Info at www.lostboysfoundation.org.

Mail

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no difference between the two servers. Prism is just an alias; the machines respond to both prism and mail. For most students, having two different email addresses that serve essentially the same purpose is not too big of an issue.

For example, Chris Robertson, a CE sophomore, said that his choice of prism or mail depends on "whichever one I'm in the mood of writing down."

From a technical standpoint, however, one problem that may cause confusion is with listservs. Most list-managing systems verify a subscriber's email address, and complications can result, especially with unsubscribing, if a student's email is configured to use one address, while the listserv sends to the other address.

Robert Viduya, a Systems Support Specialist for Academic Services, said, "The problem with listservs is that email will get sent to your prism address, which will get sent to your mail address, but when you want to unsubscribe or something, usually they validate from your mail address."

There are a few ways to fix this situation. One is to get in touch with people who maintain the list. The other way is to temporarily change the From: field on one's mail client so that it matches whatever email the list has subscribed that person to.

For Georgia Tech-maintained lists, Bryson assured that there will be coordination with the other departments of OIT that are in charge of the listservs, whenever OIT decides to retire the prism mail address.

Viduya said, "Right now we support both; eventually we want to retire prism. However, we're not in any real rush to do that. We're talking five or six years down the road, when people have finally moved off of it."

Georgia Tech's email has been Prism for a long time—at least since the 90s, estimated Viduya. For some students that are used to seeing and typing @prism.gatech.edu, it's difficult to get out of the habit of using it. Also, most email addresses listed on Georgia Tech websites still say prism, including in the official Georgia Tech directory site.

Viduya notes, "We're aware of that, and as I said, five years [should be] enough to get students moved off of Prism. Certainly, when we do move to get rid of the prism name, we'll look to see how much usage it's getting."

He added that when the prism email address is deleted, there will be announcements well in advance, either on the mail website (www.mail.gatech.edu), on the OIT availability newsgroup, or through other methods.

Bryson clarified that the prism server itself is still in operation. For example, when students create webpages, they are hosted on the prism server. "I've had people ask me, 'Is Prism going away?' The answer to that is definitely no," Bryson said.

"Prism is not going away. Email is the biggest application of prism, but there are still things on prism that are useful to people: compilers, applications for statistics, disk space to store things. We're not planning on getting rid [of these]."

OIT hopes that through regular usage of the mail address, people will begin to use it more frequently. Most freshmen use their mail address, and Bryson added, "All the facts, instructions, and training that we give out will all start saying @mail."

However, both Bryson and Viduya emphasized that there's no rush.

"But," Bryson said, "We would like to encourage people to start using their mail address."

More info at www.oit.gatech.edu

SGA leaders fulfill campaign promises

By Kimberly Rieck
Senior Staff Writer

By Chris Baucom / STUDENT PUBLICATIONS

During his campaign for SGA president, Chris Kavanaugh used a cow costume to gain attention to his platform and to win votes.

Recently campus saw one of Undergraduate Student Government President Tiffany Massey's campaign goals come to fruition, as the Ferst Center struck a deal with SGA to allow student groups to use the facility at a bulk rate. But is this achievement the norm? Do elected leaders usually follow through on such promises?

Over the past several years, the success of elected executives to follow through on the fodder that makes up their stump speeches and platforms has been varied.

In 1999, Tyler Brown ran for SGA President on a platform that centered around building a campus jogging path; just as Brown was unsuccessful at constructing such a running-friendly loop aound campus, his two successors also tried and failed to put such a plan into motion.

JR Spriggle, the president after Brown, proposed creating a "feedback loop," which called for timely evaluations by TAs and professors throughout the semester. The advent of this idea paved the way for the midterm grades evaluations.

Spriggle's platform was also based on developing the Midtown area to encourage more student-friendly businesses to move into the area. Joey Katzen, who worked on Spriggle's campaign, said that Spriggle was instrumental in making sure students' needs are currently being met at the Atlantic Station and Technology Square developments; Spriggle made sure there was a place for students on the retail committees for both projects.

The success rate for candidates fulfilling their promises seems to have increased over the past couple of years. Although Brown didn't get his jogging path, 2001 president Chris Kavanaugh focused on, and achieved to a certain degree, making dead week officially dead. Kavanaugh also made provisions to have online course surveys, in which students could look for information on professors to help aid them in selecting their schedules. This particular vision has been realized, as many know; Oscarweb currently offers this service to students.

Massey separated her campaign goals into three areas: student life, academics and SGA. She expanded on a Kavanaugh plan to have a 24-hour coffee shop when she secured a plan for the Cyber Cafe to be open 24 hours a day once the bookstore mall project and Technology Square projects are complete.

Massey has made strides in the academic arena; she helped make overloads for math, computer science, LCC and ISYE , accessible online. Along with vice president Nate Watson, Massey provided for campus-wide concerts in her campaign and sat on the Ramblin' Nights committee. There are ongoing talks to have a campus wide concert in the spring at the Colliseum, according to Massey.

Watson and Massey also campaigned for increased student involvement in Institute plans and decisions. There are over 70 Institute-wide committees in place, and this year each committee has at least one student representative on each. Massey credits this success to her executive assistant, Kelli Longshore, and other Undergraduate House of Representatives reps.

So far this year, SGA has enacted several initiatives to achieve the campaign goals of previous and current elected officers. Of course, not everything can be attributed to the work of just one person.

"I've just had a really cool group of people to work with me and to help me. You have an idea, and you become president, and you have the opportunity to make things happen. But the only way you can do it is with other people's help," said Massey.

Tech Up Close

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email: focus@technique.gatech.edu

Winner of the Tech Up Close contest receives a *Technique* T-shirt and a coupon for a free student combo at Li'l Dino's.

Last week's Tech Up Close:

anchor bolts

Last week's winner:

Adam Wilson

By Virginia Bacon / STUDENT PUBLICATIONS