

# Sleep Eating?

by Jenna Bartol

source: [www.washingtonpost.com](http://www.washingtonpost.com)

Many people rely on *Ambien* for a great night's sleep. Some, however, have begun complaining about waking up a few pounds heavier than when they went to sleep. Therefore, sleep scientists have tried to find an answer to these strange incidents.



Their findings surprised many. Scientists say that *Ambien* actually promotes sleep walking. Not only that, but it has been known to cause people to eat while they doze. One person said, "I go for food, watch television and even read, but I have no recollection of my travels." Some people have even gone as far as to drive to a grocery store or fast food restaurant while "asleep." Some have even committed criminal acts such as shoplifting.

Experts say that the drug only affects part of the brain, and the other part keeps performing everyday tasks. That means that even though the victim is asleep, they still do things like eat, which leads to another problem: gaining weight. "I went from wearing a size 1 to wearing a size 12," a 55-year-old woman commented.

Thanks to some talented doctors, the mystery has finally been solved. The answer, however disturbing, will hopefully help a lot of people.

## A Message to i-Pod Users

by Kristin O'Laughlin

source: [www.cdfreaks.com](http://www.cdfreaks.com)

As the popularity of MP3 players keeps rising, there are growing concerns about the people who excessively listen to their i-Pods. Younger people especially can permanently damage their hearing because by listening to their i-Pods at a very loud volume for too long.



It was easier to reduce this chance of getting damaged hearing when there were only CD players and cassettes because people would only listen to one full CD or tape. But since the i-Pod holds up to 300 hours of songs, you can listen for as long as you want! This can be an advantage and a disadvantage. Now you can listen to all the songs you want but at that cost you could get serious ear damage.

The people that are most affected by the ear damage are the people that listen to their music while they are traveling. They would normally turn up their volume high so that they can't hear the background noises and most mp3 players can go up to very high volumes.

If there is ever a constant ringing noise in your ear, it could be from listening to your music for too long at a high level of volume. There is an easy way to stop the ringing in your ears if it is from the music. Just listen to your music at a lower volume or listen to your i-Pod for a shorter

## Chef Quits

by Sparky

On March 14<sup>th</sup>, 63-year-old soul singer Isaac Hayes quit his role as the hearty character Jerome "Chef" McElroy in the explicit Comedy Central Show South Park. Hayes starred on the show for nine years. Hayes also starred in the 1971 movie Shaft.



Co-Creator Matt Stone explained to the press that the veteran actor was angry because of the recent airing of an episode which lampooned the Church of Scientology. Hayes follows this "religion," "But it's not religious," Hayes said, describing himself as a Baptist and Scientology as "an applied religious philosophy."



"In ten years and over 150 episodes of South Park, Isaac never had a problem with the show making fun of Christians, Muslim, Mormons or Jews," Matt Stone said, "He got a sudden case of religious sensitivity when it was his religion featured on the show."

Although Hayes never mentioned anything about the episode which ridiculed other believers in Scientology, including Tom Cruise, the press has been spreading the news that Scientology is the reason for his sudden parting from the show.

Since "Chef" will be leaving the show, I am wondering what new and hilarious character they will bring in his place and how they will exit him from the show.