Program #1
Last Names: Santana, Lewis, Gaunt
Webcat IDs: fas2001, ajl2003, tog2000
UNH IDs: 936536829, 909950143, 928529951

Below is the output of our program. Each ID is a string of integers and characters, and immediately followed in the next line is the content of the paragraph associated with that ID. This continues for a while.

Begin: 'text: power text: nap text: benefits'
[99/506]
85bcaa2516682b1738c121bfd1d7bd60c9d2e274
The power nap is thought to maximize the benefits of sleep versus time. It is used to supplement normal sleep, especially when a sleeper has accumulated a sleep deficit.
76cae6cb9749c647ae52077d6fd535f3ccdb41a2
Some companies have nap rooms to allow employees to take a power nap. This may be in a form of a nap room with a recliner, or chairs specially designed for power napping installed in a designated area. Companies with nap rooms claim that employees are happier and become more productive at work.
05ee98915108d6fea8b95d4aefd51acadf85bb3a
For several years, scientists have been investigating the benefits of napping, both the power nap and much longer sleep durations as long as 1–2 hours. Performance acros
s a wide range of cognitive processes has been tested. Studies demonstrate that naps are as good as a night of sleep for some types of memory tasks.
9fe0ea9205e708269ec2cf437aa23360c5805a8b
A Flinders University study of individuals restricted to only five hours of sleep per night found a 10-minute nap was overall the most recuperative nap duration of vario
us nap lengths they examined (lengths of 0 min, 5 min, 10 min, 20 min, and 30 minutes): the 5-minute nap produced few benefits in comparison with the no-nap control; the 10-minute nap produced immediate improvements in all outcome measures (including sleep latency, subjective sleepiness, fatigue, vigor, and cognitive performance), with some of these benefits maintained for as long as 155 minutes; the 20-minute nap was associated with improvements emerging 35 minutes after napping and lasting up to 125 minutes after napping; and the 30-minute nap produced a period of impaired alertness and performance immediately after napping, indicative of sleep inertia, followed by improvements lasting up to 155 minutes after the nap.
0a0af8bdfc8a4ead32792ccd702dd6455e068d16
A power nap is a short sleep which terminates before the occurrence of deep sleep or slow-wave sleep (SWS), intended to quickly revitalize the subject. The expression wa
s coined by Cornell University social psychologist James Maas.
1b470a36adea668e666acefd8b82ba1336620315

Various durations are recommended for power naps, which are very short compared to regular sleep. The short duration of a power nap is designed to prevent nappers from s
leeping so long that they enter a normal sleep cycle without being able to complete it. Going beyond sleep stages I and II but failing to complete a full sleep cycle ca
n result in a phenomenon known as sleep inertia, where one feels groggy, disoriented, and even more sleepy than before beginning the nap. Brief naps (10–15 minutes) can
improve alertness directly after awakening without the detrimental effects of sleep inertia associated with longer naps.
0bb27470730936e60db6de54836ef6700c58e53f
Similar nap rooms and stations also exist in higher education institutions. Many colleges and universities provide napping furnitures such as cots and giant bean bags in
 libraries for students to take a nap after a long study. At least one university has a nap room set up in a gym. Some medical schools also set up nap rooms at the teach
ing hospitals. The nap rooms may include sleeping pods or cots, white noise machines, and antimicrobial pillows.
bf2d3d9fab4e234bcf4ce753f9e99a8c90e9cea9
People who regularly take power naps may develop a good idea of what duration works best for them, as well as what tools, environment, position, and associated factors h
elp induce the best results. Some may prefer to take power naps regularly even if their schedules allow a full night's sleep. Mitsuo Hayashi and Tadao Hori have demonstr
ated that a nap improves mental performance even after a full night's sleep. New sleep sensors and sleep timers available on several mobile devices allow advocates of po
wer naps to sleep for exactly as long as they would like to.
31b12608564134c2d86ad73ed53f5ad7997f1caa
A brief period of sleep of around 15 to 20 minutes, preceded by consuming a caffeinated drink or another stimulant, may combat daytime drowsiness more effectively than n
apping or drinking coffee alone. A stimulant nap (or coffee nap, caffeine nap, occasionally napuccino) was discovered by British researchers, Horne and Reyner, to be mor
e effective than regular naps in improving post-nap alertness and cognitive functioning. In a driving simulator and a series of studies, Horne and Reyner investigated th
e effects of cold air, radio, a break with no nap, a nap, caffeine pill vs. placebo and a short nap preceded by caffeine on mildly sleep-deprived subjects. A nap with ca
ffeine was by far the most effective in reducing driving "incidents" and subjective sleepiness as it helps the body get rid of sleep-inducing chemical compounds known as
 adenosine. Caffeine in coffee takes up to half an hour to have an alerting effect, hence "a short (<15min) nap will not be compromised if it is taken immediately after
the coffee." One account suggested that it was like a "double shot of energy" from the stimulating boost from caffeine plus better alertness from napping. This procedure
 has been studied on sleep-deprived humans given the task of driving a motor vehicle afterwards, although it has not been studied on elderly populations.
857c9393cc9f1438f3dc5a08f512226abc414e87
Power naps of fewer than 30 minutes—even those as brief as 6 and 10 minutes—restore wakefulness and promote performance and learning. A 30-minute nap may also be able to

reverse the hormonal impact of a night of poor sleep or reverse the damage of sleep deprivation. A University of Düsseldorf study found superior memory recall once a person had reached 6 minutes of sleep, suggesting that the onset of sleep may initiate active memory processes of consolidation which—once triggered—remains effective even if sleep is terminated.
End 'text: power text: nap text: benefits'
Begin: 'text: whale text: vocalization text: production text: of text: sound'
8e2821b4d1948204788a311bb15a0989577aa8df
Cetacean sound production differs markedly from this mechanism. The precise mechanism differs in the two major suborders of cetaceans: the Odontoceti (toothed whales—including dolphins) and the Mysticeti (baleen whales—including the largest whales, such as the blue whale).
35a73dca142e7e4ceb6716d9583b3486e2c19051
Most baleen whales make sounds at about 15–20 hertz. However, a team of marine biologists, led by Mary Ann Daher of the Woods Hole Oceanographic Institution, reported in New Scientist in December 2004 that they had been tracking a whale in the North Pacific for 12 years that was "singing" at 52 Hz. The scientists are unable to explain this dramatic difference from the norm; however, they believe the whale is baleen and unlikely to be a new species, suggesting that currently known species may have a wider vocal range than previously thought. There is disagreement in the scientific community regarding the uniqueness of the whale's vocalization and whether it is a member of a hybrid whale such as the well documented Blue and Fin Whale hybrids.
52d1827627d2fdb8271eed24f71a424769595951
Researchers use hydrophones (often adapted from their original military use in tracking submarines) to ascertain the exact location of the origin of whale noises. Their methods also allow them to detect how far through an ocean a sound travels. Research by Dr. Christopher Clark of Cornell University conducted using military data showed that whale noises travel for thousands of kilometres. As well as providing information about song production, the data allows researchers to follow the migratory path of whales throughout the "singing" (mating) season. An important finding is that whales, in a process called the Lombard effect, adjust their song to compensate for background noise pollution. Moreover, there is evidence that blue whales stop producing foraging D calls once a mid-frequency sonar is activated, even though the sonar frequency range (1–8 kHz) far exceeds their sound production range (25–100 Hz).
750b53d8441e81fd9f87e3a41dee7c8fdd7be9ca
The multiple sounds odontocetes make are produced by passing air through a structure in the head called the phonic lips. This structure functions like the human nasal cavity. As the air passes through this narrow passage, the phonic lip membranes are sucked together, causing the surrounding tissue to vibrate. These vibrations can, as with the vibrations in the human larynx, be consciously controlled with great sensitivity. The vibrations pass through the tissue of the head to the melon, which shapes and directs the sound into a beam of sound useful in echolocation. Every toothed whale except the sperm whale has two sets of phonic lips and is thus capable of making two

sounds independently. Once the air has passed the phonic lips it enters the vestibular sac. From there, the air may be recycled back into the lower part of the nasal co
mplex, ready to be used for sound creation again, or passed out through the blowhole.
fbff039e5c107c9f8be00da48add3995428773d7
Humpback whales may also make stand-alone sounds that do not form part of a song, particularly during courtship rituals. Finally, humpbacks make a third class of sound c
alled the feeding call. This is a long sound (5 to 10 s duration) of near constant frequency. Humpbacks generally feed cooperatively by gathering in groups, swimming und
erneath shoals of fish and all lunging up vertically through the fish and out of the water together. Prior to these lunges, whales make their feeding call. The exact pur
pose of the call is not known, but research suggests that fish know what it means. When the sound was played back to them, a group of herring responded to the sound by m
oving away from the call, even though no whale was present.
a3c550c198a78e23bbee44b25db74e7b743b573e
Baleen whales (formally called mysticetes) do not have phonic lip structure. Instead, they have a larynx that appears to play a role in sound production, but it lacks vo
cal cords, and scientists remain uncertain as to the exact mechanism. The process, however, cannot be completely analogous to humans, because whales do not have to exhal
e in order to produce sound. It is likely that they recycle air around the body for this purpose. Cranial sinuses may also be used to create the sounds, but again resear
chers are currently unclear how.
711eb45bef2339ddc2cd090e60899c756feb493d
Two groups of whales, the humpback whale and the subspecies of blue whale found in the Indian Ocean, are known to produce a series of repetitious sounds at varying frequ
encies known as whale song. Marine biologist Philip Clapham describes the song as "probably the most complex in the animal kingdom."
c4c746a886f0c06688bad3d9419cd5fb56fc1ffb
Interest in whale song was aroused by researchers Roger Payne and Scott McVay after the songs were brought to their attention by a Bermudian named Frank Watlington who w
as working for the US government at the SOFAR station listening for Russian submarines with underwater hydrophones off the coast of the island. Payne released the best-
selling Songs of the Humpback Whale in 1970, and the whale songs were quickly incorporated into human music by among others singer Judy Collins.
776ad7a0fdb5a50aac95f0a44468aa6a5310a41b
Prior to the introduction of human noise production, Clark says the noises may have travelled right from one side of an ocean to the other, agreeing with a thirty-year-o
ld concept blaming large-scale shipping. His research indicates that ambient noise from boats is doubling with each decade. This has the effect of reducing the range at
which whale noises can be heard. Environmentalists fear that such boat activity is putting undue stress on the animals as well as making it difficult to find a mate.
33f7ccf51ab0c242135ce906c6a26328a17d9308
While the complex sounds of the humpback whale (and some blue whales) are believed to be primarily used in sexual selection, the simpler sounds of other whales have a y

ear-round use. While toothed whales are capable of using echolocation to detect the size and nature of objects, this capability has never been demonstrated in baleen wha
les. Further, unlike some fish such as sharks, a whale's sense of smell is not highly developed. Thus, given the poor visibility of aquatic environments and that sound t
ravels so well in water, sounds audible to humans may play a role in navigation. For instance, the depth of water or the existence of a large obstruction ahead may be de
tected by loud noises made by baleen whales.
End 'text: whale text: vocalization text: production text: of text: sound'
Begin: 'text: pokemon text: puzzle text: league'
80f928fd3ba87a70411de560d51b93abf2c6bb66
Pokémon Puzzle League is a puzzle game for the Nintendo 64 console. It is based on Nintendo's Puzzle League puzzle games, but with Pokémon likenesses. It was only availa
ble in North America starting in 2000, and in Europe in 2001, making it the first Pokémon game produced for North America. It is one of several Pokémon games to be based
 on the Pokémon anime, and features Ash Ketchum and other characters featured from the anime. The game was released on the Virtual Console on May 5, 2008, in the North A
merica region, and on May 30, 2008, in the European region.
5df575da5cd13dd1d045119ae9aef434c7875707
Pokémon Puzzle League received generally positive reviews from the media, scoring 81/100 on Metacritic, and 82.65% on GameRankings. Electronic Gaming Monthly gave the ga
me a 9.2/10, noting its similarity to Tetris Attack, and calling it "highly addictive". IGN rated the game 8.9/10, stating "I'm totally addicted and thrilled with Pokémo
n Puzzle League."
4a98bf4038f1cb4bf44e91953a52bd51f6c527aa
Unlike its predecessors, Pokémon Puzzle League features a 3D mode in addition to the traditional 2D mode. In this mode, gameplay takes place on a cylinder with an effec
tive width of 18 blocks, compared to the six-block width of the flat 2D field. It also features the original block design from Panel de Pon and Tetris Attack, as well a
s a Pokémon-oriented design (which is selected by default).
29495dcc618b43427fd2f5920a5dc9decce54049
Pokémon Puzzle League features the same gameplay as in Panel de Pon. The objective is to clear blocks from the playfield by arranging them in horizontal or vertical line
s of three or more blocks. A continuous stream of new blocks pushes up from the bottom of the playfield, causing the entire playfield to rise continuously. If the blocks
 reach the top of the playfield, the player loses. The player can temporarily stop the progression of blocks by scoring combos and chains, and in two-player battles, th
ese actions also cause garbage blocks to stack on top of the opponent's playfield.
3f28912fb9c6b2fa4377414a348275e59b7d90f5
There is currently a women's league playing six-(wo)man football. It is the Independent Women's Football League.
c1ebc5e2ad12505f150b8949a56c774bb7720183
The characters in Pokémon Puzzle League either come from the anime and were once exclusive to it, like Ash Ketchum, Tracey Sketchit, and Gary Oak or have appeared in pre

vious Pokémon games but appear in the game as they do in the anime like Misty, Brock, and Giovanni. There are 16 playable characters in the game. In the 1P Stadium, only Ash is playable and Gary's Pokémon, a Nidoran♀, Growlithe, and Krabby, will fully be evolved into Nidoqueen, Arcanine, and Kingler, respectively, in Hard mode, Very Hard mode, and Super Hard mode when challenging him the second time. These fully evolved Pokémon are not playable with Gary. The final opponent of each difficultly setting varies. Giovanni is the last opponent of Easy mode, Bruno is the last opponent of Normal mode, and Gary with his evolved Pokémon is the last opponent of Hard mode. In Very Hard mode and Super Hard mode, Mewtwo is the final opponent, and beating him gives the player the true ending of the story in 1P Stadium.
122d144c144f20998d6c8a48c91a0af7bc81ac04
Coors Field was the first major league park with an underground heating system.
6e296b55cad6d942cef7e68097d2c29eb6d446c6
The Duchy of Pomerania joined the Schmalkaldic League, but did not actively participate in the Schmalkaldic War.
d75ff7b28136f10a94889bcdf2f6c3200dcc3e7f
John Perry "Jack" Pardee (April 19, 1936 – April 1, 2013) began his football career as a teenager in Christoval Texas, where he excelled as a member of the six-man football team. He was an All-American linebacker at Texas A&M University and a two-time All-Pro with the Los Angeles Rams (1963) and the Washington Redskins (1971). He was one of the few six-man players to ever make it to the NFL, and his knowledge of that wide-open game would serve him well as a coach. Pardee was inducted into the College Football Hall of Fame as a player in 1986. Following his playing career, Pardee went on to coach becoming the only head coach to helm a team in college football, the National Football League, the United States Football League, the World Football League, and the Canadian Football League.
6d3fff9a7a74078c5b68a6f63e1fc7691f81d50e
The 1998 Major League Baseball All-Star Game took place in Coors Field.
End 'text: pokemon text: puzzle text: league'