

What's Up

Tuesday

TAMU NORML: general meeting at 8:30 pm Rudder 601. Call Jason Mitchell at 846-0405 for more info.

National Society of Black Engineers: general meeting at 7:00 p.m. in SSB 110. For more info call Katnya at 847-0847.

Hispanic Business Student Assoc.: general meeting at 7:30 p.m. in Blocker 131. For more info call Mike Slabic at 779-8215.

Society for Human Resource Management(SHRM): AggieLand picture and speaker on resume writing/interviewing at 7:00 p.m. in ZACH 128B. For more info call Lizzy Cole at 693-3605.

Aggie Democrats: speaker U.S. senatorial candidate Richard Fisher at 8:00 p.m. in Rudder auditorium. For more info call Anand Patel at 774-7060.

TAMU Flying Club: general meeting at 7:00 p.m. in Flying Club Clubhouse- Easterwood Airport. For more info call Natasha at 847-7677 or Joe at 696-3007.

MSC All Night Fair Committee: Murder Mystery run-through/general meeting in MSC 228. For more info call Briana J. Spinks at 847-2619.

Hispanic Journalists Assoc.: general meeting/guest speaker at 6:00 p.m. in Reed McDonald 003. For more info call A. Joey Castenada at 260-9189 or Jennifer Salce at 696-8781.

Institute of Transportation Engineers(ITE): Mr. Templeton, Assis. of Exec. Director of Texas Dept. of Trans. speaking at 5:30 p.m. in Bright bldg. 124.

TAMU Roadrunners: group runs at 6:00 p.m. meeting in front of G. Rollie. For more info call Stephen at 823-1334.

Aggie Toasters: general meeting at 8:30 p.m. in Rudder 507. For more info call Steve at 846-1313 or Richard at 847-1122.

Biochemistry Society: general meeting at 7:00 p.m. on 2nd floor of Biochem Bldg. For more info call Daynene Mannering at 846-1530.

Chi Alpha Christian Fellowship: prayer march through campus at 7:00 p.m. meeting at Rudder Fountain. For more information call Kris Kroup at 847-0883.

Aggies for Christ(AFC): devotional with singing/short talk at 9:30 in front of ACAD bldg. For more info call Khristy Rouw at 693-9670.

TAMU Cancer Awareness Society: will be selling X-mas cards designed by kids at MD Anderson Cancer Center in MSC.

TAMU Freestyle Club: general meeting at 8:00 p.m. at Rudder Fountain. For more info call Chris Ritzi at 847-0990.

Aggie Democrats: general meeting following guest speaker Richard Fisher at 7:00 p.m. in PSYC bldg 106. For more info call Anand Patel at 774-7060.

TAMU Pre-Medical Society: meeting and guest lecturer Dr. Andy Hanson-Medicine in Russia at 7:00 p.m. in Rudder 301. For more info call Jason at 847-1087.

Baha'i Club: celebration of the birth of the Bab-a Baha'i holy day at 7:30 p.m. at Lincoln Center at 1000 Eleanor, CS. For more info call 693-6789.

Environmental Issues Committee: general meeting at 8:30 p.m. in HECC 200. For more info call Natasha at 696-7703.

Division of Student Services FACT Committee: First Time Aggie Contact Team will be calling all new students from 6-9:00 p.m. in YMCA bldg. For more info call Zack Coapland at 845-0339.

Center for International Business Studies: noncredit course "Practical Italian For Business and Culture" being offered on T/TR from 5:30-7:30 p.m. in ACAD 304 from October 19-November 18. Registration fee: \$35.00. Registration forms available in Blocker 505. For more info call 845-5234.

What's Up is a Battalion service that lists non-profit student and faculty events and activities. Items should be submitted no later than three days in advance of the desired run date. Application deadlines and notices are not events and will not be run in What's Up. If you have any questions, please call the newsroom at 845-3313.

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Announcing
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Scott & White Clinic, College Station, is now offering weekend Clinic hours for urgent care by appointment only! The Weekend Clinic is conducted from 8:30 a.m. to 5:00 p.m. in the Clinic Annex building located across the street (Glenhaven Dr.) from the main clinic.

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Denny

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key charge of attempted murder of Denny.

The panel also was undecided whether Williams had robbed Takao Hirata and whether Watson committed assault with a deadly weapon against another trucker, Larry Tarvin.

During the early hours of the rioting, Denny was pulled from his gravel-hauling truck at the intersection of Florence and Normandie avenues and beaten bloody.

Prosecutors played that and other tapes for jurors, focusing again and again on the sight of Williams apparently doing a dance over Denny's battered body.

The judge removed one panelist for lacking the common sense to deliberate; another juror left for personal problems. The panel had to restart its talks three times, and the final jury talked only 21/2 days before returning verdicts. The final jury had four blacks, four Hispanics, two whites and two Asians.

A Williams family spokesman, Don Jackson, said, "We are elated with the fact that the jury came back and did not find guilty on the most serious charges. Damian Williams will not be spending life in prison."

Williams' mother, Georgiana, declined comment.

Watson's father, Henry Sr., told a reporter: "I don't give interviews. Do you have 10 grand?"

Another defendant, Antoine Miller, remains to be tried in the case. His lawyer, James Gillen, said the district attorney should drop charges and agree to time served.

After acquittals in state court, two of the white police officers were convicted in a second federal court trial in April of violating King's civil rights and have begun serving 30-month prison terms.

Health Tips

Fluid intake important part of exercising

By Cheryl Jo Slinkard
A.P. BEUTEL HEALTH CENTER

Sport drinks were developed primarily for use during and after exercise. The composition of the drink varies, but most range from 5 to 10 percent carbohydrate with a trace amount of electrolytes, usually sodium and potassium.

The most important considerations in choosing a sport drink include: (1) rapid delivery of the fluid to the tissues, (2) adequate carbohydrate source for the endurance exerciser, (3) a low level of electrolytes, (4) palatable and refreshing during exercise and (5) not related to any stomach upset.

Consider these seven major guidelines before drinking a sports drink:

1. In sports of less than 60 minutes, a sports drink is not necessary. However, the sports drink is unlikely to hinder performance either. If an athlete refuses to drink water, a sports drink may become an advantage by encouraging voluntary fluid intake.
2. Fluids should be consumed at a rate equivalent to heat loss. A fluid loss of just 2 percent can impair circulatory and heat regulatory functions and decrease performance. For replacement, one pound of sweat equals two cups of fluid.
3. Fluids should be taken in early in an event to prevent dehydration. By the time the athlete becomes thirsty, the effects of dehydration can already be seen. Thirst is not an adequate indicator of water need.
4. Fluids should be consumed at frequent intervals. Drink a cup of water every 15 minutes. Sip cups may not provide enough water.
5. Beverages should be kept cool, not cold, to be refreshing and to aid in temperature regulation. This will not cause cramping. Cool water is more quickly absorbed.
6. If you choose a sports drink, select one that tastes good and refreshing because a sports drink does not serve its purpose unless it is used.
7. Concerns about fluid intake should not be centered solely on competition day. Fluid replacement should be practiced.

Emphasize re-hydration during all exercise. Weight lost during practice is mostly loss of fluids. To avert effects of dehydration, weigh before and after practice. For every pound lost during a workout, drink two 8-oz. glasses of water. From practice to practice, beginning weights should be almost identical to prevent dehydration.

Fluid intake is an often overlooked area in practice and training regimens, but can significantly alter performance. For more information about water intake, contact the Health Education Center, Room 016, at Beutel Health Center.

Transformer

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Emergency generators have provided some power to the buildings for equipment that needs it.

One of the transformers will be replaced immediately with a transformer the University was going to be put in another building, Sugg said.

The Physical Plant has made an emergency request for another transformer and may have it replaced by Monday night, he said.

"If there's one in Texas, we will get it here."

Sugg said he doesn't think the Physical Plant will ever know what caused the outage.

"The good news is that it didn't knock out everything else on the West side," he said.

Ford Dealer Computer Services (FDCS), a division of Ford Motor Co. in Detroit, was purchased by Houston-based Universal Computer Systems (UCS) in 1992. USC has specialized in computerizing auto dealerships for 23 yrs. We plan to add over 60 entry-level college grads to our growing staff.

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