

MEDALS seeks volunteers

BY KENNETH MACDONALD
The Battalion

The Department of Multicultural Services is looking for Aggies to volunteer for this year's Minority Enrichment and Development Leadership (MEDALS) 2000 program. Sandra Medina, MEDALS program adviser, said MEDALS is an annual conference on campus for at-risk 10th through 12th grade students, parents and counselors to learn more about higher-education opportunities.

"We are not necessarily looking for the honor students, but those who don't get all the information about college," she said. A&M student volunteers would serve as either peers or parental or technical advisers during the two-day conference Jan. 28 and 29. The primary job of the student and parental advisers is to interact in pairs with small discussion groups

of approximately 10 participants, sharing their experiences of the high school to college transition.

"The focus is on higher education, not just A&M [specifically]."

— Katuska Quintero
MEDALS executive director

Advisers who live on campus are required to house high-school seniors in their dorm rooms the Friday night of the conference in order to give the students a taste of campus life.

The conference starts at 8 a.m. Friday, Jan. 28, and concludes Saturday, evening, Jan. 29, with a banquet.

Katuska Quintero, executive director of the program, said that during the conference, participants will attend informational workshops about issues including financial aid, entrance exams and college life.

"The focus is on higher education, not just A&M [specifically]," she said.

Two \$1,000 and two \$500 scholarships will be awarded at the banquet to graduating high school seniors who have completed a three-to five-page essay on the theme of this year's conference, "Determining My Avenue For A Brighter Tomorrow."

The deadline to volunteer is Oct. 15 and is open to all A&M students.

Students interested in volunteering for the MEDALS program can contact the MEDALS 2000 program office in the Multicultural Services Department in the MSC.

Sleep patterns, deprivation subject of A&M researchers

BY JESSI HIGHFILL
The Battalion

College students who have felt the ill-effects of sleep deprivation may soon have some relief thanks to Texas A&M researchers who are studying the effects of the biological clock on sleep patterns.

Vincent Cassone, researcher and a biology professor, said understanding the effects of sleep deprivation could have a profound effect on areas of scientific research, including behavioral technology and management. Sleep deprivation studies can also produce information leading to the development of drugs that help people form more efficient sleep patterns.

Cassone said biological clocks, also known as circadian rhythms, are common to almost all living organisms, from bacteria to human beings. He said a biological clock is what causes people to wake up in the morning, feel sleepy at night, get depressed in the winter and be happy in the spring.

He said A&M is one of the strongest places in the world for biological-clock research.

"College students have a different kind of shift working," he said. "They stay up more at night."

He said this can throw students biological clocks off cycle, causing them to need resynchronizing.

"To keep a healthy biological clock and wake cycle really isn't that difficult," Cassone said.

"Just do the things your mother told you. Get outside during the day and get sunshine. Also, exercise in the day, not at night, to reduce difficulty in sleeping."

Cassone is a biologist whose specialty is the hormone melatonin. He studies how it is produced by the body and the affects it has on behavior.

He said college students typically run on atypical schedules, which can have detrimental effects on their health and biological-clock research could help reduce unhealthy side effects.

News in Brief

Student killed in auto accident

Laura Hengy, a junior speech communication major from Terrell, died Sunday in an automobile accident. Hengy will be honored at Silver Taps Nov. 2.

Motorcycle, truck collision injures 1

Randy Flores, a 22-year-old resident of College Station, was taken to Columbia Medical Center with serious head injuries after losing

control of his motorcycle on George Bush Drive Monday afternoon.

Flores lost control of his 1989 Yamaha motorcycle while turning right onto George Bush Drive, striking the raised median.

Flores crossed the median and crashed into a 1996 Dodge pickup truck stopped in the left turn lane.

Clayton B. Frady, driver of the truck and a junior computer science major, was not injured.

Officials at the Columbia Medical Center emergency room, said Flores' was in critical condition taken into surgery after the accident.

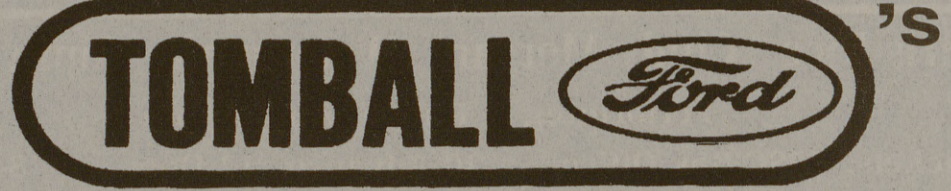
The College Station Police De-

partment is still investigating the cause of the accident.

Traditions Council to honor University

The Traditions Council will be honoring Texas A&M's 123rd birthday by offering birthday cake today from 10 a.m. to 4 p.m. at the MSC and Wehner Business Administration Building. A&M opened Oct. 4, 1876, as the Agricultural and Mechanical College of Texas under the Morrill Act of 1862, which established the nation's land-grant college system.

Graduating !?! Need a Job?



got a little story for you Ags!

Sign up with Career Center
BEFORE Oct. 12th

Information Session: Hilton Nov. 2nd 7:30

Questions? Call Ben Keating 800-324-3673

Friends of the Sterling C. Evans Library

7th Annual FUN RUN

October 16, 1999 - 8:00 a.m.

Sponsored by:
H.E.B. Pantry Foods, TAMU Athletic Department, The 12th Man Foundation, Optima Systems, Inc., Acklam Construction Co., Inc., David Gardner's Jewelers, A.G. Edwards & Sons, Inc., Aerofit, First National Bank, KTSR • WTAW

5K Run / 1 Mile Fitness Walk

The 5K Run and 1 Mile Fitness Walk will begin in the parking lot behind the Wehner Business Administration Building on the West Campus of Texas A&M, College Station, Texas

**EARLY ARRIVING PARTICIPANTS WILL RECEIVE T-SHIRTS, FANNY PACKS AND KOOZIES
TOP 3 MALE AND FEMALE FINISHERS IN EACH AGE GROUP WILL RECEIVE AWARDS!**

Youth Categories: 10 & under: 11-14; & 15-18
Adult Categories: 19-29; 30-39; 40-49; 50-59; 60 & over

You may participate in early registration online through October 10th
Packet pick-up and late registration will be held at the MSC on Friday, October 15th, from 9:00 a.m. until 5:00 p.m.

PRIZES INCLUDE:

Weekend Getaway • Random Cash Drawing • Memberships to Aerofit
AND MANY MORE

5K Run 1 Mile Fitness Walk Student

Name: _____

Address: _____

Zip: _____ (Phone) _____

Adult T-shirt size _____ Sex _____ Age _____

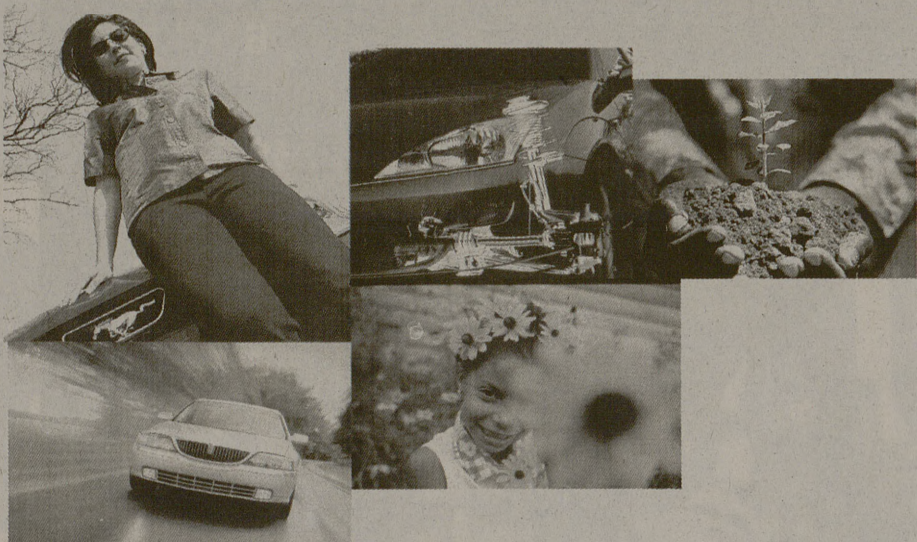
Please make checks payable to: Friends of Sterling C. Evans Library

Any questions about the Fun Run, please call 361/552-2971 (Wanda) or e-mail wanda@tisd.net
On campus, you may call 862-4574 (Adelle).

Return entries and/or Registration Fee to: Wanda Roberts, P.O. Drawer 45, Port Lavaca, Texas 77979
Or register online at www.evansrun.com



AT Tutoring		260-2660 725B University Drive				
		SUN Oct 10	TUE Oct 12	WED Oct 13	SUN Oct 17	
FINC 341		Part 1 7-9PM	Part 2 7-10PM	Part 3 7-10PM	Part 4 7-9PM	
		MON Oct 11	TUE Oct 12	WED Oct 13	THUR Oct 14	SUN Oct 17
CHEM 107	5-7 PM	CH. 5	CH. 6	CH. 7,8	Prac. Test	
CHEM 101	7-9 PM	CH. 4,5	CH. 6	CH. 7	Prac. Test	
PHYS 218	9-11 PM	CH. 3	CH. 4	CH. 5	CH. 6	
PHYS 208	11PM-1AM	CH. 27	CH. 28	Prac. Test		
CHEM 102	4-6 PM	Test #1	Test #2			
CHEM 101	6-8 PM	Test #1	Test #2			
CHEM 227	8-10 PM	CH. 7A	CH. 7B	4-6PM Test #1 Romo	4-6PM Test #2 Romo	6-8PM Test #1 Herdick, Thier, Boushner
MATH 151	10PM-12AM	CH. 3	CH. 4A			
CHEM 101	6-8 PM			Test #1	Test #2	
CHEM 227	8-10 PM			CH.8	Test #3 Pennington	Test #4 Pennington
BICH 410	10PM-12AM			TBA	TBA	
GENE 301	6-8 PM	Ch. 8,9	Ch. 10,11			
MATH 152	8-10 PM	10.1-3	10.4-5			
CHEM 228	10PM-12AM	Test #1	Test #2			
MATH 150	6-8 PM			Ch. 8,9	Ch. 10,11	
GENE 301	10PM-12AM			4.1-2	4.3-4	



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