

The Vagina Monologues will be performed

Eve Ensler's "The Vagina Monologues," a continuation of Texas A&M's V-Day effort to end violence against women, will be performed on Thursday and Friday at the Rudder Theatre. Both performances begin at 8 p.m.

Performances benefit the program for the Reduction of Alcohol Family Violence. For more information, contact [neo.tamu.edu](mailto:neo.tamu.edu).

General Arts hosts career fair Friday

Assist students in finding part-time jobs and internships. The College of Liberal Arts is sponsoring the Liberal Arts Career Fair in conjunction with the Communications Career Fair Friday in the Rudder Exhibit Hall from 10 a.m. to 3 p.m.

National Instruments, Target, and others for America, the U.S. Marine Corps and Velocity Electronics are just a few of the companies that will be on campus recruiting students. Sarah Schuler, an academic adviser in the College of Liberal Arts.

The uncertainty in the current economy is of concern to all students who are graduating during these times," said Matt Dema, director of experiential education in the Career Center.

Seeking permits for West Campus Garage available

Permits for the West Campus Garage will be available for purchase by all commuter resident students, faculty and vendors, said Doug Adams, associate director of Transportation Services.

Transportation Services is also looking into other matters concerning the operation of what will be the largest parking garage on campus.

They are discussing the possibility of offering discounted parking rates in the West Campus Garage, especially in the morning," Williams said. The garage is located on the east side of the Student Union Center. Both the east and the pedestrian passway underneath Wellborn are on schedule and will be completed in August 2003.

The Farm excludes car damage coverage

The Farm Insurance Co., the state's largest auto insurer, is sending notices to its 40 million policyholders informing them that their policies are not covered against nuclear blasts and radiation.

The Farm joined a host of other companies in excluding nuclear auto claims amid heightening fear over terrorism.

THE BATTALION

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# AGGIELIFE

THE BATTALION

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## Running on empty

Without adequate rest, students face serious long- and short-term health risks

By Rachel Hollon  
THE BATTALION



ANGELIQUE FORD • THE BATTALION

Each semester students lose hours of sleep to catch up with their busy schedules. Whether it is studying for tests or writing a paper, going out with friends or numerous other activities, sleep deprivation is an inevitable part of collegiate careers.

College students are not alone, however. According to WebMD.com, approximately 100 million Americans don't get enough sleep, putting their health in danger.

The harmful effects of sleep deprivation include heart disease, fatigue, depression, stress insomnia and sleep apnea — which can seriously damage the immune system, trigger heart disease and cause respiratory problems.

Despite the risks, many students find it necessary to stay awake no matter what the cost. Whether it's popping caffeine or sleeping pills, downing gallons of coffee and energy drinks or eliminating certain activities from their schedules, students find ways to stay awake.

Buck Barner, a junior nuclear engineering major, gets an average four hours of sleep each night. He said he realizes he's risking his health, but says he is young and doesn't have time to think about it while he is doing his homework.

Barner said he doesn't take caffeine pills because once they wear off, he tends to crash. Because he juggles schoolwork, a new relationship and many organizations, Barner said it can be difficult to find time to sleep.

"It's surprising that I don't stress out a lot, but after doing it for a few years, you kind of get used to it," he said.

Barner said he never really has a free weekend; there is always something he could be doing for his classes.

"I study a lot, and I do my homework, but it doesn't really help me to pull all-nighters," he said. "I just get so exhausted that I can't focus."

Barner isn't the only student who finds himself constantly trying to work in an extra hour or two of sleep.

Chris Collins, a senior chemical engineering major, has averaged less than eight hours of sleep a night for more than three years.

Collins manages his time between class, relationships and his social life, and he is also part of the executive staff for CARPOOL.

"Ever since I have been part of the exec staff I haven't been able to get as much sleep as I used to," he said.

"It's worth it though, even if it only leaves me with one free night a weekend to go out."

Collins said the lack of sleep doesn't bother him anymore, but finds it difficult to make time to go out with friends. He has limited

time to spend on things other than school and CARPOOL. Collins said he spends 30 to 40 hours a week working for the safe ride program.

Collins is one of many students who find it is difficult to handle school, work, relationships and sleep.

Because he is constantly studying for classes, working on projects and participating in several organizations, Brian Burnett also said he doesn't get more than five hours of sleep each night.

Burnett, a junior management information systems major, confessed that he has no social life anymore and only sees his friends at the many meetings he attends.

"My busy schedule is a complete stress on my social life, or it would be if I actually had one," he said.

Burnett said he has invented unique ways of staying awake. "I try standing up for awhile when I start to get tired," he said. "It helps me focus a little better."

Not all students can stay awake without the aid of pills. Chris Verry, a senior economics major, admits he takes caffeine pills when the studying gets rough.

"My caffeine diet is what got me through four finals," he said. "When it comes time to cram, caffeine pills are my best friend."

Dr. Linda Lekawski, director of Student Health Services for Beutal Health Center, said sleep deprivation among A&M students is something she sees often. Lekawski said it is difficult to estimate how many students suffer from the problem because it is often a contributing cause to a student's illness.

"(Sleep deprivation) is a common issue with college students," she said. "More often than not, students come in for another problem, but mention that they're not getting enough sleep."

Because rest allows the body to recover from daily wear and tear, Lekawski said, it is important that students do not go too long without getting an adequate amount of sleep.

"Long-term effects such as damage to a student's general health and immune system can occur if you're not getting enough sleep," she said. "Most students can recover from short-term effects; however, accidents are still the number one cause of death and disability, and if a student is tired then they are much more susceptible to falling asleep at the wheel."

Lekawski said students should be especially careful before hitting the highways for spring break vacations.

"What frightens me is that students want to get out of here for spring break the minute they're done with all of their exams, then they're driving with the most fatigue," she said. "That's really a big hazard, and I would encourage students to wait and get a good night's sleep before they leave."

The right amount of sleep, however, varies from student to student.

"There's no perfect number for any individual," she said. "It depends on how many hours they're carrying, what activities they're involved in and the number of hours they spend working. On average, seven to eight hours a day is ideal. Do college students achieve that ideal? I don't think so."

### Liberal Arts Career Week

All majors welcome!

#### Tonight: Alumni Forum

Panel discussion and reception with former students

6:00p.m.

Reed Arena

Friday, Feb. 28<sup>th</sup>:

Liberal Arts Career Fair

And

Communications Career Fair

10:00a.m.-3:00p.m.

Rudder Exhibit Hall

For a complete list of companies attending the career fair and other info please check out our website.

[www.lasctamu.org](http://www.lasctamu.org)

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V-DAY

UNTIL THE VIOLENCE STOPS

Eve Ensler's

"The Vagina Monologues"

starting at 8pm in Rudder Theatre

MSC Aggie Nights has teamed with V-Day TAMU to provide 500 free tickets. Students can go to the MSC Box office the night of the show, present their Aggie ID and receive their wristband and free ticket.

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