NEWS IN BRIF

e Vagina Monolque be performed

ve Ensler's "The Vagin nologues," a contination Texas A&M's V-Day:ffort violence against vor girls, will be peorm rsday and Friday aRudd eater. Both perfonance in at 8 p.m.

erformances benet th gram for the Reducon al Family Violence Fo information, onta y@neo.tamu.edu.

peral Arts host reer fair Friday

assist students in fining time jobs and interns College of Liberal Arts nsoring the Liberal k er Fair in conjunction Communications Career F Friday in the Rudder Exhib from 10 a.m. to 3 p.m. tional Instruments, 1 e Corps and Vel tronics are just a few companies that will be pus recruiting studen Sarah Schuler, an acade dviser in the College

e uncertainty in the cur omy is of concern to all st s who are graduating du times" said M ema, director of experie education in the Care

al Arts.

king permits for st Campus age available

mits for the West Campu ng Garage will be availab urchase by all commut resident students, facult and vendors, said Doug ms, associate director

sportation Services is also ng into other matters cor ng the operation of wh be the largest parking e on campus. are discussing the possi-

of offering discounted rates in the Wes us Garage, especially i ening," Williams said. garage is located on the

side of the Stude ation Center. Both t and the pedestrian pa ray underneath Wellbo are on schedule and w mpleted in August 2003.

e Farm excludes ear damage n coverage

Farm Insurance Co., the 's largest auto insurer, g notices to its 40 million nolders informing then ire not covered agains r blasts and radiation

Farm joined a host nies in excluding nuclea auto claims amid heigh ear over terrorism.

E BATTALION

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AGGIELIFE

Page 3A. Thursday, February 27, 2003

Running on empty

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

By Rachel Hollon 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 engineer 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 relation-

ship and many organizations, Barner said it can be difficult to find time "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 Barner isn't the only student who finds himself constantly try-

ing 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

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

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 involved in and the num obother him anymore, but finds it difficult to make time to go out with friends. He has limited ideal? I don't think so."

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

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

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

Liberal Arts Career Week

ANGELIQUE FORD • THE BATTALION

All majors welcome!

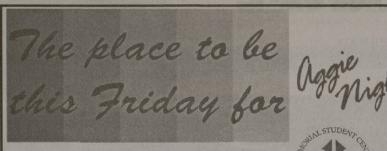
Tonight: Alumni Forum

Panel discussion and reception with former students 6:00p.m. Reed Arena

> Friday, Feb. 28th: 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





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A&M ID at Check-in locations around the

IN THE BASEMENT

9PM TILL 1AM

Free Bowling

Free Billiards

Free Dance

Dance Revolution

Free Popcorn

& Soda

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Must

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