Congratulations! You’ve made it through the first month of school. Now, go take a nap. You heard me. Power off your TV, computer, iphone, ipad, and ipod. Unplug your earbuds and go to sleep. No! Not during class. Go to bed and get a good, solid 7 to 8 hours of sleep.

Why? Sleep enhances memory, boosts creativity, reduces stress, and improves health—all vital for college students preparing for exams. In her book The Secret World of Sleep, neuroscientist Penelope Lewis says sleeping works like a good spring cleaning for the brain. Cerebrospinal fluid washes through the brain’s crevices flushing out toxins that could potentially rob the brain of memory.

At night, once freed from the day’s distractions, your brain determines what to store in long-term memory (plant diseases) and what can be forgotten (color of friend’s shoelaces).

In addition, sleep helps procedural memory, the kind used to learn new skills (welding). According to Lewis, skills are practiced during the day and replayed in your brain while you sleep. Nice way to study, huh?

When you need to solve a problem, come up with a marketing or business plan idea, sleep on it. You may not know it, but as you sleep, neurons in your brain are methodically making connections between your existing knowledge and new experiences, leading to ideas and surprising solutions. Beatles Singer-Songwriter Paul McCartney reportedly dreamed the melody to “Yesterday” while sleeping.

And, finally, sleep helps relieve stress. Researchers have found that a well-rested brain is less likely to activate emotional responses of anxiety, impatience and anger—which are not helpful when taking exams. So get some sleep and good luck on your mid-term exams.
October 2
- Class of 2014 Tree Planting Ceremony in front of Jull Hall at 4 p.m.
- PGMS DC Branch Meeting
  UM Paint Branch Turfgrass Research Tour at 6 p.m.

October 11
- AGNR Open House at the Central MD Research & Education Center, Clarksville Facility 10 a.m. - 3 p.m.

October 13
- IAA Open House at Jull Hall 9 a.m.-12 p.m.

October 18
- Homecoming AGtoberfest Tailgate at the Campus Farm 9 a.m.

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**Garden Club**

Fall work days are on Mondays and Thursdays at 4 p.m.

All experience levels welcome. Please dress appropriately for the weather.

For more information contact Meredith Epstein at: mbepste@umd.edu

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**Speech & Debate Society**

Meets each Wednesday at 5 p.m. in Jull 1105

For more information contact: Nina Latassa at nlatassa@umd.edu

New members are always welcome!

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**Homecoming AGtoberfest Tailgate**

Join us for fun, food and fellowship at the 2014 “AG-toberfest” Homecoming tailgate sponsored by the College of AGNR Alumni Chapter.

The tailgate will begin three hours before kick-off. We will update with an official time once the game time is finalized.

The event is FREE but registration is required. Contact Gail Yeiser at gyeiser@umd.edu or 301-405-2434 with the names of those in your party and contact phone number and/or questions.
Thank you to those who helped with the Green Dorm Project Plant Give Away!

We’d like to give a BIG shoutout to Jason Poole, who stayed and helped for the entire event. Thank you!

Congratulations, Ryan Snell for winning the Internship Photo Contest!

Thank you to the volunteers who helped move soil for the IAA teaching garden!

Thank you IAA students and faculty for putting together two amazing displays at UMD PARK(ing) Day!
CONGRATULATIONS
IAA SCHOLARSHIP
RECIPIENTS!

Shields Scholarships
Jeff Bynaker
John Critzos
Shaun Clark

TESCO Scholarships
Chase Oaster
Jarod Knopp

Cecil Massie Scholarship
Colby Dean

Edward M. Bowman Family Scholarship
June Wyman
Joyce Drake

Strickland Scholarship
James Halley

Tom Hartsock Scholarship
Colby Dean

For details on the scholarships awarded visit:
http://iaa.umd.edu/prospective-students/scholarships/institute-applied-agriculture-based-awards

DO YOU KNOW SOMEONE WHO WOULD MAKE A GREAT IAA STUDENT?

HAVE THEM REGISTER FOR ONE OF OUR OPEN HOUSE EVENTS.
Monday, October 13, 9 a.m. -12 p.m.
Monday, November 10, 10 a.m. -1 p.m.

Pick up an invitation from Christina Lorenz in the IAA Office (Jull 2123), or give us your friend’s name and address and we’ll mail the invitation.
It’s time to start planning your spring class schedule!

Make an appointment to talk to your advisor before registration opens on October 30.

Scholarships and Job announcements are posted online. Go to iaa.umd.edu/resources to view all opportunities.

Silence your cell phone before entering the classroom. Wait to check messages and respond to texts until class is over. It’s a courtesy to your instructors and your classmates.

Keep the IAA computer room clean.

Food and drinks are permitted in this room. We ask that you put all your trash in the hallway trash cans, wipe up any crumbs or spills. Close the door behind you if you are the last one to leave the IAA computer room.

The computer room is for IAA student use only.