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- 4) **Fajitas or Tacos** \$3<sup>95</sup>  
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### Students are principal sufferers

## Stress, tooth problems linked

By DEENA ELLIOTT  
Reporter

Clenching your jaw and grinding your teeth when under stress can lead to myofascial pain dysfunction (MPD) and other related facial problems, says Dr. R. Thomas Perry, a College Station dentist.

Stress can contribute to the damage of tissues of the temporomandibular joint (TMJ) and lead to MPD syndrome, TMJ dysfunction or even osteo arthritis said Perry, who limits his practice to oral and maxillofacial surgery.

Perry said anxiety and stress can cause tension in the jaw and chewing muscles and that tension may be released through the clenching or grinding of teeth. Years of excessive muscular strain can cause a breakdown of tissues in the two temporomandibular joints, which are located in the jaw at the base of the ears, he

said.

Headaches, earaches, ringing in the ears, muscle pain in the head and neck, facial pain, jaw popping or pain in the joints can be caused by an inflammation in the muscles, Perry said.

Dr. Curtis Garrett, a local dentist, said MPD syndrome definitely is stress-related and can cause spasms in the face and neck resulting in pain.

Perry said stress is often the main factor in causing and aggravating medical problems that could lead to MPD syndrome.

He said most people who have MPD syndrome also will have a bad bite; an organic injury to the jaw, which could be an infection within the joint; or a tumor in the jaw and/or other local factors such as premature loss of teeth.

Perry said MPD syndrome can lead to TMJ dysfunction. The condi-

tion causes the degeneration of the soft tissue disc, which protects the bone at the head of the jaw from hitting the bone of the fossa when the jaw opens widely, he said.

Perry said stress contributes to the degeneration of the disc. The disc may become broken down or pushed forward and torn from its attachments, preventing the disc from protecting the bone, he said.

Dr. A.A. de Souza, ear, nose and throat specialist at A.P. Beutal Health Center, has written a short paper about MPD to give to students with symptoms. "Lots of students out here don't know about (MPD)," he said. "The number of students with such a dysfunction increases during final examinations," he wrote in the paper.

MPD syndrome and TMJ dysfunction affect more females than males and appears mostly during the late teens and early 20s,

Perry said. He said moving from home, starting a new job, getting married are major stressors this age group experiences, said MPD and TMJ problems arise after the age of 40.

Perry said people need to take time for themselves, avoid habit of clenching or grinding teeth and avoid stressful situations. Tommy Davidson, a physical therapist at A&M who is writing a doctoral dissertation on his study, MPD, said physical therapists teach people to relax.

A physical therapist can give treatments to relieve muscular tension, Davidson said. The two most usually used are warm, moist treatment and ultrasound. The ultrasound treatment sends a wave into an area that needs the swelling reduced and the heat and circulation.

## Students' behaviors affect professors

By MICHELE FURLONG  
Reporter

The way a student acts toward his professors can affect his future, Student Activities Advisor Kevin Carreathers told students in a meeting of the Co-op Student Association Thursday in Rudder Tower.

In his presentation, "The Care and Feeding of Your Professor," Carreathers advised students on how to get along better with their professors.

"Your attitude towards your professors can make a real difference in your future plans, as professors are the ones handing out the grades," Carreathers said.

Carreathers said it is important to keep in mind that professors are hu-

man too, and they respond to the way students react toward them and their courses.

Carreathers said most professors are involved in research and don't have much time left over for teaching.

"Sometimes we don't realize they don't have a lot of time left over for me, the student," he said.

Students must show interest in both the professor and class and then the professor will make the time to show interest in the student, Carreathers said.

"There are three predetermined means to manipulate a professor: your attitude toward the course, your attitude toward grades and your attitude toward the professor," he said.

A student should always be positive about the class, both inside and outside the classroom, since any feedback that reaches the professor will reflect back on the student, Carreathers said.

Never tell a professor that you skipped his class to study for another, because each professor feels his class should take priority over others, Carreathers said.

If you must miss a class and have a valid excuse, put it in writing and give it to the professor so he can file it with the grades, he said. When the semester is over the professor will notice the absence, and without the note to refer to, not recall the excuse.

Carreathers advised the students to be realistic about the grades they

receive in their courses.

"If you haven't tried hard enough with the work, don't expect good grade. Don't make it seem the professor was unfair, when in fact the fault lies with you," he said.

If you have a question about a grade, go speak to your professor, but approach the subject with pleasant attitude so you won't annoy the professor, he said.

"If there is a problem with a grade, it is harder to do an appeal to a person than to a number."

"Remember, professors know what it is like to be a student, and understand what the students are going through," he said.

He told students to seek help if they are having problems in a course.

## International students to compete Saturday

By ANN CERVENKA  
Reporter

The International Students Association (ISA) will hold the second annual Texas A&M International Students Olympics Saturday and Sunday. The games will continue Oct. 13 and 14.

"We thought it was a good idea to get the international clubs together," said Luis Rodriguez, ISA social secretary.

Last spring the Vietnamese-American Student Association originated and organized the olympics. The ISA wanted to be more active in the actual planning, so this year it is organizing the event, Rodriguez said.

The purpose of the competition is to "let the guys (and girls) show their

talents," Rodriguez said. Most of the students have played the sports in their native countries.

On Saturday, badminton and mixed volleyball will begin at 9 a.m., swimming will begin at 10 a.m. and tennis will begin at 10:30 a.m.

On Sunday, volleyball, men's basketball and women's table tennis start at 9 a.m. and table tennis doubles start at 2 p.m.

On October 13, racquetball and men's soccer will begin at 9 a.m., men's softball at 1 p.m., and women's soccer at 4 p.m.

On October 14, men's outdoor soccer will begin at 9 a.m., track at 10 a.m. and women's racquetball doubles at 2 p.m.

The indoor events will be in East Kyle, softball will be on Duncan Intermural Field, track events will be

on Kyle Field and swimming will be in the indoor pool. All events are open to the public; however, students must present their I.D. cards to enter East Kyle.

Rodriguez said about 300 people and 20 countries are involved. Some of the countries involved include El Salvador, Panama, Bolivia, Honduras, Puerto Rico, Mexico, Bangladesh, Brazil, Korea, Nigeria, Norway and countries in Europe and the Middle East.

Venezuela is expected to do well in swimming, Rodriguez said, because they have a member on the A&M swim team. He also said that Vietnam is expected to do well in volleyball and Colombia in soccer.

Tom Reber, assistant director of personnel for intramurals, helped

ISA with registration and scheduling.

Reber was not involved in the olympics last year, but he said it was such an exciting event that he wanted to help.

The olympics are run by students on a volunteer basis.

U.S. teams do not participate in the olympics because it's hard to get a team for the rest of the school, Rodriguez said. However, each year allowed one reinforcement from different country, and some Americans are chosen, Reber said.

The cost is \$10 per event country. The money will be used to pay for officials and awards. At the end of the month, the students have a party and will give medals, first place and certificates for some place.

A student bites a teacher.  
The school psychologist goes berserk.  
The substitute teacher is a certified lunatic.  
And students graduate who can't read or write.  
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