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B-CS doctors say 'no pain, no gain' poor workout rule

By KATHERINE GOLLEY Reporter

"No pain, no gain is not a rule to exercise by," said Dr. Jim Giles, a local orthopedic surgeon, during a recent seminar titled "Running Injuries: Causes and Prevention."

Giles puts runners into three categories. "First, there is the jogger or recreational runner," Giles said. "Next there is the sports runner or addict and finally, the long distance runner, who I call the zealot."

Before beginning a running program, he said, it is a good idea to have a routine exam to assure yourself of a good physical foundation.

Because of differences in bone and muscle alignment, jogging is not for everyone, Giles said.

"I see people with certain bone malalignments that virtually forbid them to be runners," Giles said.

When a person runs, his muscles sustain three to eight times his body weight on each stride, opposed to the average of two times his body weight when he walks.

Actual mileage is also a significant potential factor for injury.

"You can beat your finger tip on a table 100 times and it won't hurt," Giles said. "But if you tap it thousands of times it is bound to be sore the next day."

Dr. C.B. Goswick Jr., director of the A.P. Beutel Health Center, said that most of the athletic-related injuries he sees result from overuse or abuse of the muscles.

"Many of the students that come here for treatment of running injuries are hurt because of excessive amounts of the activity, from straight running to a variety of intramural activities," he said.

Giles attributed 60 percent of these injuries to training errors, specifically overuse.

"Too much, too hard, too soon and too far are chief causes for running injuries," Giles said. "To prevent some of these training injuries, there are a few guidelines that should be followed."

"The intensity of your workouts should be varied. It is a good idea to alternate workouts, one day hard, the next easy and so on."

Also, when increasing mileage, he said, it is best to do it gradually and it is best to run on a soft, level surface if possible.

Goswick said that adequate warm-up and warm-down exercises are essential preventive measures.

"This also helps retain some of the flexibility that is lost as a result of muscle compaction from running," he said.

The hardest problem the health center staff faces when treating a running injury, Goswick said, is getting the student to stop the activity that causes the injury.

"Our toughest problem is keeping the student down long enough to get totally well," Goswick said. "This problem is especially prevalent in the athletes that we see. They are very opposed to stopping or curtailing their training."

"The injury that we see the most falls under the catch-all diagnosis of a shin splint."

Sue Hill, a physical therapist at the health center, can offer various remedies for more severe injuries.

"Our first concern is to relieve the pain," Hill said. "Then, in more serious cases, we give an anti-inflammatory drug, such as aspirin, to get rid of the inflammation in the muscles and tendons."

For recent cases of shin splints, ice is applied to the legs.

"We do not apply heat because heat brings blood to the surface of the muscles, which increases the inflammation," Hill said.

"In addition to shin splints, we also see many knee injuries, twisted ankles and pulled hamstrings that could have been avoided if proper training practices had been followed."

Historic house to be site of Cajun museum

Associated Press

PORT NECHES — The Martin Broussard house was just an abandoned shack slated to be torn down and replaced by an oil rig until Les Acadiens du Texas found it.

The tin roof is rusting and the cypress boards missing from the framework reveal the mud-and-moss lining on the walls inside. But the Acadian group plans to restore the old house and transform it into a Cajun museum.

So the two-story house, built in 1810 in Lafayette, La., was loaded on to a barge and shipped to its current site in a Port Neches park.

"It almost made me cry to see the house loaded on to that barge," said Edward Broussard, 62, of Lafayette. "As long as it was sitting out there I could always go over there and meditate if I got sad."

Broussard said he and his six brothers were born in the house and ran the family farm together until World War II.

The house was built in 1810, but Broussard said his family bought it in 1832. When his grandfather, Martin Broussard, came home from the Civil War, the house was sawed in half and Martin Broussard moved his section to a site near Maurice, La.

Robert Edward Smith, a restoration architect in Breaux, La., said it was not uncommon for homeowners living in southern Louisiana during the past century to saw their houses

in half to make room for more than one family.

The Broussard house is one of the few Cajun structures built in Louisiana, Smith said. Most Louisiana homes were built by Creoles, who are descendants of French and Spanish immigrants, he said.

Cajuns are descendants of Acadians, who now live in Canada. France gave Acadia to England in 1713, and any Acadians who refused to take oaths of allegiance to England were deported.

"Most people don't realize how many Cajuns we have around here," Vincent said.

The Acadians were welcomed in Louisiana, which was then Spanish territory, because "they were tough, experienced settlers and they were Catholic," said Clyde Vincent of Beaumont, head of Les Acadiens.

Smith said the Broussard house, which has been empty since 1955, should be easy to restore.

The tin roof will be replaced with wood shingles and new porches will be built, he said. The old chimney will be rebuilt using the original bricks and century-old cypress logs will be used to replace the planking.

The house never had a bathroom and electric wiring was not installed until the 1940s, Broussard said.

Vincent said Les Acadiens members will give tours of the restored house so visitors can see how Cajuns lived a century ago.

Drawings

Award-winning artist's work focuses on Indians, old photos

Associated Press

MIDLAND — Eight years ago, Mary Nichols decided her oldest son, Daniel, needed to take art lessons.

It was a mistake. "I enrolled him in a class that was teaching wax pencil art and he didn't want to go," she said. "So I decided to go and became intrigued from the very beginning."

Today, the walls of the Nichols' West Midland home are adorned with the fruits of her short-lived but productive lessons. The pictures, mostly portraits of Southwest Indians and carefully reproduced pencil drawings from antique photographs, have not remained hidden but are displayed about the house.

On one wall of Nichols' eclectic studio are a rainbow of ribbons and medals attesting to her specialized talents.

"I won three medals in one show," she said. She added that she entered five pictures. Nichols' originals have sold for more than \$1,000.

One of her pictures was chosen by the "Art in the Embassy" program

"I asked myself what is different about my pictures. I prayed and asked God to make a difference in my art."
— Artist Mary Nichols

for display in a U.S. ambassador's residence — in Lesotho.

"In the program, the ambassadors can select any art work for their residence," she said.

Nichols, however, does not need to go to Africa to sell her artwork. A twenty-year resident of El Paso before her husband, Al, a Southwestern Bell employee, was transferred to Midland last year, she regularly participated in art shows and produced limited edition prints which sold widely in El Paso.

Her pictures speak for themselves.

A Sioux Indian brave, his long, black hair blowing in the wind, looks outward with expectation and wondering clearly showing in his eyes.

"I call it 'Waiting,'" said Nichols. "Waiting" is typical of her art, which

What's up

Tuesday

DATA PROCESSING MANAGEMENT ASSOCIATION: will hold its ICDP Series at 7 p.m. in the Ramada Inn Penthouse. Features presentations from Chevron, Arthur Anderson and Mobil. Business attire is required.

HISTORY CLUB: will meet at 7 p.m. in 301 Bolton.

STUDENT SENATE: is filling Senate vacancies for the following positions: Education at Large, Graduate Agriculture, Ward I, and Ward IV. Pick up applications in 221 Pavilion. Deadline is Friday, Oct. 4.

AGGIE DEMOCRATS: will meet at 8:30 p.m. in 404 Rudder.

ASIAN-AMERICAN ASSOCIATION: will meet at 7 p.m. in 510 Rudder.

TEXAS AGGIE MAJORITY FOR CLEMENTS: will meet at 7:45 in 404 Rudder.

NATIONAL ORGANIZATION FOR WOMEN: will meet at 7 p.m. in 223A Zachry.

ETA KAPPA NU: will meet at 7 p.m. in 223B Zachry.

TAMU ONE WHEELERS: will meet at 6 p.m. at the Grove.

SAILING TEAM: will meet at 7 p.m. in 109 Trigon.

AMERICAN SOCIETY OF SAFETY ENGINEERS: will meet at 7 p.m. in 334C Zachry.

ON CAMPUS CATHOLICS: will meet at 9:30 p.m. at the Faiths Chapel.

AGGIE G.O.P.: will meet at 7 p.m. in 225 MSC.

KAPPA DELTA PI (AN HONOR SOCIETY IN EDUCATION): will have a membership drive picnic at 6 p.m. in Hensel Park (Area 3).

DEPARTMENT OF STUDENT AFFAIRS AND STUDENT ACTIVITIES: will have the Texas Alcoholic Beverage Commission speak to student organizations at 7 p.m. in 117 Heldenfels.

RHA FRESHMAN LEADERSHIP PROGRAM: will meet at 7:30 p.m. in 607 Rudder.

PLANO HOMETOWN CLUB: will meet at 8:30 p.m. in 60 Rudder.

AMERICAN P.O.W.A.R.: will meet at 8 p.m. in 504 Rudder.

INTRAMURALS: Entries close for Racquetball doubles and long driving contest at 6 p.m.

ALTERNATIVE CINEMA: presents "Beauty and the Beast," a film by Jean Cocteau, at 8 p.m. in the Architecture Auditorium.

1986 MISS TAMU SCHOLARSHIP PAGEANT: Applications are available through Oct. 18 in 216 MSC.

Wednesday

WACO HOMETOWN CLUB: will meet at 8:30 p.m. in 60 Rudder.

SOCIETY FOR ENTREPRENEURSHIP & NEW VENTURES: will meet at 7 p.m. in 601 Rudder.

BIOCHEMISTRY SOCIETY: will meet at 7 p.m. in 104 Paul Sciences Bldg.

UNITED CAMPUS MINISTRY: will meet at 6 p.m. at the A&M Presbyterian Church for an Aggie supper.

RESIDENCE HALL ASSOCIATION: will meet at 8:30 p.m. in 301 Rudder.

COMMITTEE FOR AWARENESS OF MEXICAN-AMERICAN CULTURE: will meet at 7 p.m. in 401 Rudder.

DEPT. OF ARCHITECTURE-FALL LECTURE SERIES: will meet at 5 p.m. in 201 MSC to hear James Deninger speak on "The West Looks at the East."

EUROPE CLUB: will meet at 9:30 p.m. at Mr. Gatti's College Station.

TAMU RACQUETBALL CLUB: will meet at 7 p.m. in Court 7 Read Bldg.

AGGIE PLAYERS: will meet at 5:15 p.m. in the rehearsal Lab in Blocker.

WOMEN'S BONFIRE COMMITTEE: will meet at 6:30 p.m. in the A-1 Lounge.

INTRAMURAL-RECREATIONAL SPORTS: Volleyball officials will meet at 6:30 p.m. in 164 Read for training.

SULLY'S SYMPOSIUM: will be held at 11:50 a.m. in front of the Sul Ross statue. Sully's Symposium is a student forum which allows A&M students to get to know student and University leaders. This week's speaker is Sean Royall, student body president.

STUDENTS AGAINST APARTHEID: will meet at 8:30 p.m. in 504 Rudder.

Items for What's Up should be submitted to The Battalion, 216 Reed McDonald, no less than three days prior to the sired publication date.

Royall to open Symposium with speech Wednesday

Sean Royall, student body president, will speak at the first Sully Symposium of the year Wednesday at 11:50 a.m. in front of the Academic Building.

Royall will talk about his duties and accomplishments as student body president, says Stacey Allen of Lambda Sigma, the sophomore honor society that sponsors the symposium.

He also will talk about Student Government in general, Allen says, then he will answer questions from the audience.

Sully Symposium allows students to talk to the speakers on topics of interest, Allen says.

She says Royall was chosen from a list of possible speakers so students and faculty would be introduced to him.

"When everything is going wrong it really is my salvation at times," said.

Closely intertwined with history of the wax pencil, a medium that requires great care and mistakes are not easily fixed, love of antiques.

"I actually began collecting antiques before I ever took an art class," she said.

Her fondness of painting Southwest Indians from old photographs led to a steady commission of other subjects, such as portraits brought in by patrons wanting their traits in wax pencil.

With painstaking care, sometimes taking a year but usually aging 50 to 60 hours per commission, Nichols produces a work of art from a yellowed photograph.

Mrs. Nichols has won awards for her art shows in Odessa and Amarillo and was approached by a local bank who asked if she could hang her pictures in its lobby.