

If interested in volunteering at Brazos Valley Medical Center please attend the following session:

**BRAZOS VALLEY MEDICAL CENTER
AGGIE VOLUNTEER PROGRAM
ORIENTATION AND SIGN-UP**

Wednesday, Sept. 8 6 p.m.
Thursday, Sept. 9 2:30

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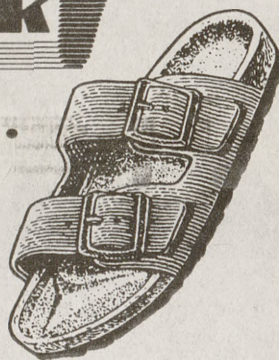
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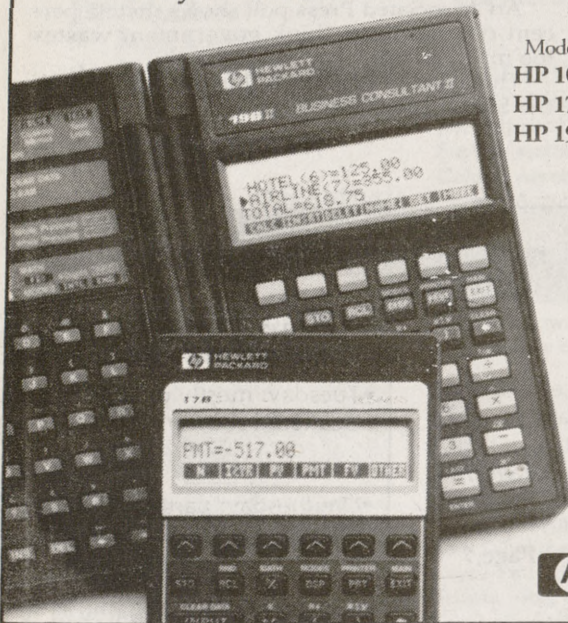
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Health Tips

**Aggies should take caution
when playing fall sports**

By Ron Webb and David
Ballew

A.P. BEUTEL HEALTH CENTER

The fall semester begins again, and along with it comes many Aggie traditions. Yell practice, football games, bonfire, and the t.u. game are just a few of the activities that Texas A&M students will participate in this fall.

Another Aggie tradition that begins in the fall is intramural sports. These programs are offered to give many outstanding Aggie athletes a chance to participate in competition beyond the high school level and also allow students a chance to stay in adequate physical condition.

These sports include a vast array of activities, and need to be entered into with caution. These are a few things you can do to help your intramural experience remain a positive one.

You should stretch for at least 10 to 15 minutes before participating in any activity in order to allow your body to "warm up," plus you should also stretch after competing in order to allow your body to "cool down." Stretching will help you prevent from being quite so sore after competition.

Don't let intramural athletics be the only activity you do all week. For instance, if you are on a flag football team, don't go out on a Sunday evening and play a hard hour of football and then sit around for the rest of the week until your game the next Sunday.

At the very least, stretch your muscles at least three to four times during the week between games. Walking or other physical activity will keep your

muscles in better condition and help ease muscle soreness. Additional conditioning can also help you perform better in your intramural competition.

Proper footwear for your particular sport is a must, and can help prevent many of the injuries as well as some of the aches and pains associated with physical activity. One of the major problems associated with physical activity that we see in the A.P. Beutel Health Center is blisters. If blisters are not cared for properly, they can become serious problems.

Footwear that is designed for the sport you are participating in, as well as shoes that fit, are essential in preventing injuries which may occur.

Eating a proper diet and getting plenty of fluids are essential parts of any exercise program. The extreme heat of the fall semester makes fluids an even more important part of an exercise program. Be sure to drink plenty of water before you compete and also during the "breaks in the action" of the competition.

Water fountains or other sources of water are usually available at the intramural competition sites. A good guide for drinking water is about one glass every 15 minutes of exercise.

Food is also an important part of physical activity. Eating a proper diet that is low in fat and high in carbohydrates is essential in order to supply the body with sufficient energy for competition. Eating a high fat meal before competition, it can make you feel sluggish and

See Intramurals/ Page 3

'I don't like Mike ...'



Adel Ibrahim, a doctoral wildlife and fisheries major from Egypt, stops by Kirby McDaniels' booth in the MSC where he was selling posters. Ibrahim expressed his dislike for Michael Jackson.

Five die in fatal collision

The Associated Press

FLORESVILLE - Five people were killed when a pickup traveling on the wrong side of the road struck a car head-on near Floresville, southeast of San Antonio, officials said.

The accident occurred about 10:30 p.m. Sunday on U.S. 181 in Wilson County, said Lauren Chernow, a spokeswoman for the Department of Public Safety.

A 1984 Nissan pickup was traveling south in the northbound lane of the road when it collided with the car, Chernow said.

The driver of the car, Bernadine Mutz, 36, of Floresville, died in the crash. Also killed were her husband, Peter, 39, and son Dustin, 13. James Dugie Jr., 24, the driver of the pickup, and a passenger, Richard Howton, 17, both of San Antonio, also died in the wreck.



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Meeting: Thursday, Sept. 9th
302 Rudder 5-6 p.m.

For more information contact:

LTC Mark Satterwhite at 845-9232
or Wade Johns 847-1152.



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