

### Intramurals

Continued From Page 2

slow. Make sure you drink plenty of fluids before and during exercise and eat foods that are high in carbohydrates and low in fat.

Listen to your body and what it tells you. Little aches and pains will come along with competition, but any prolonged pain longer

than three or four days could be a sign of more than just muscle soreness. Be especially cautious of pain in joints, these can also be signs of more than muscle soreness.

The Department of Recreational Sports provides medics who are on site at many of the competition areas who can take care of any minor problems and transport the more serious patients. They also provide ice and other treatment at the activity sites that they can use

to provide temporary relief until you can see a physician.

If you suspect you may have injured yourself while competing in any activity, you can make an appointment to see a physician at the health center and have it checked out.

If there is an injury, the physician can prescribe a rehabilitation program for you in the physical therapy department of the A.P. Beutel Health Center. The physical therapy department can also

suggest stretches and other activities to perform before and between competition.

If you would like to find out the various activities offered through intramural athletics, call the Department of Recreational Sports at 845-7826. For suggestions on stretching and activity programs, contact the physical therapy department in the A.P. Beutel Health Center at 845-1509. If you need to see a physician, call the health center at 845-6111.

### St. Paul's United Methodist Church

2506 Cavitt, Bryan 779-7608  
(Between S. College and Texas)



Worship services  
8:30 & 11:00 a.m.

Sunday School  
9:45 a.m.

"Small enough to know you,  
large enough to serve you."

**VIP RESEARCH**

**UPCOMING FACIAL ACNE STUDY**

VIP Research is screening individuals 12 and older with mild-to-moderate facial acne for upcoming research studies. Call now for information.

(409) 776-1417  
(800) 776-1417  
(24 Hours A Day)

**Renee's Nails etc.**

Sept. Special  
Full Set Acrylic Nails  
\$15.00  
Refills  
\$15.00

**764-5988**  
(call for appl.)  
110-Lincoln Ste. 107  
(inside the N.O.I. Bldg. behind Red Lobster)

**BRC**

**Bonfire Reload Crew**  
is now accepting applications for 1993-1994 Crew Assistants.

If you would like to apply, please stop by Rm. 110 YMCA and pick up an application.

They are due **FRIDAY, SEPT. 10th** by 2 p.m.

**Gig 'em!**

**THE COW HOP RESTAURANT**  
COLLEGE STATION TEXAS

A little of the old  
A little of the new  
**THE COW HOP**  
is still here serving you...

**Bigger and Better at our new location!**

317 College Ave.  
(in the Albertsons Shopping Center)  
846-0532

\$1.75 pitcher of beer (special)

Pool Tables, Video Games, Big Screen T.V.!

**October GMAT**

Small Classe  
35 Class Hours  
4 Practice Tests  
+ Unlimited Tutoring

**= Great Scores**

Classes begin Sept. 11th

**THE PRINCETON REVIEW**  
We Score More!

**696-9099**

Neither ETS nor Princeton U. are affiliated with The Princeton Review

# Free for life.

(Offer expires only when you do.)



Get an AT&T Universal MasterCard and you'll be eternally grateful. Because it's more than just a credit card that's free of annual fees forever. It's also an AT&T Calling Card that currently gives you a 10% discount on already competitive AT&T Calling Card rates. It's all part of **The i Plan.<sup>SM</sup>**

To apply, come by our booth on campus or call  
**1 800 438-8627.**

