



Future's so bright, I gotta wear shades

Warm spring weather makes sunglasses a must. Top left, University student Brett Grauss wears a \$40 pair of Ski Optics, while Marni Beardsley, middle left, has a Vaurnet shades, model number 4002. Great-looking sunglasses don't have to cost a lot of money as Anthony Veliz, bottom left, shows. They're "cheapos," he says. Dave Polley's \$60 Raybans speak for themselves.



Photo by Derrel Hewitt

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Injury Continued from Page 4

blems," said Roy.

Along with aerobics, weightlifting is booming for both men and women.

Most injuries in the weightroom are caused by the lifter's poor technique. They develop lower back injuries, experience muscle tears, and muscle breakdown if they don't allow enough recovery time between workouts.

Roy believes the best prevention is proper technique, and a good schedule that increases slowly.

Most fitness injuries are preventable if people slow down their workout schedule, wear the right shoes, and understand the equipment and facilities, said Keyser.

"If people would take time to become a little more acquainted with what they want to do, get more general information on that fitness area and then a better understanding of technique and programs before they start, there will be a better likelihood of fewer problems to deal with," said Keyser.

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