

Bookbags may be packs of trouble

By Colleen Phelan
 ■ The State News
 Michigan State U.

Though your course load might be heavy this semester, there's no reason to carry it all on one shoulder.

Although vogue on college campuses, carrying a shoulder bag or backpack by one strap can aggravate back problems, said Dr. Philip Greenman of Rehabilitation Services at the Michigan State U. Clinical Center.

The "one-sided loading phenomenon" has not been the sole cause of any problems he has treated, but Greenman said he suspects that carrying a heavy load on one shoulder contributes to some student cases of upper and lower back pain.

"Good, balanced posture is the ideal, and anything disrupting that can be symptom-producing," he said.

Pain related to one-sided loading usually occurs in junctional areas such as between the upper back and neck or the lower back and hip, he said. When a patient complains of pain in these areas, Greenman routinely advises them to stop carrying one-sided loads.

Dr. Lorraine Smith, Lansing chiropractor, said she has seen patients with severe back pain caused primarily by a heavy shoulder bag or briefcase.

"Daily over a long period of time, it could be chronic," she said.

Consistent lopsided carrying can pull cervical bones out of alignment, Smith said. This could cause headaches, muscle strain, numbness in the arm and possibly a permanent angle in the used shoulder.

Greenman and Smith agree the best way to avoid problems from backpacks is using both straps. "Students should use it bilaterally as it was designed to be," Greenman said. "They put four wheels on a car. You



JOE CEPEDA, DAILY FORTY-NINER, CAL STATE U. LONG BEACH

don't take two off to drive it."

If students carry a shoulder bag or refuse to violate backpack fashion standards, alternating shoulders would be helpful, the doctors said. Smith also suggested carrying as few

books as possible.

Executives at backpack producers JanSport Inc. and Eastern Canvas Products Inc. said they have never received any complaints about their products causing back problems.

Basketball player follows in father's high-scoring path

By Douglas Ayers
 ■ The Purdue Exponent
 Purdue U.

Purdue U. freshman Rich Mount has some big shoes to fill, playing in the shadow of his father, former Boiler super-scorer Rick Mount.

Rich's basketball roots run back to the high school where both his father and grandfather played. His father earned honors as the top scorer in Lebanon High history with 2,595 points during his career, and he placed third on the Indiana all-time scoring list.

Rich followed in his father's path by becoming the second-leading scorer in Lebanon history with 2,139, placing ninth on the Hoosier all-time scoring list.

Rick went on to sit atop the all-time scoring list at Purdue, in addition to achieving All-American status twice in his college career.

While the final page has been closed in Rick's basketball career, Rich's is just beginning.

"It's great playing in my father's shadow, and it doesn't bother me at all," said the 6-foot-3-inch guard. "You can compare us in some ways but not always, since the style of play has just changed so much. It was great growing up with that, but I say, 'Hey, I'm going to play my own game, and I'm not going to worry about what my dad did.'"

Purdue Coach Gene Keady said, "I think Rich has handled the situation well, and I've tried to be conscious of the fact that he's not Rick Mount, and we've never ever thought that or wanted to think that. People just have to realize that he's going to be his own man and not compare him because that's not fair."

While Rich might play a style of bas-
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SPIRIT BRIEFS

Indian mascot survives controversy . . . Chief Illiniwek will continue his half-time dance at U. of Illinois sporting events, despite a month of debate joined by students, alumni and two U.S. senators. Sen. Paul Simon signed a petition calling for the abolition of the school's mascot at a gathering of Native Americans in Chicago. That group and others protested the 63-year-old symbol, labeling it a discriminatory and inaccurate representation of Native Americans. However, UI Chancellor Morton Weir said the Indian will remain, and "inappropriate derivatives" of the symbol will be eliminated, including the letter "I" on the chief's face. ■ Ellen Larson, *The Daily Illini*, U. of Illinois

Who was that masked man? . . . Every Wednesday night at Bowling Green State U., six students don masks and costumes and post spirit signs around campus. The students comprise SICSIC, a secret society formed in 1947 by the university's president to promote school spirit. Gregg DeCrane, SICSIC adviser, said, "The purpose of the masks and anonymity is to lend a sort of mystique to the whole operation." Two students are selected at the end of



STEVE WARMOWSKI, THE DAILY ILLINI, U. OF ILLINOIS

The U. of Illinois' 63-year-old symbol, Chief Illiniwek, will remain despite a recent conflict.

their freshman year based on GPA and campus involvement, and they carry out their secret duties until the end of senior year, when identities are revealed. One member, identified as SICSIC No. 1, said, "It's incredibly difficult to make excuses why you go out at night. I usually use the excuse that I'm seeing a girl." ■ Jeremy S. Weber,

The BG News, Bowling Green State U.

A student toast . . . U. of Pennsylvania students recently won a conflict involving the tradition of "toasting" at football games. Since 1984, students have thrown toasted bread onto the field when the band plays the line, "Here's

a toast to dear old Penn." Last fall, however, security guards frisked students and confiscated toast. Assistant to the President William Epstein said there had been a miscommunication between the administration and the guards. "We intended to stop people from throwing frozen bagels," he said. Epstein said the administration supports the students' spirit. "The president is extremely fond of tradition. I think he would hate to see a tradition disrupted." ■ Bret Parker, *The Daily Pennsylvanian*, U. of Pennsylvania

Mascot chased with chain saw . . . Stanford U. sophomore Gil Blank is working to establish tradition at a school which students say has none. Their mascot, the Indian, was dissolved in the '60s after students protested over its racist overtones, and the mascot changed yearly until the band decided to adopt the 'Palo Alto' from the university shield, and the Stanford Tree was born. Blank plays the Tree at football games in a uniform he constructed out of two mattresses, green carpeting and felt. Although he says it's hard to ham it up in a 100-pound suit, Blank plays with the other mascots on the field. During one game, the Beavers of OSU chased him with a chain saw. ■ Matthew Spatz, *The Observer*, U. of Notre Dame