

Byte me Computer Casualties

Outta Site!

You've watched the Oscars and the Grammys, but have you seen the Webby? The first annual "Webby" awards for Cool Sites of the Year were announced in August. And the winner is...

• The Spot — <http://www.thespot.com> — This Web rip-off of MTV's Real World is cyber-fluff. Stop me if you've heard this: Five housemates share their "real" experience of living together in a California beach house. Novel concept, eh? But this group of the buff and beautiful connects with the outside world in diaries on the site.

Runner-up: David Siegel's Home Page — <http://www.dsiegel.com>

Other nominees:

• Crash Site —

<http://www.directnet.com/crash/indexHigh.html>

• Rockropolis —

<http://underground.net.Rockropolis>

• Mr. Showbiz —

<http://web3.starwave.com/showbiz>

IT IS NOT YET NOON, AND ALREADY STUDENTS ARE HOLED UP IN campus computer labs, slouching beneath fluorescent lights as they click through the World-Wide Web, post e-mail messages and pound out term papers.



Burn Your Blue Books

COLLEGE BOOKSTORES MAY SOON HAVE TO CUT THEIR LOSSES on blue book inventories, because computerized test-taking is quickly becoming a virtual reality.

That's right — within the next few years you may be taking graphically interfaced, computerized finals, and they won't be limited to technical fields. You could be taking your Shakespeare final or your Spanish midterm with a keyboard instead of a No. 2 pencil.

Drake Prometric, a Minnesota-based company, has already implemented electronic tests for pilots at aviation schools around the country and is working on tests for nontechnical college classes.

With electronic testing, professors will be able to develop in-depth questions, using advanced graphics, to make sure students really know their stuff. Questions can be designed using multiple choice, short answer or essays. The tests also boast an instant computerized answering system that computes your score immediately. That means no more angst-ridden waiting period before your grade shows up.

Jonathan Marut, a senior aviation technology major at Central Missouri State U., has already taken exams on computer. "It's



Who needs No. 2 pencils when you've got a keyboard?

a simple interface, easy to use, and you don't have to wait around for results," he says. But Marut still uses an older, analog interface known as "pen and paper" for making notes and calculations.

Still, some students are skeptical. "I think it creates another barrier between the student and the test," says Scott Kates, a senior at Syracuse U. Students would have to worry about not only the test, Kates explains, but also the computer itself.

What we want to know is: How long before they invent a virtual study program?

Debra D'Agostino, Syracuse U./Photo by Jason Millstein, U. of Arizona

But while their minds are expanding, their bodies could be deteriorating.

Computer-related injuries have tripled since 1984, according to the Bureau of Labor. Known as ergonomics disorders, these techno-injuries can become crippling.

Carpal tunnel syndrome and tendinitis can leave you with pain and numbness in your shoulders, arms, hands and fingers. Ouch! And if you ignore the symptoms, you may have to go under the knife to relieve the pain.

And that's not all. The computer you thought was your new best friend could end up being a real pain in the neck. And the back.

Karen Allen, the U. of Virginia's ergonomics task force chair, stresses prevention. Being armed with the proper equipment — a mouse pad with a wrist rest, an adjustable chair, an anti-glare screen — can help. But you need to use common sense, too. If you're finishing that last-minute term paper, stretch your muscles and drag your eyes away from the screen.

"There's a penalty to pay if you don't," says Chris Goodrum, a junior at Georgia Tech, who actually took a human interface course. "If you're on the computer for eight or nine hours at a time, you can get lower-back pain or wrist pain."

Remember when your grade school teacher scolded you for slouching? You should have listened. Sitting up straight, taking the keyboard off your lap and keeping the monitor an arm's distance away can prevent problems.

Even with awareness, students may not make the necessary equipment and posture changes until it's too late.

Larry Glasser, a junior at Northwestern U., says that although he occasionally has headaches, he doesn't think about the problems his frequent Internet use could cause.

"I figure if every time I turn off the computer I have a sore wrist or throbbing headache, then I'll do something about it."

Courtney Cairns, Penn State U./Illustration by Rob Lilly, American Animation Institute, Calif.

Reebok

The Reebok Blue Ridge Shoe is available at the following locations:

NORTHEAST

MA, NH, NY, NJ, CT, VT, ME, PA, RI, DE

Sneaker Stadium	Bob's Stores
Herman's Sporting Goods	Dick's Sporting Goods
Olympia Sports	Kings & Queens
Head to Toe	Sportswear
On the Move	Street Gear

SOUTHEAST

GA, FL, AL, AR, LA, MS

A Sports	Planet Reebok
Lloyd Clark	The Sport Shoe
Hibbett Sporting Goods	just for feet
Tampa Sports	Jacksonville Sports
FL Lauderdale Sports	Boca Sports
Orlando Sports	Martin's
Craig Sports	Athletic Attic
Kurt Sports	Champs, Panama City
Planet Sports	Ron Joris
Gulf Surf N Sport	Bek

MIDATLANTIC

KY, TN, NC, SC, VA, WV, MD, WA, D.C., Bermuda

Bek/Leggett	Glen Sporting Goods
Sports Mart	Tops & Bottoms
Athletes Foot	Dennison Hunt
Hecht's	Sporting Goods
Houser Shoe	Peabody's
J's Shoes	R&M
Easley Sporting Goods	

MIDWEST

ND, SD, MN, WI, KS, IA, IL, IN, OH, MI, MO, NE

Brendamour's	Dunham's
Koenig's	RJ Spikes
MC Sports	All About Sports
just for feet	Athletic Fitters
Chernin's	Rusty's Sporting Goods
Eby's Sporting Goods	Base Pro Shop
Lawlor's Sporting Goods	

NORTHWEST

Mo. CA, No. NV, UT, CO, OR, ID, WY, WA, MT

Copeland's Sports	Fred Meyer
Track N'Trail	Emporium
GI Joes	Bob Wards & Sons
The Hub	Tri State Outfitters
Big Bear Sport Center	Jerry's
Athletes Corner	World of Shoes
San Francisco Sports	Sports USA
Feet First	San Jose Sports Shoe
Scheels	Tri City Sporting Goods
Tower Shoes	Sports Shack
Brown Brothers	

SOUTHWEST

So. CA, So. NV, AZ, NM, TX, OK, HI

Baskins	Athletic Supply
Rooster Andrews	Foley's
Shoemaker's Inn	Popular Dry Goods
Sports Connection	Shoe City
Jeans Pacific, Inc.	Hi Sports
Inglewood Sports Center	Footmart
Western Sports Outlet	Rainbow Shoes
Arizona Department Stores	Cal Stores
Grand Sports	Langston
Jerry Lenz	McAllen Sports