

Work with the student press...

Eight college and university newspapers in the Atlantic provinces require a regional staffperson in the 81/82 academic year.

Applicants must have experience reporting on student-related issues, be familiar with newspaper production and development and must be able to type. The position involves frequent travel to member newspapers. An understanding of the structure and principles of Canadian University Press is an asset.

The staffperson will work with regional student newspapers by assisting with newswriting, production and business operations. Seminars and workshops are involved.

Job term runs from August 25, 1981 to mid April 1982. Salary range: \$800/month with cost of living allowances quarterly. Screenings will take place at Acadia University, Wolfville, N.S. on February 15.

Applications and enquiries may be directed to:

Atlantic Region Canadian University Press
Student Union Building
Dalhousie University
Halifax, N.S. B3H 4J2

Deadline is February 12, 1981

GINGER'S TAVERN 1268 HOLLIS ST., HALIFAX



FINE FOOD
NIGHTLY ENTERTAINMENT
SATURDAY AFTERNOON BLUE GRASS
OPEN MIKE TUESDAY NIGHTS

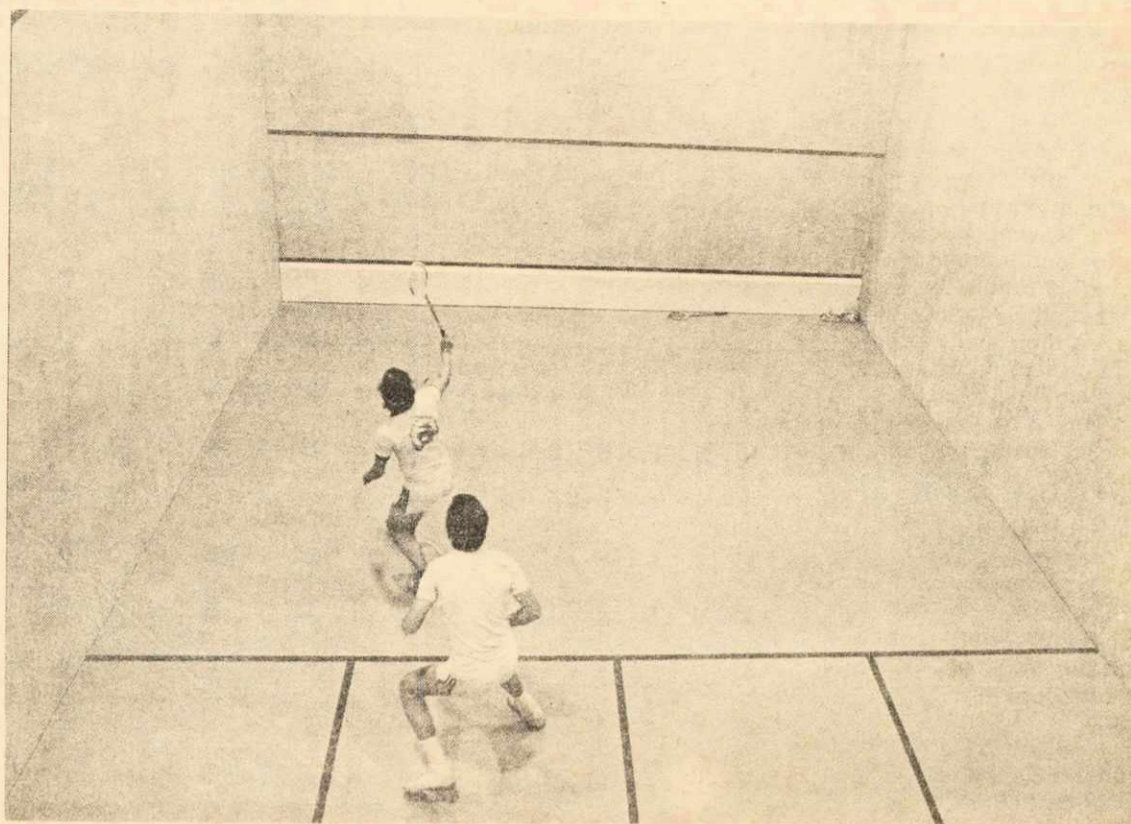
APPEARING NIGHTLY
Ron MacEachern
Events Coming

STARTING MARCH 21
ROCK 'N ROLL
SATURDAY AFTERNOONS
NO COVER

April 20, 23, 25
"Night on the Town"
Atlantic Symphony Orchestra
Players Association

proceeds to
1981 Symphony Fund Raising Drive

SPORTS



Keep the ball off your eye Eye injuries increasing

by Andrew Lynk

Every week in Canada, at least two racquetball or squash players will suffer an eye injury as the result of being hit with a ball, or more seriously, a raquet, while playing their sport. As a matter of fact, there are several Haligonians walking around today who are either blind or suffer reduced vision in one eye as the result of a court injury. Two Toronto eye surgeons, Drs. Tom Pashby and Michael Easterbrook, have studied eye injuries in raquetsports for several years, and have come up with many important conclusions from their surveys of injured players.

To begin with, they found that experienced players are just as likely to be hit as beginners (they may have more ball control than the novices, but they also tend to be more aggressive and crowd their opponents for position). Secondly, and most important, they found that more than a third of 90 in one survey, and one half of 38 players in a second study, were actually wearing eye protectors when injured, but these were the open-type, rimmed eyeguards. Almost all of these players remembered the ball coming right through the space in the frame. Dr. Easterbrook has shown that the spaces in front of the eyes in these eyeguards can admit both a squash ball and a raquetball. "Raquetballs", he explains, "can achieve speeds up to 140 mph. and squash balls travel as fast as 110 mph. At these speeds, the ball changes shape from round to oval, permitting them to pass through the upper and lower rims of the eyeguard and strike the eye directly."

The most common injury resulting from a ball hitting

the eye is called a hyphema, which is a bruising of the eyeball causing blood to collect in the space in front of the iris (the colored part of the eye). If there are no complications, a hyphema victim will likely heal without lasting damage. If, however, the injury persists and bleeds, a partial loss of sight is possible. Other injuries include cuts to the eyelids and eyeball itself, the latter serving as a potential threat to vision. It is noteworthy that half of these eye injuries are serious enough to warrant hospitalization for several days. It should also be noted that contact lenses are valueless for protective purposes, for they transmit the impact directly to the eye. For those players who wear their every day eyeglasses on the courts, eye doctors have some real horror stories to tell about eyeglasses shattering and having to be surgically extracted from the eyeball.

Okay, so much for the lecture in pathology, now what about preventative medicine. Exactly what constitutes a safe pair of eyeguards? Dr. Easterbrook lists the four criteria you should look for:

- 1) Your eyes should be **completely** covered with high impact plastic.
- 2) The lenses should have a center thickness of at least 3 mm.
- 3) The frame should also be made of tough plastic and extend around your head in one piece (from temple to temple, connected in back by an elastic strap), preferable without hinges if possible.
- 4) The entire affair should be adequately ventilated to prevent fogging.

These qualities can be found in at least two eye-

guards now being sold in Canada: **Sport-Spec**, and the Canadian made **Saf-T-Gard**. Both feature lenses made of a tough CR-39 plastic or ultra tough polycarbonate plastic, which can be ground to specification for those who normally wear eyeglasses. Polycarbonate will resist a lead bullet fired from eight inches away.

Two other keys to prevention concern court manners and warm-ups. Several of the serious eye injuries are caused by a shot fired in anger or frustration after the opponent has lost a point. Don't hesitate to inform your opponent that you disapprove of this un-sportsmanlike behavior on no uncertain terms. Secondly, several warm-up injuries have occurred when more than one ball was in play on the same court.

No doubt, there are a few diehard gamblers left who still intend to continue playing without eyeguards, either because they feel the guards interfere with their game or restrict their vision. To you people, let me say this: granted, it takes a few games to get used to wearing the eyeguards, but after that, you won't even know that you have them on. Secondly, I have found that by wearing eyeguards, my raquetball game has improved, because I have the confidence to watch the ball at all times, a strategic key to winning games.

Remember, Dalplex lends out eyeguards free of charge from the equipment room, upon presentation of your ID card. These are, however, the open-type, rimmed eyeguards, which, as I've said, are **not** totally safe. Dalplex officials will, hopefully change this situation.