

Give your back a break

It's a good thing most of us are young when we go to college; otherwise our bodies couldn't stand the abuse.

Take your back, for example. Everything you do subjects your back to strain and stress--running from one class to another with tons of books in your arms, biking while carrying heavy backpacks and slouching over homework for hours.

No wonder by the time young people are in their late 20s, they join up to 8] percent of the population who suffer from back pain.

Everyone knows the benefit of good posture as we stand or sit, but better posture during the night also can be a big factor in preventing back aches, says Arthur Grehan, executive director of the American Innerspring Manufacturers, an association concerned with back pain prevention.

Better posture is achieved not so much by how you sleep, but on what you sleep.

"Research has shown that the best type of bed for the back is one that maintains the spine in its normal erect position while lying in a supine position," Crehan says.

In other words, while you are lying down, your spine should have a slight "S-curve" to it, just enough that you can slide your hand in the space between your lower back and mattress. Too much

space indicates your mattress is too firm. Not enough space means your mattress is too soft.

A too-soft mattress offers no support for the spine. In a recent survey of orthopedic surgeons, a firm innerspring mattress and box spring set was also judged the best for their back and overall health by 93 percent of college students in a nationwide poll conducted by Research & Forecasts, Inc. of New York.

Other tips you can follow to keep your back and body healthy are:

*Stand tall. Good posture is neither a relaxed, slumped-shoulder stance nor a military, shoulders-back stance. If you stand as tall as you can, the whole weight of your body will be straight up-and-down and squarely centered over your feet.

*Don't sit for long periods at a time. The cramped position you assume working at a computer terminal or hunched over books is very taxing on your body. Take short breaks and stretch. Also, as you sit, try resting your feet on a book or two. If your knees are higher than your hips, some of the stress is taken off the back.

*Always stretch and warm up before exercising. Stretching exercises will help keep the body flexible and increase your range-of-motion.



SIGMA CHI held a car wash to benefit the muscular dystrophy association recently at a local gas station photo by steve spatatore

Student job opportunities

The Student Employment Office (or "The Job Place," as many people on campus like to refer to it) is a part of Student Financial Services. You can look to this office for help in finding a job which will provide you with valuable work experience and a convenient way to pay for your college expenses.

Because the Student Employment Office receives job announcements from various employers, many different types of jobs are offered. The positions fall into seven general categories: clerical, business/professional, retail, restaurant, sales, education, and delivery. And, of course, a miscellaneous category for all those exciting jobs that don't quite fit anywhere else.

You may choose a job related to your academic major and career goals or you may decide to choose one just for fun. Most of the jobs listed with Student Employment are part-time. An average rate of pay is \$4.00. ment positions, the only requirement is that you currently be registered as either a part-time or full-time student at UNLV. Student Employment is located in room 345 on the third floor of the Flora Dungan Human Resources Building. The Employment Office may be contacted by calling 739-3446.

For most student employment positions, the only requirement is that you currently be registered as either a part-time or full-time student at UNLV. Student Employment is located in room 345 on the third floor of the Flora Dungan Human Resources Building. The Employment Office may be contacted by calling 739-3446.

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Some meetings are scheduled weekly or bi-weekly
 Please call the center for information at 736-0887
 4766 Brussels Road, near the new dorms