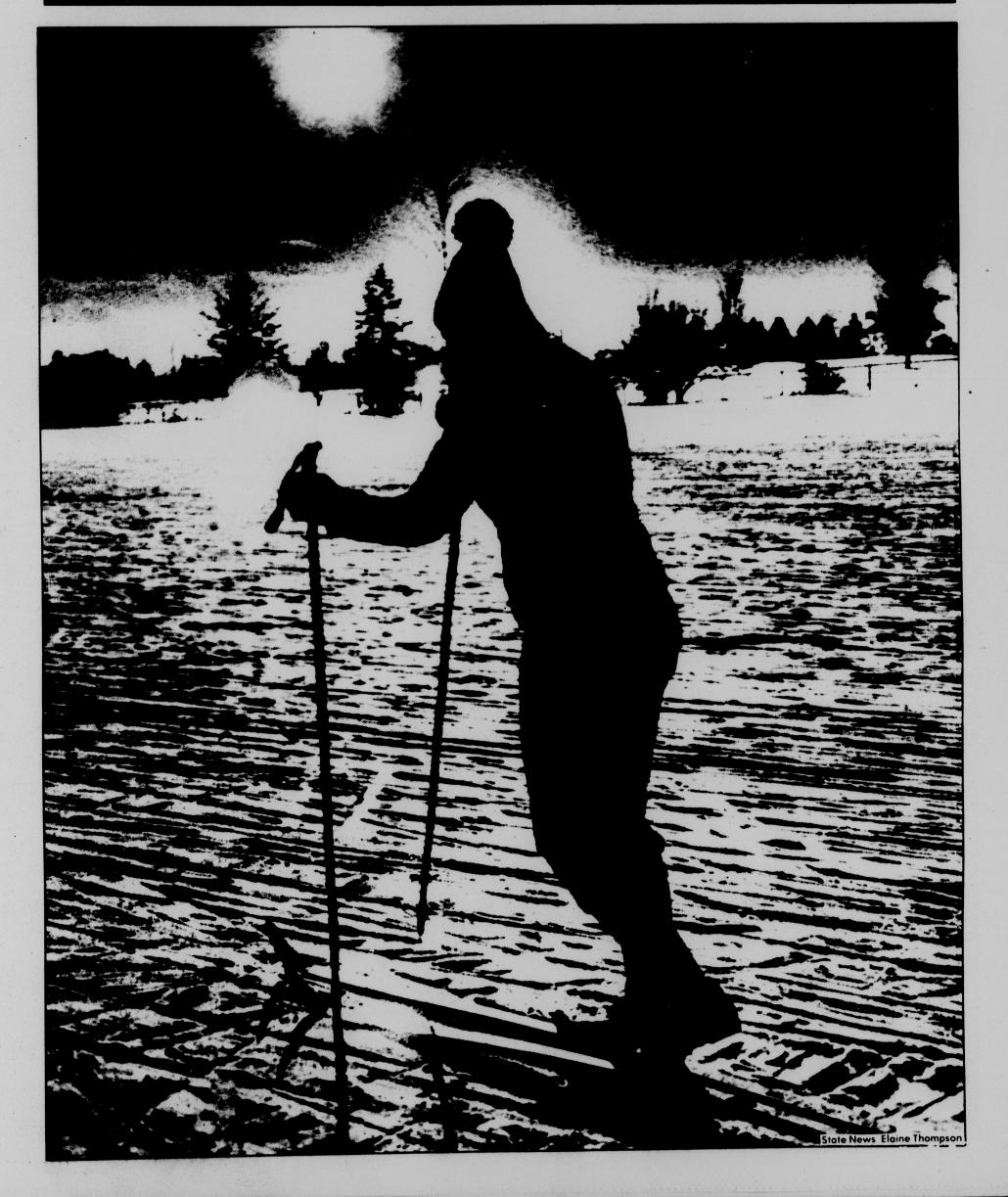
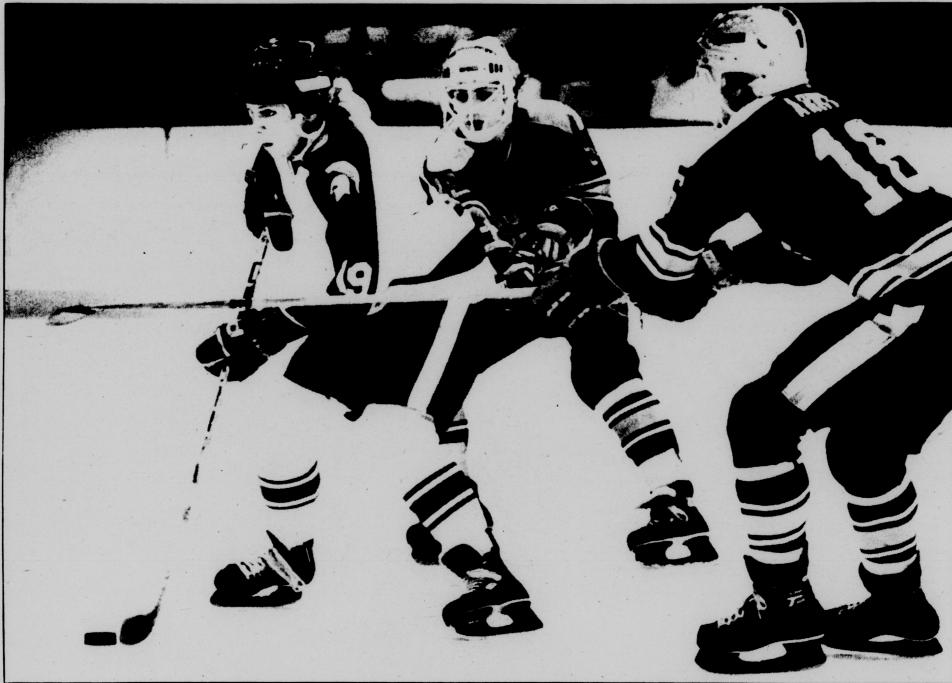


# SUPPLEMENT TO THE STATE. SUPPLEMENT TO THE STATE. SUPPLEMENT TO THE STATE. SUPPLEMENT TO THE STATE.





The MSU hockey team's leading scorer this season has been junior Leo Lynett.

State News Richard Marshall

#### WINTERFEST, MERIDIAN CLASSIC

# Races highlight cross country ski season

By DAVE VARGA State News Sports Writer As long as there is enough several tournaments.

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snow, area cross country skiers will be able to compete in

From the Meridian Classic in Okemos, to the Lansing Winterfest, competition in cross country skiing dominates

> The intramural department has scheduled a cross country skiing clinic from 11 a.m. to 1

the Lansing area.

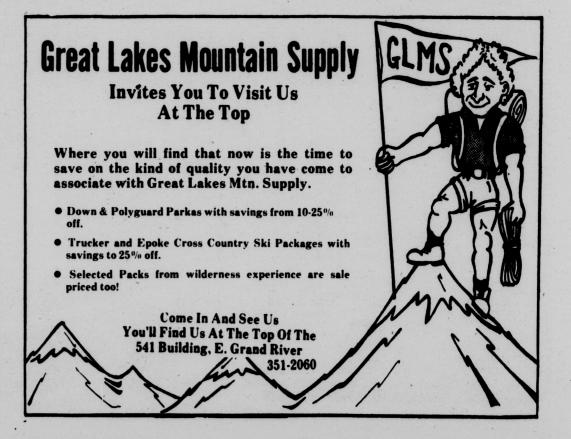
p.m. Sunday in addition to sponsoring open skiing for a nominal price from noon to 5 p.m. Sundays through Fridays and 10 a.m. to 4 p.m. Saturdays.

"Subsequent clinics will depend on interest expressed in this first clinic," said Lawrence Sierra, associate director of Sports and Recreation Services.

THE CLINICS AND the open skiing will take place at the Forest Akers West Golf (continued on page 3)



Hours
Sun.-Thur. 11a.m.-10p.m
Fri.-Sat. 11a.m.-3a.m.





#### **GERRY SKOCZYLAS**

# IM schedules new spring line-up

The Director of MSU Intramural Sports Programs, Rusty Pipes, wishes to announce that the following sports have been added to the I.M. schedule beginning spring term:

• U.N. Flag-Football — this new sport is played the same way as the regular flag-football game with a few minor exceptions. In this one, students playing with Israeli flags may only be tackled by students wearing flags from Arab countries. Students with Russian flags, however, may tackle anyone. (U.S. flag carrying-students will act as referees.)

• Imitation Basketball — This new sport is played with the same principles of I.M. basketball except that no balls or baskets are used to cut down on expenses. Instead, students will pretend to shoot and pass a "ball" and rely on their honesty to determine if the shot would have been good or not. Judging from the current "honesty" of players at the I.M., this game should be loads of fun.

• Nitro Volleyball — In order to spice up the game, a couple of gallons of nitro-glycerine are pumped into the volleyballs, which, of course, guarantees much longer volleys. Spikes are quite rare, but they're supposed to be real killers! (This sport is very popular in Iran, where it originated.)

• Water Polio — Held in the Red Sewer River, students swim around in the filth until they catch their favorite communicable disease. Co-ed team competition was held until officials found that students were getting the diseases from each other instead of the water. National I.M. competition is held at the University of Cleveland's "Lake Eerie" pool.

• Razor Blade Frisbee — Ordinary "frisbee" becomes a life and death matter as Gillette double-edged razors are strapped all around the circumference of the disc. Students are given gloves to protect their hands, but points are scored by nipping off your opponenets nose, ears, or other

appendages of their bodies. "Between-the-leg" catches are discouraged because a hapless MSU senior named Dean Gibbons recently received an unsolicited vasectomy trying such a catch.

• Keg Rolling — This sport originated during the Great Blizzard of '78 when students were forced to roll beer kegs to their residence halls and apartments because of the snow. Under I.M. rules, "teams" would compete against each other in rolling a beer keg across campus for the best times. Losers buy and winners drink. The administration may ban this sport, however, because they feel that students should only drink when they're older Bud Wiser.

• Tongue Wrestling — Generally a co-ed sport, this event will probably be the most

popular of the new I.M. sports. Playoffs are held at Im-Morrill Hall and the best competitors will go to Sweden to be spit-Exchange students. Lash Larrowe will officiate. (For French majors only!)

• 'Shroom Hockey — Suggested for chemistry majors only, students play under the influence of their favorite mushroom derivative. There is very little scoring, but the students don't seem to notice and the amazing thing about this hockey game is that it is played on the Red Cedar when it isn't even frozen!

• Zoo Golf — In this sport, students go to Lansing's Potter Park Zoo and shoot "birdies" and "eagles" with their nineirons. This is a silly sport because every time you club a "birdie," somebody will cry "fowl!"

#### Cross country skiing

(continued from page 2)

Course. The IM department also sponsors ski parties for residence halls and other campus groups.

The Lansing Winterfest, to be held primarily at the Royal Scot Golf Course Friday and Saturday, will include dogsled races, sleigh rides, skating exhibitions, ice fishing, curling and snow sculptures, along with cross country ski races.

"We need five or six inches of snow for the dogsled races and must make an early determination because people are coming in from so far," said Steve Widder, assistant superintendent of recreation in Lansing.

The cross country race will feature classes of competition for all ages, with race lengths varying with each class.

Sponsors for the Winterfest are the Lansing Parks and Recreation Department, The State Journal and the Royal Scot Golf Course.

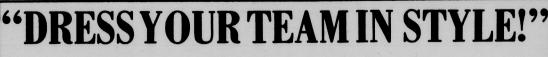
LOOKING AHEAD TO February, the Meridian Classic will be held Feb. 2 adjacent to Meridian Mall in Okemos.

"We have full intentions of running it, but the event will be canceled on the day before, if there is no snow," explained Bob Useman of the Freestyle Shop, one of the sponsors of the

This cross country ski race will feature categories for blind skiers, an open class and an adult-child relay. Numerous awards will be given, including Olympic-size medallions to the top three finishers in each event.

Michigan Ski for Light, also one of the race sponsors, has asked for helpers and guides to assist the blind skiers. Other sponsors are the Red Cedar Hills Swimming Club and The Town Courier Newspapers.

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#### STRESS FRACTURE

# inners face trouble

By CHERYL FISH

MSU junior Bob West was on his daily run when he felt a sharp pain below his knee. It was painful but he tried to ignore it.

He ran the next day despite the injury, a decision that turned out to be a big mistake. Soon West had a swollen calf and could not run at all; it was even painful to walk.

A doctor X-rayed his leg, said it was shin splints, ta muscle strain near the shin bone) and told West to strengthen his leg by lifting ankle weights.

Three months later, West was still ailing and a second X-ray revealed he did not have shin splints. What he actually had was one of the most common ailments of running a stress fracture - or microscopic crack of the lower leg bone (tibia).

TO MAKE MATTERS worse, the physician had said too soon that West could run again, and, as a result, the injury took about 18 months to heal.

The average stress fracture heals in six weeks to six months, making West's case unusual, Dr. Thomas S. Harle, a specialist in radiology at MSU, said. But these injuries are seldom revealed by X-rays until two to three weeks after they occur, often making proper diagnosis difficult.

Harle recommends that a nuclear bone scan be taken in suspected stress fracture cases. Inflammation shows up as hot spots on the scan and can be identified immediately. Bone scans, however, cost \$75 to \$100, much more than the \$20 to \$25 cost of a regular X-ray.

While the stress fracture is

healing, the runner should not continue his sport, however distraught he may be at the thought of giving it up for an extended period. Continuing running when pain occurs is what causes stress fractures to develop in the first place, said Dr. Douglas B. McKeag, an MSU specialist in athletic medicine.

to stop," said Dr. Michael Austin, an East Lansing orthopedic surgeon and runner who had a stress fracture. The only other activities permitted besides walking are biking and swimming, which don't aggravate the bone. Austin said runners will gripe, but eventually realize they must help themselves and stop running.

Primarily a runner's afflic-

tion, stress fractures develop in

other people as well. Back-

In their zeal for running, people often ignore common sense. They don't listen to their bodies.

He said beginning or veteran runners who experience a sudden surge or change in running habits are prone to stress fractures.

THE FIRST SENSATION is pain in the affected area.

"It usually begins as a muscle or tendon strain - common problems for runners. The body can't always take the pounding," he said.

If the person lets up, the strain will heal and he can gradually pick up where he left off, slowly increasing distance.

"If he doesn't let up," McKeag said, "he develops a stress fracture."

In their zeal for running, McKeag said, people often ignore common sense. "They don't listen to their bodies."

Even those with diagnosed stress fractures may insist on running.

"It's a psychological letdown

packers get them in the first rib, pregnant women in the pelvis, gymnasts and basketball players in the metatarsals (feet bones), heal and knee caps. They are also caused by increased physical activity.

McKEAG SAID STRESS fractures, particularly in runners, are just beginning to be recognized as common problems. Harle said very little research has been done on the subject, but that doctors are finding some runners don't heal as fast or as well as expected.

"We're trying to study why there are variations in those who follow the rules," he said. Stress fractures often take longer to heal than acute fractures or breaks, Harle added. He would like to see more research in the area.

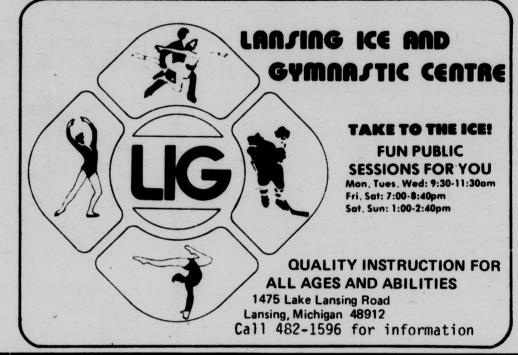
Austin said some people can't sustain high levels of running. but he did not know why. For others, good shoes and a soft surface are important. "Increasing speed slowly is the best thing," he said.

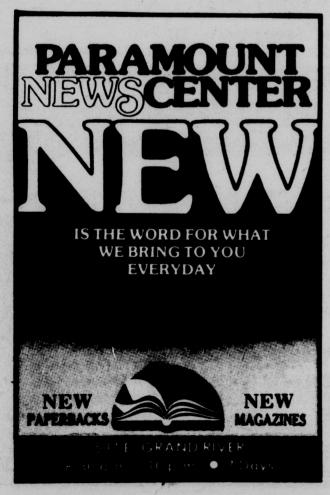
Further research on bone metabolism will increase knowledge of stress fractures, Austin added.

McKeag believes stress fractures happen more often in overweight or muscular runners. "The muscles contract and put more pressure on the bone," he said, but it has not yet been proven.

Once stress fractures occur, there is always the chance they will return.

"I worry about it," West said as he prepared to run, "you wonder if you are safe just because you feel good."







# Austria lures MSU Ski Club

#### By JIM MITZELFELD State News Sports Writer

Does the thought of skiing in Austria over spring break sound at all appetizing?

Can you see yourself skiing down the famous "Hahnekamm," the world's most reknown downhill course, that has made the likes of Franz Klammer and Jean-Claude Killy writhe in its presence?

This year the MSU Ski Club, "MOOSUSKI," is planning a ski trip to Kitzbuhel, Austria, for as low as \$698.

If you're a skier this could be your chance to make some fantasies come true. Even if you just like Austrian beer, this could be your ticket to an exciting, if not culturally enriching, time.

THIS IS ONE of the many ski trips that MOOSUSKI has planned for its members. But if you prefer to ski this side of the Atlantic, the club also has trips to both Lake Tahoe and Aspen for under \$500.

Perhaps the thought of skiing and a 3,000-foot mountain sends thoughts of ambulance rides and crutches scrambling through your head. In that case MOOSUSKI's trip to Cannonsburg, Mich., next Wednesday night might be more your style.

Cannonsburg, near Grand Rapids, will be the sight of the club's first "Club Night." For \$16 members will get transportation to the area, a lift ticket, group lesson, and dinner as well as an evening of fun

as an evening of fun.

To attend these trips one has to belong to MOOSUSKI. The cost of membership is \$12 for single skiers, \$17 for couples and \$22 for families. Although most of the club's 400 members are students or employees of MSU, that is not a condition for

ioining

Club President Rhonda Follrath insists that members enjoy a lot more than trips.

"We get lots of discounts all over Michigan at both ski areas and sporting goods shops," she said.

MOOSUSKI WILL HOLD its annual Ski Swap and Sale Jan. 21 through 24 in Demonstration

Follrath said a similar sale in November went well.

"Both Sportsmeister and the Freestyle Shop were selling some of their stuff for 50 percent off," she said. "I was able to pick up a pair of brand new Nordica boots for only \$24."

The Ski Swap is open to the public to both buy and sell. There will be a 6 percent commission charge to members and 15 percent charge to non-

members. So if the old boards are getting a bit ragged and you would like to pick up some new or at least better equipment at a good price, the Ski Swap and Sale might be for you.

Along with the trips, ski sales and special discounts, the club holds its meetings, which usually feature door prizes and guest speakers.

"IT'S REALLY A good place to get to know other skiers. I met the girl I'm rooming with right now on a trip I went on last year," said Follrath.

Club vice president Bob Mil-

ler said he had a great time on last year's trip to Austria, insisting the night life there rivaled the fantastic skiing.

Miller said that the skiing in Europe was interesting because he got to meet people from all over the place.

This year's 11th annual trip to Austria will run March 14 through 22, giving skiers seven days to ski the Alps.

Anyone interested in the Austria trip or any of the other MSU club events can call the 24-hour phone number 353-5199 or stop by the club's office in the IM Sports-West.

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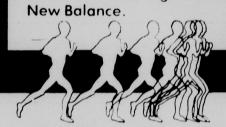
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#### GERRY SKOCZYLAS

# Earvin's most magical moment

EDITOR'S NOTE: just before the return of Earvin Johnson to Michigan and the Pontiac Silverdome [recently], some of "the gang" here on the sports desk was reminiscing on the highlights of the Magic Man's career at MSU.

Even though the NCAA playoffs earned Earvin a national reputation and his lucrative pro contract, many of us felt that his finest moments as a Spartan might have been during last year's home Ohio State University game.

The Buckeyes were undefeated going into the game while the Spartans were 4-4.

Although MSU took an early lead, Earvin got hurt and had to leave the game just before halftime.

The Magic Man, however, came limping back late in the game to engineer a thrilling 84-79 overtime victory and the rest, as they say, is history.

Therefore, we commissioned our resident poet-laur-idiot, Gerry Skoczylas, to write a piece on the game, and the following poem is the result.

Skoczylas wishes to apologize to Ernest Lawrence Thayer, author of "Casey at the Bat," from whom he has obviously borrowed the rhyme for his little-known poem:

#### "EARVIN AT THE LINE"

The buckets weren't coming for the Spartan five that half,

Ohio State was gunning - the game would be a laugh!

So, when Kelser missed his layup and Donnelly had but one point, a mood of deep depression could be felt throughout Dooley's joint.

Now, some of Dooley's TV fans were heading out the door, but all of the loyalists stayed, hoping that State could even up the score.

They said: "If only 'Magic' had a chance to shoot the ball, then we'd have a shot to win the game — Williams, Ramsey and all!"

Then suddenly their eyes lit up; a cry rose from a front row turkey. It echoes off Lash Larrowe, it rattled off of Berkey

It rumbled through the Dooley's crowd where now they're drinking wine, for Earvin "Magic" Johnson was advancing to the line!

The strings on his sneakers were rubies from afar, on one foot was adidas, the others a Converse All-Star.

Magic, of course, was smiling, while Coach Jud wiped his brow. The Jenison crowd was screaming, because Earvin certainly knew how.

There was ease in Magic's manner as he calmly faced the net, his hands were steady as a rock, his palms were free of sweat.

The Dooley's crowed, now revived, together had one plot: to place the C-Note they had left, on Magic and his shot!

"A 'one-and-one,' " he murmured, as he looked up to the sky, and a hush went round the gymnasium, as he raised his arms on high.

The cool is drained from Magic's face, his eyes are tense and keen, all around his sweaty brow, deep furrows can be

And now he firmly holds the ball, and now he lets it go. And now the air is hattered, by the force of Magic's throw!

Now, somewhere in the Big Ten there are some unhappy spots, where full-court presses are being broken, and one guy hogs all the shots.

And somewhere championships are being lost, while losers weep and pout, but now they're going wild at Dooley's — for Mighty Earv' has sunk his shot.

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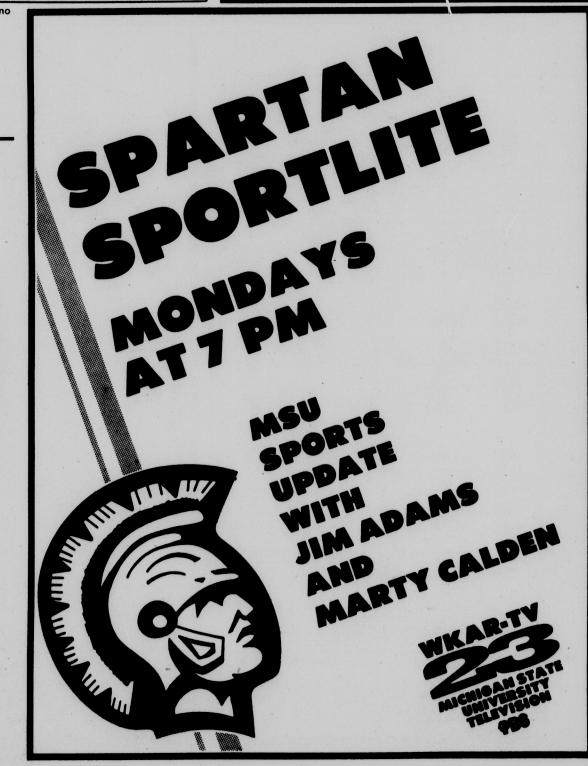


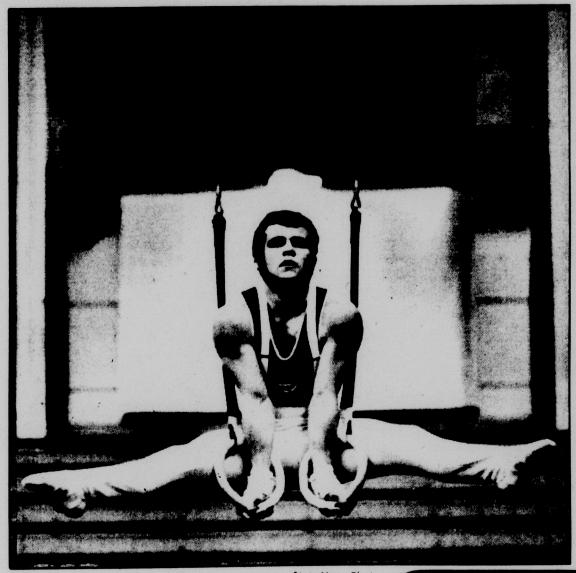
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State News/Mark A. Deremo

Skiers learn how to fly too.









Tom Morris, who has been hampered with a sore shoulder lately, displays his form on the rings.



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# Boxing contest to select area 'toughman'

**By DEBORAH ANN KRAUS** 

Amateur boxers will have a chance to compete for \$3,000 in prize money in the "Toughman" amateur boxing contest Jan. 25 and 26.

The contest, sponsored by Ardore Ltd. of Bay City and R&P Productions of Lansing, is open to heavyweight amateurs only and is the first in the Lansing area.

Contestants will fight three, two-minute rounds by standard

before," said Dean Oswald, announcer and one of the promoters of the event sanctioned by the Michigan Athletic Board of Control.

THE TOURNAMENT'S AD-VERTISING calls for, among others, "bar bouncers, bar brawlers, construction workers, lumberjacks, truck drivers, policemen and college stu-

The winner will be awarded \$2,500 and the runner-up will receive \$500, but their careers' as "toughmen" will have just

begun.

The top two will be invited to participate in the second Annual U.S. and Canadian "Toughman Championship" in the Pontiac Silverdome on Oct. 17 and 18. In this competition, which will be televised by NBC. area champs from across the county and most of Canada will compete for \$50,000 in first prize money.

Of the 23 entrants in the Lansing area event, two are East Lansing residents.

Paul E. Lloyd, 26, of 251

River St., is a Pinkerton Guard who sparred when he was in the U.S. Coast Guard. Lloyd stands 6-foot-4 and weighs 210

Morris Conerly, 32, of 601 E. Grand River, is a writer and more experienced than many of the potential "toughmen," having fought in both the Marine Corps and the Golden Gloves.

STILL, AT 5-FOOT-9 and the minimum weight of 175 pounds. Conerly admits he'll be at a disadvantage.

"My friends give me a lot of encouragement," he said. "They tell me to name them in my will."

WVIC radio disc jockey Jim St. John will be the celebrity announcer at the tournament.

"You'll never have more fun in your life. Anyone who comes Friday will be back Saturday. said Paul Rosenbaum of R&P Productions.

Tickets are \$20 ringside and \$8 general admission at the Lansing Civic Center Box Of-



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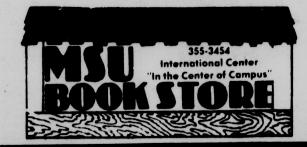


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# Learn to cheer for Spartans

By WILL KOWALSKI State News Sports Writer

So you have always wanted to be a cheerleader, but figured you would never have a chance because you didn't know how to do all of those acrobatic stunts and lacked experience.

Well, for all of you who would like a shot at cheering on the Spartans, there will be a clinic beginning Saturday, Jan. 26, and it's free.

Sponsored by the MSU Department of Athletics, the cheerleading clinic was conceived by Joe Kearney, former MSU athletic director, last spring when he noticed how few students tried out for the 1979-80 squad.

So, in order to promote more student interest, Kearney and Clarence Underwood, MSU's assistant director of academic affairs for intercollegiate athletics, have put together a six-week course to teach any and all students the basic stunts and gymnastic skills required of Spartan cheerleaders.

UNDERWOOD EX-PLAINED THAT on the West Coast college cheerleaders rely mostly on dance routines and very little gymnastics. But here, especially in the Big Ten, universities lean more towards acrobatic performances on the football field and basketball

"This is the first time we've used this approach, and what we want to accomplish is to get more students coming out in the spring for the final cheerleading picks," Underwood said.

Instructors for the clinic will be current MSU cheerleaders, and again there is no charge.

The classes begin Jan. 26 and run every Saturday morning from 8 to 10 a.m. through

February and again on March 1.

The only requirements are persons must apply in 303 Jenison Fieldhouse by Jan. 25, carry at least 12 credits this

term, and provide a copy of your last term's grades and a statement of medical insurance when signing-up.

The MSU cheerleaders were

the No. 1 squad in the nation last year, so's here's your chance to be a member of that championship team as well.

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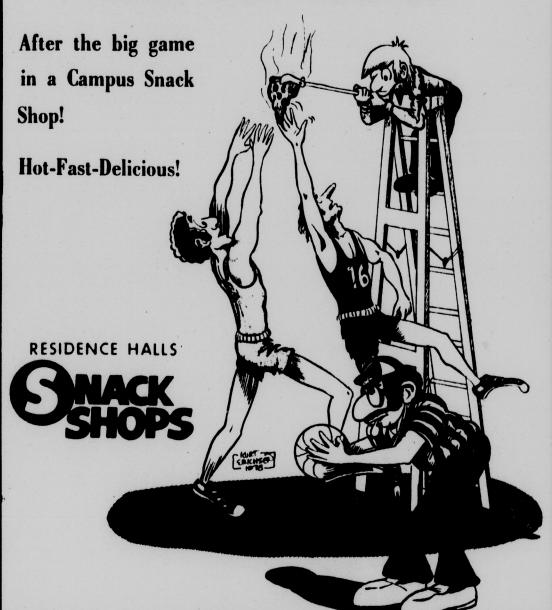
Single \$12.00 Couple \$17.00 Family \$22.00

SKI SWAP! Don't Miss Our Annual Ski Swap and Sale: Monday, Jan. 21st thru Thurs., Jan. 24th. 1:00 p.m. to 7:00 p.m. Daily . . . Dem Hall (Located Between the IM West Bldg. & Jenison Fieldhouse) . . . Open To The Public . . . 6% Club Commission Charge to Members, 15% to General Public . . . Equipment May Be Delivered to Ski Club Office on Thurs. or Fri., Jan. 17-18th or anytime during Sale. Large Selection of New Boots, Clothing. Cross Country Equip.

ALL THIS WARM WEATHER WE'VE BEEN HAVING HAS THROWN OFF HIS SEASONAL CALENDAR!



### **JUMP FOR A PIZZA!**





#### **ADIDAS**

**Basketball Shoes** 

	Low Cut	
ADIDAS Hi Point	20.00	
ADIDAS Americana	31.00	
ADIDAS Abdul Jabbar	34.00	37.00
ADIDAS Superstar 'Standard of Excellence'	44.00	
ADIDAS Pro Model		49.00
ADIDAS Top Ten (New	)	56.00

# For the Winners of Winter

#### NIKE

**Basketball Shoes** 

		Low Cut	Ні Тор
NIKE	Bruin (canvas)	19.95	21.95
NIKE	Bruin (Leather)	32.95	
NIKE	Blazer (Leather)	37.95	37.95
NIKE	Franchise	37.95	41.95

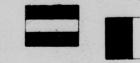
The Athlete's Shop 233 E. Grand River Ave.













#### 1980 MSU HOCKEY

Jan.	19	(Sat.)	Michigan Tech	HOME	2:00 pm
Jan.	25	(Fri.)	Wisconsin	Away	8:30 pm
Jan.	26	(Sat.)	Wisconsin	Away	8:30 pm
Feb.	1	(Fri.)	Minnesota	HOME	7:25 pm
Feb.	2	(Sat.)	Minnesota	HOME	3:00 pm
Feb.	8	(Fri.)	Polish Olympic Team	HOME	7:25 pm
Feb.	15	(Fri.)	Denver .	HOME	7:25 pm
Feb.	16	(Sat.)	Denver	HOME	3:00 pm
Feb.	22	(Fri.)	Notre Dame	HOME	7:25 pm
Feb.	23	(Sat.)	Notre Dame	HOME	7:25 pm
Mar.	1	(Sat.)	Michigan	HOME	7:25 pm
Mar.	2	(Sun.)	Michigan	Away	7:25 pm

Mar	7-8	(Fris-Sat.)	WCHA Playoffs (1st Round)
Mar.	14-15	(FriSat.)	WCHA Playoffs (2nd Round)
Mar	22	(Sat.)	WCHA CCHA Playoff
Mar.	27-29	(Thurs -Sat.)	NCAA Tournament at Providence



AFTER THE GAME SPARTANS HEAD **FOR** 

# AMERICA'S CUP Restaurant & Lounge

#### 1980 MSU BASKETBALL

Jan.	19	Sat.	lowa	East Lansing
Jan.	24	Thu.	Michigan	Ann Arbor
Jan.	26	Sat.	Illinois	Champaign
Jan.	31	Thu.	Ohio State	East Lansing
Feb.	2	Sat.	Illinois	East Lansing
Feb.	7	Thu.	lowa	Iowa City
Feb.	9	Sat.	Ohio State	Columbus
Feb.	14	Thu.	Wisconsin	Madison
Feb.	16	Sat.	Michigan	East Lansing
Feb.	21	Thu.	Indiana	East Lansing
Feb.	23	Sat.	Northwestern	East Lansing
Feb.	28	Thu.	Minnesota	Minneapolis
Mar.	. 1	Sat.	Purdue	West Lafayette

