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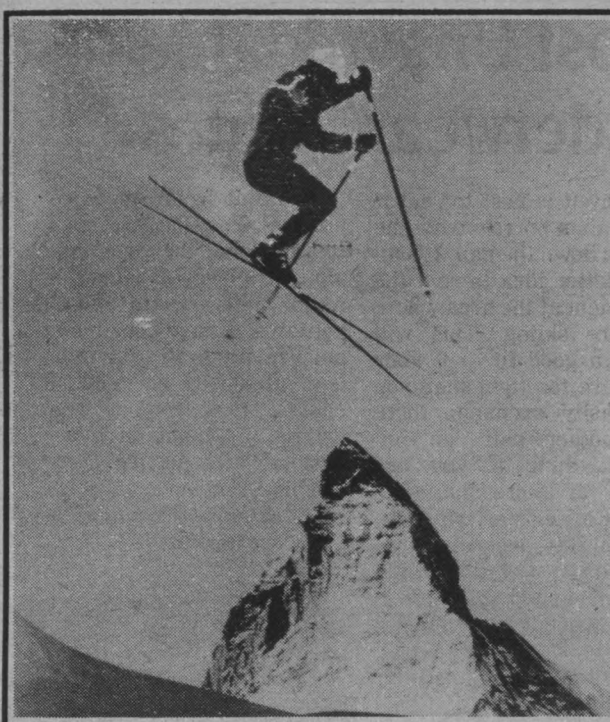
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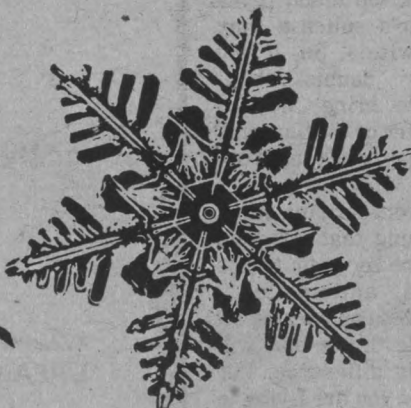


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A Skier Dreams of A Year-Long Season

Alpine skiing is a seasonal sport. The season, if we are lucky, lasts from Thanksgiving till Easter, sometimes longer, sometimes shorter. As fall rolls around each year, every true skier anxiously awaits the weather reports on the nightly news, monitoring the temperatures and chance of snowfall. Then, when the snow finally arrives, all skiers rush to the mountains for the all-to-short winter season.

The typical skier has been off the slopes since Easter break and by the time the season eventually starts we can think of nothing else. By mid-August the various sporting goods stores have already begun to hype their pre-season sales.

So being a typical skier we attend the sales and more times than not we buy something, just because it's at a good price. With our new equipment all ready to go, we are ready to hit the slopes. But alas, while we skiers are trying on our equipment and reading the September issue of *Skier*, everyone else is at the beach partaking in the usual summer activities.

Soon thereafter the ads for all the ski movies are out and actively promoting the new season. Being typical skiers, we, of course, go and we

walk out with only one desire: to find the nearest grassy hill and hop down it, imagining that we are skiing down a snow-covered slope. All this hype and anticipation only tease us, because we know good and well that there is an entire quarter ahead before we can do anything about this uncontrollable itch.

As Fall quarter nears an end we begin our various physical and mental preparations for the coming season. This is known as "getting in shape." This doesn't necessarily mean giving up beer and the other vices, but at least we reach an understanding with ourselves that our bodies will ache after the first day anyway. There are good old leg exercises, and running must help, but the main purpose here is not so much to fine tune the body for the rigorous season ahead. Instead, we strive primarily to keep our mind focused on the only thing worth getting through finals week for—"the Ski Holiday."

And finally it is here, the first ski trip of the season. Time to put the rack on the car, dig up the long underwear, get out the turtlenecks and the small flight bag in the bottom of the closet with all the knickknacks every skier can't live without.

...And after all of this, we arrive at the slopes...and there it is...the ticket line (assuming they haven't already sold out for the day)...okay, we have tickets and our skis are on...we are ready, or are we? First there is the lift line to cope with. We really hope the lines will be less than a half-hour each. Basically the growing skiing population is dependent on Mother Nature to provide snow to ski on, and when it comes, everyone goes at the same time, making things more crowded and less enjoyable. If the season were to last longer, then the ski enthusiasts could space out their trips, instead of the few weekends during winter.

Well, in this day and age when modern technology means that any end is accomplishable we skiers demand a year-round ski season. We don't care how it's accomplished, all we are interested in is that rush from whizzing down the slopes. That feeling of mastering a hill. You know, the man over mountain bit. And all the rest of the excitement that goes along (Please turn to p.11, col.1)

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Avoiding Those Almost Unavoidable "I forgot my long underwear" Blues

Have you ever been buckling your boots and discovered that you've left your bota-bag on your bunk bed's bedpost? Maybe you were relaxing at Warming Hut No.2 and realized that your favorite white wind-breaker is wrinkled up in

spray it on a pair of Levi's. This will do the trick at least until the end of the day when you'll find that your jeans are frozen to your boots.

As for other clothing for the first-time skier, try to list everything and anything that you own that you think

own any it is best to rent it rather than borrow from the woman down the hall. It's an even better idea to rent the equipment at the area where you are skiing. This will insure a good fit — if your boots are too tight than you can easily exchange them for another pair, an important thing if you are skiing for more than two days. For shorter trips you can rent skis, boots and poles for about \$7 from the equipment shop in Rob Gym (you can even rent a roulette wheel for Apres Ski). Call 961-2418 for more information.

to Mammoth for instance, you well know, or will soon find out, that the "scenery" along Highway 5 is not of major interest (to put it politely). I have found that one remedy to this dilemma is to fall asleep, provided, of course, that you are not driving. To make this even easier, try putting your sleeping bag or blanket on the seat. This also will allow (Please turn to p.12, col.1)

So, if you have any doubts about whether to bring the red wool sweater or the blue one, pack 'em both away.

your dorm closet? If you have experienced anything similar to this, you definitely need advice on how to prepare for a ski trip. No matter how long or short the trip, the key to making it a success is preparation. And the key to successful preparation is organization and what I call "situation anticipation."

The first step in organizing is to make a check-list. To do this, start about a week before the trip and write down each and every item, down to the very last detail. Should you feel like it's stupid or trivial to be writing "one pair of blue argyles" or "five hairbands," remember the frenzied state you will spare yourself if you have to pack at the last minute. By starting so far ahead and by being so exact you will remember things you probably would have forgotten.

A possible problem that may arise in this check-list is what to write down at all. If you are a first-time skier, your main concern should be clothing. Try to borrow a parka or a pair of ski pants from a friend if you don't own either. If this is not possible, you can rent a ski outfit from some ski shops for about \$35 for the weekend. If you decide to make do, you should buy some Scotchgard, or other water-repelling product, and

will keep you warm and dry. A well-known method of keeping warm is to layer your clothing. Cotton socks, a T-shirt, and nylons or thermal underwear and are a good start. Then comes a turtle-neck or flannel shirt and a sweater. Remember that natural fibers (cotton, silk, wool, leather) are better at keeping you warm than are synthetics (orlon, polyester, acrylic, patent leather).

A main consideration for any skier is what to wear on your hands. Although mittens do keep your hands warmer, gloves can make you feel a bit more coordinated (a thing to think about if you are a first-timer). If you don't own a pair of good leather ski gloves, I suggest that you buy some. You will be investing \$20 (and up) in something that will make you feel a lot more comfortable, not to mention helping you avoid frostbite.

Don't forget to itemize domestic items on your check-list also. You must never go skiing without wearing a sunscreen and chapstick. Also include toothpaste, soap, snake-bite kit (just kidding!), shampoo and most of all, an ample supply of Ben Gay (skiing causes all sorts of aches and pains).

This brings up the matter of ski equipment. If you don't

After you have done all of the above and think that you are ready to schuss, stop for a second to realize that you are not. There is something that you have forgotten — there always is! Go back through the list and add to it. One of my favorite personal philosophies is that one can never pack too much (even though one's suitcase may say otherwise!). So, if you have any doubts about whether to bring the red wool sweater or the blue one, don't dismay, pack 'em both away.

Aside from organization, another thing that will help you prepare for your trip is "situation anticipation." This involves considering all of the little things that will make a big difference. For example, if you are flying to the ski area, be sure that you allow time for traffic on your way to the airport. If you are driving to the area you should make sure both the car and driver are in good condition. Is there another person who can trade off with the driver if she or he gets tired? Does the car have a good spare tire and emergency tools? Can you tolerate your fellow passengers for at least four hours? The answer to all of these should be a definite "yes."

Next is to think about the matter of comfort during your drive. If you are driving

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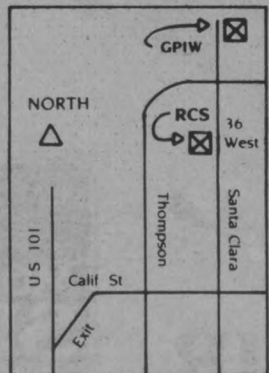
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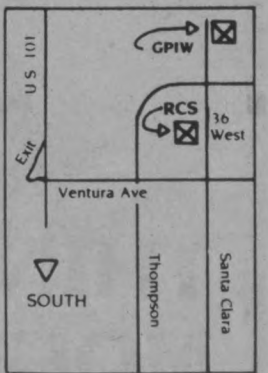
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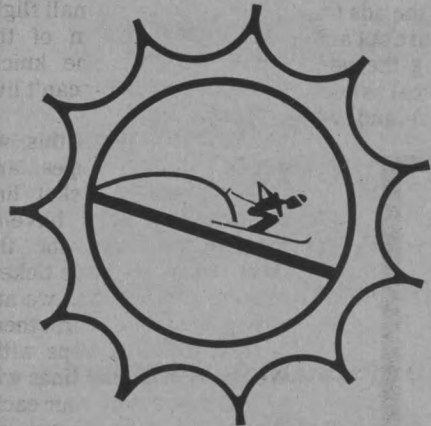
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Try Peaceful Solitude of Cross Country Skiing to Avoid Crowds

Cross-country skiing is a sport too often looked past by snow enthusiasts. A typical downhill skier will ignore it, claiming downhill to be the only way to ski. Perhaps it's not for those who wish only to speed on the slopes, but its merits differ from downhill and deserve consideration.

Cross-country skiing has been around for quite some time. In Nordic areas it has always been a major means of transportation and still is today. The reason it has survived and flourishes is because it allows one to go almost anywhere on snow-covered terrain. Not only downhill, but on flat areas and uphill too!

Cross-country skiing

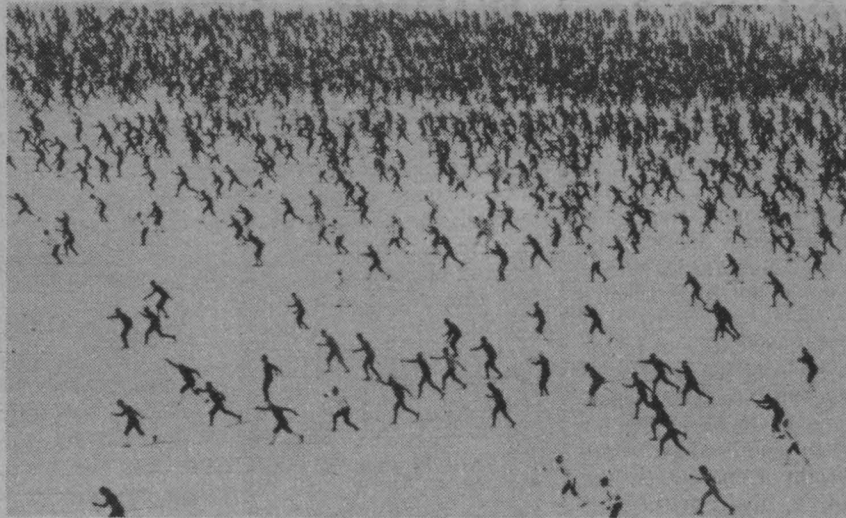


Photo Courtesy of Swiss National Tourist Office

Cross country skiing can be a way to avoid the crowds... as long as you don't hit the trail at rush hour.

enjoy the soothing quality of white silence and freedom from civilization's grasp.

Basically, cross-country skiing is an easy sport to start on. After procuring the proper equipment, one can start with the basics and have a great time.

The first step is to relax. Many of the skills to be used occur naturally with relaxation. The next step is to learn a fundamental technique of cross-country skiing—gliding.

Gliding, a primary method of cross-country travel, is simply the act of pushing down with one leg, then transferring that energy and body weight diagonally forward to the opposite leg. Gliding does take practice and is never really perfected, but if you take care to maintain a 90 percent or greater angle between your skin and bottom of your foot, keep about 50 percent of your weight on your heel, and transfer your weight diagonally through a

rotation of the hips rather than from side-to-side, you'll do pretty well. It's also important to let your upper body move in a natural manner and be sure to swing your legs into position rather than lifting them.

That's the basis of locomotion and a good place to start. The next step is to learn to turn. That's a maneuver you'll have to find about on your own. Once again though, when learning any cross-country techniques, relaxation and concentration on your weight and body position will help you learn as quickly as possible.

There's no reason you can't enjoy both cross-country and downhill skiing. They are two different sports, both with their drawing points. But if you're looking for quiet moments of solitude, escape from the masses, and a healthy challenge — give cross-country a fair chance.

Nautilus Offers A Way To Escape Back-on-the-Slopes Aches

You know the feeling you get after your first day back on the slopes? You're lying there by the fire with a steady, throbbing pain running through your whole body, and you wince every time you try to move. As in any other sport, conditioning is of prime importance for skiing. Not only will proper conditioning ease the pain after the first time back on the slopes, it will improve your skiing performance. Here are a few helpful tips for minimizing the agony of the seasonal skier.

Downhill skiing is performed in a semi-squatted position. To maintain this position throughout an entire run the skier places a lot of stress on his quadriceps and his gluteals, or butt muscles. This is the area that usually knots up and aches after a session on the hill.

In addition, any run containing moguls requires the skier to push off and lift with his legs. The calves as well as the quads are used to push off, while the hamstrings aid in the lifting of the leg, which becomes a lot

harder due to the weight of the boots and skis. The adductor, or inner thigh muscles are also used to allow the skier to maintain control over his skis and keep them together.

One other area of concern to the skier is the muscles involved in poling, which takes on added importance in cross country skiing. The lats, pectoral muscles, and the triceps are all used in the poling motion, and strengthening these areas should aid the skier in avoiding a weary upper body.

All of these muscle groups that have been mentioned can be strengthened through a proper weight program. An ideal location for this is at our own Nautilus Gym located next to Rob Gym. This facility contains machines specifically designed to isolate and strengthen the aforementioned areas.

Instructors are on hand to offer assistance in designing a program for the avid or casual ski buff. In addition to weight training, a cardiovascular conditioning

(Please turn to p.12, col.1)

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California's Sunshine Can't Compete With Ice Hockey

Stickhandling my brand new hockey puck, I swiftly glided along the North Mianus River, alone, leaving all my screaming freinds far behind me. The sky was grey, the raw December chill tingled my cheeks, and the trees on the banks of the river were stark and bare. Connecticut winter had just set in and I wanted to be alone; just me, my skates, my stick and my puck. So I skated away, out of earshot of my freinds, feeling the chilling wind at my face and hearing only my blades cutting into the ice. I looked down and practiced deft maneuvers, sweeping my puck along the river's dark, glass-like surface. Then, I just picked up my puck and skated along, looking ahead to the boundless horizon of ice still to be explored. I watched as the banks flew past me, hillsides, trees, cliffs, all watching me as I proceeded upstream — no barriers were there to stop me.

These were the days I treasure from my childhood. Ice Hockey, or just skating itself, used to capture me like no other activity could. Each year, after leaves had turned yellow, orange, and red, we waited for the first day of skating. Each day before the monumental occasion, we scraped the rust off our blades, taped our hockey sticks, and made professional tests of the ice. First we threw pebbles on the ice, then rocks, then bolders, and finally someone's little brother. If he made it, we all jumped on and skated for the rest of the winter.

The ritual tests would occur at the river every year. Or more conveniently, we would climb over our backyard fence to a small pond 50 yards from my house. On the pond, the neighborhood kids and I would organize hockey games. From 10 a.m. until the sun set, we would battle it out on skates, stopping only if the Rangers were on television, or if we were hungry for some hot chocolate, or if our mothers made us eat dinner. The day went on and on, and often we ended up playing by the light of a full Winter moon.

Eventually, with a lot of outdoorsy-type hockey experience behind me, I decided to play in an organized fashion. Beginning with Squirts, and working my way up through Pee Wees and Bantam leagues, I eventually made my junior high school's varsity team.

There was a certain excitement to the fast-paced, rough style of ice hockey. It captivated me for about three years and I loved every minute of it. Oh, how I long for the fresh clear ice, the solid red and white blue lines, the bright arena lights, the feeling of scoring a goal, or of just smashing into a guy on the other team.

Unfortunately, however, the people I played with grew tall and wide around seventh grade, and I didn't. I guess I wasn't very intimidating, banging my shoulder into some player's thigh. But that's okay, because even though I missed the body contact and adroit stickhandling needed to win in Ice Hockey, I still had my river or my pond to fall back on. Now, I ask myself, what do I have in California?

Alas, our fair state has been blessed with warm, sunny weather that is great for surfing, frisbee, and volleyball, but is not so good for freezing lakes or ponds. I know there's plenty of cold and snow and all that in the mountains. But even if one goes up to the mountains, why not ski? You don't drive three hours to play ice hockey. Anybody knows that. There's always the Ice Patch, however, located at 1933 Cliff Drive in Santa Barbara, which boasts real ice — although not much of it. And there is the game to be played on non-real ice, a gym floor, in the form of UCSB intramural floor hockey. These activities seem to keep hockey buffs like me satisfied, and they are great exercise. Nonetheless, I don't know if they give the same feeling of gliding past a New England riverbank alone with a new hockey stick and puck, skates flashing, the wind at your back, the trees watching you — nobody for miles except you, the ice, the forests, and your echo.

Winter Camping Can Be A Cold, Challenging, Spirited Adventure

Brrrrrrr. Who would be crazy enough to spend the night in the snow? What a silly idea. What's the use anyway. If that's how you feel, fine. No one can blame you for that. But have you ever really given it some thought. Feel the snow crunching under your feet, the fresh chilled air surrounding you, the empty wilderness there just for you. Sure it's freezing out, but the challenge of surviving, and doing so in high spirits, is a satisfying reward in itself.

Why don't we go through a typical day in the cold — it'll give you a chance to see what you'll need when your own time comes.

Sorry to say, a pre-dawn start is a near must. Breakfast, which should be started an hour or so before there's enough light to travel, should include good doses of liquids and carbohydrates — maybe an instant cereal with milk, brown sugar and even butter. While your water's heating, another pot of snow on top of that will give you more water for the rest of the day.

Next step — getting up. As soon as you leave the sanctity of your bag, squeeze out the vapor-laden warm air. If you don't, it will condense to water.

Now you're on the road again. If you overdo your clothing while traveling, you might overdo your perspiration which adds to

potential dehydration.

Try to keep a good steady pace throughout the day. Short rest stops are advisable, and are a good time to eat and drink.

Around mid-afternoon you should be looking for a campsite. Look for a site with shelter from the wind; a water supply if possible; no potential snow drifting; and with protection from other

natural snow hazards.

Once you've found your home for the evening, immediately pack snow as a tent platform and let it harden.

Now pitch the tent and climb inside. Pack the floor to your body's specifications before the snow below gets too hard. Change out of your damp clothes and eat some

(Please turn to p.11, col.1)

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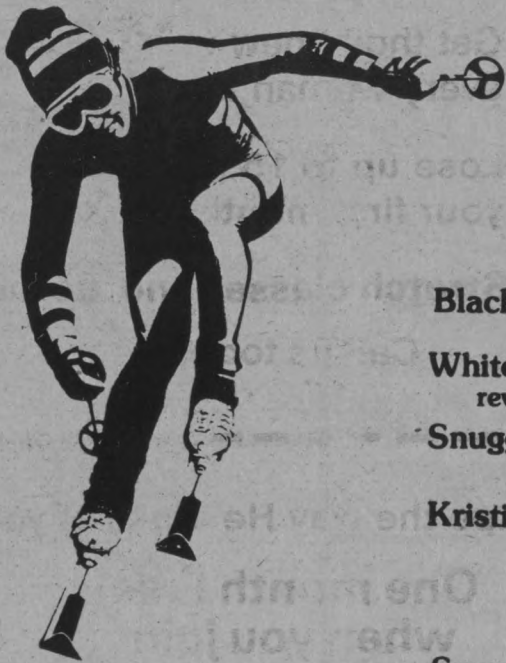


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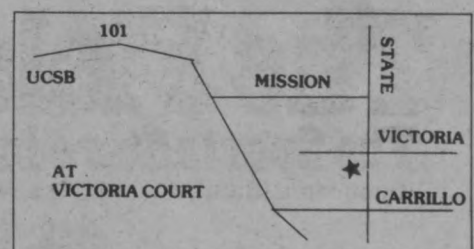
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Warren Miller Does It Again, This Time With 'Ski in the Sun'

They follow the sun with a vengeance. They deposit the last warmth of the summer season into memory and move onto the next perfect slope. They are a unified free spirit, bronzed and healthy.

The scene should be Acapulco, sails in the sun, the sound of waves slapping at the bow. Not so. Their skis are firmly planted in glaring expanses of below zero snow. They find the best of both

worlds to "Ski In The Sun," Warren Miller's 31st annual feature film at the Arlington Center on Nov. 20 and at UCSB's Campbell Hall on Nov. 23.

Miller has found a charm about this breed of skier as he met them on chairlifts, at chalets and lodges, on slopes and in airports around the world during the last 30 years. This year, with his 31st annual feature length

film, "Ski In The Sun," Miller celebrates their enthusiasm and year round dedication to the sport from the slopes of Squaw Valley and the expanse of cross country treks through Maine, to the enchantment and wonder of France, Switzerland, Australia and New Zealand.

Veteran ski photographer Don Brolin traveled to Austria and Switzerland to

capture the enchantment and thrill of skiing, horse racing on snow, and hair raising, nerve jarring bobsledding at unbelievable speeds. Brolin and his assistant Steve Field found fun and serious competition can mix on the slopes, as they covered the races at Squaw Valley as well as the bumps that, when tackled, caused bruises.

Australia and New Zealand hold a special place for the dedicated "Ski In The Sun" sportsmen and women, for the last run down the winter slope here in the U.S. signified only the beginning of the season in these countries. Miller's foreign crew, headed by Ken Campbell, visited this part of the world as well as France, which may have the Eiffel Tower, but it also has Chamonix, with its charm, elegance and beauty, along with the thrill of snow 1,200 feet deep.



Filmmaker Warren Miller

Photo Courtesy of Warren Miller

The wonders of joy for those who "Ski In The Sun," found by Miller and his crew, range from the toddling tots observed by production manager/cameraman Bob Knop at Mammoth, as youngsters appeared in the "latest styles" for the chic mini-skier by Hot Gear (with a cameo appearance by Miller himself). What about 95-year-old gold medal winning whiz Joe Ross, who performed his skiing style for the lens of Field.

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Ice Skating: A Sport of Grace, Hamill Haircuts and Sore Ankles

When winter arrives in the desolate hills of Vermont, it doesn't stop the avid sports fan, especially if he is determined to keep fit despite the howling winds and low temperature. Small ponds and lakes often freeze over and like characters of Hanz Christian Anderson, New Englanders tote silver skates outside to cut the ice. Unfortunately, ponds don't freeze in southern California and the figure skating craze has not affected the southern pre-teen who can still go to the beach in November. Yet ice skating is becoming more and more popular, and rinks not only offer what we call in southern California a pseudo-winter sport, but also provide a social life unique to the skating crowd.

You don't have to be a champion figure skater who can whip a figure eight, crossing blade over blade backwards, to know that skating, much like skiing, is a sport that

takes much practice. A favorite pastime of friends is to go to the rink for the first or second time and then, much to their surprise, find that skating isn't as easy nor as enjoyable as the Ice Capades on television. Newcomers to the sport are bound to be clutching to the wooden rail, as their ankles collapse in pain and they desperately try to shuffle across the shiny surface. After an hour, if the new skater lasts that long, his hands will be numb, his nose running, and his feet aching from wearing skates two sizes too big (rinks that rent skates never have the desired size). A short-bobbed haircut like Dorothy Hamill's doesn't make gliding any easier. While some experts may swerve around the arena as if disco-dancing with insurmountable grace, the beginner's skates appear to stick as he moves; his blades catch and he is merely engaged in

(Please turn to p.9, col.3)

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Even the Bare Necessities of Skiing Add Up to Big Bucks, Empty Pockets

Equipment, lift tickets, food, lodging, and gas, though only the bare necessities of a ski trip, add up to big bucks which can burn a whole in anyone's pocket.

Downhill skiing was once known as the sport for rugged outdoorsmen, but now, as its popularity grows so are its prices, resulting in slopes dominated by the most financially well to do.

With this financial domination comes an attitude of elitism. The elite crowd, dressed in \$200 ski outfits, guzzling \$3 beers like lemonade in 'the' apres ski hangout of the town, carry with them a feeling of exclusiveness that comes only with a knowledge of moguls, snow conditions, and, of course, at least half a dozen old lift tickets hanging from their jackets.

Anyone can go out and buy an expensive ski suit and equipment, sit outside in a turtle neck shirt to get a skiers tan, and hang out at the right spots, but only the true downhill racers qualify in this private group.

Although the prestige is always nice, turning 360s and hotdogging down the most expert slopes is not necessary, but a common knowledge of skiing as well as monetary base is important.

Aspen, Tahoe, Jackson Hole all have their share of local ski bums scrapping together just enough money for the days ski ticket, but even they have a somewhat high and mighty attitude. Besides, they always seem to get enough money together each day as well as keeping their expensive equipment in top condition, which is not cheap.

In addition to the singles bar set of the local ski bums, dozens of families flock to the slopes each day many who come every weekend as though the snowy mountains were just a private ski club like the tennis club down the street at home.

For these families more than just the right equipment and skiing expertise is necessary in order to be 'in'. In fact, many of them can be found weekend after weekend on the same bunny slopes with their private instructors. Of up-most concern to the skiing family is a niche in the local community.

Buying a condominium in Tahoe or a cozy cabin in Vail and getting to know some of the locals make a skiing family a true part of the scene. Afterall, how can you be a real skier if you aren't on a first name basis with the grocery store checker?

At the slopes, family members separate and illustrate their right to club membership with conversations on the ski lifts about last week's weather conditions or the horrible traffic every Sunday night.

Along with the required community involvement and weekly ski trips the 'in' family must have money, as seems to be the general requirement for everyone on the slopes.

One can't spend his life savings on the condo, clothes, and

equipment in order to qualify in the elite crowd. Money must be readily available for quick stop at the ski store to buy a new hat or an evening out for Mexican dinner with everyone.

The skiing family looks much and acts much the same as the single skier, with the right clothes, racoon eyes, old lifeless tickets hanging from their jackets and lobster red faces. The only difference really is lifestyles after dark. Rather than hitting the night spots, mom, dad, and kids eat dinner out, watch T.V. (maybe play a game), and go to bed. No matter what the looks of a night life are, everyone's attitude is the same; skiers are a special breed. Athletic, financially well off, and lots of fun they are part of an exclusive class.

None of this is to say that skiers are snobs because they're not. But as with any sport, such as skiing, where availability is limited to such a narrow spectrum of people, a feeling of exclusiveness always persists. As an avid skier myself, I understand this feeling as well as the hope that if we cut ourselves off from everyone else we may deter any new skiers from joining us and cluttering the already crowded slopes.

Sore Ankles

(Continued from p.8)

the act of trying to stand up on two feet. As a beginner, rink life is tough, and the highlight of the afternoon is most likely sitting down, skate laces loosened and jacket unzipped with a cup of steaming hot chocolate at hand.

Also it is important to disregard the popular myth, "I roller skate on the boardwalk, I'll have no problem with ice skating." Hah, this is just like the water skier who thinks he will be a whiz on the Vail trip. The roller skater will soon learn that ice skating is far from moving on wheels down the sidewalk on the bottom of State Street.

Ice skating takes time to learn, but when mastered, there is nothing more enjoyable than gliding across

an uncut surface, spinning with a partner or engraving your own eight with the blades of your skates.

Easterners laugh at the ice rinks nestled amongst the palm tree setting of southern California; nevertheless, this doesn't mean we can't enjoy skating without the snow storm. Ice skating in Santa Barbara is not as expensive as lift tickets at Squaw Valley nor a plane ticket to New Hampshire. It is a an adventure worth pursuing, for even if you have never skated, it is always fun to take a pair of sore feet to a bubbling hot tub afterwards. Then again, there will be some of us who will always prefer ice only in our martinis and not under our feet.



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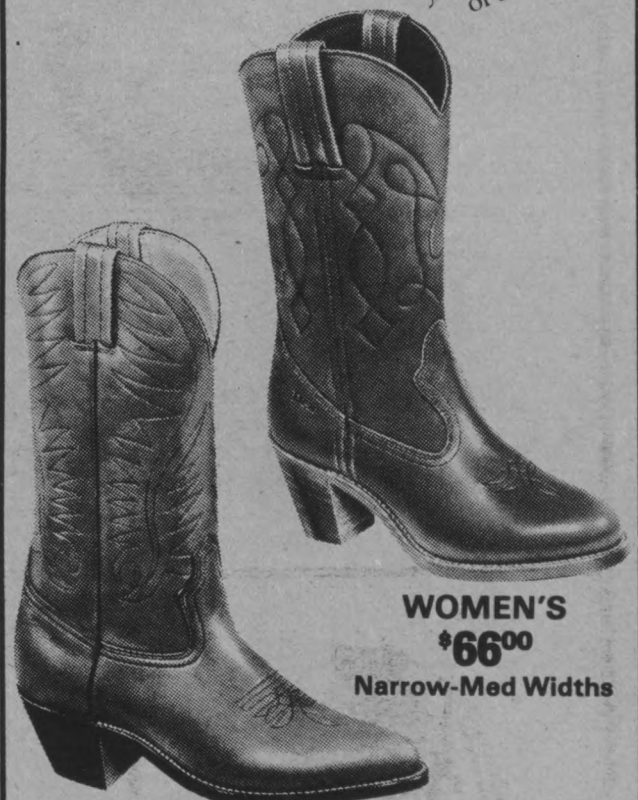
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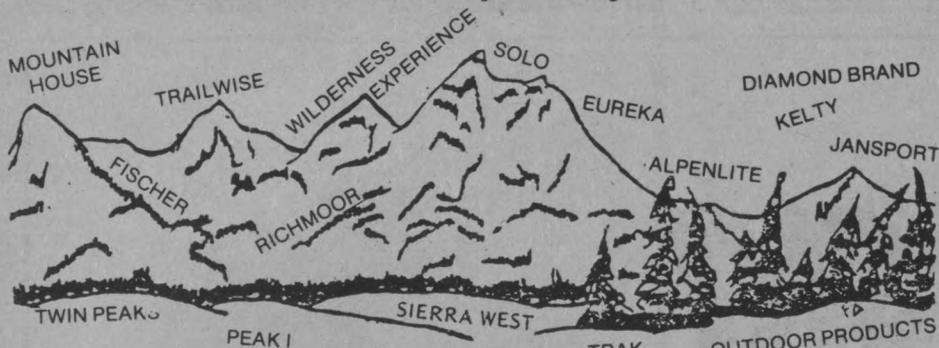
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UCSB Ski Club Goes For Lots of Outrageous Good Fun

The motto of the UCSB Ski Club is "Outrageous Good Fun," and that's exactly what the club offers its members. With an ever-growing membership, now at about 250, it is able to provide great social activities, both on the slopes and around campus.

Ski trips on the agenda this year include Utah (Alta, Snowbird, Park City) over Thanksgiving, Mammoth in February, Winter Park, Colorado over Easter, and the never-to-be-forgotten Winter Carnival to Jackson Hole, Wyoming coming up after finals, Dec. 16-23. This great trip is destined to be one huge party—Gaucho skiers are notorious for having the best time possible wherever they go; and the resort at Jackson is a powderhound's dream come true. And at \$285 for everything other than food—transpo, deluxe condos, lifts, races, dances, how can you lose? This trip, like all the other club trips, is designed for college skiers BY college skiers.

The Ski Club has monthly meetings during the season to keep members informed about upcoming events, the latest in equipment and resorts, and club benefits. These benefits include a subscription to the monthly newsletter *The Inner Edge*, use of two Techni-skis, discounts at sporting goods stores, and free or reduced admittance to all club events, such as movies and the spring barbeque. And of course, only members can take advantage of the fantastic trip deals.

Membership is open to anyone, whether they've never skied before or have been skiing for years, because the emphasis is on fun rather than competition. Any student, staff or faculty person can pay the annual dues of \$5 and look forward to good times with great people! Sign-ups are taken at meetings, the next one being Nov. 19, time and place to be announced. Check it out! For details on the Jackson trip call Kathi, 968-2463 or Steve, 968-2763.



La Cumbre Photo by Scott Herst

UCSB Ski Team Dreams Of Snow in a World of Surf

"There is a storm up north creating waves from 16 to 20 feet." Leaning over I switched off the radio. This is what they had been waiting for: a surfer's paradise. "How did I end up here, in the midst of bleached hair, broad shoulders, tan bodies, and surfboards," I ask myself, "when I dream of cold, crisp air, steep, white slopes, and a new pair of Rossignol's?" The UCSB Ski Team offers me more than enough chance to live my dream.

Due to the absence of snow, the misplaced ski fanatics recreate their dreams by running human slalom courses on Rob Field and ice skating at the Ice Patch. Pre-season work outs include Ultimate Frisbee, soccer games and a lot of leg

building and stretching exercises.

In addition to work outs, the skiers are preparing for the season to begin by working on a number of fundraisers. The latest fundraiser is a drawing which will take place between noon and 1 p.m. at Storke Plaza, Monday, Nov. 23. Gifts from Santa Barbara Travel Agency, Copeland's Sports Center and Shlitz in co-operation with Nargan Beer and Ice Dock will be awarded at the drawing for a donation of \$1. Team participation in fund raisers will ease the financial aspect of a good season.

Once the season starts, the ski dreamers are seldom found on campus during weekends. They make the long trek to Mammoth,

Jume and Big Bear in order to compete with other Southern California schools in slalom and giant slalom races. This year the UCSB Ski Team has excellent chances of winning the California Intercollegiate Ski Association league championships and travelling to McCall, Idaho for nationals.

Anyone interested in involving themselves with the ski team is welcome to attend the Monday night meetings held in Rob Gym 2120 at 10 p.m. to get more information.

The team is anticipating an excellent season; and members are dreaming of waking up to hear "There's a storm up north dumping six to seven feet of snow." A skier's paradise.

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Ski Season...

(Continued from p.2)
with it. If we can go ice skating year-round, why not skiing. How about just freezing a whole mountain?!

I guess this is a long way off, if ever, in coming and until that day we will have to settle for the pre-season movies and discussions with friends about that "one time

when..." Keep up the faith and save your money because we are getting very close to yet another season and with a little luck (or maybe a lot of it) we will have the best season ever. Most importantly, if you are the type of person who gets dangerously excited when you read about skiing before the season starts, disregard all the preceding.



Skiers demonstrated jump techniques in a display at La Cumbre Plaza, leaving the taste of snow in the mouths of people who can hardly wait for Christmas vacation. Photo by Jim Johnson

Dressing For Survival In A Real Winter

Dressing for winter in Santa Barbara is much the same as dressing for any season here. Except for the odd bit of rain, you don't need any special gear.

However, if you venture into places that have real winters you know that street clothes just don't make it there. And in the wilderness the way you dress can mean more than just being warm; it can mean survival.

Clothing's main function is to prevent the loss of body heat and still allow freedom of movement. The best way to accomplish this is to layer your clothing.

There are various materials to choose from. Avoid cotton and cotton blends entirely; wet cotton holds on to water and becomes negatively efficient. Wool is an old standby that is hard to beat. There are also many synthetic fibers; notably polypropylene (olefin) and polyester pile, that will keep you warm when wet. Synthetics have the advantage of being lighter, faster to dry, and not scratchy.

For warmer garments such as vests and parkas you have a choice of insulating materials; down or the synthetics like Thinsulate and Polarguard. Down is lighter in weight and more compressible than the others, but it loses it in-

ulating properties when wet. Thinsulate and Polarguard are not much affected as insulators by wetness, but are a little heavier.

A waterproof/windproof shell parka and pants top off all the other layers. It is very important to stay dry. It is equally important to be able to cut the wind.

Another important consideration is covering your extremities. Because of the extensive blood supply to the brain, you can lose 1/3 of your body heat on a cold day through these areas. A hat with a pull-down face mask is best. That gloves are important goes without saying.

The type of boots you wear will depend on what type of activity you're doing. The main consideration is that they are as waterproof as possible. Wool socks are by far the best for cold.

All in all, dressing for winter just takes a bit of common sense and some knowledge of the characteristics of the fabric you might be using. Take care when you choose your clothing and enjoy the hidden mysteries of winter.

—Brian Frederick
California Mountain Company

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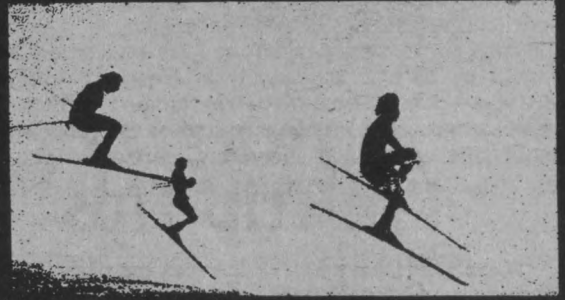
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Camping

(Continued from p.5)
dinner. Now's the time to eat fats and proteins. They'll have ample time to digest overnight.

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Winter camping is a thrilling experience, one that everyone can learn to enjoy. A bit of foresight, a good deal of determination, and a love of nature in all her forms is all you need to enjoy wintering to its fullest.



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Ice Dancing: The Natural Rhythm of A Climb Up A Mountain of Ice

Thunk! My ice axe strikes home into the clear ice of this frozen waterfall. Thunk! The ice hammer bites into a little hollow of blue ice. I test both tools and they seem solid; time to leave the ground and start this climb. Gingerly I raise first one cramponed boot, then the other and jab their front points into the ice.

Standing there in balance two feet off the ground I look up at the 100 feet of vertical ice rising above me. Shivering in the cold, I am struck by the contrast to last weekend rock

of snow and no one but the two of us within miles.

Turning back to the reality of the climb, I begin to move upwards toward the sun sliding down the slope above. I'll have to watch that; the warm light, though welcome to my cold fingers, can change the nature of the ice.

That is the main difference between ice and rock. Most rock seems so permanent; individual chunks may be loose but the very structure of it is stable. Ice can change its texture and strength from hour to hour depending on temperature. It adds a dimension to climbing, one that requires much versatility to the climber to adapt to the moves available. On ice you can chop a foothold; on rock you only have your own ability and the holds nature has provided.

I move faster in a race with the sun. I am not cold now and the view over my shoulder is magnificent—the beauty of the Sierras in winter is hard to surpass.

Last week there was playful heckling and advice from friends on the ground; now there is a quiet broken only by the noises of my tools hitting the ice. I miss the camaraderie but I feel more peaceful here; enjoying the climb on a completely personal level.

As I top out and get ready for my partner to climb, I look forward to the sunshine. It will be warm here within the hour and warmer still back home at the local crags next weekend... back home doing some of the old standards and learning a new step or two. Ice or rock, winter or perennial summer, the repertoire always grows.

—Brian Frederick
California Mountain Company

There is the rhythm here of a waltz or perhaps a slow country dance. A good climber can make it as graceful as a ballet.

climbing in sunny Santa Barbara. I was wearing shorts then and the rock was warm to the touch, a world away from all this wool and solid ice.

I move the axe up, then the hammer, kick one foot, then the other. Two feet higher and I begin to relax, my movements flow into a rhythm. The climbing is deliberate but not mechanical—I think it was Jeff Lowe who called it Ice Dancing. He was right; there is the rhythm here of a waltz or perhaps a slow country dance. A good climber can make it as graceful and delicate as ballet.

Looking down at my partner, as I rest on a small ledge, I again think back to that sunny afternoon. The climbing there was a dance with a faster rhythm and harder moves. The ocean glistened on one side and on the other side the peanut gallery was full of spectators. Here there is an ocean

Pre-Trip Tips

(Continued from p.3) for more much-fought-over trunk space (recall the "pack it all" theory). The trip is also made much more pleasant if the car has a tape player and a good selection of tapes (only having three tapes is often worse than having none). If a tape player is not available and all conversation topics have been exhausted, try the sleep option again.

Another excellent idea is to pack a sack full of food and drinks for the car trip. Although there is always some place to stop en route,

it saves precious time when you are really excited about getting to the area.

If all of the before-mentioned conditions have been met/considered, you should arrive at the ski area with peace of mind. Learning how to properly prepare for a ski trip will allow you to really enjoy the skiing and be comfortable in doing so. However, if you should find that you have indeed forgotten something, remember, it's not the end of the world, just the end of this article!

Nautilus Fitness

(Continued from p.4) program should be a part of any skier's regimen. Biking to improve both leg strength and endurance would be an ideal supplement to a weight program. Jogging, especially up hills or stadium steps, would be an

alternative to those who dare not risk the hazards of the bike lanes. The last and certainly not the least important conditioning would be to strengthen those biceps for the end of the day when tipping a tall frosty one becomes such a chore.



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WITH THIS AD

(excludes Resoling & Sale Items)

4419 Hollister Ave., S.B.
964-2222

Dan & Sarah Jaecks



PROFESSIONAL TRAVEL

ON CAMPUS

presents

FIRST ANNUAL TRAVEL SKI SHOW

Featuring
Ski destinations all over
the world
Dec. 8 • 7:00 pm
UCen Pavilion
A-C

1st Anniversary SALE

We've been in El Mercado for one year now!
And we are celebrating with a SALE...
In time for your Christmas shopping
or winter trips!



Some of our specials will be:

Clothing

Camp 7 Down Parkas & Vests	30% off		
Camp 7 Thinsulate Parkas & Vests	30% off		
Forrest Pile Jackets	20% off	Reg. \$51.95	SALE \$41.50
Class 5 Down Jackets	30% off	Reg. \$88.00	SALE \$61.60

Sleeping Bags

Camp 7 Down Bags	10-20% off		from \$165.00
Camp 7 Polarguard Bags	10% off		from \$109.80
Camp Trails Polarguard Bags	25% off		from \$71.75

Tents

All Eureka Tents	25-30% off		from \$64.25
Caribou Deer Creek Dome	10% off	Reg. \$292.00	SALE \$262.80
Trailwise Great Arc Dome	10% off	Reg. \$375.00	SALE \$337.50

Packs

Alpenlite Pac-Zip	28% off	Reg. \$137.50	SALE \$99.00
Alpenlite Daypacks	20% off		
Alpenlite Visa Travel Pack	20% off	Reg. \$125.00	SALE \$93.75

November 20-21
Friday 10-8 • Saturday 10-6

While stock on hand lasts — Limited quantities on some items



California Mountain Company, Ltd.

"THE SOURCE for fine mountaineering and backpacking gear."

4141 State St. El Mercado Plaza 683-1531
Mon.-Sat. 10-6 & Friday till 8