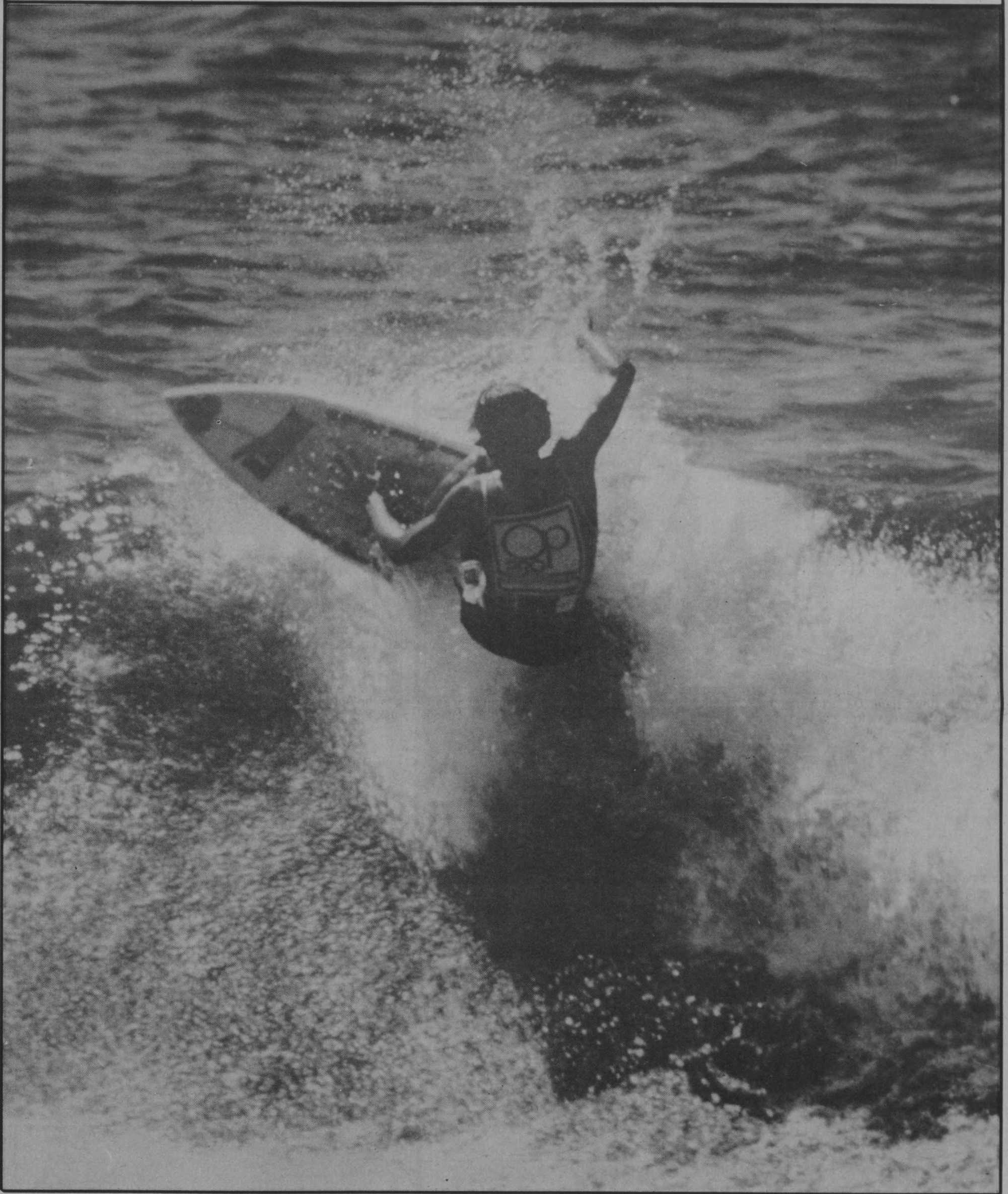


# WINTER SPORTS



Picture a windless day, when the waves are head-high, barreling tubes. Naturally, there are no other surfers in the water, it's 80 degrees, and every wave you catch becomes the best ride of your life ... Ah, the dreams surf safaris are made of.

When reflecting on the brief period of time I have posed as a surfer at this school, many things come to mind. Leading the list are the numerous trips I made to Sands Beach my freshman year at F.T. while learning to surf, and the buddies who were there with me. On the other hand I also remember the cold and empty feeling I'd have on my way back to the dorm in the 50 degree air, imagining how sick I was gonna be

the next day. I'd ask myself, "Dude, is it worth all this?"

The immortal words of Jeff Spicoli in "Fast Times at Ridgmont High," invariably came to mind, and the doubts disappeared. "All I need is cool waves and tasty buds and I'm all right," Spicoli said, a message most UCSB surfers understand.

The month of September brings many students back to Santa Barbara for the beginning of school, with optimistic hopes about fall classes, desires to rekindle old friendships, and returning to the "party lifestyle" of UCSB. Surfers anticipate something bigger and faster than these school-

(Continued on page 7A)

## **"Hey Dude — Grab Your Stick"**

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# Just Say Yes to Jogging



Driving along a semi-deserted rural road in the passenger seat of a jeep, observing the more fascinating features of a grazing cow, I passed one of "them".

"That CAN'T be good for you," I said to my driver. "What? Grazing?" he asked. "No... jogging." For it was a female one we had passed, and everything was bouncing and bounding, losing its proper place on the body, and that didn't look very healthy.

"No way you'd catch me doing that," I said convincingly. "No, of course not," my driver reassured.

It's one month later and my friend has decided to take me on a trip through Goleta, however she has no car, this trip is on foot. And the feet by which the trip shall be traversed are moving rather at a rapid pace. Yes, I'm jogging along the bikepath in Goleta pleading that we may stop just for a little while so I can rest. "NO," says my cruel and sadistic friend.

That was almost two months ago, and now I actually have the urge to jog, and my own secret-special path by which I measure my distance versus my time. There's no doubt I am of a beginning jogger's status, of which I am constantly reminded everytime someone passes me on my secret pathway by the ocean. My particular routine is about 30 minutes of jogging and an added 10 minutes of walking at the very end. The distance is give or take three miles.

Jogging is an aerobic activity, meaning the cardiovascular system is utilized, which means the heart is at work more than the muscles. Continued aerobic exercise will strengthen the heart muscle, allowing it to work more efficiently. Lowering the number of beats per minute takes stress off

the heart which is why jogging, and other aerobic activities are supposed to be good for you.

An added benefit is the firming and toning it provides to your bottom and legs, and overall body as well.

The evil underside to jogging is injury. As with any sport, there is always the possibility of injury, however jogging seems to pose more threat to the body than other kinds of physical activities. The main reason is because the activity of forward motion causes a constant stress on the knee joints and leg muscles. Many beginning runners develop knee stress and are forced to stop, no doubt something I may be doing shortly.

However, injury can also occur if a proper amount of stretching is missed, a minimum of 5 minutes to 10 minutes for the warm up, and 3 to 5 minutes for the warm down. And always remember, when stretching, NO BOUNCING!

There are four common errors that beginners should be wary of. First, arms should not swing from

side to side while jogging. This motion is in direct opposition to the forward motion you should be achieving. Second, be sure to lift your legs high enough for each stride, no flapping along. Third, feet should land directly below your body. That sounds quite odd, but if feet land too far in front, which is called an overstride, you could be slowing yourself down and be causing unnecessary stress on your ankles and hamstrings. Lastly, your foot should land smoothly with a gradual transition from heel to toe, therefore allowing a push off. Landing location should not be directly on the heel, which jars the calf muscles and slows you down.

The most important equipment necessary to jogging is good shoes. It's mandatory to jog in good shoes, ones that absorb shock and offer support. Although you may be fooling yourself jogging along in \$3 bargain bin sneakers, eventually the strain will catch up to you.

There are two types of running

shoes available: the light jogger and the technical. The light jogger is for running no more than a mile and they are usually the shoes you see people just flopping around campus in.

The technical running shoes are the ones which are worn for running only. They are covered with a durable outer sole of carbon rubber, and a mid sole made of a variety of materials including soft rubber, polyurethane; gel or air bags. The mid-sole is what provides the majority of support and stability to the foot. Shoes should also have a reinforced sole counter, which is rubber that winds around the sole of the shoe allowing one to continue running without fatiguing as quickly.

One article of supplementary equipment the female jogger who doesn't want to bounce should consider acquiring is the sports bra. Olga manufactures an exceptionally comfortable one that also provides great support.

— Valerie De Lapp

## Jog

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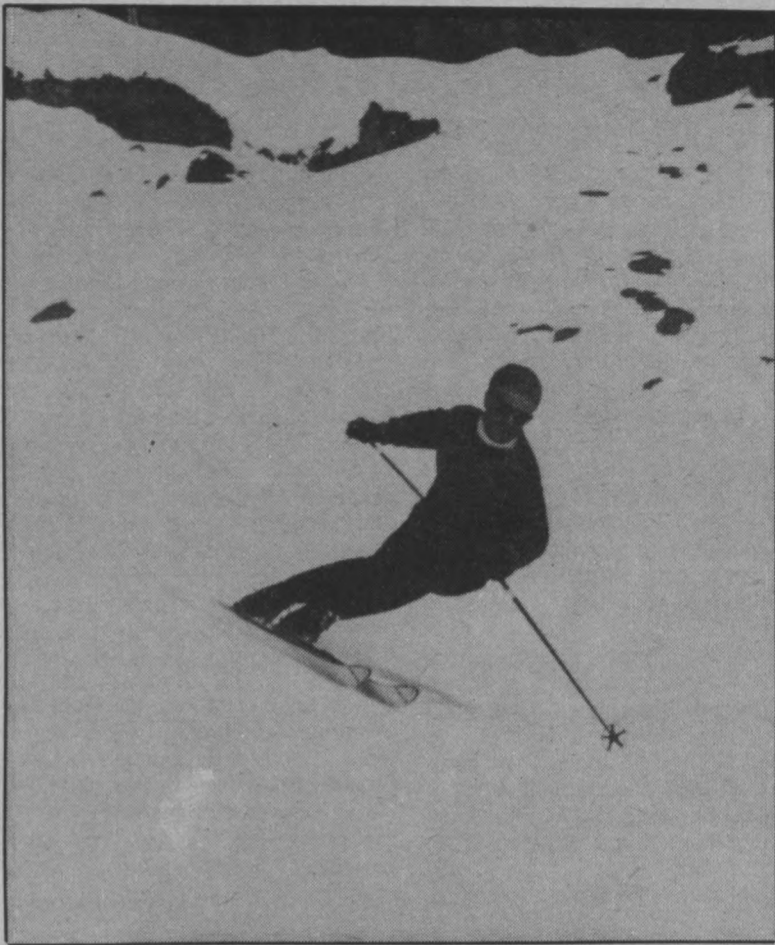
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## Skis From The Edge Of HEAVEN

The image most of the nation has of California is a land of sunshine, beaches, and tanned bodies. What may be surprising to non-Californians is that our state is not only the land of sunshine, but also the land of beautiful snow-capped mountains.

The best place to go skiing in Northern California is the Lake

Tahoe area, since there are so many great resorts. My personal favorite is Heavenly Valley, on Lake Tahoe's south shore.

Heavenly Valley is one of the largest ski resorts in the state; actually it is in both California and Nevada. Most of the intermediate runs are on the Nevada side, while California claims an even

distribution of beginner and intermediate slopes.

There are several reasons why Heavenly is the place I always return to. Besides the stunning views one can see from most all of the ski lifts, there are many intermediate runs that are ideal for both the beginner and the advanced intermediate. By taking a ski lift on the California side, you can either ski within the state, or go over to the Nevada side.

An excellent ski school is located at the resort, with plenty of helpful and friendly ski instructors. A ski school is the best way for beginners to learn how to ski; your friends and parents simply don't have the patience required.

Other attractions of the south shore include fine hotels and casinos. Harrah's Tahoe and the Sierra Club are two casinos that offer both buffet meals and nightly shows.

Several more ski resorts at Lake Tahoe are North Star, Sierra Ski Ranch, Sugar Bowl, and Kirkwood. Squaw Valley and Alpine Meadows are near Truckee, near Donner Lake. Squaw Valley compares closely with Heavenly with its fairly wide runs and variety of beginner and intermediate slopes.

The main advantage of Squaw over Heavenly is that it is closer to the Bay Area. However, there isn't as much to do in Truckee as there is in Tahoe, so Squaw is better for short ski stops.

The most important aspect of skiing is to have fun because then you'll enjoy your trip all the more. So take some friends and hit those sunny slopes because skiing is fun.

— Nicola Jarvis

## Tripping & Falling

There's no getting around it — everybody has to learn the hard way. The hard way involves various soft or angular parts of the body slamming at high speed onto the snow. It hurts.

It took this happy Gaucho about three separate outings to winter wonderland before I could traverse from top to bottom without touching the snow with anything other than my skis. Maybe I'm a slow learner, but at least I'm lucky because I didn't end up with an appendage for my friends to sign. Lots of bruises, nothing broken.

The first day I started out with the "B" team; i.e. she didn't act like a drill sergeant, and she didn't laugh when I fell down trying to snowplow. As I watched the preschoolers on holiday racing each other downhill, I thought I would die of embarrassment before I ever learned to actually ski. The bones are too brittle now, I thought. But I persevered, and not only did I learn to snowplow, I learned to kick turn as well.

Big deal, the commander of the "A" team said as he greeted me on day two. Today we progress from flat surfaces to hills, he said.

As we boarded the chair lift, I thought, this can't be happening to me. Not only do I know nothing of

skiing, but what the hell is an acrophobic doing trying to learn anyway?

As I looked down hundreds of feet to the snow below the chairlift (okay, ten), I wondered why I had never bothered to make out a will. I knew positively, then and there, that this was to be my last day on the good green earth.

The lift went higher and higher until the initial entry point was just a speck on the horizon. My drill sergeant yelled "Move your sweet ass!" and off I went.

Ski, crash, getup. Ski, crash, getup, crash. Getup, ski, ski, oooooops! Crash. Ouch.

This went on for the better part of a day, and I still hadn't made it to the bottom. Luckily, the blizzard had kept most people off the slopes, so I couldn't hurt anyone but myself.

The third day, clear as a bell, I started off the top of the mountain.

Ski, ski, ski (hmmm, this is actually kind of fun), ski, ski, crash. Getup, ski, ski, SKI!!

By the end of the day, I had forgotten my bruises and my fear of heights, and was ready to ski into oblivion. Getting started is hard, but once you've done it, there's no looking back.

—Mary Hoppin

## Ski Terms

**Catching an edge** — Accidental catching of the edge of a ski, often resulting in a fall.

**Christie** — A contraction of the word Christiana; any turn in which the skis are in a parallel position as the turn is completed.

**Cornice** — Overhanging formation of ice or snow, caused by high winds. It is usually sharp edged, concave on its downhill side, and is dangerous because it may break under your weight or cause avalanches.

**Downhill Ski** — The lower ski or the one that will become the lower ski in any ski turn.

**Edging** — A means of controlling the sideward slippage of the skis by getting the skis at an angle to the snow so that they "bite" the surface.

**Fall line** — The shortest distance down the slope; the steepest gradient.

**Garland** — An exercise in which the skis are alternately slipped downhill and traversed across the hill.

**Herringbone** — A climbing step in which the skis are edged and held in a V position in order to prevent them from slipping back.

**Inside Ski** — The ski which is on the inside of the turn or will become the inside ski in any turn.

**Jump Turn** — One or both poles are planted in the snow to the side of the skier, who then leaps into the air and pivots on them. More a trick than a necessary maneuver.

**Kick Turn** — A static turn, used to change direction, usually when climbing in traverses. One ski is raised clear of the snow and turned in the new direction, then the other ski is swung around parallel to it.

**Mogul** — The very step-walled and closely grouped hillocks which form when skiers consistently turn in the same place.

**Outside Ski** — The ski which is on the outside of the turn or will become the outside ski in any turn.

**Parallel Christie** — A turn in which the skis remain parallel throughout the turn.

**Schuss** — Skiing down the fall line without turns or checks.

**Sideslip** — Skis held parallel are allowed to slip sideways down the slope. Releasing edging starts the slip; varying degrees of edging control its speed; full edging stops it.

**Side Step** — A sideways ascent up the fall line, with skis at right angles to fall line, and kept parallel.

**Parallel** — Turns executed with the skis parallel throughout the turn are called parallel turns.

**Sitzmark** — A hole made in the snow by a skier's fall.

**Snowplow** — A turn made out of the snowplow position by shifting the weight to the ski which will be on the outside of the turn.

**Spring Conditions** — A catchall phrase used in snow conditions to designate constantly variable conditions due to freezing temperatures at night and above freezing temperatures throughout most of the day.

**Stem** — The basis for a series of turns in which the tail of one ski is pushed out so that the turn is started from a half-V position.

**Stem Christie** — An advanced form of a stem turn in which the ski is stemmed only slightly and in which the other ski is immediately brought alongside so that most of the turn is completed with skis parallel.

**"Track Left" or "Track Right"** — A warning a descending skier shouts to someone in his path whom he intends to pass, "left" or "right" indicating on which side the skier will pass.

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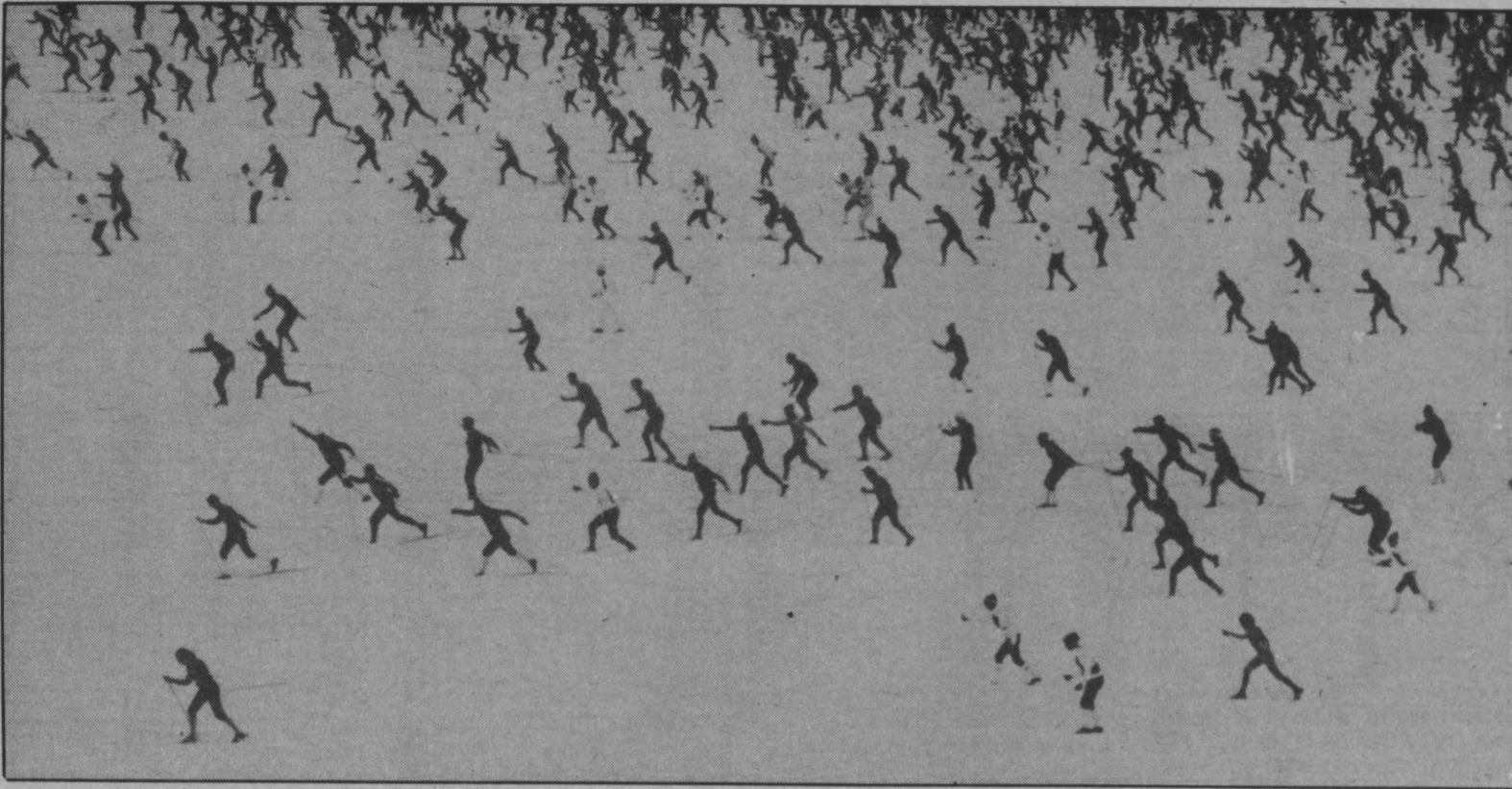
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## Skier's Checklist

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|---|--|
| <input type="checkbox"/> Skis (a ski bag is also helpful)                             | <input type="checkbox"/> Sunglasses (a must)                                       |
| <input type="checkbox"/> Boots  | <input type="checkbox"/> Sun Screen  |
| <input type="checkbox"/> Ski Poles  | <input type="checkbox"/> Chapstick   |
| All three of the above can be rented at the lodge or from one of the local ski shops. |  |
| <input type="checkbox"/> Warm Parka   | <input type="checkbox"/> Camera  |
| <input type="checkbox"/> Waterproof Pants (Scotchgard on newer Levi's works)          | <input type="checkbox"/> Personal Items  |
| <input type="checkbox"/> Warm Waterproof Gloves                                       | <input type="checkbox"/> Clothes for Apres Ski                                     |
| <input type="checkbox"/> Warm Hat (brightly colored watch caps are popular)           | <input type="checkbox"/> Bota Bag (leather wine sack)                              |
| <input type="checkbox"/> Longjohns  | <input type="checkbox"/> Ski Club Name Badge                                       |
| <input type="checkbox"/> Warm Socks   | <input type="checkbox"/> Ski Lock (or lots of quarters for lockers)                |
| <input type="checkbox"/> Waterproof Shoes or Boots                                    | <input type="checkbox"/> Money (for some meals, drinks, souvenirs, lift tix, etc.) |
|   | <input type="checkbox"/> Your biggest smile  |
|   | (One more hint — try to pack all of your stuff into one suitcase.)                 |



One Rarely Sees This many skiers crowded at Yosemite, and the real peace here is the best part of the trip.

So you say you're sick and tired of studying and you can't wait until finals are over. You say that you're bored with the sun, palm trees, tanned bathing beauties and the "chicken surprise" that is served every Sunday night in your dorm. You say that you can't wait to get home and relax, but the thought of watching "Santa Barbara" every day on T.V. during vacation nauseates you. You feel you need to get away, to engage in some winter fun.

You begin to make plans involving such traditional California bunnyfields as Mammoth and Tahoe, and (gulp) Big Bear, but the thought of mile-long lift lines, traffic jams and lit-up "No Vacancy" signs makes you a bit dizzy and you wonder if a ski vacation is really worth all the time, energy and money.

Yosemite National Park offers everything the winter sports enthusiast could ever ask for. Yosemite in the winter season is truly a land of wonder. Gone with the heat are the huge crowds and noise that characterize summertime in the park. Yosemite is relatively free of crowds in the winter, yet offers such activities as both downhill and cross country skiing, ice skating, snow camping, snowshoeing and snowcat riding in addition to the normal interpretive and educational activities offered by the Park Service.

For the ice skater in the crowd, the Curry Village rink offers skating, skate rentals and instruction seven days a week from mid-November until March. The open-air rink provides outstanding views of Glacier Point and Half Dome and is lit by soft lights during evening sessions. Even for those inexperienced sorts who end up seeing the ice more often than the view, this is a very rewarding way to experience the park.

Those interested in braving the harshness of a Sierra winter can engage in one of several snow camping trips scheduled, or can simply plan a separate trip. A word of caution is in order: only experienced backpackers with knowledge of the extreme weather conditions of the high Sierra should attempt a non-guided snow camping trip.

Temperatures can dip as low as 40 below zero without the windchill factor, so be prepared. Many hikers are lost annually or are not found until the following spring. If you have any doubt about your abilities, take advantage of one of the many organized snow-camping trips offered through the Sierra Club and/or UCSB's Outdoor Recreation Department.

So, you ask, "What about skiing?" Well, Yosemite is certainly no stranger to the sport since Badger Pass Ski Area has been operating within the park since 1935.

Badger Pass is located about 23 miles from Yosemite Valley, via the Glacier Point Road. Open seven days a week and featuring nine runs, Badger Pass has earned a reputation as being one of the best ski areas in the country.

The slopes are classified as 35 percent beginner, 50 percent intermediate and 15 percent expert. Adult ski tickets (all-day lift) run \$17 on weekdays, \$19.50 on weekends.

For those just learning to enjoy the great outdoor sport, the Yosemite Ski School, founded in 1928, is considered the finest in the nation.

It should be kept in mind, however, that Badger Pass is located at 7,000-8,000 feet on the western slope of the Sierra. The snow that falls is plentiful and wet. Those seeking powder skiing would be best advised to visit Mammoth, to the east side of Lake Tahoe, or the Wasatch Range in Utah, where the dry desert air helps form the powdery snow famous worldwide.

Those who prefer the challenge and physical exertion of cross country skiing to the freedom of downhill will find even more to cheer about in Yosemite. The Yosemite Mountaineering School offers both lessons and guided tours up to six days long within the park. Outstanding trips include traversals of the snow-covered Glacier Point and Tioga Roads.

The Tioga Road provides access through the most beautiful alpine scenery found anywhere to Tuolumne Meadows. Tuolumne Meadows is truly a popular destination for cross country skiers in the park.

In addition to skiing, snowcat rides are offered from Badger Pass to the surrounding high country. Ranger-guided snowshoe trips are also available from Badger Pass. Beware, however, for this is very hard work.

Now, if you are convinced that Yosemite is the place to go this coming winter, you'll naturally want to know about places to stay.

Private accommodations are available at Yosemite West, a condominium complex located just outside the park near Badger Pass. Others can be found in nearby Sierra towns such as El Portal, Fish Camp, Oakhurst and Mariposa.

Within the park, both the Wawona Hotel and Yosemite Lodge offer moderately priced rooms. Camp Curry on the valley floor offers cold but cheap economy cabins.

For the campers in the crowd, Lower Pines campground on the valley floor and the Wawona campground are both open all year at reduced rates.

Every wintertime visitor to Yosemite must eventually experience the Ahwahnee Hotel. One of America's finest mountain resorts, the Ahwahnee, resplendent in its redwood and stone Indian motif, is decorated throughout the Christmas season with ribbons and Christmas trees. The event of the season is the annual Squire Bracebridge Dinner. This dinner is a splendid recreation of a 13th century English Christmas, complete with costumes, fabulous food, wine and song.

Temperatures in the valley are moderate during the winter. Highs generally reach the 50s and lows drop into the 20s during clear weather. Temperatures are correspondingly colder at higher elevations.

For more detailed information about the park, call: (209) 372-4605 or (209) 372-1338.

— Rob Carnachan

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Having just had the distinct pleasure of enduring an hour and a half of grueling aerobics, I do feel much better, although my jeans seem to have shrunk more than usual. What exactly makes aerobics so special that everyone from Raquel Welch to Sting (yes, he does aerobics, I have proof) are getting into the groove? It certainly doesn't look like much fun, it takes coordination (a thing I was not born with), you can't do it alone, and to get any benefit at all you must aerobicize frequently and for an extended period of time.

But, aerobics is good for you. Yes, aerobics is like broccoli, eggplant, and Maalox all in one, a truly unique combination. Not only is aerobics the supreme answer to eliminating cellulite, but it also works on your heart in a big way. Aerobic activity strives to increase the heart rate for at least 30 minutes, thereby strengthening the cardiovascular system. As far as increasing muscle tissue, aerobics isn't really big in this area. However, it does tone and trim the body all over, allowing the muscles to become defined and the flab to become tight, and ultimately that is what every good body consists of — tight flab.

Hard bodies have no fat. Very untrue. Even healthy athletes have fat on their body; it's a necessary and vital part of a tightly functioning lean machine. However, an excess of fat does not do anyone good except maybe if you live in

New York and have to sit at the bus stop in 20 below weather — then your insulation is justifiable.

After 30 minutes of aerobic activity, the body begins to burn the actual fat cells. Before this time you are only burning glucose, which is not fat.

A typical aerobics class begins with some inspiring upbeat music along the lines of *Flashdance* or *Madonna*. The warm-up consists of about 10 minutes of long stretches allowing the muscles to prepare for the ultimate workout. The

you breath through your nose again and see how fast your heart is beating. If you're age 20 to 25, heart rate should fall between 120 and 180. Once we know how fast we've gotten the heart pumping, it's floor work time. Individual muscle groups are worked at this time, the most popular one being "the butt". The goal here is to achieve muscular exhaustion, thereby surpassing the muscles that get worked on a daily basis and utilizing the ones that do not. Arms are usually worked here

walking the way one does after a stretchless aerobics class.

Not all classes consist of jumping around. Non-impact classes are the newest in aerobic technology. Your feet never leave the ground and hand weights are used during the workout. This type of exercise is especially good if you have weak ankles or shin splints. However, complaints are heard about not getting a "real" workout.

How often should you submit yourself to this stuff? Experts do

If losing weight is your goal, aerobics and dieting are the ticket. No diet will work if you do not exercise, because as soon as you stop eating, the body's metabolism slows itself down, allowing fewer and fewer calories to be burnt and very few pounds to be lost. Aerobics speeds up the metabolism in general and specifically helps the body to burn calories twice as efficiently for the next 14 hours after a class. Anywhere from 200 to 600 calories can be used during a class depending on your effort level.

In order to do aerobics, it would be a good idea to get hold of some leotards and tights, which somehow manage to hold everything together while bouncing around. They also allow for freedom of movement which is important to gain the maximum benefits from a class. Aerobics shoes are a must, and just about every major manufacturer carries them, not to mention that just about every body you know has a pair of *Reeboks* (not *Sting*). Choosing the right kind of shoe depends on your specific foot needs. If you have weak ankles, high tops are the best choice. If you have shin splints, then running shoes are recommended, and if you need support and shock absorption, then insoles are the right choice.

It's all clear now. Aerobics is king.

—Valerie De Lapp

# AEROBICS

aerobics begins next with an even more upbeat tune designed to make you jump around with unmatched enthusiasm. After 25 minutes, the instructor usually smiles and encourages on the average of every 10 seconds so as not to lose you at the crucial fat-burning moment of the class. Most classes run from about 20 to 45 minutes of actual aerobics.

Following the strenuous yet enjoyable aerobics is a warm-down and pulse-taking session lasting about five minutes. This is where

also, along with stomach, in a literal barrage of sit-ups and arm-twirls.

So, you made it to the end of the class. Candy bars are passed out. Not really, but the thought usually circles my brain. A nice, calming warm-down stretch is done here, and everybody goes home feeling like the characters in *Fame*. At least I do. It is extremely important to stretch after you have aerobicized, because if you don't the pain will be noticeable the next day, and you'll look rather odd

recommend at least three times a week for 30 minutes. From experience, I know that this amount merely sustains whatever shape you happen to be in. If you are a beginner, then certainly this schedule would suffice. However, a peak is reached once the body burns all the fat it wants to, which is usually incongruent with the amount you would like dropped. At this point, aerobics, or some equally comparable activity must be engaged in at least four or five times a week to lose weight.

## Different things to different people

Surfing is many different things to many different people and has many different meanings to both surfers and non-surfers alike. Within the surfing community there are many interpretations of what surfing is. A sport, a recreation, an outlet, an escape, a release, a form of self-expression and more. Among non-surfers there are such widely held beliefs as surfing is irresponsible, a form of avoidance, a drug-related activity, for idiots only and for flakes only.

For those of you who don't surf,

many of your beliefs concerning surfers and surfing are true. But for the most part, the public's impression of the surfing world are those that were formulated during the 1960s and '70s and generally no longer hold true today. People who put surfing down as "a waste of time" or "stupid," etc. are those who have never surfed and to these people's minds belongs the stereotype of the irresponsible, bleach-blond, stoned-out surfer.

Not to say that those stereotypical individuals do not exist, however, in more modern

times surfers can be found in all age groups, in both sexes, and in all walks of life. To these people, surfing is more than just having blond hair, a surfboard, and a vocabulary that consists only of "gnarly," "tubular," and "bitchin'."

Even within the surfing community there are different interpretations of what surfing is. For those surfers who look upon surfing as a sport there is an increasingly competitive aspect to it and this is found in the ever-growing numbers of surf clubs, surf teams and surf contests. For

## Surfing Is ...

those who wish to participate, surfing offers a highly competitive arena for one to test one's skills against those of other surfers. These individuals take their surfing and equipment seriously and they are constantly training and fine-tuning their equipment as would any other athlete in a competitive arena.

If one does not wish to participate in the competitive side of surfing there is the realm of surfing that is referred to as "soul" surfing. To soul surfers, surfing is for the pure fun and enjoyment to be found in riding

waves rather than the testing of one's skills against other surfers. Soul surfing is where surfing began, where one went surfing with a friend or two or even alone and surfed just for the fun of it. Within this realm of surfing can be an escape, or a form of self-expression depending on one's mood and the surf conditions.

Whether it's surfing for fun, competition, or just observation, surfing offers something for everyone. It is a medium through which many different opinions, feelings and emotions can be expressed and explored.

—Paul Kuhn, Ocean Rhythms



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## Getting Started in Archery

you draw the arrow back smoothly to your cheek and take careful aim on your target. Muscles tense, you wait for just the right moment to release. The moment comes, and with the smoothness of wind you release the arrow and it speeds to the target.

Unfortunately, the arrow misses the target and strikes a nearby tree. "Well, it was pretty close," you say to yourself, and begin to place another arrow against the draw string.

Archery. To most people, the word brings to mind images of Errol Flynn as Robin Hood or William Tell shooting an apple off of his son's head. While it is true that in history there have been wars fought and battles won with the bow, today's archer is of a slightly different sort.

It's late afternoon, the sky is beginning to show the golden and pink hues of the sunset. As you stroll up to the archery range you begin to notice how quiet it is, how peaceful. You set up the target for the day on the hay bale, and step back about 45 yards from your goal. Taking your bow in hand, you make a routine check to see if you have all of your equipment set properly: the draw strength, arm guard, and the release pad.

You slip an arrow out of your quiver and position it against the drawstring. Taking a deep breath,

Why do you decide to shoot again after missing so badly the first time. Because the excitement of archery comes not only from hitting the bullseye with the arrow itself. There is no other feeling quite the same as the feeling you get when you release the arrow and watch it fly at over a hundred miles per hour towards the target. At that moment, not only have you released the arrow, but you have released something else as well. Perhaps it is the tensions you have built up inside of yourself, perhaps not, but whatever it is, it gives you a feeling of freedom that you just don't get from very many things. Whether the initial appeal to archery is to hunt, to compete, or

whatever, most people who stay with it do so because they like that feeling of freedom.

Archery is a multi-faceted sport. Hunting, fishing and competition are three of the major areas that archery focuses on. Different equipment exists for each style.

Hunting was the reason that archery developed to begin with. Early bows were constructed of single pieces of flexible wood with gut strings (like the Indians used). Today's bows have come a long way from the early model. Most bows today are made from space-age materials like fiberglass and magnesium alloys, or from laminated hardwoods.

Although wooden arrows are still made, the arrows of choice for today's archer are made of fiberglass or aluminum, and instead of flint points they have steel ones.

There is a wide variety in hunting equipment. The first decision to make is what type of bow you would like to use (yes, there are even a lot of different types of bows!). There are two major types of bows, the compound and the recurve. The compound bow is usually the smaller of the two and

has small wheels or cams positioned at the ends of the bow. The drawstring is connected to cables that run around these wheels whose function is to release the tension required to hold the arrow in a drawn position.

The recurve bow has none of these wheels and is the style of bow more like what the Indians used to use. Most hunters prefer to use the compound bow because it is smaller and mainly because it is much easier to hold the arrow in a drawn position (ready to shoot) for extended lengths of time.

Your choices do not end with the bow, however; you must choose the right type of arrow for the game you wish to hunt. Large game like deer usually require an arrow that is heavily built, with a special point that have triangular razor blades embedded in it. Although this may sound vicious to some, it is actually more humane than shooting the deer with a regular type of point. The animal may suffer needlessly if you don't hit it in the correct spot with a regular point; with a razor point the animal will bleed to death fairly quickly.

Smaller game like rabbits

usually require what is known as a field point, which is a small, heavy type of point. Birds require something that will immobilize them like a snare point. Snare points usually have loops of wire surrounding a small piece of metal.

You can even go fishing with your bow. Special, heavy arrows are used with points that are similar to that of a spear. A reel screws into your bow, and the line is connected to the arrows. After shooting the fish, you just reel it in.

With the sellout crowds attending the archery competition at the Olympics, interest in this aspect of archery has grown quickly. Only recurve bows are used in Olympic competition, but there are professional competitions for compounds as well. The paraphernalia that go along with competitive shooting are almost too many to name.

The important thing to remember is that you must get the type of equipment that best fits your style. Classes in target archery are taught here at UCSB, and there is an archery club in Santa Barbara if you want to get started. Good luck and have fun!

## Grab Your Stick

(Continued from cover)  
oriented concerns: winter waves.

Summer surfing on the central coast leaves much to be desired. While spots in Southern California such as Zuma or Huntington Beach "pump" all summer long, Santa Barbara is flat. With the onset of fall, bigger, better-shaped waves can be found from "up north" at Steamer's Lane, Santa Cruz, to more local spots like Sands Beach or Rincon, near Ventura.

Different categories of surfers are found at UCSB. Equipment, skill, and dedication are a few of the things separating surfers, although certainly not the only varying degrees determining involvement in the sport.

The surfboard is the most basic piece of equipment, and UCSB surf-rats may own two or three. The choice of most in the area is a six to six and a half foot "thruster" (tri-fin). "Guns" (long-boards), are boards of seven feet or more and provide more stability in the water. Catching waves is easier on a gun, and many of S.B.'s shredders probably "got up" for the first

time on one. The sentimental favorite of most surfers is their first board, which none of them can seem to get rid of. They are usually "dinged up", (full of holes from rocks or collisions with other surfboards), covered with duct tape, (the cure-all for injured surfboards), and very old.

While a board is the only piece of equipment for some, winter surfing requires more. A wetsuit is the integral part of my equipment, as I get cold thinking about going into the chilly November or December waters! Most wetsuits are two to three millimeters thick, and although they limit mobility, most surfers are willing to give up a little flexibility to fight numbness while "going off the lip."

Booties are also integral to the surf attire while in the water off of Campus Point, I.V. Beach, Devereaux Point, or Sands. Why, you ask? Two reasons: Numb feet and tar, the nemesis of all who participate in the sport here.

A friend of mine from Hawaii once told me surfing UCSB left something to be desired because

the feeling of harmony with the ocean was lost due to wetsuits, booties, and tar. I never saw him in the water without his suit though!

A third part of the "surf mentality" is the attitude of the surfers. Some hardcore surfers wake up at 6 a.m. to check the surf, and manage to get in an early session before class. Others are more low-key, going out in the afternoon as a purely recreational thing, for the exercise, or just because at UCSB

it's "the thing to do."

Serious surfers often become annoyed when they get "snaked", (cut off), by a novice surfer, and tempers can flare in the water. Some have been known to intentionally let their board slip into someone else, dinging the other's board or catching him in a soft spot on the body. Other surfers are content to spray beginners as they go by them, as if to say "Get out of my way, amateur!"

Of course this is done casually, as looking cool is of the utmost importance in this sport. The classic surf picture is a huge wave being ridden by an incredibly calm rider. What those uninitiated to the sport don't know is how fast he is really going! Perhaps one day in the future they will know, but until then, "Shred on UCSB surf-lizards!"

— Larry Speer

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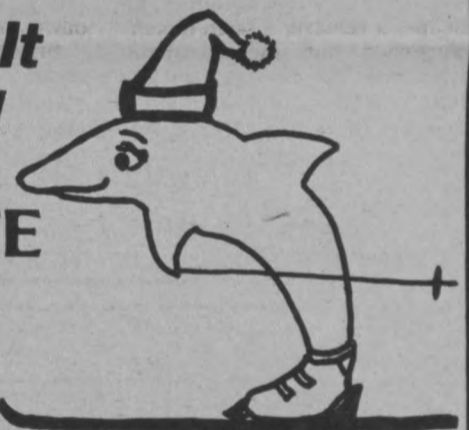
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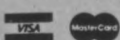
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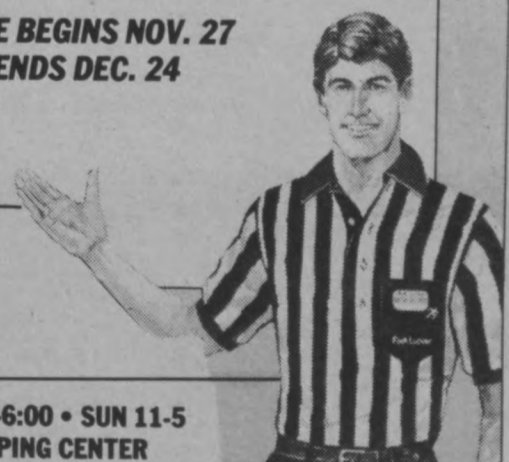
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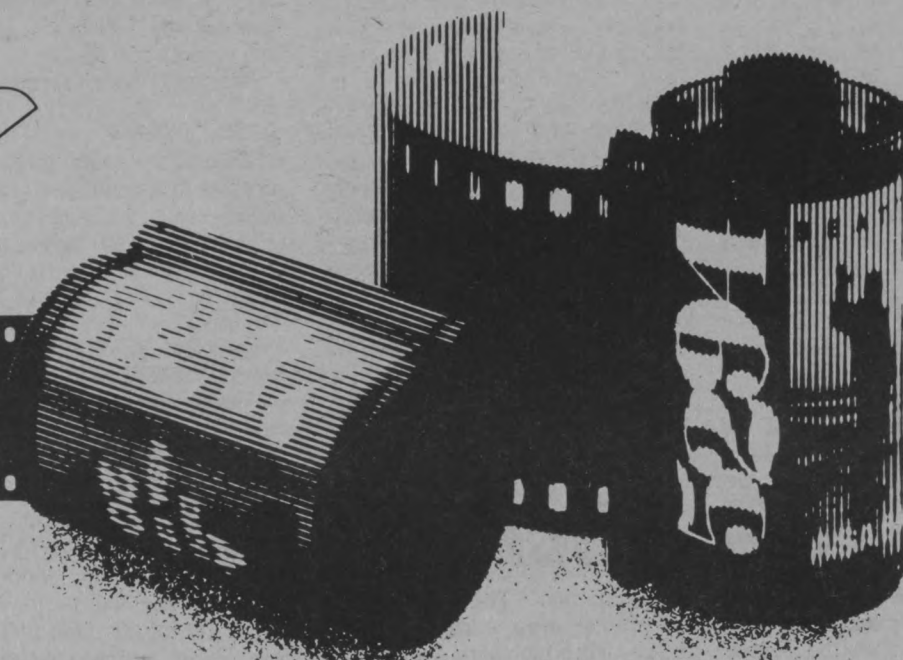
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