

PORTAL

Thursday, December 4, 1981

magazine



PORTAL *magazine*

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Athletes Require Balanced Diets For Maximum Energy

By JERI STUCKY
Student Health Services

It seems logical to argue that athletes require more protein because exercise involves muscles, and since muscles are made of protein, athletes should require more dietary protein.

But a nutritious, normal diet including additional calories from each food group should insure an adequate supply of essential nutrients. The primary concern of athletes should be an adequate fluid intake.

Assumptions are also made regarding high calorie intakes, additional carbohydrates, supplementation of B vitamins, and mineral, water and hormone preparations. All of these arguments are based on logic which may or may not prove accurate when subject to controlled studies. Experiments on actual nutrient needs of athletes have indicated findings related to all of the above ideas.

But protein is not the preferred fuel for muscle work. Studies have found that people engaged in strenuous physical labor perform just as well on 50 grams of protein (equal to one-half pound of hamburger) a day as they do on 150 grams of protein a day. No evidence exists that additional protein confers any advantage to the athlete in terms of strength, endurance or speed.

Carbohydrate is the muscle's quick source of fuel. Because an athlete's expenditure of energy during training and events exceeds that of the average person, additional carbohydrate intake is necessary. Some examples of good choices of carbohydrate foods are potatoes, wheat bread, pasta, corn, peas, legumes, and tortillas.

When energy intake and expenditure are high, additional B vitamins are needed. Supplementation of B vitamins is not necessary, however, provided the additional energy is from nutritious foods and not concentrated sugar. The B vitamin needs will adequately be met by the additional food consumed.

Many people believe that it is necessary to supplement protein in order to gain

weight, but adding protein to the diet only for the additional calories it provides will contribute to fat tissue gain. Muscles become larger in response only to muscle work and adequate nutrient intake. To gain a pound of muscle tissue, an athlete must train regularly and consume an additional 2,500 calories from a balanced assortment of foods.

To achieve weight loss and maintain the "maximum ratio of muscle strength to body weight," body fat cannot be eliminated at a faster rate than 2 lb. per week. Techniques such as induced vomiting, saunas, plastic suits, and/or diuretics achieve faster weight loss only by dehydration.

The main symptom of dehydration is fatigue. Maintaining water balance during an athletic event is extremely important because fluid is the medium of exchange for the working muscle. The athlete should

drink cool, fresh water or diluted fruit juice before, throughout, and after the event to maintain hydration. Diluted fruit juice will provide potassium, an electrolyte lost in sweat.

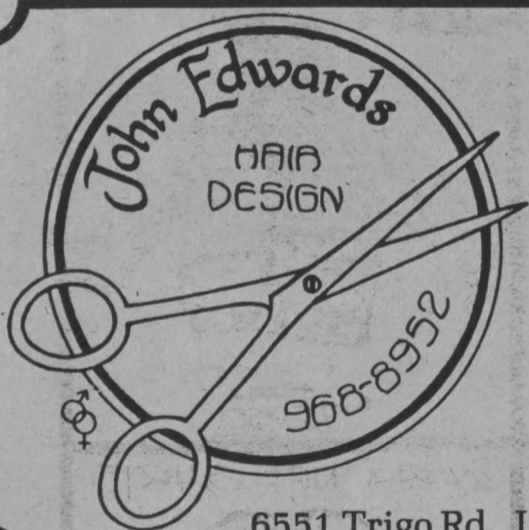
There is no need for additional sodium (salt) intake, as long as the diet provides enough sodium by simply using salt when cooking and at the table. Salt tablets are so highly

concentrated they actually work against hydration by drawing fluid from the tissues. Nude weighing before and after an event is recommended to determine water loss and need for replacement.

There is no special food that should be eaten before an event. Steak or other high protein meals may boost morale, but also have a high fat content. Such a diet has a slower transit time through the digestive process and may actually impede performance.

Concentrated sugar such as a candy bar may cause rebound hypoglycemia (quick energy followed by low blood sugar) thus limiting performance. To avert pre-game excitement and nausea, some athletes find they tolerate a liquid pre-game meal best. One can be made in the blender using fruits, juices, and milk or by purchasing a commercial product.

"Body fat should not be eliminated at a faster rate than two pounds per week."



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Biofeedback Offers Alternative Method of Stress Reduction

By RUTH HOFFMAN
Do you suffer from chronic headaches, high blood pressure, epilepsy, or a stress-related disease? Ever considered biofeedback?

According to Webster, biofeedback is "the technique of making unconscious, involuntary bodily processes perceptible to the senses in order to manipulate them by conscious control."

Until the 1960s these "involuntary bodily processes" were thought to be just that — involuntary — but then research done on animals proved that the creatures could be taught to influence their own body functions.

Since that time the knowledge and technology surrounding biofeedback has increased considerably, and many physical processes can now be observed electronically.

A biofeedback set-up consists of a monitoring device and a signaling mechanism. The monitor

records one or more of the patient's functions such as muscle tension, blood pressure, skin temperature, or brain waves. This message is then conveyed to the patient through some form of signal — an oscilloscope wave (a tone which varies in pitch), or a

"With instantaneous feedback and self-training, the patient learns to alter and control bodily functions."

digital readout.

As the patient receives the instantaneous feedback, he or she does whatever is effective in producing the desired signal. Through this self-training, the patient learns how to alter and control the previously

"involuntary" bodily function.

Dr. Sherman, a psychology professor at UCSB, said that "when people are asked what they did to lower their blood pressure or muscle tension level, the most common answer is, 'I just tried to relax.'"

In a study performed by Dr. Sherman and some associates, the success of normal college women using biofeedback to lower their own blood pressure was compared to that of women using only a simple relaxation technique. A third group just listened to soothing music.

The experiment showed that the simple relaxation and biofeedback methods were equally effective, while the music completely failed to lower blood pressure.

The expectations a patient brings to a treatment will significantly affect its success. Those who believe the procedure will work are more likely to

find a treatment helpful than those who approach it skeptically. "The success of biofeedback treatment varies between individuals quite a bit," Dr. Sherman said.

If you already have experience in Transcendental Meditation, Progressive Relaxation (in which the person tenses and relaxes muscles one body part at a time), Autogenic Training (where the patient relaxes through suggestions given in a monotonous, soothing

voice), or some other relaxation technique, you may want to stick with what you're accustomed to. Biofeedback is not necessarily a better technique, and is often less convenient and more costly.

Although people usually begin biofeedback training at the recommendation of a psychologist or medical doctor, a person may try it on their own initiative. There are three biofeedback labs listed in the Santa Barbara yellow pages

alone.

For those who have a serious health problem, however, it is wise to consult a health professional first so that the optimum method of treatment can be chosen, according to Dr. Sherman.

Whatever technique for self-regulation people learn, they will be gaining an invaluable skill which can aid their mental as well as physical health by giving them more power over their bodies.



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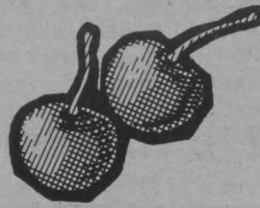
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Fad Dieting May Induce Severe Physical Health Complications



By JERI STUCKY
Student Health Services
How many diets have you followed in your lifetime? Did some work better than others? Were you able to lose weight and maintain that weight loss? Or are you like many others who lost weight following a special diet or quick weight loss diet only to be disheartened by regaining fat tissue?

A diet you follow temporarily will at best afford only temporary weight loss. There are seemingly hundreds of these temporary diet plans commercially available, so how do you evaluate them? Although each diet has a different name and includes one or more combinations of gimmicks, only a few diet manipulations can actually enhance weight loss.

For weight loss diet to achieve its goal it must be based on fewer calories consumed during the weight loss program than on the participant's typical free-selected diet.

A fad weight loss diet will often include either too few calories to provide essential nutrients (protein, carbohydrate, fat, 13 vitamins and 15 minerals), or severe manipulation of one or more of the calorie-contributing nutrients (protein, carbohydrate or fat).

The most popular of these combinations is the low carbohydrate diet. It comes in a variety of packages such as the Air Force Diet, The "Mayo" diet, The Drinking

Man's diet, the "Calories Don't Count" diet, the grapefruit-and-egg diet, the Atkins diet, the Ski Team diet, the Stillman's diet and the Beverly Hill's diet.

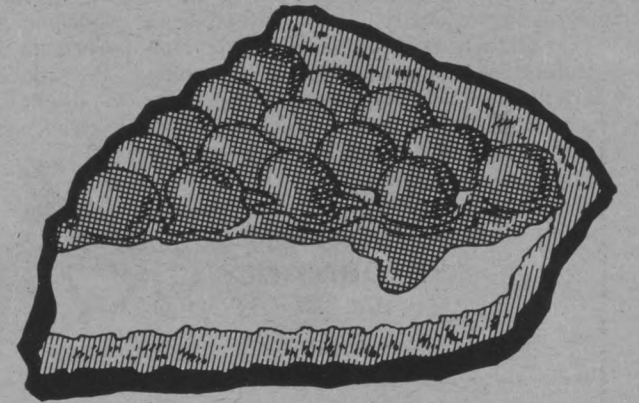
Carbohydrates are broken down to glucose then absorbed and used as fuel by the body. The rationale behind low carbohydrate diet plans is that the body deprived of glucose will be required to metabolize fat as its fuel source. In doing this the body produces ketones, which were excreted in the urine, carrying unused calories.

The false claim is that the loss of calories through sheer wastage is so great

loss of water weight but body fat losses are the same as those of other dieters.

A balanced low calorie diet is already much lower in carbohydrate than a normal diet would be. A balanced low calorie diet would include the same amount of protein, half as much fat and one-third as much carbohydrate; the minimum amount of carbohydrate needed daily is not less than 500 calories. To cut carbohydrate intake any further would not only be unnecessary but possibly dangerous. Many risks are associated with inadequate carbohydrate diets.

For health's sake it seems



"A fad weight loss diet often includes too few calories to provide essential nutrients."

that you can eat all you want: you need not count calories as long as you keep strict control over your carbohydrate intake.

This diet does cause ketosis, but the amount of energy lost in ketones could not promote weight loss at a rate faster than a pound every one to two months (3,500 calories equals 1 pound of fat). Rather, observations have shown that participants following these diets find their food so unpalatable that they voluntarily select a diet low in calories. So weight loss occurs just as it would on a low calorie meal plan.

Weight loss occurs initially more rapidly on a low carbohydrate diet due to a

that a balanced and nutritious weight loss diet should be given a fair trial before any unbalanced diet is tried.

A sample of balanced weight loss diet includes: two servings (eight ounces each) from the non-fat milk group, two servings from the vegetable group, two servings from the fruit group, four servings from the bread, cereal, starchy vegetable group, two (one teaspoon) servings from the fat group and six (one ounce) servings from the protein group.

For further diet information contact the Student Health Center nutritionist, Jeri Stucky, at 961-3371.

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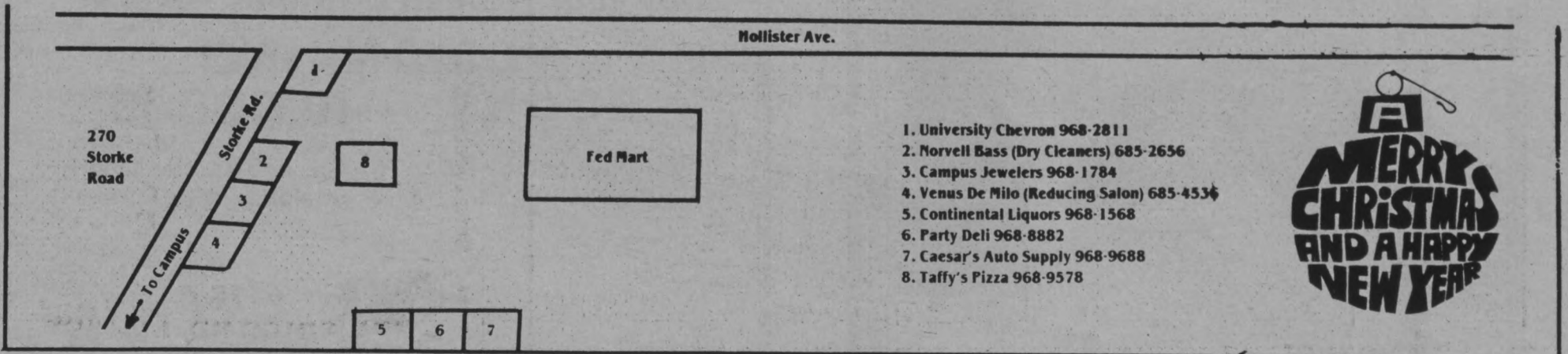
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Silk Pajamas Breakfast Company Delivers Gourmet Morning Meals

By JANE BAILIE
 The idea of having food delivered to one's home or apartment is not a new one. Ever since pizza became popular as an ordered door-to-door meal, other services have developed in order to accommodate the well established trend of brought-to-your-door eatables. However, this normally expedient method of delivery has now been augmented by a more formal variation.

The Silk Pajamas Breakfast Company, owned and operated by two former UCSB students, David Weiger and Tony Coulson, provides a unique and innovative food delivery service. Clientele have the option of actually being served breakfast in bed, ranging from a relatively simple meal with pastries and coffee, to a more elaborate meal including Godiva chocolates, smoked salmon and a dozen red roses.

Weiger and Coulson, dressed in silk pajamas, will deliver the meal between the hours of 9 a.m. and noon. Then they return later during the afternoon to collect the unused portion of the breakfast.

"We also cater to large groups and parties, usually brunches," Weiger explained.

Established almost two years ago, the Silk Pajamas Breakfast Company has served a wide spectrum of the proximate population.

"We once had to serve breakfast on a boat," Weiger grinned. "It was a bit tricky, and we had a little trouble finding it."

"One time," Coulson added, "we went to this house and a little girl of about 14 answered the door. She said, 'Oh, that must be for my parents!' But it turned out that it was her birthday and they had ordered it for her."

"People are almost always shocked," Weiger related. "We've had everything from people screaming to people thinking we were crazy. But after the initial shock wears off, people are always excited."

Weiger and Coulson received the idea of breakfast deliveries from a

company is "something we'd eventually like to do full time," Coulson explained.

"A desire to get out on my own," was how Weiger described his motivation for establishing the company. "Right now we hope to provide a similar type of service in Boston, San Diego, San Francisco and the south of France."

"You won't have to dress up to go out!" Coulson joked.

"We also offer gift certificates," Weiger said. "This way a person can buy a delivery, and the person they give it to can pick a day when they want the breakfast or brunch delivered."



The Silk Pajamas Breakfast Company, owned and operated by two former UCSB students, is an innovative new service that provides "breakfast in bed," a gourmet meal delivered direct to your home.

Photo by Joyce True

company in San Francisco.

"They (the San Francisco company) used disposable items," Weiger pointed out. "But we decided to do something with a little more class, so we decided to use china and linen."

Both Weiger and Coulson have had extensive experience in food service, for both work as waiters outside of their involvement with Silk Pajamas.

The breakfast-in-bed

"Being realistic," Coulson added, "Southern France is sort of a dream. We both really love Europe."

Weiger mused that operating such a business "gives me a chance to mess up the kitchen. Business never really interested me, but now I find it fascinating when I see how it works."

Prices for these catered meals vary from \$25 to \$75, with additional gourmet supplements costing somewhat more.

Both Weiger and Coulson are enjoying their experiences with Silk Pajamas and plans for expansion have already been considered. One such proposal involves serving dinners in a similar fashion.

"We hope to have that (the dinner delivery service) going in about six months," Weiger estimated.

"It definitely is a learning process," concluded Coulson.

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Jazzercise Combines Dance, Aerobic Exercises to Firm Flab

By LINDA BERBEROGLU

"All right, lie flat on your back, arms out to the sides, your left leg comes up, over to the right shoulder, up again, over to the left shoulder, up, flex, and down."

The familiar beat of the song "Fame" sounds throughout Room 2320 of Rob Gym as forty-one legs wearing tights in a myriad of colors, lift gracefully from the floor. It's time for an hour and a quarter of jazzercise, a form of exercise that combines jazz dance techniques with traditional yet imaginative forms of exercises, performed to the music of contemporary jazz artists.

"O.K. now, as you spread your legs apart (don't forget to point your toes), reach up through your legs with your hands — this is a great exercise for your abdominal muscles and inner thighs, but don't do this at a party!" jokes Beth, one of the Arts and Leisure Services jazzercise instructors who seems to exude limitless amounts of energy.

Sometimes I wonder why I subject myself to what can often be seventy-five minutes of relentless torture. I usually remind myself that I could be studying, which alleviates some of the pain.

The beginning and end of

class are devoted to some relaxing yet invigorating stretching to prepare your body for the fun to come and

a little aerobics thrown in for good measure, designed to firm, tone, and otherwise buff any and every part of

satisfied with themselves. A blur of pink and purple leotards and maroon leg-warmers (those weird-looking, bulky toeless socks worn bunched up at the ankles) file out of Rob Gym. When that same blur returns two days later for the second class, they don't look quite as enthused. Muscles that no one ever knew existed are sore. (How can my chin be stiff?)

Back in class again, Stevie Nicks' voice resonates throughout the dance studio as she sings her Top 40 hit, re-titled by Beth as "Stop Dragging My Thighs Around." "Lift that skinny little leg higher! Now plié deeper or we'll start all over

again!" The thing is, after it's all over and your leotard is drenched with sweat and your hair is matted to your forehead and your knees are like jelly, you feel great. The challenge lies in surviving those fifty-five minutes of kicking, extending, pulling, pushing, lifting and arching.

As the last song ends and you are reveling in the fact that you have survived yet another session, one more time you hear, "Reach your right arm way up, all the way, now higher, and reach around and pat yourself on the back—you worked hard tonight. I'll see you on Wednesday—and don't go home and eat pizza!

"I sometimes wonder why I subject myself to what can be 75 minutes of relentless torture."

wind yourself down after the fun is over. In between all of this is about 55 minutes of rigorous jazz exercises with

the body that needs work. After the first class of the quarter is over, everyone looks exhausted, but

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Sign-up at Placement Center for Dec. 8 Interviews

By LAURIE PUTNAM

Sports acrobatics has only just begun to carve a niche of recognition in the world of athletics. But that toehold has finally been secured, and acrobats all over the world are developing incredible skills and earning well-deserved prominence in their field.

So proved 15 young Chinese acrobats at the UCSB Events Center recently. Setting foot on American soil for the first time this November, the troupe embarked on a two week exhibition tour of the West Coast. The performance at UCSB featured "the finest (group) of sports acrobats ever assembled on one team," according to Dr. Joe Shabacker, president of the United States Sports Acrobatics Federation (USSAF), which sponsored the Friendship Tour.

The performance of world class acrobats from the People's Republic of China was augmented by the special appearances of several of America's leading acrobats, and exclusive exhibitions by Sue Sofke, U.S. champion in modern rhythmic gymnastics, and young members of Goleta's L.T.D. Gymnastics Club.

The awe-inspiring strength, balance,

years behind in this sport. They're going to do us a lot more help just by the stimulation of the people," generating interest and encouraging the growth and development of sports acrobatics, which is relatively new to the United States.

Since tumbling severed its official ties with gymnastics in the late 1950s, sports acrobatics began to develop in the U.S. Basic acrobatic elements have long enhanced such sports as diving, trampoline and ice skating, but the sport is finally beginning to come into its own.

Today, the realm of acrobatics encompasses seven different events: men's and women's tumbling, men's, women's and mixed pairs, women's trio and men's quartet. Each group event is performed on a 40-by-40 foot mat area similar to a gymnastic floor exercise mat. Individual tumbling passes are performed on a 60-foot stretch of matting elevated by six inches of springs, which lend extra bounce and thus increase the possibility of more difficult tumbling maneuvers.

Twenty countries currently participate in international competition under the auspices of the International Sports Acrobatics Federation (ISAF). Acrobats are judged on a ten point scale, again similar to gymnastics, and are evaluated according to elements of construction, difficulty, coordination, elegance, rhythm and expression.

As is common in many other sports, acrobatic routines must include certain required moves while leaving the performer somewhat free to demonstrate individual abilities. Competition includes two types of exercises for the duos, trios

tour.

"Talented, humble and happy people — what a combination!" exclaimed Johnson. Their warmth and friendliness encouraged a unique cultural exchange, understanding, and feeling of community, though direct communication required the efforts of a delegated interpreter.

A breakfast of fresh fruit and hard boiled eggs at the Biltmore was followed by some impromptu acrobatics on the hotel lawn — a startling yet breathtaking display for tourists and residents, as the young athletes erected human pyramids in the beautiful surroundings of the hotel — flanked behind by their Spanish breakfast nook and before by the ocean cliffs — their first outdoor "performance."

The ocean — they were fascinated by its foamy waves and sandy beaches, and immediately began chasing waves and frolicking on the grainy surface. It was easy to forget one was in the presence of some of the world's most accomplished athletes and not a group of ordinary students on holiday — until a tiny China doll leapt to a picturesque pose in her partner's arms and the cameras once again began clicking.

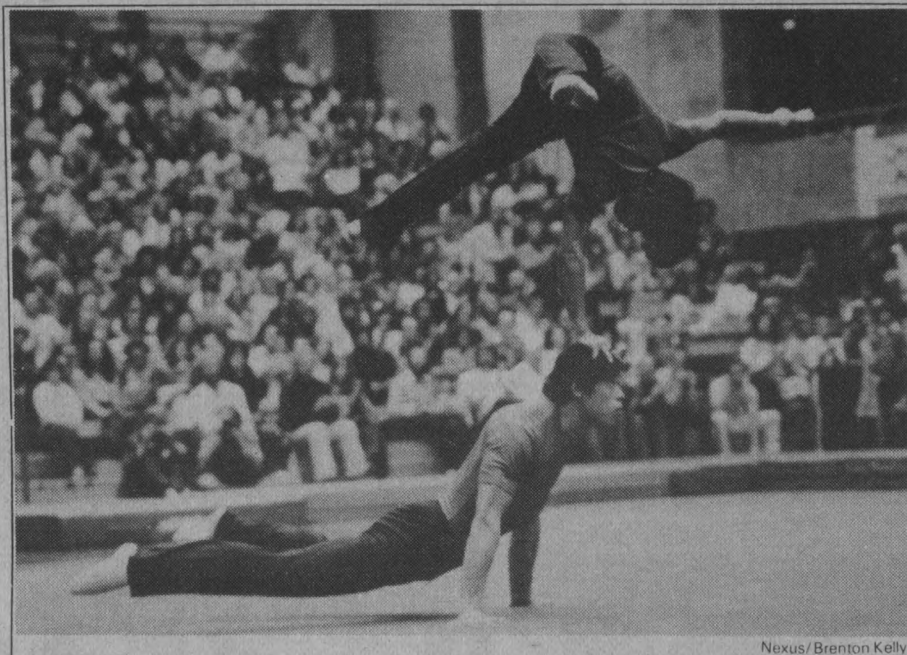
Preparing to board a chartered Greyhound in brief investigation of the sights Santa Barbara had to offer, they fell quickly into a familiar pair of lines and headed for the bus — and broke into a cheerfully broken English version of "Row Row Row Your Boat," a touching and genuine example of East meeting West in innocent cultural exchange.

An exploration of Stearn's Wharf and impromptu demonstration in La Cumbre Plaza — without preparation and on a hard concrete surface — were followed by a fresh supply of fruit. Lunch.

"I'm sure they're eating much more than their coaches would like them to eat," commented Bailie. (The post-show commotion found the entire troupe munching on Twinkies and Coca Cola, their favorite American source of quick energy.)

Excitement mounted as the evening's exhibition approached, and long before showtime spectators began to filter into the ECen.

The two-hour performance opened with an unofficial group exercise — the building of several human pyramids by the entire entourage. The innovative constructions took on the appearance of intricate snowflakes, and the effect was delicately enhanced as bodies cascaded to the ground in preparation for the next pyramid.



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agility and grace of the amateur performers, ranging in age from 14 to 27 years, commanded the attention and respect of a cheering crowd of nearly 5,000 — the largest ever to occupy the campus facility for an athletic event.

The roots of sports acrobatics run deep in the history of China, though the nation joined international competition in the seven events only four years ago. Gradually, two factions of acrobatics emerged — amateur and circus-oriented — and through the 20th century the ancient sport enjoyed rapid growth in progressively more difficult and innovative stunts.

The U.S.S.R. has dominated world competition since 1939, but only two months ago the Chinese dethroned the Soviet team in the World Cup Acrobatic Championships in Switzerland, winning more medals than any other nation.

Many of these world champions exhibited the phenomenal strength and beauty of their competitive routines in the recent series of American exhibitions, performing at UCSB on Nov. 21.

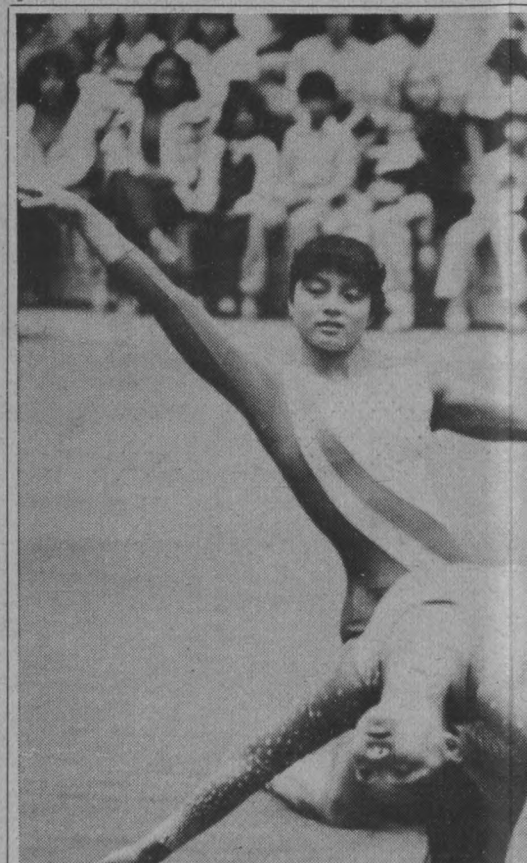
"They say 'We have come here to learn from you,'" said Sam Bailie, tour director representing the USSAF, "but practically speaking we're six or seven

and quartets: balance (including a variety of pyramids, handstands and other static movements) and tempo (requiring leaps, throws and other elements involving flight).

Members of the national Chinese team may practice their acrobatic routines as little as one and one-half hours each day, according to Chen Daqun of the men's quartet. Much of the athletes' day is taken up with a variety of other sports, however; the discipline of different martial arts, dance and rhythmic also figures in their training, and "their attitude is such that they can't help but learn quickly" according to Steve Johnson, event director and UCSB men's gymnastics coach.

The Chinese delegation arrived in Santa Barbara after five performances across the Western states — and a day of play at Disneyland, where they experienced a taste of authentic American culture.

Extraordinarily polite, they were a people uninhibited in touching each other, holding hands or showing affection, yet controlled and disciplined in performance and character. A close bond of friendship developed between the Chinese and the American teams, as they traveled together for a good part of the



CHINESE BATS

A near-capacity audience sat entranced as the show progressed to dual performances by each of the duos, trios and quartets, demonstrating the strength and beauty of their competitive routines to a variety of musical accompaniments.

Men's and women's routines were distinguished by characteristically masculine and feminine music and movement, while each athlete demonstrated the creative spirit and athletic maturity of well developed form, poised steadiness, and finely tuned coordination with other partners in dancing, hand-balancing and somersaulting.

Each event was presented individually.

The men's pair demonstrated ultimate strength and control in one-arm handstands and other balance maneuvers, including the famous stance with Hu Hong extended in a one arm handstand on his partner's head, while Hu Bingchen supported both men in a prone position solely by the use of his hands.

The women executed their acrobatics with flexibility and poise — Liang Meifang swinging the lighter Li Xiaoyan between her legs to a perfectly balanced

"The Chinese perform the ideal body positions most of us can relate to only in concept."

handstand high atop her partner. They flirted with the audience, incorporating dance and drama into their interpretation of the musical score.

The mixed pair utilized the contrast of male strength and female flexibility to form a number of striking poses. Moving together with grace and agility, the two took on the air of a well matched figure skating team in a carefully choreographed routine.

The women's trio demonstrated the impressive lifts, throws and catches of individual partners, with tiny Yang Huiping posing as the apex, her flexible back folded in a circular arch. The three maintained perfect coordination through the routines, performing separate tumbling moves with simultaneous precision.

The men's quartet initially executed only their required balance maneuver — a four-man totem pole, some 25 feet high. Genuine mastery of their craft became evident in the ease — or apparent ease —

with which they formed their tower, mounting and dismounting effortlessly, and balancing the precarious human structure topped by Lu Bing in a one-arm handstand.

For their second appearance, the four returned to perform a full competitive routine, highlighted by the "human trampoline": three pairs of hands were positioned firmly together, while Lu Bing was propelled to incredible heights, performing double twisting ariels and landing securely on the limited surface.

Encores became standard fare for the acrobats.

Tumbling was another continuous spectacle, an impressive display begun by the group and completed by two national champions. Yan Weixia and Zhang Guosheng grabbed the spotlight along the 60-foot platform mat with the extension, power and amplitude of their tumbling. Guosheng's triple twisting double back inspired a roar of audience approval; the trick was accomplished with full extension, pointed toes and firm landing.

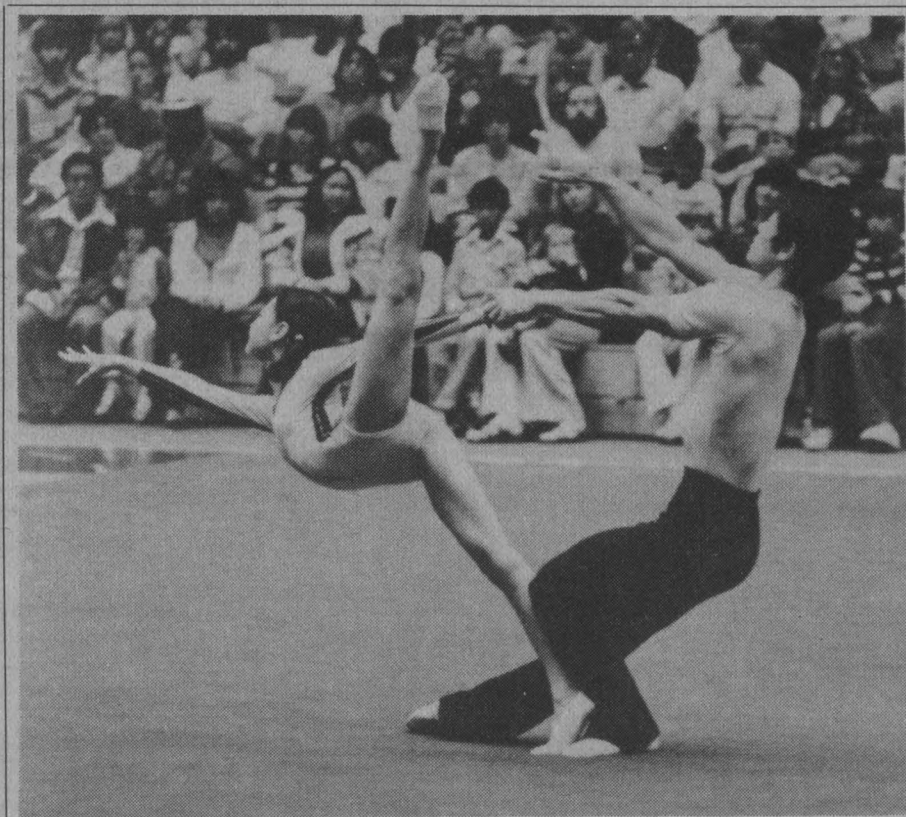
Of the American performers, champion women's pair Gail and Pam Issacson and mixed pair Marie Hickman and Sonny Brown, all of the New Orleans Acrobatic Team, captured the audience with their colorful leotards, high spirits

and stylish acrobatics. But the performances failed to compare with the Chinese' high degree of mastery in acrobatic difficulty, originality and execution.

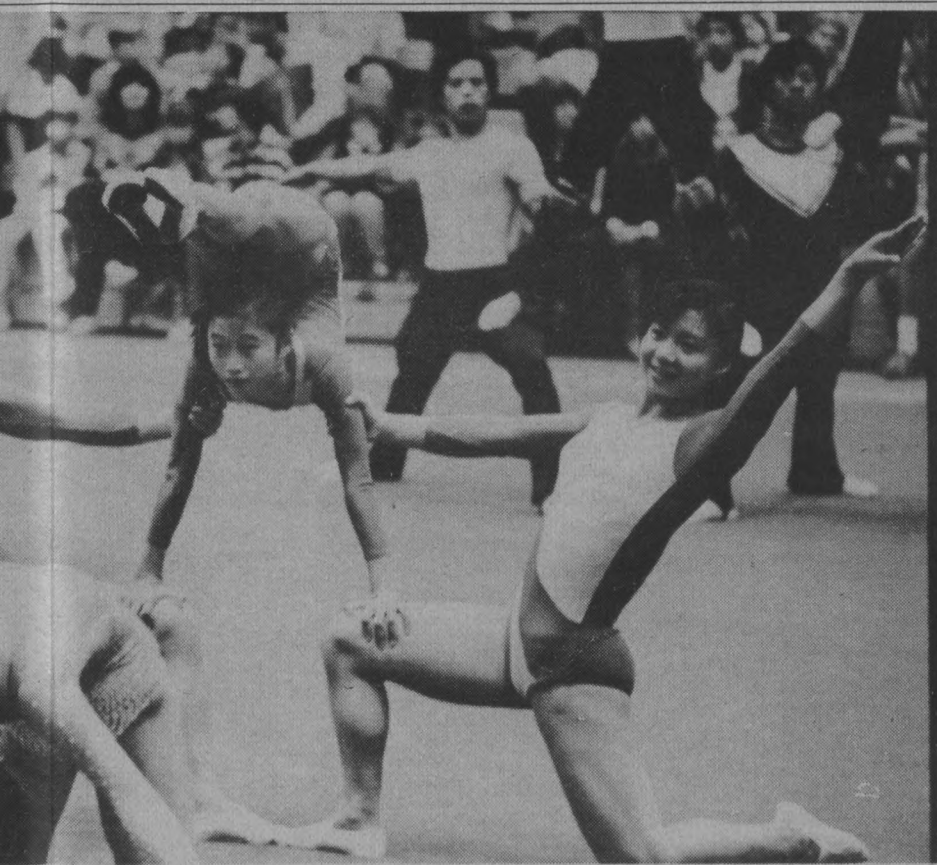
Sue Soffe, U.S. champion in modern rhythmic gymnastics, offered a fresh alternative with her hoop and ribbon routines. Her flexibility, tumbling skills and fluidity of motion were enhanced by the intricate trail of a swirling ribbon or the skillfully controlled path of her hoop.

And the audience was more than receptive.

"The crowd just wouldn't stop clapping," exclaimed Gail Issacson, grinning



Nexus photos by Mitch Cohen



broadly at the memory. "Santa Barbara was definitely our best stop."

"I was pleased with the turnout," emphasized Johnson, who coordinated the event's promotions, production, and the efforts of 75 student boosters.

"Santa Barbara is known as the cultural capital of Southern California," he continued. "This event — the ultimate in family entertainment — proved the potential of involvement and support that can be garnered when the community and university cooperate in a common goal...and we've only just scratched the surface of that potential."

When the result of that involvement is an event such as this, with its mingling of cultures, supreme athletes displaying youth, vitality and artistic excellence, and a crowd of nearly 5,000 rising for countless ovations, one tends to respect that cooperation.

And watching such a performance, one tends to appreciate the value of sport for pure exhibition, the infinite beauty of a well-toned body and a flawless performance.

And when Johnson claims "the Chinese are dominating world gymnastics and acrobatics...they can perform the ideal body positions that most of us can relate to only in concept," one tends to believe it.

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Sue Soffe Leads U.S. in Modern Rhythmic Gymnastics

By LAURIE PUTNAM
Modern Rhythmic Gymnastics (MRG) will become an Olympic sport for the first time in the 1984 Los Angeles Olympics, and 21 year old Sue Soffe hopes to be there — in the winner's circle.

Soffe is a six-year veteran of MRG, and six-time national champion. Fresh from the world championships in West Germany, the young athlete made a

special appearance at the exhibition of Chinese acrobats in UCSB's Events Center recently, performing her competition hoop routine and an exhibition ribbon routine. ("I use orchestra music with this routine...only piano is allowed in competition.")

Before a near-capacity ECen crowd, Soffe demonstrated an athlete's skill and performer's flair. Garbed in colorful leotards

and ever-present smile, she displayed the form and energy that earned her the title of national champion. Refined dance steps, light leaps and tumbling movements were combined with a steady skill in maneuvering the four-foot hoop and fluttering ribbon to vividly express her chosen music.

Modern rhythmic gymnastics is a relatively new sport in the United States, but is quickly gaining recognition and a host of talented performers. With its emphasis on dance and incorporation of additional physical elements, MRG has added a whole new dimension to the sport of gymnastics. Who'd have believed a set of clubs or a length of rope could be manipulated with such grace and skill?

Soffe discovered the merits of rhythmic after four years of experience in conventional gymnastics, when an injured ankle and an encouraging Russian coach turned her attention toward MRG. Quickly progressing to her national status, she is today considered the "new hope" in U.S. athletics.

"I was building up a muscular body in regular gymnastics," explained Soffe. "Rhythmic is a much more feminine sport — it's for women only. It lets you develop the grace and beauty of gymnastics, but your body doesn't take the same pounding."

MRG begins with the basic elements of a floor exercise routine and adds a different prop for each of the five

events — hoop, clubs, ribbon, rope, and ball. The result is an intricate orchestration of dance and tumbling, with the additional element integrated into the routine as though a natural extension of the performer.

Routines include more

"I definitely think rhythmic gymnastics will be the number one sport after the 1984 Olympics."

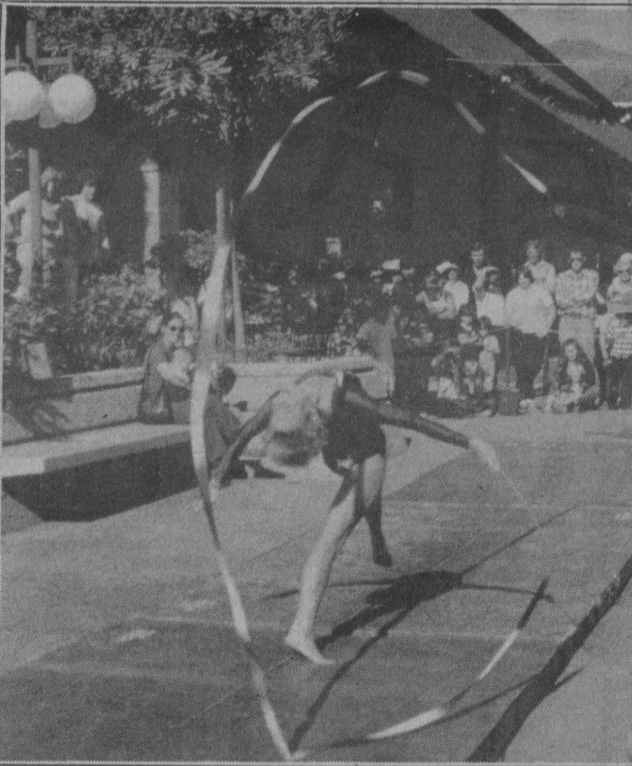
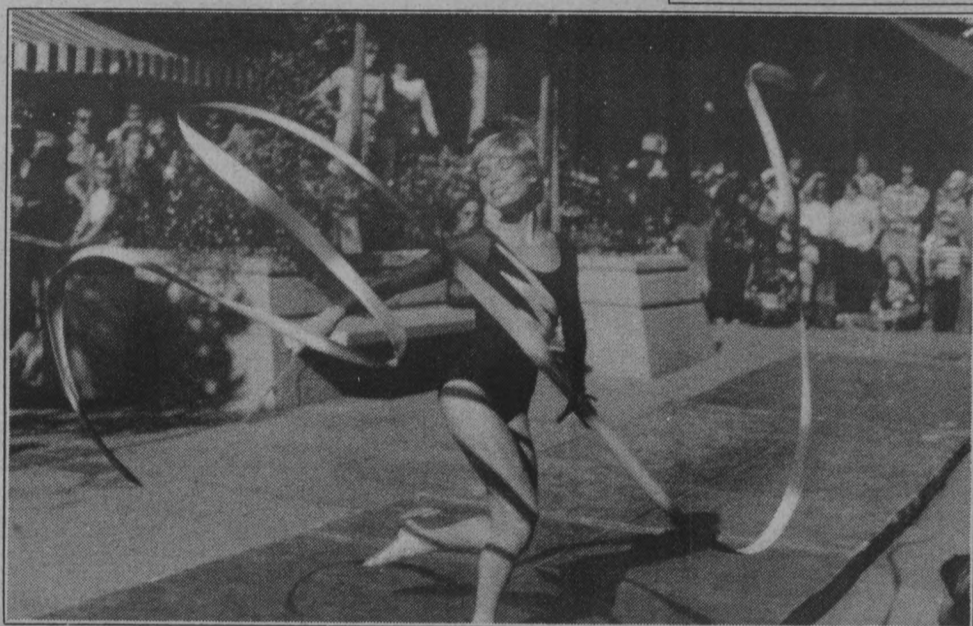
dance movements and fewer difficult tumbling maneuvers than standard gymnastics; vertical handstands and ariel flips are not allowed. All five events are performed on a standard 40 by 40 foot floor exercise mat.

Though "extremely popular in Russia and

Eastern European countries," according to Soffe, MRG is still caught in its embryonic stages in the United States. "It's catching on here," Soffe adds, and "I definitely think it will be the number one sport after the (1984) Olympics."

A native of Agoura, California, Soffe is currently training under coach Ileana Vogelaar seven days a week, "at least three hours a day." Special clinics or camps may stretch workout time to an exhausting eight-hour day, and international competition carries her around the world; to date she has participated in three world championship meets, held every other year in varying nations.

"I enjoy traveling," explained Soffe, "though it's not as glamorous as it sounds. You go from the hotel to the gym and back...but it's a good ex-



Photos by Mitch Cohen

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perience; I'm lucky to have had the chance, and I've learned a lot through traveling."

Together Soffe and Vogelaar have formed the Academy of Modern Rhythmic Gymnastics, in an effort to generate interest in the sport and provide adequate training grounds for interested young women. For many years Soffe has

been an active supporter of both MRG and women's sports, performing numerous exhibitions and conducting clinics in her efforts to promote fitness.

Her coaching career already begun, Soffe has her eye on the 1984 Olympics, and eventually a dedication to the world of sports may lead her to the sphere of sports commentating.

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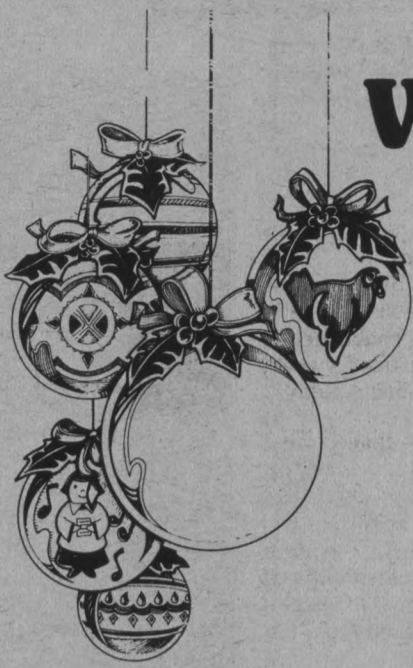
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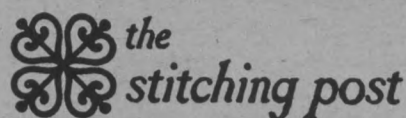
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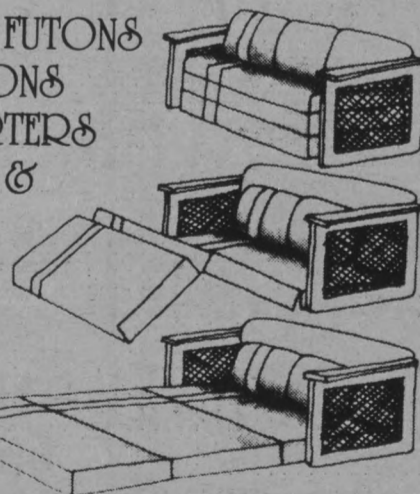
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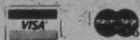
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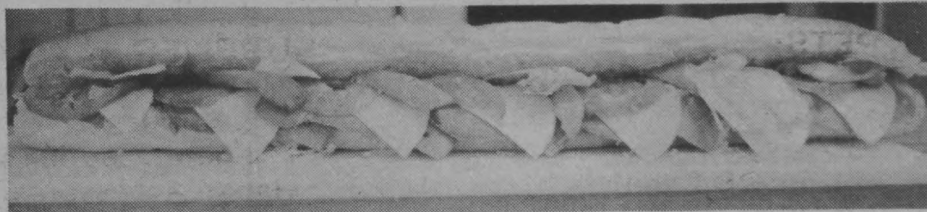
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Double Energy Twins Encourage Public Nutrition, Physical Health

By SANDRA THOMAS
Judi and Shari Zucker are special in several ways: they're twins, they're vegetarians, and while only junior Ergonomics majors here at UCSB, they have already written two natural foods cookbooks.

and junk like that. In high school we started going out for sports like cross country and track. We started losing weight and getting more in tune with our bodies, and we realized we wanted to do more than just exercise for good health; we wanted to eat well, too.

organizing the recipes until finally their father, a major public relations agent, asked what they were up to. They told him they had written a cookbook.

These things are easy to make since there are no more than five preparation steps to any of the recipes. A lot of recipes books just throw ideas at you without explaining them but we've tested all our recipes, we know they work, there's no plagiarizing to any of them."

"Whether it's health-oriented or not, cooking boils down to what tastes good."

Naturally, has sold over 15,000 copies in the two years it has been on the market. Their second book, *How To Eat Without Meat Naturally*, was chosen after two months as Book of the Month for Nutri-Distributing's Fall Preview of Books. Both volumes are presently available at the U.C. Bookstore.

if you girls are tired of my cooking, do it yourself.' She went back to school and we began to study nutrition on our own."

They came up with a title and while they thought it was funny, their father said, "Great, I've got six publishing companies in mind." With the wholehearted support of their family, the Zucker twins were quickly caught up in the world of publishing. Their *How To Survive Snack Attacks... Naturally* offers over 60 recipes made without sugar, baking powder, soda, artificial additives or processed oil. Instead the Zuckers base their diet around whole grains, whole eggs, fresh fruit, vegetables, and dairy products. The book has tremendous appeal for parents wishing to satisfy their children's sweet-tooth cravings with something that is nutritional.

The ingredients for the recipes are very accessible and the resulting dishes and treats can be easily stored and reheated when needed. "Whether it's health-orientated or not, cooking boils down to what tastes good," the Zuckers contend, "because if it doesn't taste good then people won't eat it." They've found that by eliminating salt and sugar from their diet the natural flavor of their food is greatly enhanced. The popularity of the books so far is largely due to the "Double-Energy Twins" gimmick. As Judi says, "There's one thing in this world I know I'm gifted with,

Dubbed for publicity's sake as "The Double-Energy Twins," the Zuckers truly seem to expend twice as much energy as the average student, living a dual existence as students and as authors promoting their books.



The "Double Energy Twins" Judi and Shari Zucker campaign for better nutrition and physical health.

They have appeared on the John Davidson Show, traveled about California for radio and newspaper interviews and autographed several hundred copies of their books at conventions around the country, using their books to both finance their studies and pave their way into the world of nutritional education.

the mile and two-mile races and were rated third fastest in California. That's when they realized that the way they were eating seemed to account in part for the energy they had for sports.

How To Eat Without Meat Naturally came about because friends, mostly male, were asking for main dish recipes. The summer after the first book was started they began to write the second. "We were not just writing for vegetarians but for anyone who wanted to learn some new recipes that didn't utilize meat."

and that's being a twin. Anywhere I go, whether I'm the ugliest thing on two legs or not, right there beside me is a duplicate and you can bet that people take a double-take. If we go into a room we can hear people whisper, 'They're twins; look they're twins'. "Shari and I have done everything that twins can get away with and we've had (Please turn to page 15B)

"It all started when we were in the eighth grade and had a teacher who was a vegetarian," the Zuckers explained, Shari starting an idea, with Judi finishing it and vice versa. "He influenced us to become vegetarians and we thought it wasn't a bad idea.

"Plus we really despised our mom's cooking. Burnt toast, eggshell omelettes, things like that," Judi added.

"Even then we were more like 'junkatarians,' eating Big Macs without the meat

During their senior year of high school the pair were faced with the question of what to do with the drawer full of recipes they had accumulated. They spent nights sorting and

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Zuckers Promote Fitness

(Continued from page 14B) so much fun. Having a constant companion is very, very nice. Like the saying goes, 'security in numbers.' We take advantage of what we are because you have to get people to notice you before they'll listen to you." The cookbooks contain several photos of the twins, usually in "cutesy" poses with vegetables or yogurt. The Zuckers' sense of humor is evident in the captions. Using puns and word-play to sell the books, they treat the recipes and the

dad laughed and then he told us, 'So long as they spell the names right, you can put twice as many photos in the next one.' Still, selling a vegetarian cookbook isn't as easy as selling a gourmet specialty book since the public has many misconceptions about what vegetarianism is like. As Shari explained, "There are two major kinds of stereotypes. The first is of the older person who sits in the prune section all day because their doctor told them they had wrecked their

Since I'm a vegetarian, if I get sick then somebody immediately says, 'Ah-hah! It's because of her diet.' "We're serious about a diet, but we don't want to make things that aren't fun to eat. People tend to think that Judi and I deprive ourselves but that's where they're wrong. I'm eating just what I want to eat, and I love it. At dinner we're both going 'oooh' and 'ahhhh' and really enjoying our meals."

People have sometimes teased the twins about liking food so much. Judi confesses, "They say 'Food must be a big part of your life, huh?' I figure it is since none of us would go very far if we didn't eat."

The Zuckers have been studying nutrition in some form or another since they were twelve years old, although they realize they are not doctors or healers but just "good cooks." They now teach weight management and nutrition classes at the UCSB Health Center every quarter.

"A diet is something you should make a part of your lifestyle, not something you do to lose a few quick pounds. It should be something you want to do, something that's tailored to your lifestyle and tastes. If you don't like yogurt, for instance, then don't eat it; there are alternatives."

"At the Health Center we try to give suggestions that suit the individual. Everybody's different. We don't have diet plans in our books because some people eat three meals a day, some eat six and some only eat one

meal a day. People probably aren't going to follow a diet plan any longer than three days before they succumb to other cravings."

The twins will also be teaching a Living Arts class during Winter quarter on natural foods and nutritional cooking. "People think that a lacto-ovo-vegetarian diet gets bland or dull, but when you get on a vegetarian diet you start looking at foods and trying things you never tried before. You have a lot more variety in your diet; I

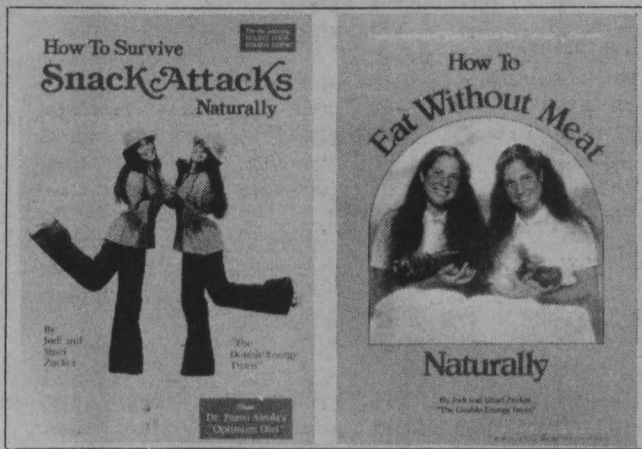
don't think we have the same thing twice in any week."

Along with school, Shari works at Marisco's in Isla Vista and Judi works at the Life Force health food store in Santa Barbara. While trying to arrange their publicity appearances with their busy schedule, the Zuckers do not want to commercialize themselves.

After they complete their degrees here, the Zuckers hope to do more publicity campaigning for their books, extending into Canada and

the European market. They know they want to work in the nutritional health field in some way but whether that means teaching, catering, restaurant managing or operating a cooking school, it's too early to know.

"We look at it this way. We're twenty years old, authors of two books, and we have a lot of responsibilities and a lot of things going. We're trying to motivate young people by showing them that 'Hey, you can do it, too.'"



philosophy that generated them very seriously.

"Maybe our 'Double-Energy Twins' gimmick will help sell our books or get our name in the field; that's one thing. But we're also hoping our looks will dispel some of the phobias people have about vegetarians. We're not skinny or anemic. We're thriving on our diet and getting plenty of protein."

One critic stated that the book looked more like a modeling portfolio than a cookbook. Judi said, "My

diet and must now stick with a bland diet for their ulcers or whatever. The other is the 'hippie' throw-back to the '60s who looks real grungy with sprouts caught in his beard."

"Judi and I find that having written a book on nutrition we have to work twice as hard to prove ourselves. We have to prove to people that our diet works, that we're sincere. If someone gets sick you usually say its because of a virus or some infection.

Happy Holidays

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SOME FACTS ABOUT THE HOLIDAY CLOSURE

1. Except for continuing services which are critical to campus operations, UCSB will be officially closed from December 28-30, 1981. This closure, when combined with four days of paid holidays for Christmas and four days of paid holidays for New Year's, results in an eleven-day shutdown period.
2. Staff personnel, management personnel and 11-month academic appointees will use vacation time, leave without pay, prior accumulated overtime, anticipated vacation time or a combination of these options for the three-day period. Supervisors and managers may not create special opportunities for staff to work unnecessary overtime hours to supplement the use of vacation time, anticipated vacation time or leave without pay during the closure.
3. Staff personnel who elect to take leave without pay for the three-day closure will be on temporary layoff during that period with no interruption in University benefits. Staff personnel who are employed half-time exactly, if they choose to use leave without pay during the closure, will have worked less than half-time during the month of December and will, therefore, suffer interruption in University benefits. For this reason, persons so employed should be encouraged to use vacation time or anticipated vacation time during the closure.
4. Casual staff are affected by the closure in the same manner as career staff, except for those casual employees who work less than half-time. Such employees' situations should be handled on an individual basis by the supervisor.
5. Very few employees who wish to have the time off during the Christmas closure should be required to work. Supervisors and managers should adjust work load and responsibilities in those units which are exempted from the closure so that this philosophy prevails. Effort should be made to accommodate to the extent possible those employees who have formally expressed a desire / need to work during the three-day period.
6. There will be no overtime pay for those who work during the closure, since the three days are not paid holidays.
7. It is the responsibility of the Department Head to communicate clearly Department practices applicable to the closure so that misunderstanding and confusion are minimized. Matters of personnel policy should be cleared with Assistant Vice Chancellor Cameron.
8. Police will maintain staffing adequate to insure property security and personal safety and protection throughout the campus.

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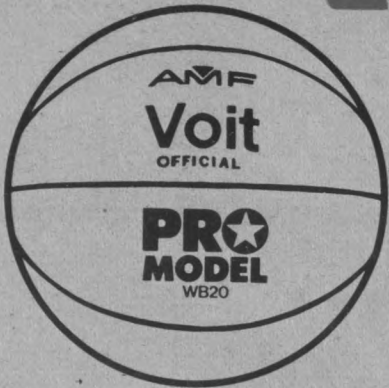
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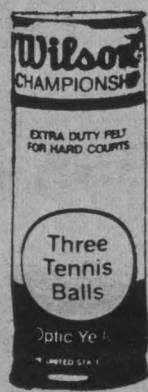
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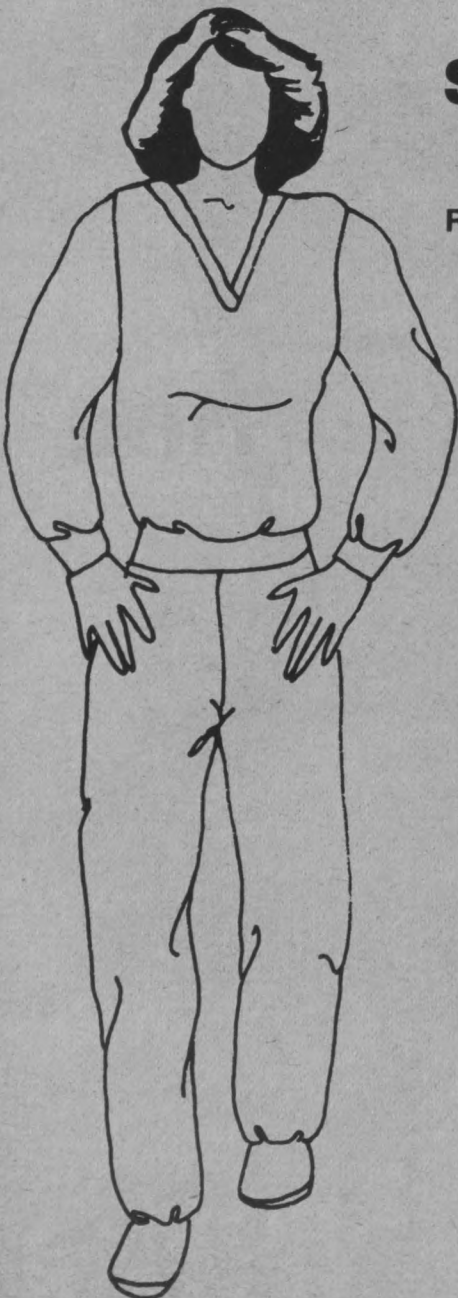
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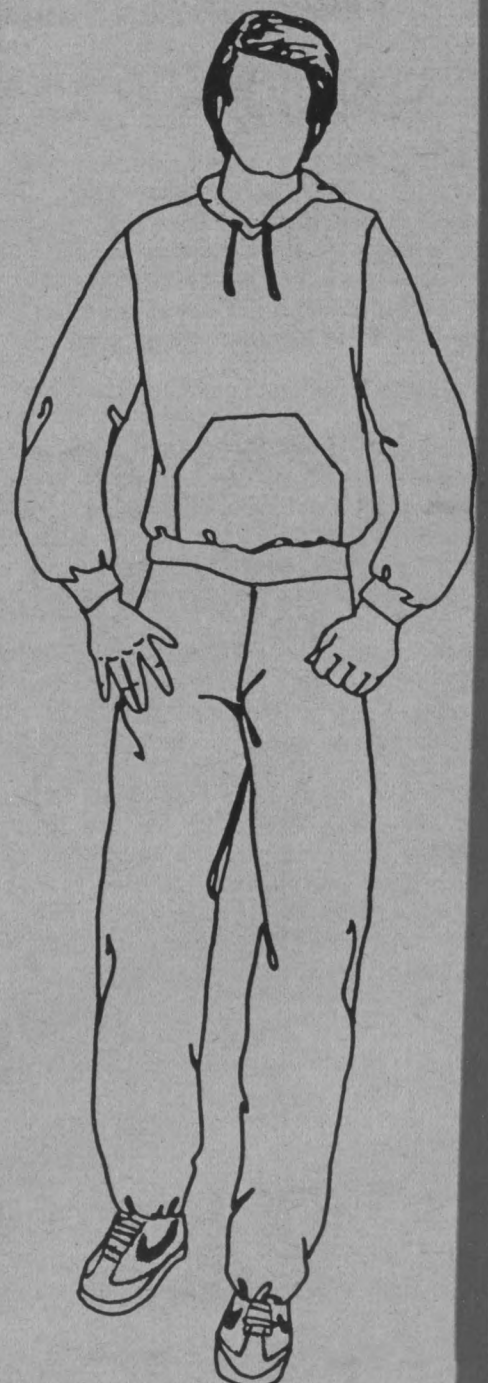
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