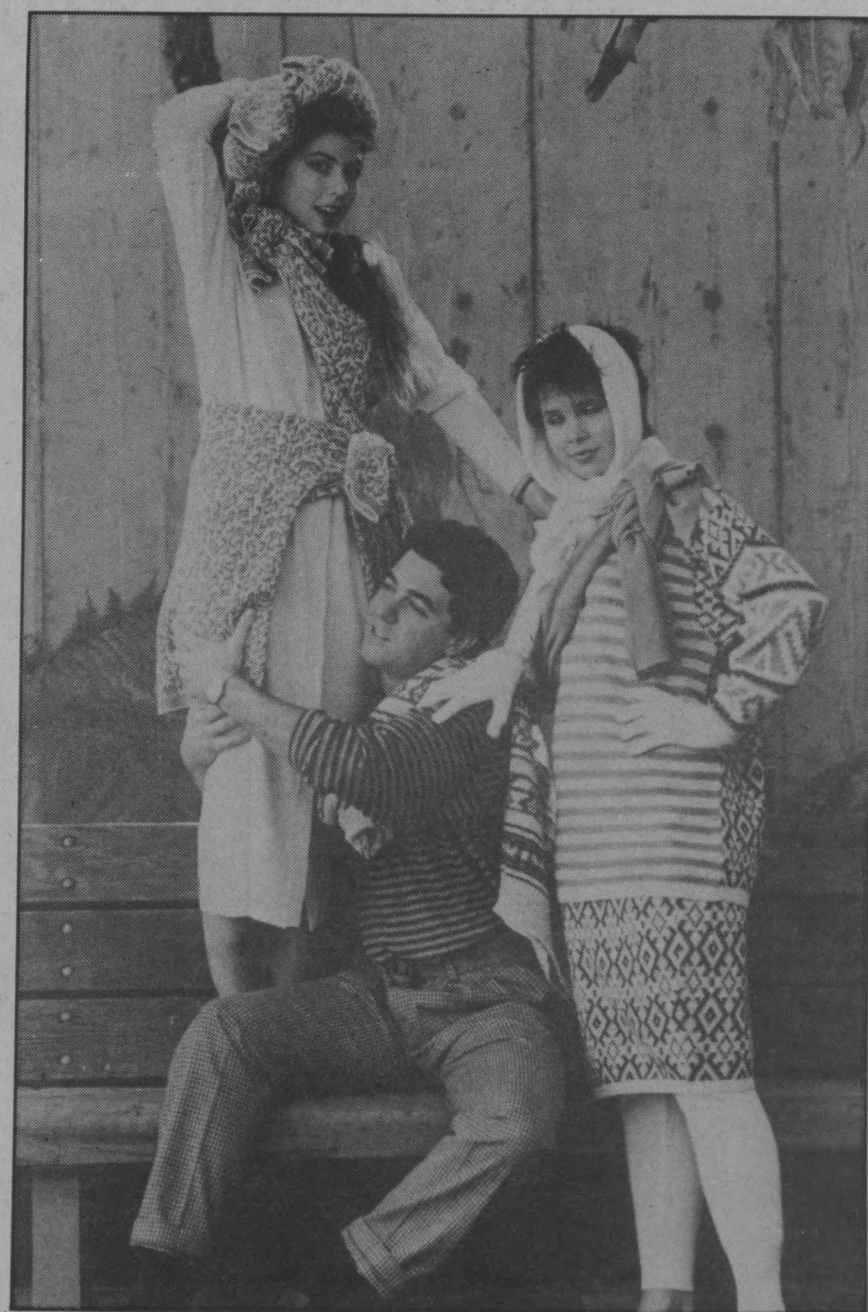


WINTER SPORTS



Winter Ready or Not

A Special Look at the Season's Latest and Warmest Fashions

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Discovering a New Excitement

A Devotee Shares Her First Skiing Experience

By Lynette Morris
Contributor

The day before my first ski trip was not unlike any other day.

I am at work, with friends, having the best time permissible while on the job. The sudden decision to go skiing catches me off guard, and before I am able to muster up an excuse, the car is packed and we are on our way. Slight anxiety sets in.

The mountains are spectacular. I have forgotten the beauty of the snow, the pines, of anything that is far, far away from the smog and city life. My awe is soon replaced by breathlessness; my friends and I are now cruising by the slopes, which are lit for night skiing. I am sure this is a jovial attempt, on the part of my companions, to instill 'the fever' into me. However, I can barely hear their laughter above the pounding of my heart. We're talking anxiety in a big, BIG way now! Maybe I could fake some sort of catastrophic illness.

I'm told that a good night's sleep is the key to a great day on the slopes. Within an hour we grab some grub and check in to our plaza suite at the local Motel 6. (ok, so it's only a couple o' beds and a john.)

So, morning's here, and I for one, the only one, did not get a whole helluva lot of sleep. I am tired and scared; it's a great combination. "Really guys, I can stay here and tend to this hangnail." They don't agree. I pull on my Levi's (a sure indication that I'm a novice), a sweater, and my wool socks. We're off!

The resort is not too crowded; we get our lift tickets in a jiffy and my beautiful black rentals without too much of a hassle. Grab a little more grub, some donuts or something. By the way, walking around the lodge in ski boots, especially up and down stairs, is an article in itself.

We are ready; well... they are. I put my skis in the snow, side by side. It takes me absolutely forever to click these monster boots into the bindings. But I get them fitted in sufficient time to enter the lift lines and get going. My friends are in a good and kind mood, and are going to give me a run on the bunny slopes. Getting on the chair is not too bad. On the way up I



receive a few tips, though: "Keep your tips up as we approach the mound," When we get there, just stand up," and "When we get off, just plow to stop." Now, I have to admit that I know what 'plow' means because I have cross-country skied before. Lucky me. I do just fine. My fear starts to subside. My loving friends inform me that we are moving on to bigger and better things. Naturally the fear in my bowels rises once again to an extraordinary level.

The lift ride to the top is a long one, a hundred thousand miles or so. Okay, Okay, maybe not that long. It is easy to exaggerate when you're thirty or more feet in the air, floating through the pine trees. The view is simply awesome. There is no other way to describe it. If I die going down, at least I am able to enjoy this moment and feeling before doing so. On the

other hand, I am freezing. The wind makes it a bit nippy out. It feels like ol' Jackie Frost is biting off my entire face. The ride is almost over.

In moments we are off and running down one of those trails marked yellow for beginner/intermediate. Speed is gained almost instantly, and before I know it, I am cruising quite freely. The velocity is a rush, and the wind on the face only intensifies the feeling. Until ... now I have snow in the face. Yeah, I just ate it. My friends are totally rolling; I must have missed the joke, for I see no humor in the present situation or position I seem to be in. Wait a minute. OK, I get it.

Ha Ha. They're telling me I should just sit down when I get going too fast. I just think about how lucky (See **SKIING**, p.8A)

Ski Equipment Check

- ☐ **Skis** (a ski bag is also helpful)
 - ☐ **Boots**
 - ☐ **Ski Poles**
- All three of the above can be rented at the lodge or from one of the local ski shops.
- ☐ **Warm Parka**
 - ☐ **Waterproof Pants** (Scotchgard on newer Levis works)
 - ☐ **Warm Waterproof Gloves**
 - ☐ **Warm Hat** (brightly colored watch caps are popular)
 - ☐ **Longjohns**
 - ☐ **Warm Socks**
 - ☐ **Waterproof Shoes or Boots**
 - ☐ **Sunglasses** (a must)
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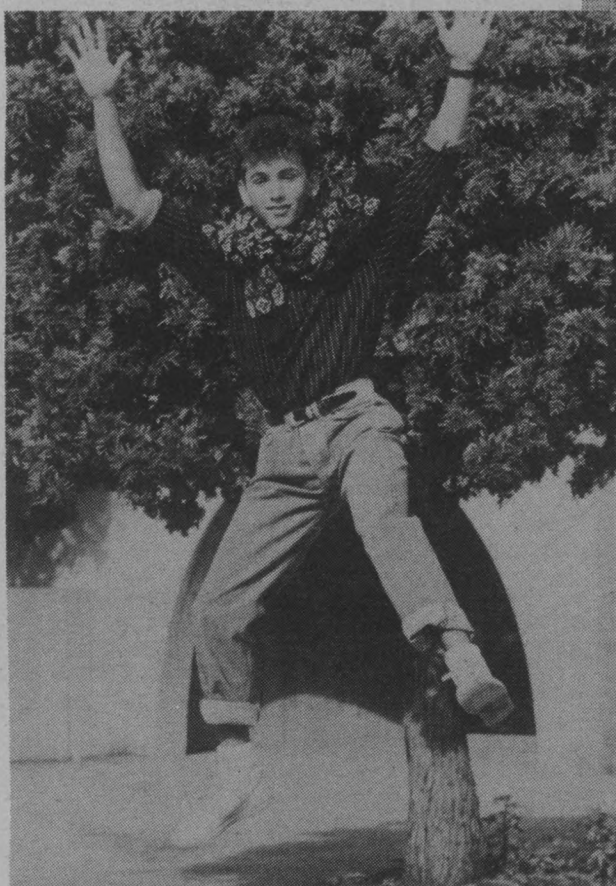
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A



B



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H

So far, only hints of the ski season have peeked through California's dry streak. But Copeland's on State Street is already anticipating a good year for the slopes and has prepared with the latest skiwear. Jackets, powder outfits, jumpsuits and gloves are all included in their winter offerings.

Copeland's Fashions: B, F, H.



Photos By Mark Stucky

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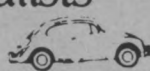
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Ski Terms

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

Christie — A contraction of the word Christina; 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 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 the 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 steep-walled and closely group 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 area 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 snow snowplow position by shifting the weight of the ski which will be on the outside of the turn.

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

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 the 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.

Running into Fitness

By Valerie De Lapp
Contributor

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, so 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 bikeway 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 every time someone passes me on my secret pathway by the ocean. My particular routine is about 30 minutes 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 (See **RUNNING**, p.8A)

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Surfing Sans Summer

By Tim Needom
Contributor

When I was a kid I spent my winters in the north, where there were real seasons, and you could tell what time of year it was just by the chill of your skin in the morning. Here in Santa Barbara it may be necessary to check the news update to see if Winter had come yet. We had our sports, real winter sports. There were sleds and tobaggans and sometimes skates (if the rink was open). And we played in the feather-light snowdrifts, the blank angelic hilltops, and the slushy ice. We loved it when a layer of frost covered us from head to toe, much to the disdainment of our parents. It was good, the snow and the fields of staggering white.

My Winters are green now, a deep marble green that has as many forms as God. In California, I now play on the sand and shore, and my sled has been replaced by a six and-a-half foot surfboard. I know Winter by the size of the swells and the salty mist that forms from the heat of my breath.

The rest of the world still sleeps, and in my mind I sometimes imagine the same barren streets covered in a blanket of white. A similar chill is in the air, but if I was back home, I wouldn't be wearing a rubber wet suit.

The best time for hardcore surfing, they say, is in the morning and late afternoon, when the tide is changing. But the difference is really made by the time of the year. In Summertime the waves are flat, as opposed to the surf in Southern California areas. Winter, though lacking the snowmen, makes the surf. During this time of year sand on the beach is moved away from the shore and forms sandbars. This helps in making a good break.

Waking up at six in the morning is no mean feat. Fitting my cruiser to accomodate my board is a normal gimmick, and with the easy access to I.V. Beach; my

sport is only moments away. The rest of the world still sleeps, and in my mind I sometime imagine the same barren streets covered in a blanket of white. A similar chill is in the air, but if I was back home, I wouldn't be wearing a rubber wet suit.

While a suit isn't always worn, especially in the Summer, it's practically a necessity during the cold months. Up north thicker (sometimes 2-3 millimeters), high neck suits are usually worn, while further south, you can get by with a thinner, low-neck. The main problem is that it inhibits your movements, doing the same job as the weather.

The board is, of course, the main instrument of the surfer. My own is a tri-fin, or "thruster," and is pretty common in this area. Long boards, or "guns," are more stable in the water, and are usually longer than seven feet.

My Winters are green now, a deep marble green that has as many forms as God. In California I now play on the sand and shore and my sled has been replaced by a six-and-a-half foot surfboard.

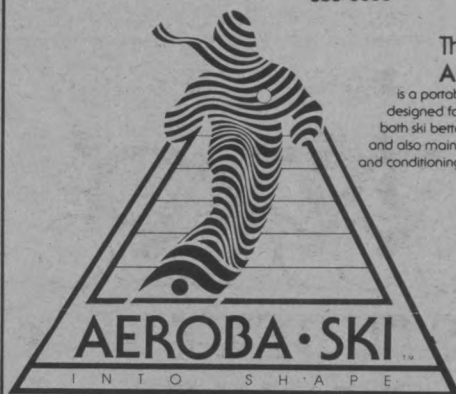
The great myth I soon dismissed about surfing was the seeming freedom that it implies. There are rules of decorum that a surfer has to follow, which means waiting your turn for a wave. It's hard to get carried away with the passion of battling the elements when you're patiently waiting to catch a wave just as it breaks.

And there is a continual problem that you never thought you would face anywhere else: the tar. Booties are a good idea to prevent this mess.

People who were born in California, I think; have a more natural sense about the beach and the weather. For me it's always a new experience, something almost peculiar. I often miss the clarity of the seasons, and the observable change in sports and recreation, but then again, nobody else from back home can catch a raging 3-foot overhead barrel before the sun comes up.



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SKIING

(Continued from p.3A)

I am to have such conscientious, helpful friends. Thanks guys.

I am not a sore loser. I am up and in motion in no time. (As long as you don't count the actual number of minutes it takes me to stand up. That, too, is another epic story.) Anyway, I continue to ski and fall, ski and fall, ride the lift, and ski and fall. Repeat that sequence a bunch of times, and you have my first day of skiing in a nutshell.

I can't put into words, exactly, the feelings, the emotions, and the challenge that skiing offers. I wouldn't trade the first experience, or any other skiing I have done, for anything in the world. Nothing compares. You can bet that this girl is going to be skiing for a long, LONG time.

RUNNING

(Continued from p.6A)

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 a good pair of 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.

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