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A Moment On The Snow

By JEFF SCHEINER
The snow falls in a relentless, wild fashion, transforming everything into a magical planet of white silence. A shot of brandy to warm the soul. The extreme impatience of waiting to click into the metal bindings and slide the boards toward the chairs, flying in the cold, crisp air. The anticipation is too much. You watch, you wait, the top of the mountains offers more

than a powerful view. Once above the clouds, you push off the seat. A quick check of equipment and one last breath. Soon the snow, as light as the clouds that dumped it, flies over your shoulders as you freeze in time. Flying, gliding, turning and an absolute feeling of weightlessness. A body drawing lines in the snow, a head bobbing up and down, screams of orgasmic quality. Face frozen, lips

dry, legs weak, and the mind dazed. You look up the cliff that offered its rewarding slope. You watch others buried deep or cutting the perfect lines already made in virgin snow. You'll be up here until you see your car from the top; it's the last one in the lot. Then you will glide to the door that will take you to a blazing fire and bed. As you sleep, images of white will invade your dreams and steal your soul.



Photo Courtesy of Explorama

The Goals of Ice Hockey

By HEIDI FREHNER
Yeah, I've heard of hockey. Isn't that when you put on your tennis shoes and run all over Rob Gym trying to avoid that little black thing racing across the basketball court?

If you are like many of the students in Santa Barbara, you are probably unaware of the sport ice hockey. It seems like something you would only endure while vacationing in the snow, since frisbees, warm weather and beaches prevail near our beautiful California coast. But actually an ice hockey league is right here in Santa Barbara just waiting for willing-bodied contenders to join in the fun and competition.

Ice hockey is an action sport, similar to floor hockey in Rob Gym, except for wearing ice skates instead of old tennis shoes. Since ice hockey is the quickest sport on foot, it requires a lot of finesse to be an accomplished player.

The team sport consists of

six players with interchanging roles. There is one goalie, two defense and three forwards. Any of the six members are qualified to make a goal, including the goalie.

Members try to accumulate goals for their



team by getting the hard, black rubber disk, called a puck, past the eager-footed goalie. In order to glide the puck past the goalie, a curved hockey stick is used. This may be a difficult task since the small three-inch puck may travel to speeds up to 100 miles-per-hour.

Protective equipment is essential when playing ice hockey. All parts of the body must be covered including extra protection for the front of the legs and shoulders. To prevent facial injuries, wire masks attached to helmets are encouraged.

Ice hockey is like other team sports such as soccer and football in that each of them require a lot of concentration and cooperation. Hockey, however, has a high turn-over rate of team members. Unlike football or soccer, players are constantly being substituted to keep the highest energy level throughout the entire game.

If ice hockey seems to be your type of fast moving, action game, then contact John Witney at 968-8808 for more information and details about playing ice hockey, or come by the Ice Patch located at 1933 Cliff Drive in Santa Barbara on Tuesday or Thursday nights at 9:30. There are three house league teams and one (Please turn to pg.12A, col.5)

Local Winter Sport: Ice Skating

By LISA BELLOMU

Well, it is almost that time of year again. The time when trees start to lose their leaves, the stores get out their holiday decorations, a chill hits the air, snow begins to fall and ponds begin to freeze — well maybe that is going a little too far. It's true that not all of this will happen this winter, especially in southern California, but that will not stop its natives from enjoying winter sports just like everyone else.

Ice skating is just one of the many activities people will be enjoying this winter season and although we may not have the necessary resources right at hand, what mother nature has neglected to give us, man can create. The indoor ice skating rink, characteristic of southern California, may not have the novelty of New York City's Rockefeller Center, but it can be just as much fun.

Ice skating is a relatively inexpensive way to spend an evening or afternoon and it is great exercise. The energy you feel is exhilarating as you whip around those corners and feel the cold air hitting your face.

If you are an experienced skater you will probably

want to head for the center and practice your turns and figure eights. If you happen to be a beginner, have no fear. Most rinks provide special slow rounds that allow for a more relaxed pace. If you are a beginner, here are a few tips: make sure you are dressed properly. You want to be warm but you also want to be able to move easily (a little extra padding in your pants may be helpful if it is your first time skating since you will probably be spending much of your time sitting on the ice). When you go to pick out your skates, you will probably wear about a size and a half to a size smaller than your normal shoe size because it is important that the boots fit tightly so that your ankles are well supported. When you go to put your skates on, make sure they are laced up tightly so that again you get maximum support. Now, when this is completed, carefully stand up and get the feel of your skates. It may take a while to get used to walking on two blades, so take your time. When you feel confident enough to hit that ice, slowly work your way to the rink. When you first enter the ice, hang on to the edge and get the feel for the ice under your feet. Get very familiar with the edge because for about the first half hour you are probably going to be depending on it a lot.

The first thing you will notice when you begin skating is that you look extremely awkward because both your ankles are buckling inward. Do not worry though, this is natural for a beginner skater. Slowly work your way around the rink and as your confidence builds, you can begin to go faster.

In the beginning you may find yourself sitting on the ice more than you will be standing on it. Try not to pay attention to the people whizzing by you or get discouraged; remember they all started out the same way at one time. Once you get the hang of it, enjoy yourself. If you happen to fall down, pick yourself up again, or better yet, take advantage of your awkward position and with a sympathetic look, attract the aid of a cute passerby. After about an hour you will probably be ready for a break. Work your way over to some chairs and sit back and relax with a cup of hot

chocolate. Now you can enjoy watching the other skaters racing around the rink. This is another good opportunity to meet people.

As you can see, ice skating offers you a good way to exercise while having fun, and is a great way to meet people. There are rinks all over and the closest one to Isla Vista is The Ice Patch in Santa Barbara. They are open to the public seven days a week during various hours and their price for adults is only \$4.50 including skate rental. So, the next time you are sitting around with nothing to do, why not grab a date and go ice skating.



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Sailing, anyone?



Shaun Thompson enjoying winter in Santa Barbara.

Winter at UCSB

By BARRY CLARKSON
Winter sports in Santa Barbara are an interesting scenario. First of all, do we even have winter in Santa Barbara? When I think of winter, a vast array of imagery comes to mind. I think of snow drifts and icicles. I think of playing hockey on the frozen pond down the street. I think of sleds and toboggans and shoveling snow, all memories of living years ago in the cold and frozen state of Connecticut.

When I think of winter in Santa Barbara the only white that comes to mind is the shade of everyone's tan. After all, if it wasn't summer in New Zealand would we really know it was winter in Santa Barbara?

Although one cannot readily ski, skate, or build snowmen in Santa Barbara, there are a few local activities which seem confined only to the winter months.

The first of these would be hunting. As the winter season comes to pass each year, we arm ourselves with orange juice, contacts, and aspirin, searching out a cure

for that prevalent ailment, the common cold.

The next winter sport we all encounter is the dash for dryness. We madly scramble at this time for some sort of polythelene protection. A variety of rain suits, ponchos, slickers and trash bags emerge with the onset of each winter. All Santa Barbarans must defend against that ominous villain leaving the "mud track up the bicyclist's butt."

This paradox of winter in Santa Barbara is a humorous one. The two most popular local winter sports are generally thought of as summer sports.

Ask any surfer what his favorite thing about winter is. His response will be most consistent: the swells. Storms on the ocean send the largest waves of the year crashing upon the Santa Barbara coastline during the winter months. Count the number of heads bobbing off Campus Point any winter day and you will see the popularity yourself.

A sport closely related to surfing, boardsailing, thrives in the wintertime also. Windsurfing enthusiast and UCSB local Jim Lynn put it this way, "Winter storms generate the best wind for windsurfing. The swells are also faster and higher, making for a more challenging ride."

The rest of us are simply forced to endure the winter months, and continue with our normal recreation. There are plenty of facilities on campus to stay active such as the Ucen, Nautilus Center, or the Weight Room. Indoor volleyball and basketball, two great ways of staying in shape, are at their peak of popularity in the wintertime.

For those who wish to travel, Santa Barbara offers many health and fitness centers such as Gold's Gym, Los Carneros Racquet Club, and the YMCA. All have

classes and a variety of scheduled activities to keep busy. For those non-sportsmen who wish to remain idle, simply curl up in front of the fireplace with some hot buttered rum and a good book.

Wintertime in Santa Barbara is more of a passing between the gap of fall and spring than anything else. For most, the season is simply a nuisance that is easily overcome, or at least endured until the arrival of spring. For the minority that are grieved: Relax, there's always Palm Springs!



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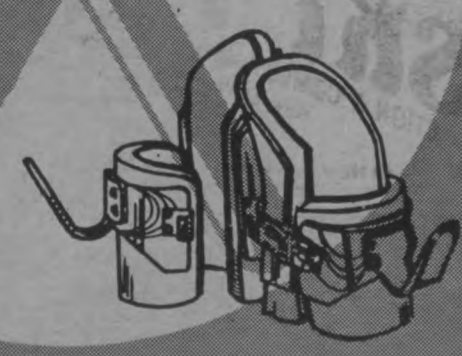
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Miller's "Ski Time" — A Movie Not To Be Missed

As if skiing at 21 different ski resorts in five countries on three continents weren't enough, Warren Miller's newest feature-length film, *Ski Time*, also includes sailboarding in Hawaii, innertube racing in Wyoming, and a very special sequence on the Special Olympics.

As always, getting there is half the fun, and travel in *Ski Time* is by Air New Zealand 747, Piston Bully, helicopter, chairlift, aerial tram and gondola. It took eight cameramen, five editors, a support staff of 12, and almost 200 skiers, and

exotic locations, and exciting ski action. Miller's carefully crafted film formula has survived 33 consecutive winters, and has matured and grown.

"There is always something new to film. Skiers are always willing to try stunts more outrageous than the year before," according to Miller. "And each year as the technology gets better and our cameramen and editors notch another year of experience, the films get better artistically as well as technically."

Those who have seen it guarantee that this year's

precision performances of teams of international ski instructors at Interski in Sesto, Italy, Miller visits British Columbia for some Great Northern snowcat skiing — a special experience that can be enjoyed by only 200 skiers a year.

Back in the United States, *Ski Time* settles in for some classic big area skiing at Mt. Bachelor, Oregon and Sun Valley, Idaho. Competition is showcased at the Michelob Light women's pro final at Squaw Valley, California, and at a spectacular freestyle aerial at the World Cup finals in Angel Fire,

New Mexico.

In the Canadian Rockies, three members of the Bowie family (two brothers and a sister) are turned loose in the powder of Sunshine Village. And at Squaw Valley, where last winter's record 796 inches of snowfall collapsed the roof of the Olympic ice arena, a six-mile cross-country ski race 3,000 feet up Squaw Peak and back is followed by an aerial show with Scott Schmidt and Kent Scott. In one of *Ski Time's* most thrilling moments, they drop 117 feet of a cliff on Squaw Peak.

In a spirit of love and accomplishment more inspiring than Rocky I, II & III combined, a few minutes of the Special Olympics in Sun Valley, Idaho open the second half of *Ski Time*. This segment proves to be as special for the audience as for the athletes who take pride in their accomplishments.

On his way toward the Southern Hemisphere in August, Miller takes a break from skiing and goes to Hawaii to show a spectacular sequence of board-sailing in heavy surf.

Moving further south, Miller arrives in New Zealand, an island the size of California, but with half the population of Los Angeles. The mountain region is as large as the Swiss and Austrian Alps. Here we see skiing on Mt. Hutt, Coronet Peak and a gorgeous sequence of glacier skiing, courtesy of the Mt. Cook Air Force's eight Cessna 185's.

Taking a break from air travel, Miller drives 85 miles east of his Los Angeles home to Snow Valley. Here, he shows a resort that has the world's largest snowmaking equipment within two hours of six million people.

After California, the next stop is Copper Mountain, Colorado and the U.S.

National Alpine Championships featuring America's World Cup winner Phil Mahre and his twin brother Steve.

Powder skiing by former world champion freestyle skiers produce fantastic jumps and aerial action with Frankie Bear at Jackson Hole, Wyoming and Greg Athans and brother Gary at Apex-Alpine in British Columbia.

Winding up in British Columbia, Miller takes us to Panorama for a look at one of Canada's newest resorts, then joins Olympic double gold medal winner Rosi Mittermaier and husband Christian Neureuther for deep powder skiing in the Caribos with Mike Wiegele.

All of this skiing is combined with Miller's off-beat narration to provide some real belly laughs. And Miller reminds us that skis are not the only way to travel down the slopes. The funniest moments in *Ski Time* are these in which people whom Miller refers to as "Jello brains" negotiate the slope on garbage bags and inner-tubes.

Miller includes these humorous scenes in his films because he believes that too many skiers forget that the main reason for skiing is to have a good time, to relax and to just enjoy the experience. "If that feeling of fun and excitement comes across on the screen," Miller says, "then the film is a success."



Photo Courtesy of Warren Miller

Warren Miller's personal touch to put it all together into a very entertaining motion picture.

When *Ski Time* comes to Campbell Hall Nov. 17, the result will be a typical Warren Miller evening — action, laughs and pure entertainment. Miller's personal narration combines with the film to create a perfect blend of humor,

film is even better than Miller's previous efforts. *Ski Time* offers over 100 minutes of action and humor. It opens at Big Sky, Montana and California's Mammoth Mountain, then jets off for a visit to Les Arcs in the French Alps, a complex of three villages, 53 chairlifts, and accommodations for 18,000 skiers.

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By DEBBY CHURCHILL
Skiing is becoming an ever-increasing pastime in California. Of the 14 million skiers in the United States, over one million of them live in California. This is not surprising at all because California ski slopes offer almost anything a ski buff could wish for. California has the largest ski resort in the United States at Heavenly Valley and also the busiest resort in the nation at Mammoth Mountain. Throughout California there are approximately 40 ski resorts, so there is something for every skier. The problem many California skiers face is the "where should I ski?" syndrome. The following is a list of some of the hot ski spots in California to help you torn skiers decide your skiing agenda.

NORTHERN CALIFORNIA
Alpine Meadows
Alpine Meadows caters to skiers of all levels of expertise. It features 10 chair lifts and three surface lifts. It is located on Lake Tahoe's North Shore and is not far from the night life offered by Nevada's bars and casinos.

Boreal Ridge
Boreal features mainly beginner and intermediate runs, it is a good place to start your ski trip if you have not stood on skis for nine months. Boreal has nine chair lifts and offers night skiing. It is located on the outskirts of the Tahoe area.

Heavenly Valley
As stated above, Heavenly Valley is the largest ski area in the United States. It has an aerial tramway, 15 double chairs, one T-bar, two pommas and four ski lifts. Heavenly covers 20 square miles of ski

runs and is ideal for intermediate and advanced skiers. The only drawback to skiing here is the long lift lines and expensive lift tickets. Heavenly Valley is located at South Lake Tahoe and the ski runs are on both the California and the Nevada sides of the border.

Kirkwood
While most visiting skiers go to Heavenly Valley, the locals ski at Kirkwood. Most runs are intermediate and advanced and over 1,900 acres of terrain. Lift lines here are not as crowded as Heavenly and less expensive. Kirkwood is located around South Lake Tahoe.

Northstar-At-Tahoe
Northstar offers mainly beginning and intermediate runs on 1,100 acres of terrain. The attraction of Northstar lies beyond its ski runs — it is a snow-laden country club with acres of condominiums, hot tubs, and beautiful scenery. Northstar also offers cross-country skiing for those skiers weary of the crowds. Northstar is about 15 miles outside of Truckee on your way to Lake Tahoe.

Mt. Rose
Mt. Rose is a relatively intimate ski area where many of the locals ski. It features runs for every level of skiing expertise but there are not as many as most of the other areas. Rose has three chairlifts and one surface, and the lift lines are fairly short compared to other areas.

Sierra Ski Ranch
Sierra Ski Ranch offers the best runs in the Tahoe area for beginners. It features eight double chair lifts and 20 miles of runs. It is rarely crowded and it has

reasonable lift ticket prices.

Ski Incline
Due to the low elevation, skiing at Incline is not very good unless there is a lot of snow. Like Northstar, Incline's attraction lies in the surrounding resort area. Incline lodging is especially suited for families and is located near casinos and Nevada night life. Incline ski area is located in Incline Village on Tahoe's North Shore.

Squaw Valley
Located outside of Truckee, Squaw Valley is one of the largest resorts in California. Squaw has skiing for every level and features

one gondola, 21 chairs, one tram, and three T-bars. Lift prices are fairly expensive but many skiers would claim that it is worth the extra money. Squaw Valley has something for every snow lover. There are some perfect tobogganing slopes and for ice skaters there is the Olympic skating rink.

SOUTHERN CALIFORNIA
Goldmine
Goldmine has slopes for every level and has expanded its snow-making capabilities. It features five chairs and three rope tows

and has reasonable prices. It is located about two and a half miles east of Big Bear Lake Village.

Green Valley
Green Valley caters especially to beginners and intermediates. It is the smallest ski area in Southern California with four surface lifts and reasonable prices. It is located about 10 miles west of Big Bear Lake.

Holiday Hill
Holiday Hill is well known for its long runs and steep bowls. It has slopes for all levels, but relatively more

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Skiing In California

intermediate and advanced. Holiday Hill has four chairs, one poma and one rope tow. It also features night skiing. Holiday Hill is located just east of Wrightwood.

Kratka Ridge

Kratka Ridge is a small ski area with many steep runs. It features one chair and six easy rope tows and is located southwest of Wrightwood.

Mammoth Mountain

As stated above, Mammoth is probably the busiest ski area in the United States. Mammoth is a huge resort

evening. Mammoth also offers cross-country skiing and is probably the most popular ski spot for UCSB students to go to. Mammoth is located about 327 miles north of Long Beach on U.S. Highway 395.

Mountain High

Mountain High is a relatively small ski area connected with the Holiday Hill area. It has mostly intermediate and advanced slopes and four chairs. There is night skiing and daily snow-making and races on the weekends for all abilities. Mountain High is located about three miles west of Wrightwood.

Mt. Baldy

Mt. Baldy ski area is of the highest altitude in the area. Mt. Baldy is popular with the locals and is not recommended for beginners. The snow-making capacity is not very good at Mt. Baldy, but due to its elevation, it is the first area to get snow. Mt. Baldy has four chairs and is located about 11 miles north of Upland.

Mt. Waterman

Mt. Waterman is a very small ski area and features mainly steep, more-advanced runs, although there is some beginner terrain. Waterman has two chairs and is located about 20 miles southwest of Wrightwood.

Ski Sunrise

Ski Sunrise is also relatively small and is used generally by locals due to its size. It has one chair and three pomas and lines are fairly small. Ski Sunrise is located about three miles northeast of Wrightwood.

Snow Summit

Snow Summit has ski runs for every level of ski expertise and many skiers enjoy the separate areas for each level. Snow Summit has very good snow-making capacity and has seven double chair lifts and one quad chair. Snow Summit is relatively expensive but many skiers take the higher price for the good snow and the nice resort. It is located one and one half miles east of Big Bear Lake and it is recommended to leave early on day trips due to the traffic problems at the end of the day.

Snow Valley

Snow Valley has skiing for every level. It has the largest terrain in Southern California and good snow-making capacity. It has 12 chairs and offers night skiing. It is located five miles east of Running Springs.

featuring skiing for every level with 21 chairs, two gondolas, two T-bars, and two pomalifts. Mammoth offers much more than day skiing. For non-skiers, Mammoth has a wide variety of places to go in the

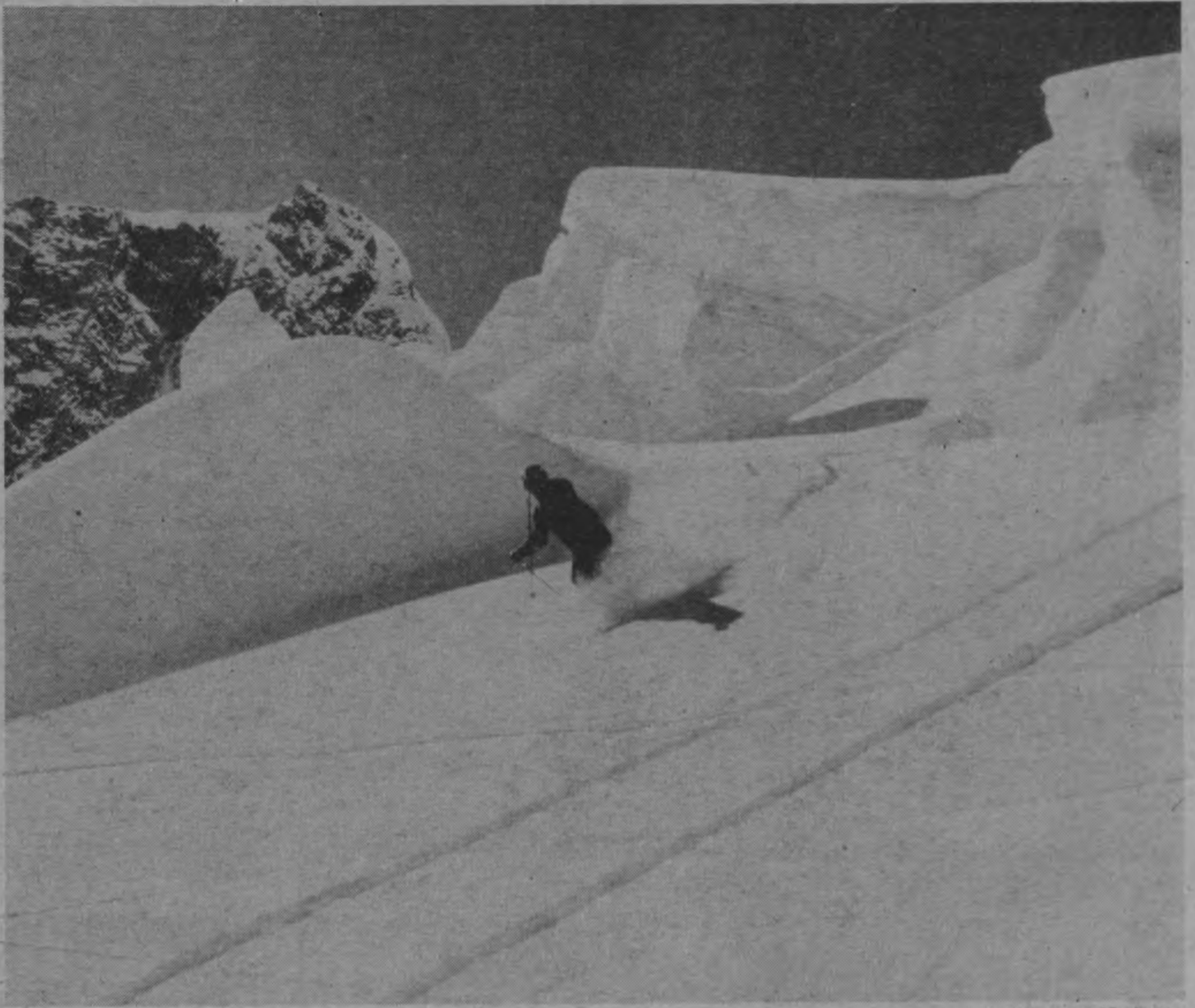


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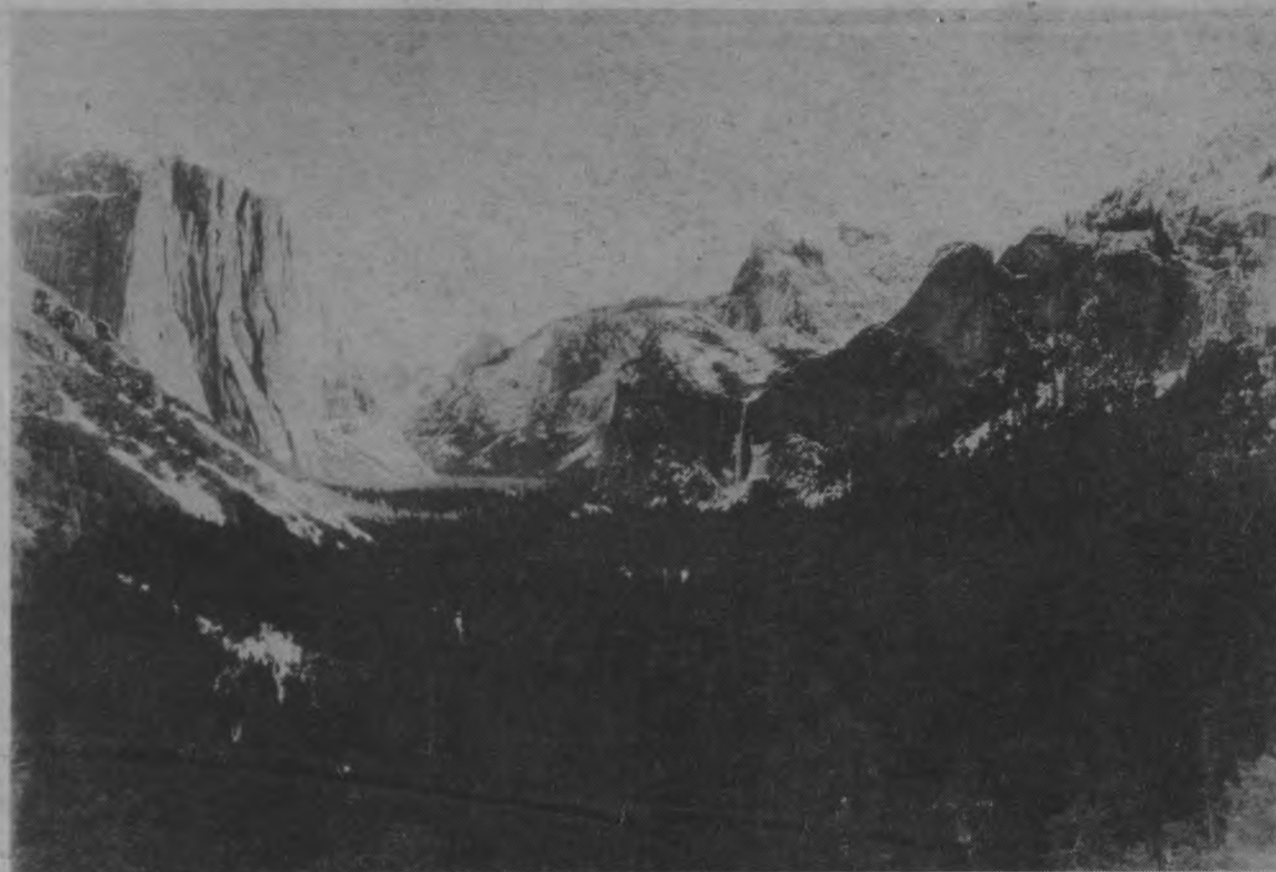


Photo Courtesy of Yosemite National Park

Winter Camping

By HEIDI FREHNER

Want to get a "chilling" experience? Do you like to feel the fresh, crisp air surrounding you and the sound of the snow crunching under your feet? If these things appeal to you, then, like many other winter time people, you will love the challenge of winter camping. Similar to regular weather camping, cold weather camping needs some special precautions for a safe and comfortable trip.

As crazy as it may sound, an early start for your camping trip must be acknowledged. While still enjoying the warmth of your sleeping bag, your pre-dawn breakfast (an hour or so before there is light) should include lots of liquids and carbohydrates. A good choice may be a hot instant cereal with milk and brown sugar. This small meal is a good way to begin your strenuous hiking adventure in the cold snow.

The next step to tackle, as uninviting as it may be, is to make your way to the chilling, outside world. After leaving the warmth of your bag, a very important consideration is to squeeze out the warm air. If this is not done right away, the vapor will condense to water and will not make your next night of sleeping any more comfortable.

Now you are ready to prepare for a hike in the cool, crisp mountain air. Be sure to layer your clothes, but do not overdo the layers as perspiration adds to potential dehydration. By layering clothing, you create an insulation which will help to keep you at a comfortable temperature all day.

A good steady pace throughout the day is a crucial must. Do not begin your day's hike with a jog up the mountainside, even if you have the energy. Early strenuous exertion will make you poop out more quickly. Short rests throughout the day are important to keep up your energy, as are small snacks of trail mix and water. Be sure to remember plenty of carbohydrates and liquids for energy and prevention of dehydration.

Around mid-afternoon, it is advisable to begin looking for a prime campsite. Start

by looking for a site with shelter from wind, a nearby water supply if possible, and protection from natural snow hazards. Stay away from unstable rocks, snow-laden tree branches and high hillsides which may encourage any kind of snow slides.

As soon as you have found your perfect campsite in the beautiful snowpacked mountains, pack snow as a tent platform so it may harden before you pitch your tent. While waiting for the snow to harden, explore the area where you have chosen to spend the night. Be sure you are aware of nearby accessible trails and other campers which may be a source of rescue in any type of emergency.

Now pitch the tent and get inside. Before the snow hardens too much, create a good bed out of the snow to suit your body's specifications. Change out of your damp clothes and get comfortable in your warm long underwear and plaid flannel shirt and fill your empty stomach. Make a fire and prepare an early dinner with a balanced supply of fats and proteins. At this time of your camping trip, it is essential to eat out of these food groups. Lean meats and beans provide an excellent source for your protein and fat needs. By eating your supper early in the evening, your body will have plenty of time to digest properly overnight. Now comes the best part of your camping travels. Fix yourself a hot cup of cocoa and relax to the impeccably silent air of the snow laden mountains.

As they say, "early to bed, early to rise," is a great cliché to stand by. This will give you plenty of rest needed for the big day ahead. Cuddle up in your nice warm down sleeping bag, relax your tired bones, and look back on your day's new experiences. Just think, after the completion of your "chilly feat," you can reward yourself with a nice hot tub.

Winter camping is one of those thrilling experiences you will never want to forget. You will learn to enjoy, and will become an expert at in one short winter season.

Ski Trivia Questions

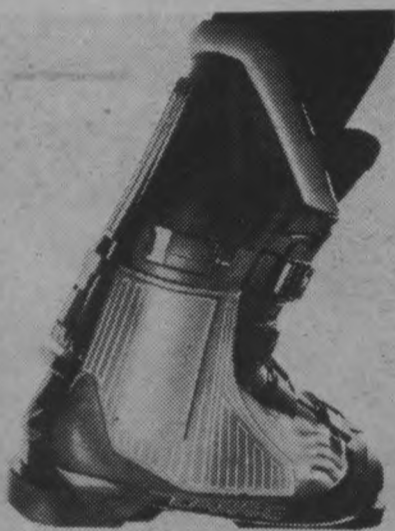
If you are a trivia whiz or big ski buff, here is a quiz to get you in the mood for the slopes:

- 1.) When did people begin skiing?
- 2.) When did people begin skiing in the United States?
- 3.) When were ski clubs first organized in the United States?
- 4.) Who was the first American to win an Olympic ski medal?
- 5.) What is the oldest ski area in the United States?
- 6.) Which American ski area offers the greatest vertical drop?
- 7.) What is the world's longest, steepest run?
- 8.) What is the origin of the cross-country telemark turn?

Answers:

- 1.) Skiing originated in Norway several thousand years ago. Archaeologists have discovered rock carvings of skiers in Norway dating back over 4000 years. Several primitive skis, dating back 2500 years, have also been found. Skiers are frequently mentioned in Norse mythology. During the Norwegian civil war in
- (Please turn to pg.10A, col.4)

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Getting in Shape For Ski Season

By ROSSANA PETRILLI

Here it is, wintertime again. The nights are colder and it gets dark earlier. With the coming of winter, it's also that time to hit the slopes! You are getting ready for preparing your boots, bindings, skies, sunscreen and sunglasses, as well as planning for a fantastic ski trip. But hold on, what about your body? Before hitting the slopes the most vital element needed is a well-conditioned body.

Conditioning not only makes for more enjoyable skiing, but it also helps to prevent accidents and lessens the severity of bad spills if they happen. Conditioning increases muscular strength, flexibility and endurance as well as, the coordination and ability you need to react quickly declines with fatigue. It also makes the morning after a long, strenuous day of skiing, more bearable without the aches and pains.

No fancy equipment or expensive membership to a health club is needed for a good conditioning/exercising program. All you really need is time and a commitment. To help you prepare for the upcoming ski season Wayne Horodowich, director of Outdoor Recreation and Club Sports coordinator, offers his helpful advice, "Don't do last minute workouts — they will not help. It will just make the first day more painful." It is a myth that you can get in condition for skiing at the last minute. "Your body takes a long time to adapt and condition. Allow at least a month." That means that all you skiers psyching up for the All-Cal Ski Trip to Aspen should start now to condition your body for it.

To help your body prepare for the stress of skiing, you should focus on exercises which will strengthen the specific muscles used for skiing: the quadriceps, hamstrings, calves, ankles and upper body. Horodowich suggests exercises which closely mimic the skiing motion, such as half-squats into the ski position and half-squat twists and jumps as if skiing. You should do these exercises in three minute intervals, with one minute break in between for a half-hour. These will work the exact muscles used for skiing. Leg lifts and sit-ups are also good exercises for strengthening the stomach muscles which are very important to your skiing performance. After doing these specific exercises he suggests running for 20 minutes. The ideal running for downhill skiing is sprinting since it corresponds more closely to the actual endurance needed than jogging. The complete workout including stretching should last from an hour to an hour and a half. You should do this workout every other day. On the off days you should jog 20-30 minutes. This would be an ideal ski-conditioning workout, but only consistency will make the workout truly effective.

Besides exercising and running, stretching is another vital element needed in a complete and effective workout. Before and after each workout you should stretch 10-15 minutes. The best kind of stretching is slow and holding. Do not bounce, since bouncing can cause injury by tearing muscles. Stretching helps relieve muscle soreness. Also because you will be more flexible and agile, it will decrease your chance of injury during your workout and on the slopes.

Now that your body is well conditioned, here are some helpful tips to remember for the actual skiing. Remember to stretch for 10-15 minutes before and after skiing. Your muscles will be agile and ready for the day ahead and afterwards it will help to relieve tension and soreness. A good massage and hot jacuzzi afterwards are also very beneficial in relieving soreness; topped with a bottle of wine to make an excellent way to unwind and relax after a fantastic day of skiing. So make sure to prepare now, by conditioning your body with a consistent and effective workout, to insure for a great season of skiing ahead!

The Ski Trips Offered This Winter

By ROBIN MOTOOKA

Skiing season is coming up and so are the ski trips. Both the Ski Club and the Outdoor Recreation Department are planning many fun-filled trips this year.

Over Thanksgiving break the Ski Club has planned a trip to Salt Lake City, Utah. Leaving on November 23 and returning on November 28, the cost, which includes transportation, lodging, and lift tickets, is \$209. Ski Club President Mark Lamb said, "The cost includes everything but food and enthusiasm!" There will be skiing at Park City, Alta, Snowbird, Park West, Solitude, and Brieghton. The snowfall on Nov. 8 was 20 inches in Utah. There may possibly be more space on a limited basis. If you are interested go to the recreation trailers next to Rob gym.

Another ski trip being planned by the Ski Club is the 1983 All-Cal Winter Carnival to be held in Aspen,

Colorado. This is the 30th anniversary of this event and it will be held December 10-17. The cost is \$309.00 and includes transportation, staying in a condo for 5 days, an All-Cal T-shirt, and lift tickets for 5 days. "People from all the University of California schools will be there making about 1100 people total with 175 going from UCSB, it's really a good deal," said Wayne Horodowich, Ski Club advisor. All the U.C. schools will compete with each other in various types of activities ranging from broomball to jacuzzi parties to slalom races. Points will be added up for each event and the winning teams gets the All-Cal trophy. Snowfall on November 8th was 18 inches. Sign ups for this trip begin at 9:00 a.m. on Nov. 11 until all the spaces are filled up.

Also on December 10-17 there will be a ski trip to beautiful Steamboat, Colorado sponsored by Summit Tours. This trip is

open to all U.C. campuses, as well as all State and Junior colleges and private parties. Summit Tours expect 1000 people with 90 going from UCSB. The price is \$259 and includes five days in a condominium, motor-coach transportation and five days' lift tickets. The package also includes a ski party, ski races, and a mountain picnic. For more information on this trip you can contact Carolyn Miller at 968-3482.

Outdoor Recreation is planning a lot of trips this year. During Winter Quarter they plan to go to Mammoth but the exact details are unknown due to uncertainty of snow and reservation

problems. Also, during spring break there is a trip going to Sun Valley, Idaho being planned but the exact details have not been worked out yet.

Cross country ski trips are being offered through Outdoor Recreation in February to go to Rock Creek Winter Lodge also with openings still available.

To find out more about these and other trips being planned look in the Leisure Review or stop by the recreation trailers outside Rob gym. For the short-notice trips, like Mammoth, look for future advertisements or call the Outdoor Recreation and Club Sports Information at 961-3737. Enjoy!



Photo Courtesy of Explorama

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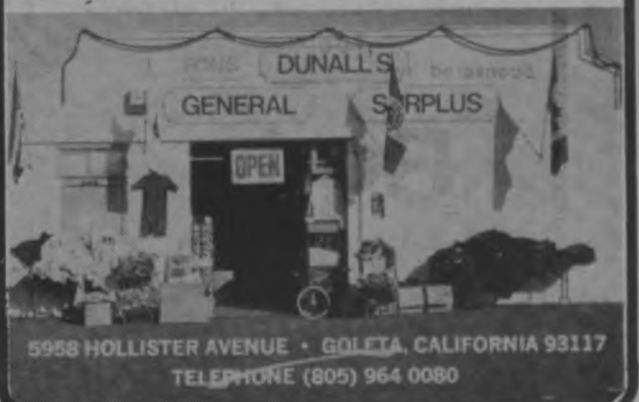


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Cross-Country: Peaceful Skiing

By DEBBIE CHURCHILL

I am a cross country skier. Downhill skiers often snub me claiming that cross country skiing lacks the excitement and challenge of downhill skiing. Cross country skiing has four things going for it over downhill skiing: it is peaceful, it's cheap, it's easy and it's good for you.

If you enjoy camping and hiking in the summer you will enjoy cross country skiing. Cross country skiing is just like hiking except for one minor difference — the snow. Unlike downhill, cross country equipment is light-weight and provides for easy movement. Cross country skis are long and narrow "boards" which distribute your weight, holding you up on the snow. Cross country boots are surprisingly like running shoes. They are light and flexible, nothing like the thick heavy boots used for downhill. They are made of leather or nylon uppers which let your feet "breathe." Your ski boots attach to the ski only by a leather toe binding so that your heel is free to help you in your gliding, and heel plates on the skis help keep your heel from slipping sideways. Cross country equipment is much less expensive than downhill equipment. Rentals are usually around \$7.50 a day for skis, boots and poles. If you wish to buy your equipment you can buy a good cross country ski package for \$150 as opposed to the \$450 you would pay for downhill equipment.

As far as clothing, anything goes. I have seen people wear anything from the traditional Norwegian ski suit with wool knickers, cardigan sweaters and tall fur hats, to a skimpy bikini! The key to dressing for cross country skiing is layers of clothing. It may be 20 degrees, but once you start skiing, it is hard to be cold. Wear several lightweight garments instead of one heavy parka to balance the heat easier. Bathing suits and shorts are great for spring skiing and there is no better way to bronze your body for the Santa Barbara beaches. Jeans are alright for a short cross country trip, but for long-trips they can absorb moisture, freeze, and fail to keep you warm. Wool is the best fabric for the cold because it takes the moisture away from your body and evaporates it. Other recommended clothing are: gaiters (ankle covers which keep snow out of your boots and off the bottom of your pants), a windbreaker, light wool gloves, a wool ski hat (this is very important, over 70 percent of your body heat is lost through your head and neck region), and wool socks. As you ski you can shed your layers and remember the skiers motto: take clothes off before you get hot and put some on before you get cold.

Like hiking, when you cross country ski, remember to take food and fluid. High energy snacks such as trail mix and protein bars are good to help you keep going. My

(Please turn to pg.12A, col.5)



Photo Courtesy of Yosemite National Park

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Your Ski Knowledge...

(Continued from pg.8A)
1206, the king's two-year-old son was protected from the enemy by the country's fastest skiers. Sweden had a trained corps of ski troops in 1555 who covered up to 100 miles each day. Early ski races were held in Sweden in 1776. Competitors picked up objects while skiing a course on a steep slope.

2.) Skiing in the United States dates back to 1841 when early settlers in Wisconsin thought ski tracks had been made by a monster. Actually, the tracks

were made by a Norwegian pioneer, Gullik Knusden Laugen. During the 1856 California gold rush, John "Snowshoe" Thompson, another transplanted Norwegian, began carrying mail on skis for \$2.00 a letter.

3.) The first ski clubs date back to 1900. The National Ski Association was formed in 1904.

4.) AndersssHaugen, bronze medal, ski jumping, 1924.

5.) Sun Valley, Idaho, founded in 1936 by the Union Pacific Railroad.

6.) Jackson Hole, Wyoming. The vertical drop is 4139 feet.

7.) The Plunge at Telluride, Colorado.

8.) In Telemark County, Norway, sport skiers invented the first ski turn, used until World War I. It consists of pushing one ski ahead until its binding is at the tip of the other ski, then inching the lead ski in the direction of the turn, simultaneously with the skier's weight shifted onto the lead ski while leaning into the turn.

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A Guide to Ski Equipment

By LESLIE MAXWELL

I come from a family of die-hard skiers and thus my parents awaited my first steps with great impatience. When I was finally able to stand unsteadily upon my childish legs they gleefully strapped me into a pair of skis, threw me onto a chairlift and waved goodbye. And so I progressed; from childhood to adolescence, from bunny-hills to moguls. I also progressed through a large assortment of ski equipment, all of it handed down, traded in, and much abused. The last of the line was a scratched and chipped pair of skis whose only redeeming quality was that no one in their right mind would steal them. This year when I pulled the warped creatures out of my closet I decided that it was time for me to make an investment in my equipment. I began collecting information on equipment at various local ski shops. Jim Schankel, the manager at Copeland's Sports, 1230 State Street, was particularly helpful.

SKIS

Ski design can be broken down into three categories, or lines. These lines correspond roughly to the beginning, intermediate, and advanced levels of ability. There are various names for the lines the most common being: recreational, sportline and racing. Each brand name company manufactures one or more skis in each of these lines.

Beginning or nonaggressive skiers should look for a ski in a recreation line. A recreational ski is lightweight, versatile, and forgiving. A good recreational ski is soft in the extremities allowing it to turn easily. Skis at this level are usually worn short for ease of handling. Dynastar carries three skis in its recreation line, Rossignol carries four, Olin carries two.

Intermediate skiers should look for a ski that provides quickness combined with stability. Sportline skis usually still have a degree of soft flex but it is combined with a more radical side cut. Skiers at this level usually wear their skis head height to 5 or 10 centimeters above the head. Sportline skis come in a wide variety and are aimed at the skier who skis to progress.

Racing line skis are designed just for that. They are high performance skis designed for precision at top speeds. Most racing line skis are worn approximately 15 centimeters above the head.

When asked to suggest a good all around ski, Schankel cited Rossignol's STS, Dynastar's Dynasty and Omesoft, and PRE's 1200 as a few of his favorites. The majority of skis range from \$150 to \$300 at their regular price. Ski sales are frequent, however; so the smart shopper can make good buys in the off season.

Once you have a good pair of skis, it is important to keep them tuned. Tuning consists of filing the base, sharpening the edges and also detuning, or dulling the front edge. A hot wax is also suggested after every four to five uses.

BOOTS

Boots are another major area of ski equipment. Ski boots are also arranged in lines corresponding to skier ability. The further up a line you go the stiffer the boots become. Stiff boots lend support for the more advanced skier. The single most important factor in selecting a boot is comfort. Uncomfortable boots are a useless misery on the slopes. There are a wide variety of boot designs on the market today. Back buckle boots are very popular for their convenience, allowing the skier easy entry and even the freedom to loosen them in long lift lines. One of the newest procedures on the market is called Thermofit. Thermofit has been used in Europe for the past few years but has recently hit the American market. Thermofit consists of heating a special aluminum in the liner of the boot and then custom fitting the boot to the foot. This is a different method from the wax filled mold popular a few years back which has had problems with cracking. Nordica has a boot out with an air sac lining similar in composition to a waterbed. A button on the front of the boot is pumped to fill the lining and move the foot back in the boot. These are just a few examples of the myriad of styles available. Ski boots range in price from \$100 to \$300 generally. When buying boots one should consider comfort, convenience, and the ability level.

One additional bit of advice. Once you buy your equipment take a few dollars and invest in a ski lock. With ski equipment's value today, the days of throwing your skis in the snow by the lodge are over.

The best idea when you are looking for ski equipment is to shop around and to ask lots of questions. Once you have your choices narrowed down, you might consider trying a few of your favorites out on the slopes. Most ski shops have "demo" skis which you can try for free or for a minimal fee.

My days of chattering over the slopes on modified fence boards are over. I am going to miss the freedom of throwing them in the mud by the lodge, skiing guiltlessly over rocks, and hitting my brother over the head (but not too much).

A Non-Skier's Opinion

By Gina VanderVeen well, even though I don't have very many. Watching the trees change color is really beautiful, although most trees in Southern California stay green all year. And the rain really is refreshing — it clears the air. But riding my bike to school in the pouring rain has got to go — not to mention the six-inch puddle I sink in every time I step out of my door. And rain clouds are not exactly conducive to enhancing the deep, dark tan that I spent all summer (Please turn to pg.12A, col.1)



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Sledding: A Snow-Lovers Dream

By BILL DIEPENBROCK
Nexus Reporter

Everyone who has ever been to the snow knows what great stuff sledding really is. Despite this, although they may be excellent skiers, a lot of them don't know how to do it. It really is quite simple. And, as a winter recreation, one of the most exciting of sports.

Most people pass sledding off as something for the kids to do who haven't yet learned to ski. But this is not true. In the hands of experienced sledders, it can be a dangerous and thrilling adventure.

Sledding has many different aspects, as the many diverse sizes and shapes of the sleds themselves might indicate. The type of sled

ranges from the thin plastic strip to the massive five person wood and metal toboggan. The first is a great learning device, while the latter is sure to bring real thrills to the sport.

A type of sled many sledders like is the small one person disc, about the shape of a garbage can top. This is the one you just jump on, throw your weight into, and before you know it you're spinning madly downhill. A smart precaution to take before this type of sledding is to avoid all alcoholic consumption. It is known that when the two are mixed, it provides for some nasty results.

Probably the most exciting kind of sled is the toboggan. And the most

dangerous if improperly handled. But it is that presence of danger which makes it so exciting. Toboggan sizes vary too. Some carry two or three and some are big enough to take on eight or nine. The thrill runs in proportion with the number of people on the toboggan. Always remember to have the same number of girls as boys, to maximize the experience.

An important question to deal with is where to sled. Every snow-filled town proudly sports a skiing resort of some type, but you don't hear of a sledding resort too often. Perseverance is the key. Most of these resorts have a sledding hill of some type or another, but these usually cater to the

young kids: the slopes are all too tame for any real excitement. Yet if you search hard enough, the good places do exist and can be found. Depending on where you go to ski, whether it be Tahoe or Mammoth or wherever, there will be one resort with a sled run of enough quality for even the most advanced sledder.

But the most important, and thus the best, is that terrific feeling you get when flying down a steeply curving slope, hanging on with all your strength to the person in front and being hung onto by those behind. Everyone is trusting each other and the combined efforts add to the thrill.

It is one of the greatest experiences the snow has to offer.

Cross-Country...

(Continued from pg.10A)

favorite fluid is red wine in a bod-a-bag.

Many cross country enthusiasts use the sport as a form of winter backpacking and glide for miles before breaking for a meal. Other less experienced skiers prefer to glide around backyards, golf courses, and snow-covered fields.

Anyone can cross country ski. The fundamental technique of cross country skiing is a relaxed kick and glide movement. To glide you push down one leg and then transfer that energy and body weight diagonally forward to the opposite leg keeping half your weight on your heel and rotating your hips from side-to-side with each transfer. Small, sharp grooves on the bottom of your skis aid in gliding up hills and keeping the skis from sliding backwards with each push. Sound complicated? No, in actual practice, it is almost as easy as walking. Not only that, it is one of the greatest forms of aerobic exercise — it burns up 26 calories per minute!

You can go cross country skiing anywhere there is snow. Beginners might start learning the glide step in their own backyard (providing there is snow, of course), and may advance to golf courses, fields and city parks. There are many ski-touring centers and Nordic lodges which offer groomed or marked ungroomed trails at relatively small prices. Many of these centers offer ski instruction and a warm friendly place to rest after you're done with your skiing. If you are a beginner, I recommend the Nordic Ski Center on Lake Tahoe's North Shore. It offers groomed trails at different experience levels and has very reasonable rates. For more advanced Nordic skiers, any marked trail will do, and for the more adventurous skiers, it is fun to make your own trail. Remember to bring a compass, map and watch out for avalanches.

Both cross country and downhill skiing have their merits. But if your want to escape the lift lines at Sugar Bowl, the high lift ticket prices at Mammoth, and you are sick of being run down by thousands of skiers at Sugar Pine, escape to the healthy, inexpensive challenge of cross country skiing.

Ice Hockey...

(Continued from pg.2A)

members. Fans get together all-star traveling team so there is a place for any ability of player.

The fans of ice hockey enjoy the enthusiasm and action-filled games projected by the team members. Fans get together and cheer on their favorite team. An ice hockey game is a great excuse to take a break from those studying blues with the taste and warmth of hot chocolate and peppermint schnapps.

Non-Skier...

(Continued from pg.11A)

getting. Rain never fails to throw off my exercise routine as well as my tan. Just when I've worked up to a daily pattern of exercise through much sweat and motivation along comes wet, cold weather to blow my routine jog to pieces. Who wants to go running in the rain? Sure, the day after a particularly big meal, even a little moisture in the air is not discouraging. But running, biking and swimming really do lose their overall thrill in chilly days. One tends to want to sit bundled up in front of the warm, blazing fire instead.

Of course, there is such a

thing as "winter sports." Some of them aren't really so bad. Ice skating can be fun once in a while. But since we don't have too many frozen lakes around here, we have to make due with ice rinks, which is why its only fun once in a while. Besides killing your ankles, it really does get dull going around and around the rink.

Going to the snow is a different approach to burning off winter laziness. Around here, one must go to the snow, it does not come to you, much to my relief. Although snow does open up new sporting options, I do not exactly relish the thought of shoveling snow from my doorstep. Slushing

through rain puddles quite suffices for me. Anyway, you've got to get yourself to the snow before partaking in any winter sporting. I, for one, have usually spent all my money on Christmas presents. So, if you can scrape up the funds to transport and comfortably lodge yourself in the snow, then you are all set for winter sporting, right? I sure wouldn't be. I would need lessons in whatever sport I would hope to attempt — be it cross-country skiing or taboggoning. Even winter sport buffs know they still have to pay for rentals, lift tickets, the new lavender sweater in the window of the ski shop, apricot brandy for the end of a long day, dinner at the resort (that's next month's pay check right

there). Got the picture? I would say that it is as expensive as it sounds.

Yet if you have the excess expenditures to pour into such an investment, then you will not gain that Christmas five pounds you put on every year — you'll exercise it off while you're on those slopes, right?

Besides, it's so cold. Snow, by its very nature is cold. Waiting in lift lines surrounded by freezing cold snow seems to me like a fate worse than Reg Week lines. If you've got to combat winter cold, why not do it in the comfort of your own home?

I think I'll savor all the joys of the winter season in front of my cozy blazing fire, sipping hot tauties.



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