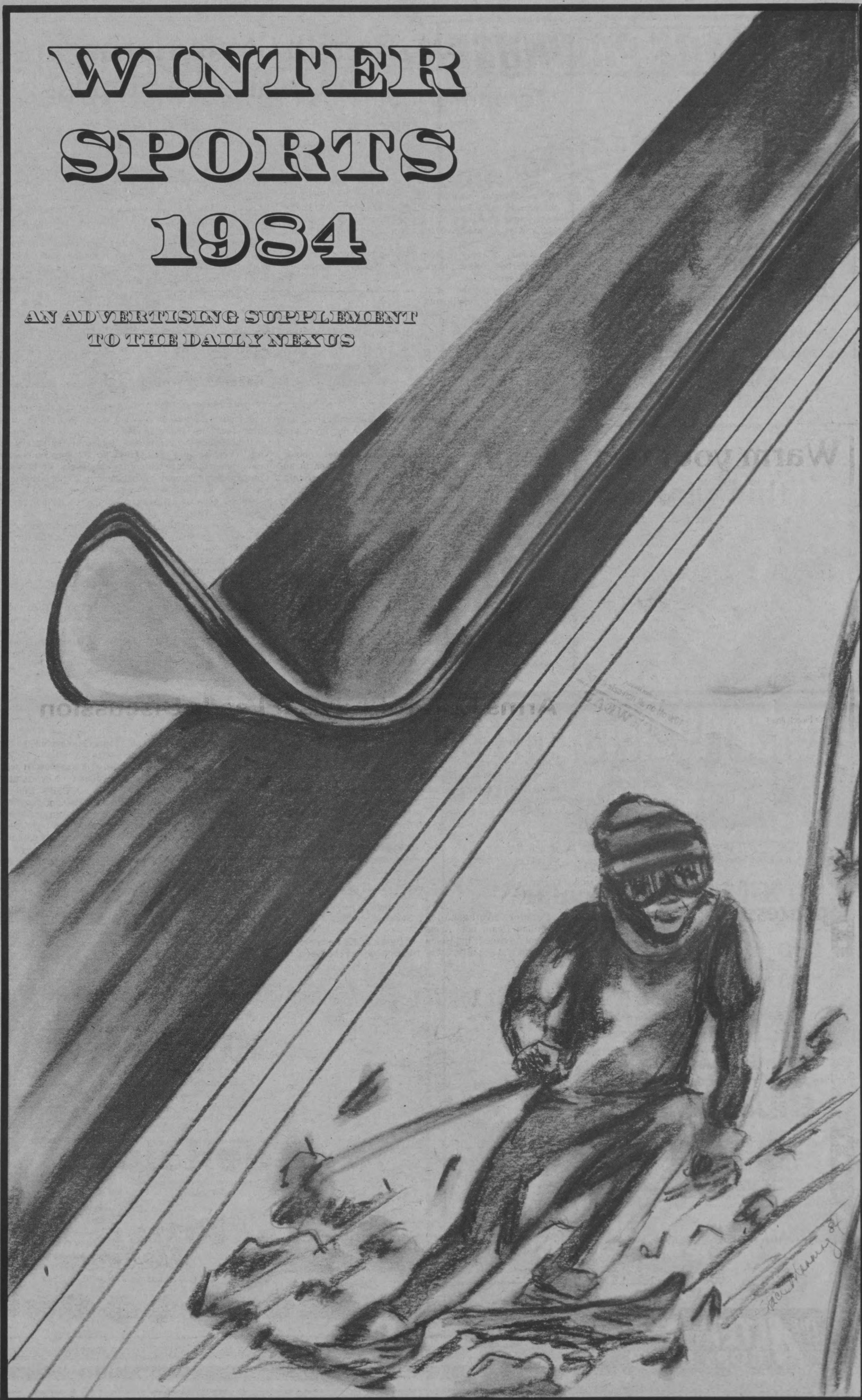


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## Rain In Santa Barbara: Time to Hit the Slopes!

This year's ski season is underway, and it looks like it's going to be a good one. Whenever it begins to rain in Santa Barbara before Thanksgiving, you can rest assured it's snowing heavily in the mountains, and such is the case this year. Since California has such a multitude of ski resorts catering to the needs of individual skiers, choosing where to go becomes a dilemma. Below is a list of where California's one million skiers go to challenge nature.

### NORTHERN CALIFORNIA

#### Alpine Meadows

Catering to skiers of all levels, it features ten chair lifts and three surface lifts. It is located on Lake Tahoe's North Shore and is not far from Nevada's bars and casinos.

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#### Mt. Rose

This place features runs for every level of skier, but not as many as other areas. It has three chairlifts and one surface, lines being relatively short.

#### Sierra Ski Ranch

Featuring eight double chair lifts and 20 miles of runs, it is ideal for the beginner. This place is rarely crowded, and ticket prices are reasonable.

#### Ski Incline

Located on Tahoe's North Shore, it's attraction lies in its beautiful surrounding area. It is located close to the casinos and



the outskirts of the Tahoe area.

#### Heavenly Valley

The largest ski area in the United States, it has an aerial tramway, 15 double chairs, one T-bar, two pomas, and four ski lifts. Covering 20 square miles, it is ideal for intermediate and advanced skiers. It is located at South Lake Tahoe, and the ski runs are both on the California and Nevada sides of the border. Probably the only thing to think twice about is that lift lines are long and tickets are expensive.

#### Kirkwood

Most runs are intermediate and advanced, covering over 1,900 acres of terrain. It is located around South Lake Tahoe. Compared to Heavenly Valley, lift tickets are less expensive and lines are shorter.

Nevada night life, and lodging is excellent. Skiing, however, is not good unless it snows a lot.

#### Squaw Valley

One of the largest resorts in California, it has skiing for every level. There is one gondola, 21 chairs, one tram and three T-bars. Lift prices are more expensive than other places. There are also some tobogganing slopes and an ice skating rink.

### SOUTHERN CALIFORNIA

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(Please turn to pg.6A, col.5)

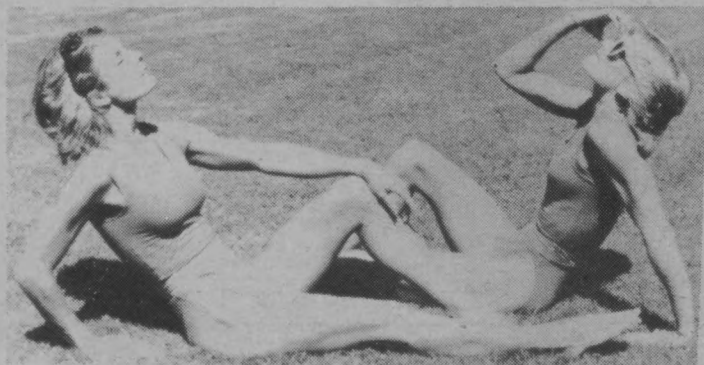
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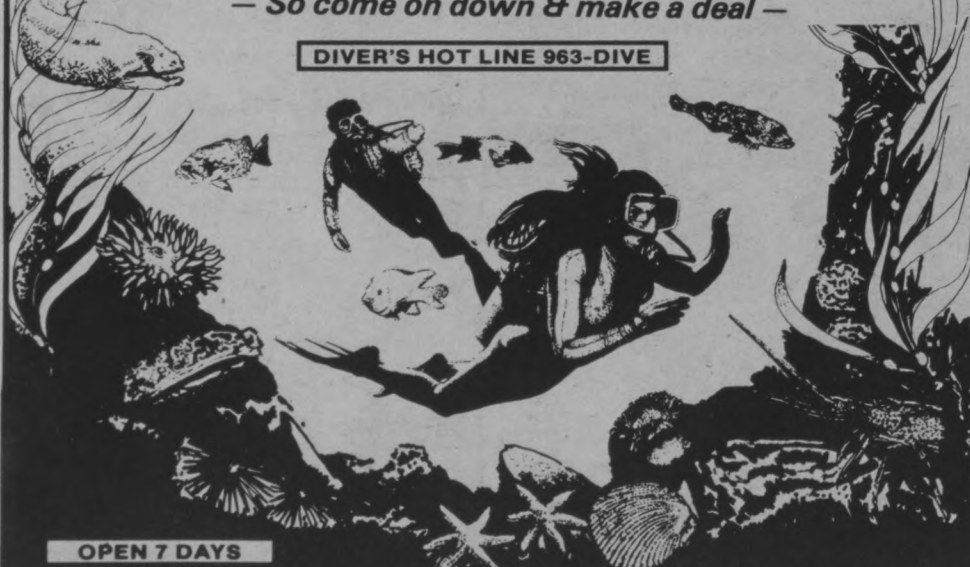
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# Learning How (Not) To Ski

After living very near the snow and a multitude of ski resorts all my life, my first attempt at skiing was not until the old, unagile age of 21. This was the first mistake, but I attribute it to a father who knew his daughter to be a complete klutz and didn't want to pay the medical bills for a broken leg. Nevertheless, illusions of gliding gracefully down snowy mountains, hearing the "whoosh" of the skis and feeling the thrill of attaining a new skill all tempted me to try the elusive sport of downhill skiing.

Anxious as I was, I was willing to listen to anyone who knew something about skiing, as I didn't. Second mistake, don't let your younger brother — who isn't 21 yet — pick the ski resort. The Lake Tahoe area has at least ten lodges that serve alcohol and one that doesn't. Guess which one my darling brother chose?

Next lesson. Do not wait until the morning you are going to ski to discover that you don't have anything warmer than a thin pair of nylon tennis shoes to wear while you are standing in the snow for two and a half hours waiting to get your skis because you didn't take the time to do it back home. What made it worse was there were people in front of us drinking a secret concoction from a boda bag. I stood there, feeling my toes go numb, hoping I wouldn't lose them all to frostbite, cursing my brother's selection again.

It was now time to put on the ski boots. For those who have never tried skiing, the boots place your feet at a wierd angle from your leg. I don't know why. I do know it is not only uncomfortable but very awkward. The boots were at least as old and unflexible as I was, but my feet were numb enough by now not to care. Walking was okay, except for my giggling brother who kept skipping around me.

Again, listening to the advice of experienced skiers, I neglected to take skiing instructions, they were for the youngsters. My "friend" was going to teach me. He told me the way his friends taught him was to

take him up the tallest mountain and tell him "good luck." He was going to be easier on me; we would start with the "bunny hills." Great. I was ready.

The bunny hills are where it is supposed to be the easiest to ski — up or down. I suppose I should let you in on a not very secret truth about myself — I am not athletic. I



prefer cozy fires and nothing heavier than a thick novel. Anyway, I proceeded up a small incline, about three steps or so, then I decided it was time to go back down. I wanted to start out slowly. I fell. That wasn't hard. Getting up was hard. My arms refused to support my body, my legs refused to straighten themselves out and the skis were caught up together.

My "friend" finally realized I was not getting up on my own volition and he tried to help. Ten minutes later after wallowing in the snow, I did manage to stand again. Fine, I would try again. This time I went a little further up the slope. Everything was cool. I had even forgot about the cold. I looked on with wonder at the amazing mass of people who seem to be enjoying this self-torture and decided I could enjoy it, too, even though my ankles were bent forward from the boots, my toes were frozen solid, and my tongue thirsted for some warm brandy. But I was going to stick it out.

My next attempt downhill I glided with some grace until I realized I didn't know

how to steer. There was another woman trying to ski and she couldn't steer either. We watched each other as we crashed. Hurting myself was one thing, but demolishing someone else was another. It was at that point that I discovered skiing was just not for me. An entire thirty minutes on the slopes was enough to prove

go to the lodge. They are usually priced about the same and there is more care taken in the selection and fit of the boot.

2) If possible, buy your lift ticket early. (I kept mine as a souvenir, even though I never got to use it.)

3) Dress as warmly as you can, with as many layers as possible. The snow is cold. Bring a change of clothes for after skiing, too.


4) Take lessons. They can't hurt and unless your "friend(s)" are experts and are willing to take a lot of their skiing time, it is highly unlikely that they will be able to help you.

5) Drinking is up to you. The reason my brother chose the "dry" resort was to avoid the drunks skiing wrecklessly down the mountains, and who needs drunks who don't know how to ski in the first place?

6) Bring a book, in case you quit before everyone else does. I sat in the lodge for six hours envying my brother's agility.

7) Be determined. If you give up, you will never know if you could have done it, remember it is supposed to be fun.

— S.A.



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# Hockey Breaks Its Bad Boy Image

By MIKE ALVARADO

Fast, intense and graceful. These words best describe the sport of ice hockey. The game is often portrayed in the media as an arena of brutes, knocking each other around until blood spatters on the ice. This image of anarchy was perhaps most evident in the film *Slapstick* about six years ago. In truth, ice hockey requires tremendous skill and agility, pushing the athlete to the brink of exhaustion each time around.

The main "tools" of the game are primitive: a stick with a blade on the end; and a two inch disk called a "puck." The object of the game is to knock the puck into the goal with the stick. Pretty simple. In fact, there is much more to the game.

The sport is played with six people on each side: three offensive; two defensive; and one goaltender. Each player has an assigned task and a part of the rink which they are responsible for covering. Viewing a game for the first time, one might assume there are no offensive or defensive strategies, or "plays," since the action is non-stop. But in reality, the players position themselves so they will always be in a general area when the puck is passed to them — either directly or via the boards.

The rink is divided by a red center line, with a blue line (no patriotism intended) on each side to mark the attacking zones. Players cannot pass across two lines, nor can they enter the attacking zone before the puck. These two rules eliminate "sloppy" play, as well as help the defense.

At the beginning of each period and after minor infractions (ie; offsides, offside pass, icing — sending the puck the length of the ice), two players "face-off", or attempt to win control of the puck. Ability to win face-offs is very important because the offense can start its attack, almost immediately.

In general, the center leads the offensive attack. He either shoots the puck into the attacking zone, where it is hopefully picked up by one of the two wing men, or passes off it one of the wings to carry in and set up the play. More often than not, the play will be broken up by the defense, but a well-executed play will result in a shot-on-goal — one of the most exciting things in sports to watch. If the goalie makes a save but doesn't hold on to the puck, the offense is ready to strike back with a rebound shot to catch the goalie off guard.

With so much action going on, why is hockey a relatively low-scoring game? Simple, because aggressive defense plays just as essential a role as the graceful offense. Defensemen can "check" offensemen with their sticks or their bodies, with limitations of course. A center waiting for a pass or rebound in front of the net is sure to get bumped hard by a defenseman if the former spends more than a second there. And of course one can use the boards to tie up a person, keeping them from the puck. Overaggressive play by defensemen often results in fighting, which the sport is perhaps most noted for, but in recent years referees have cracked down on such brawls.

If a penalty is called, get ready for some of the most exciting action in the world of sports. The penalized player must sit in the penalty box for two minutes, while his underhanded teammates must try and "kill" the penalty. The offense has the advantage of being able to set up a play easier, usually resulting in a more devastating shot-on-goal. The defense does have one advantage, however. During a penalty period, the defense may fling the puck the length of the ice — something which is prohibited in normal play. A good goaltender is essential for a team that finds itself penalized a lot.

Amateur hockey and professional hockey share basically the same rules, though the former allows less aggressive play. Comparing the two, the amateur game is much more interesting to watch because it is more clean — there are still many "goons" in the professional version.

The game has indeed changed over the last decade — from the years when teams like the Philadelphia Flyers won almost by intimidation alone, to the current age of Gretzky and Trostler, where grace abounds. Scoring goals matters more than number of stitches.

If you would like to try your hand at the game, there is a men's league here in Santa Barbara at the Ice Patch. They skate Mondays, Wednesdays, and Saturdays from 8:30 to 11:00 at night. The thrill of gliding past a defender and shooting the puck past the goalie may be just what you've been looking for all your life.

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# A Peaceful Alternative To Downhill

By WAYNE HORODOWICH  
Outdoor Recreation Director

Downhill skiing is a thrilling, fast sport. Spending the day racing, jumping and carving through the snow keeps downhill skiers on the slopes every chance they get. The avid skier loves being the first one down a slope, before it is carved up by later skiers. They love the feel of being the first one to leave tracks in new powder.

But the thrill of that first run is short lived when the lifts carry hundreds of skiers to the same spot moments later. For all the fun of downhill skiing, most skiers will agree that lift lines, equipment costs, and lift ticket prices can limit your fun on the slopes. And for those who are frightened by heights or speed, downhill skiing is out of the question.

But there is an alternative. Although it is currently less popular in America than downhill skiing, Cross-country skiing is the original sport: and it is alive and growing. Reasons for its growing popularity are simple: If you can walk, you can ski cross-country on flat terrain. And if you like speed and height, you can ski on your nordic skis down any snowcovered mountain. In fact, I use my cross country skis at downhill ski resorts — riding the lifts skiing with the downhillers.



The beauty of cross-country skiing is not just the scenery, but that you can ski at your own pace. There are no lines, no crowds of people rushing you down the slope, no weaving in and out among slower skiers. You can take off on your nordic skis anywhere there's snow, on a meadow or a mountainside. You can make the first tracks through new snow without rising at dawn, and they could be the only tracks on that slope until a new snowfall covers them.

Cross-country ski equipment is less expensive than downhill (also remember there are no lines, and no lift tickets to buy). All ages and all ability levels will enjoy cross-country skiing, deciding for themselves what their limitations will be.

There are four different types of cross-country skiing. All work on the same principles. The equipment is designed so that the skier can travel across snow with a gliding step. This is accomplished by the use of a special system of waxes or by skis which are textured on the base to prevent their slipping backwards on the snow. This property allows the skier to push off of one ski while the other ski glides forward. Proper "kick and glide" technique (easily learned, of course!) combined with the use of poles makes this an easy flowing motion with which you can cover distance comfortably. The wide range of motion afforded

by cross-country equipment greatly reduces the chances of an injury. Only the toe of the boots or shoes are attached to the ski so that if a skier takes a forward fall, there will be little or no stress on his leg or ankle. Because of the design of the bindings, twisting falls are also relatively injury free. Think of it, no broken bones, no torn ligaments, and no less fun! All styles of cross-country skiing work this way, more or less.

General touring is the most popular style. Equipment is moderately light, and allows the skier to be equally comfortable skiing packed trails on flat areas and skiing gentle hills in the backcountry.

Racers like to use extremely light weight equipment. Their skis are very narrow and long, and the shoes are designed to be aerodynamic. They wear single piece jumpsuits designed to reduce wind resistance, and they actually run on the skis. These racers ski in tracks packed in the snow on fairly flat terrain.

This is the kind of cross-country skiing we see during the Winter Olympic Games.

There is another style of racing, more similar to downhill style races. The race is named for the "Telemark turns" employed by the racers to get through the gates. Telemark racing is done on a slalom course like the ones used in downhill races. If you like speed and

excitement, and a new kind of thrills (remember, your heels are *not* attached to the skis!), keep this event in mind.

The last type of Cross-country skiing is Ski Mountaineering. This method uses heavier equipment than the others — although it is still significantly lighter than downhill gear. The object here is to ski up to the top of mountains, then ski back down! Sounds simple enough. Most carry special winter camping equipment so that they can plan a longer backcountry trip and ski several different peaks. These lucky few go, in the winter, to places most of us only get to in the summer.

I have taken three trans-Sierra ski trips. Snow camping and skiing for seven days as we make our way across this great mountain range from the east facing slopes to the west. Usually we see no one but each other; once we met a crowd of two people. Every day, we are the first ones to track new powder, maybe the only ones to ski that slope for the season! I feel like I own the world when I have the snow-covered mountains to myself.

Instead of continuing to glorify cross-country skiing, I will just say "GET OUT," and give it a try! You can have it all, at whatever pace you want.

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# Sledding: The Ultimate Thrill Sport

By BILL "No Snow" DIEPENBROCK  
Nexus Winter Wonderland Editor

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

People either think about sledding as the thrilling Olympic sport or the childish sport for those kids who haven't yet learned to ski. This, however, is just not true. There is a whole slew of professional sledders, barely heard of this far south. Yet they do exist, and I had the rare opportunity talk with one. Over some *Moosehead Ale* he got real loose about the ins and outs of his sport and I promised to put all faithfully out for the public to see.

According to 17 year veteran sledder Lefty O'Conner, in the hands of the experienced, sledding can be a dangerous and thrilling adventure.

There are many different aspects to sledding, 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 much-loved type of sled 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. Lefty advises that all alcoholic consumption be avoided before this "trip," as they're called in the profession. When the two are mixed it provides for some pretty nasty results.

But now we're here, let's jump on the toboggan, the most thrilling type of sled, and the most dangerous if improperly handled. But it is that presence of danger which makes it so

exciting. O'Conner said it was a trip on one of these puppies with about seven or eight amateurs which caused him to get his nickname. "But I darent rigret a bit o' t'whole shebang, aye," he said. "It was jist plain killer, bud."

Toboggan sizes may vary from the two or three person size to those competitive jobs big enough for 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, Lefty instructs in his weekly seminar on "You and Your Sled: A Snow Time Delight For The Whole Family." Reservations should be made one week in advance, and make out all checks to Lefty.

The next 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. According to Lefty most of these resorts have a sledding hill of some type or another. However many of these cater only to the delights of children and amateurs and are 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 is Tahoe or Mammoth, there will be one resort with a sled run of enough quality for even the most advanced sledder.

But most importantly of those things related to sledding is that terrific feeling you get when you fly speedily down a steeply curving slope, hanging on with all your strength to the person in front and being hung onto by those behind. "Its jist fantastic, outa this ole world, aye."

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

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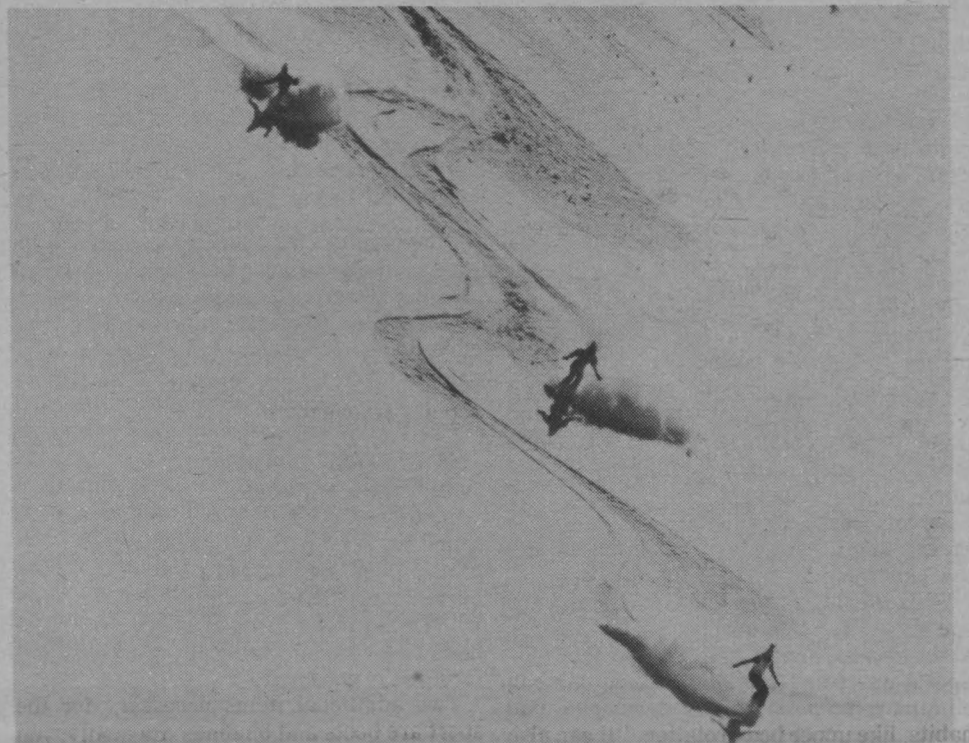


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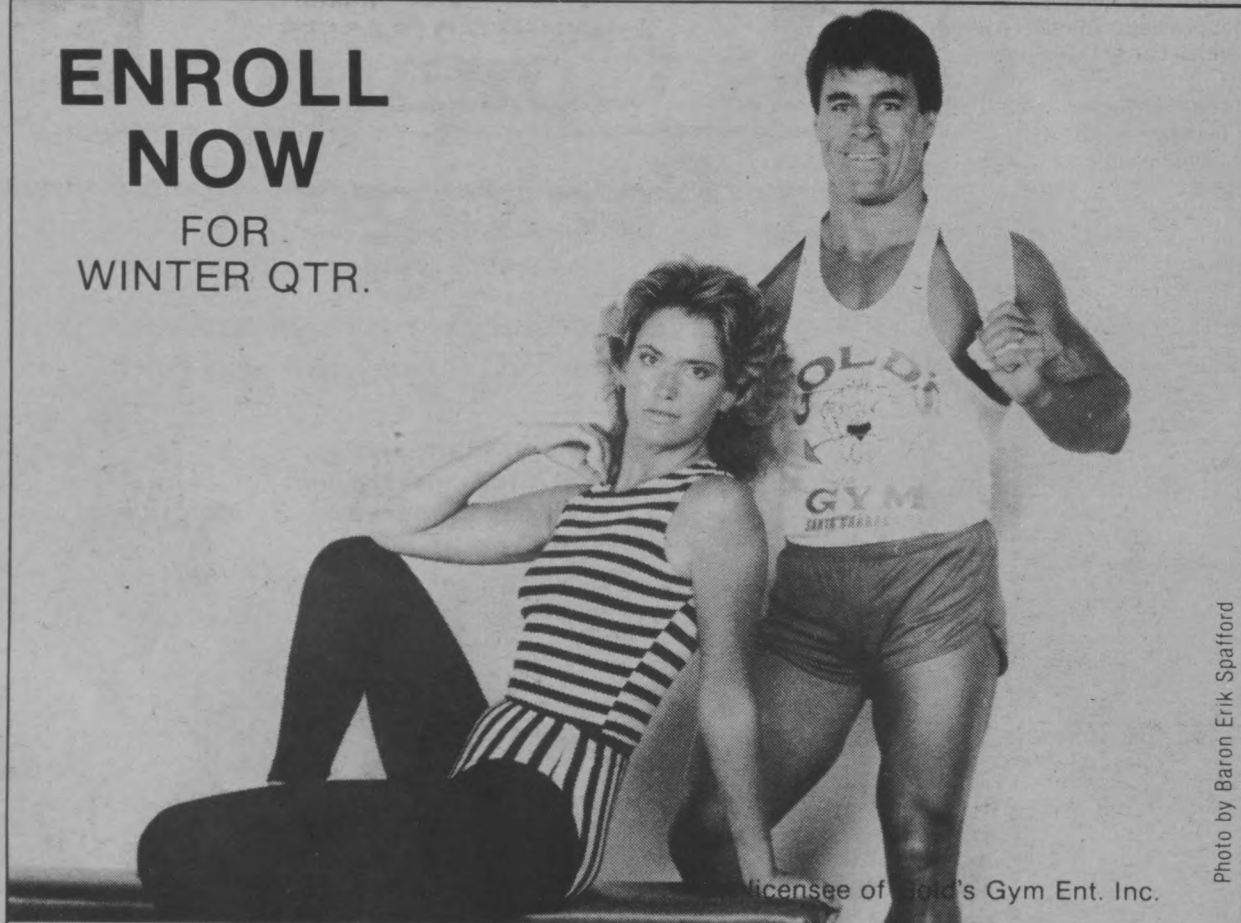
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(Continued from pg.2A)

### Green Valley

Located ten miles west of Big Bear Lake, this resort has four surface lifts and is especially good for beginners and intermediates. Lift prices are reasonable.

### Holiday Hill

Well known for its long runs and steep bowls, it has slopes ideal for intermediates and the more advanced. But it has good runs for beginners also. Located east of Wrightwood, this resort has four chairs, one poma and one rope tow. They also offer night skiing.

### Kratka Ridge

A small ski area with many steep runs, this resort features one chair and six easy rope tows. It is located southwest of Wrightwood.

### Mammoth Mountain

One of the busiest resorts in the U.S., it features skiing for every level, and has 21 chairs, two gondolas, two T-bars, and two poma lifts. It offers cross country skiing for the non-downhiller, and a good nightlife for the non-skier. The resort is located about 327 miles north of Long Beach on Highway 395.

### Mountain High

A relatively small area with mostly intermediate and advanced slopes. It has four chairs. Located about

three miles west of Wrightwood, it also offers night skiing.

### Mt. Baldy

This area gets a lot of snow due to its altitude, but it is not recommended for beginners. It has four chairs and is located about 11 miles north of Upland.

### Mt. Waterman

A very small ski area, featuring mainly steep, advanced runs. It has two chairs and is located about 20 miles southwest of Wrightwood.

### Ski Sunrise

This small resort has just one chair and three pomas, but lines are small. It is located about three miles northeast of Wrightwood.

### Snow Summit

This area has runs for every level, separated from each other. With seven double lifts and one quad chair, it is relatively expensive because of the amenities it offers. Snow Summit is located one and a half miles east of Big Bear Lake. Leave early on day trips because of traffic.

### Snow Valley

With skiing for every level, it has the largest terrain in Southern California. It has twelve chairs and offers night skiing.

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# Observations On The Obsessed Skier

By DEBBIE NESTOR  
and  
JANUARY JACKSON  
Not Quite Dedicated Skiers

Quite a few of the people I went to high school (San Francisco bay area) with were what you might call dedicated skiers. By this I mean they lived for weekends and vacations when they could pack up their skis and head up to Tahoe. These are the people who sit glued to the television until the end of a newscast so they can listen to the weather report and find out if the snow level has dropped since yesterday's weather report.

Why this obsession with skiing? Why do these people spend small fortunes on clothing, equipment, and lift tickets for the privilege of shuffling through long lines of other skiers so they can glide down an icy mountain in the cold wind and hopefully not break their neck? The answer lies in the sense of freedom and inherent danger that the trip brings.

Skiing is dangerous. At least the kind of intense skiing most dedicated skiers are into. Anyone who doubts this should read *The Other Side of the Mountain* by former world class skier Jill Kilmont. Jill broke her neck when she misjudged a sharp turn during the Olympic trials. Whenever I'm out skiing and feeling really daring, I think of Jill in her wheelchair as I continue down the slope at breakneck speed. This sense of danger only seems to add to my exhilarating experience. I think it's this element of danger and suspense that makes skiing such an overwhelmingly popular winter sport. Skiing challenges both mental and physical prowess by putting the skier in control of his own destiny as he attempts to master increasingly massive mountains.

One of the problems with skiing, along with other winter sports, is that the athlete must endure intense cold. To combat this icy dilemma, clothing manufacturers make fortunes selling all kinds of ski gear, from designer snow

bunny suits to Levi's and long johns. Although skiers vainly attempt to bundle up and prevent frostbite from setting in, the cold itself remains one of the main attractions of the sport. Skiers complain bitterly of the cold while slushing down the slopes. But once inside the ski lodge while sitting next to the fireplace drinking hot mulled wine, it becomes one of the principle sources of conversation and amusement (along with broken legs and gangrene).

When you clump into the ski lodge, you enter into another dimension of skiing, the social aspect. Skiing attracts many varieties of people from every age group extending to every far-reaching corner of California. Skiers are generally from the friendliest and most athletic segment of the population and when they all congregate in the lounge to discuss their favorite pastime there is much revelry and good times are had by all.

## Skiing: What To Expect

By MIKE ALVARADO

Tired of hearing everyone talk about skiing at parties? Did watching Bill Johnson at this year's Winter Olympics motivate you to try the slopes for the first time? Curious to find out what it is that drives the multitudes to California's ski resorts each year? This may be the perfect winter to give this intriguing sport a shot for the first time, and the *Daily Nexus* would like to make it easier for you.

Because skiing is such an expensive adventure, our first word of advice is to rent your equipment. Even if you have enough money to buy the necessities (Karl Marx would turn in his grave), you should still rent until you find skis, boots, bindings, and poles you are comfortable with. Of course there are some other essentials you will need to purchase: gloves, thermal underwear, socks, goggles or sunglasses, a jacket, and maybe a ski outfit (bib overall and pants).

Once the novice has been outfitted, he or she should arrange for professional lessons at the slopes, Angie Agpawa of Mountain Air Sports advises. By taking lessons one can eliminate the possibility of developing bad habits, like upper body rotation. "It can also make a difference between having a bad time and a good time."

A person should be of at least "moderate" physical condition to be up to the challenge skiing provides, Agpawa said.

After the first experience, one should be able to decide whether they'd like to eliminate the sport from their recreation agenda, pick it up as a hobby, or start shooting for the gold in '88. The following advice is for those who choose the latter two options.

Entering a ski shop for the first time, you

might be amazed by not only the prices but the large variety of name brands and styles. The name brand or graphics shouldn't influence your decision to buy something, but rather you should ask: "Is this what I need for my level of skiing?" There will always be reliable salespeople who can tell you what would be best for you.

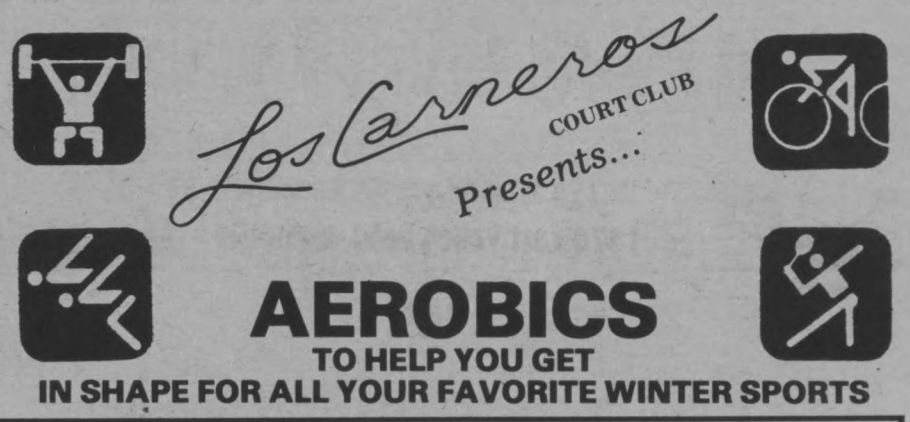
The first item you will need is, of course, skis. There are four types of skis: short, compact for beginners; mid-length, or sport-length for more intermediate skiers; long and soft, a particular type of full-length ski that is popular among women; and performance, or racing skis — especially popular among men.

Don't pick a pair of skis that is beyond your capability to handle, but, at the same time, pick a ski that will allow you to advance into the next level. Don't expect too much out of your skis, Agpawa advises, likening beginner skis to a Volkswagen and performance skis to a Porsche. The difference in price among skis varies greatly, from about \$90 for the cheapest to about \$350 for a really good pair.

Two additional items necessary for the sport are boots and bindings. Basically, you need to find a boot that fits comfortably. Some people with foot problems may need a custom-made boot, which can get expensive but is worth it.

Most people, according to Agpawa, can't tell the difference between a \$70 pair of poles and a \$15 pair. Some people, she said, go for elaborate graphics, but any pair of poles will do the job basically.

So skiing is not a poor man's sport, but you don't have to be overwhelmingly rich to enjoy skiing, especially once you've made that initial investment.




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# Hiking Allows One To See Nature's Offerings

By CHIP JENKINS

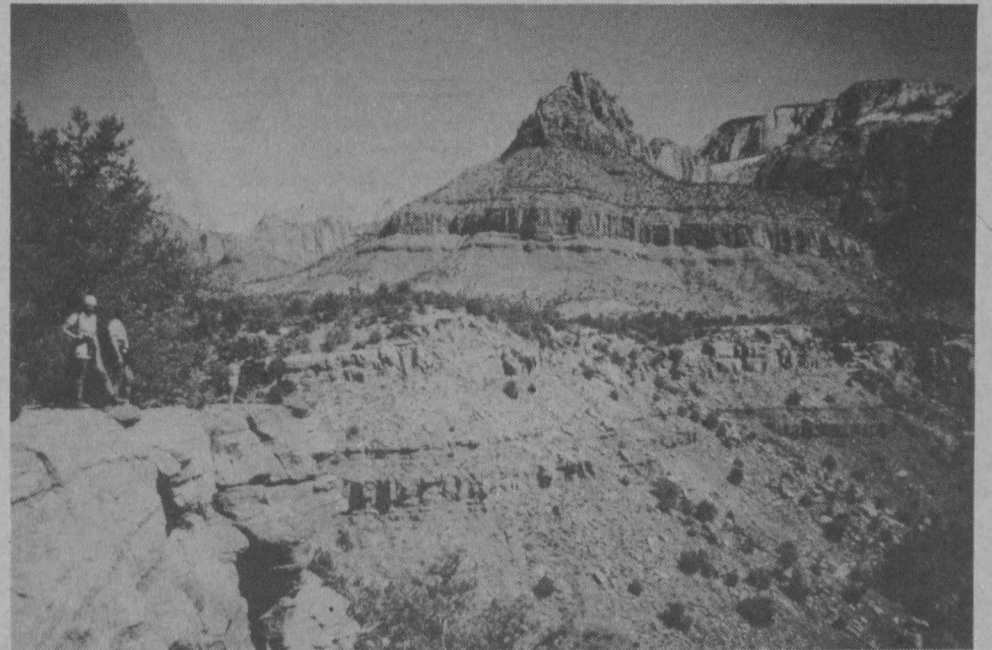
I dance quickly from rock to rock and in a few steps I have crossed La Verkin Creek. However, due to my longer strides, what are easy steps for me are awkward jumps for Carrie, my hiking companion. I stand on the opposite bank and watch as she hesitates an instant too long and I'm doused as her leg plunges into the creek; but neither of us mind. We sit down on the warm red sand and look up toward the sun as it heads for the west rim of Kolob Canyon.

Carrie and I are returning from Kolob Arch — the largest known natural arch in the world, almost 400 feet from end to end — and Beartrap Canyon, where we followed the tracks of a mountain lion to a recently killed deer.

We are in Zion National Park on one of two trips the UCSB Outdoor Recreation Program runs over spring break. (The other trip is to the Grand Canyon.) Zion is a land of narrow canyons, sheer walls, towers and temples located in southwestern Utah — 50 miles west of the Grand Canyon and 150 miles north of Las Vegas.

Mountain of the Sun, Phantom Valley, The Hardscrabble, Weeping Rock, The Great White Throne, Refrigerator Canyon, The Narrows, Checkerboard Mesa. These uncannily appropriate names only begin to describe the varied and unusual terrain.

Beginning at Lee Pass we descend into the Kolob canyons, traversing along the base or



redsandstone cliffs thousands of feet high. For two days we hike in Kolob Canyon following first La Verkin Creek past Kolob Arch and then Willis Creek up onto the Kolob Plateau. Here for the next three days our path winds among pines and aspens, passes the head of the Great West Canyon and leads us finally to the rim of Zion Canyon where we look down 2000 ft. to the Virgin River below.

The exact itinerary of this trip depends on weather conditions: most importantly on how much snow remains on the ground at the higher elevations, and also the forecast for the time we will be there.

Zion National Park has miles and miles of winding canyons, high plateaus and meandering creekbeds. If we should be unable to do this route we will modify our plans as we have in past years to suit the weather conditions. I have never been disappointed with my stay in Zion. I have spent time there in snowstorms, rainstorms, and fair weather that lasted for weeks. The redrock, the walls and the canyons change in subtle ways. The creeks run high or trickle slowly and even disappear, but their beauty never ends. It is not where I go in Zion, or how far I hike, it is the rugged and peaceful terrain that brings me back to southern Utah year after year.

This coming Spring we will return to Zion. We plan to leave early on the Saturday after finals. We should arrive in the park around midafternoon and spend the rest of the day exploring Zion Canyon. On Sunday morning following a short drive to the north side of the park we will start our six day backpacking trip.

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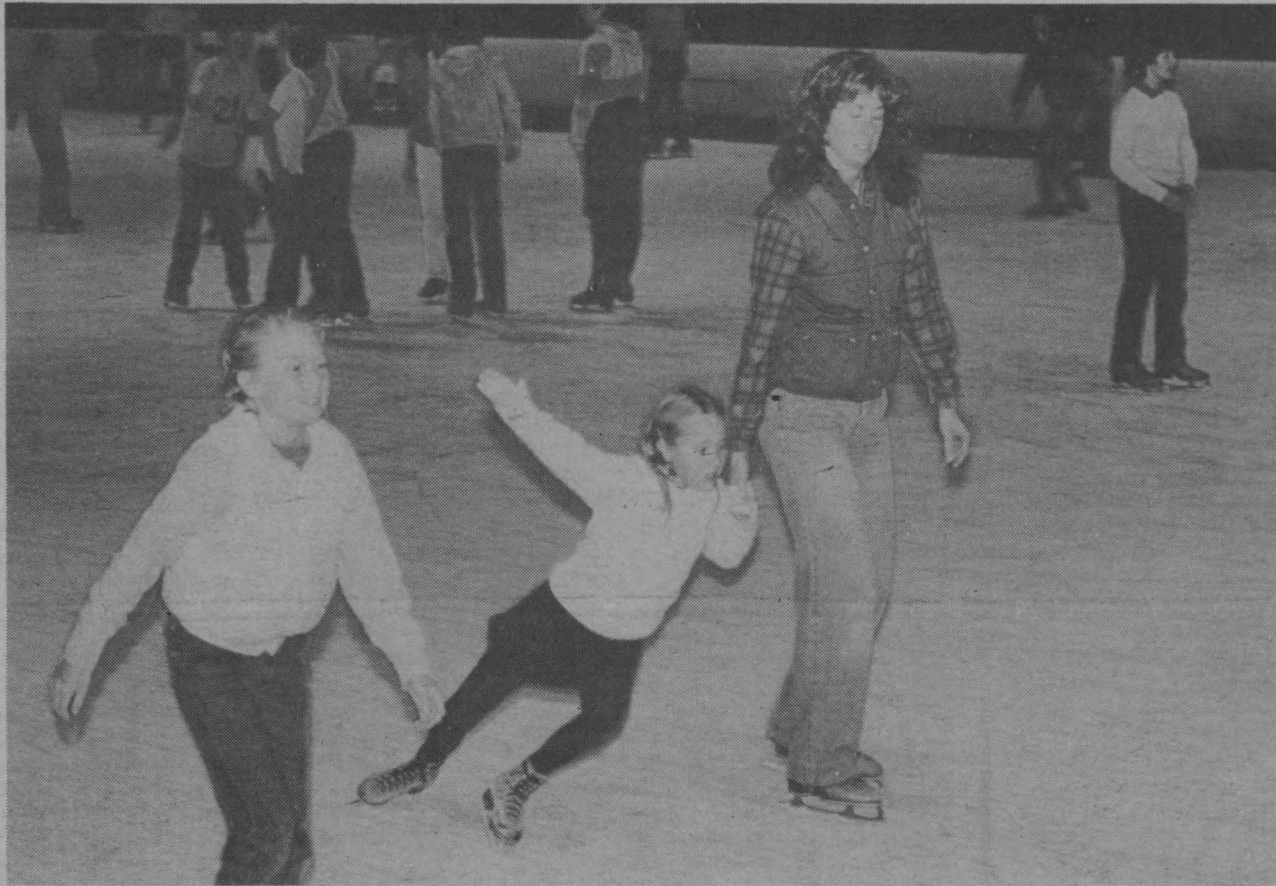
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# Ice Skating Rinks Offer A Haven For Various Types



Geez! What a show off, Mom thinks to herself.

LARRY LEKA/Nexus

Anyone who knows how to walk can learn to ice skate. In fact, gliding across the ice takes much less effort than skipping - to-my-lou. And it's better for the cardiovascular system because it invigorates the blood. But most of all, it's fun!

The fun of ice skating comes from the feeling of finding grace and balance on ice. Of course some find it better than others. Most people associate the sport with images of weak ankles, wobbly knees, and a bruised rear end. It is indeed a challenge, but like any challenge, it should be met with determination and enthusiastic zeal.

Whether it's to test your agility and perseverance or to meet a new friend, ice skating can be a wonderful experience. Here's a preview of what you can expect to see in your local ice rink:

**The figure skater**

Often female, this particular person is graceful, as she carves intricate patterns in the ice. Amazingly, this character is never cold in a mini-skirt and tights. Doing her circling and jumping, she is unaware of anyone else on the rink, especially with a walkman on. They usually have their own skates and locker, and know everyone who works there as can be seen by the way she gossips chummily with the workers. As well as being a show off, he or she looks down on the stumbling, peasant slobs who are just getting in her way.

**The speed skater**

Typically male, he usually owns a beat-up pair of hockey or speed skates. In his wreckless pursuit of the ultimate speed, he disregards stumbling beginners. He also makes deep cuts in the ice, which the beginners neither see nor avoid, thus making the common err of tripping over them. He is the first one back out when the ice is still wet. A ruffian, he wears no more than a thin sweater. This character knows, but doesn't fraternize with the figure skaters.

**The hockey skater**

This brute has many scars and resembles a Russian. He

wears even older, more beat-up skates than the speed skater. While skating he keeps his hands low and loose as if holding a stick. He is more careful of the other patrons, and never skates the whole session, preferring instead to sit back and watch the figure skaters fall.

**Regular patron**

Dresses in sweater, and coat, and mittens, and... Inevitably has wobbly knees and ankles. S/he always come with a group of beginners, and looks on with wonder at the figure skaters. Known for tripping over their own laces, these skaters are content with going forward. Rests are mandatory every ten minutes to readjust their laces, sip cocoa and complain about how hard it is to keep their ankles from turning inward.

**Mom**

She dresses neatly and always smiles. A good skater herself, she pays complete attention to her "star" performer. Sometimes seen carrying her child's skate bag. Favorite off-the-ice conversations include speaking with the other moms about the next ice show.

**Ice skating instructor**

Wears warm clothes, has a red nose from years of being on the ice, the instructor is known for his/her hard line attitude. Always striving for perfection in their proteges, they can be heard yelling, "Again!" and seen shrugging their shoulders with complete impatience. Moms are often seen trying to converse with them, usually with little luck.

**Two-year-old superstar**

Every rink has one. The little kid who can do everything but has barely learned how to put a sentence together yet. Their innocent charm and mobility is enough to put any beginner back on the bench in frustration.

Now that you know what to expect, why not go out and give ice skating a try? It's good exercise, and you'll certainly find out if you're a klutz or not.

-S.A.



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# A Lost Buckeye Says No To Winter

By MARY HOPPIN  
Cold-blooded Sports Editor

The raging blizzards and chill winds of the truly white winter will never send a Santa Barbara thermometer near the freezing mark, but for me, after living in Arizona for seven years, and here for two, anything that goes below 50 degrees is cold, and I stay inside. I don't like cold weather. The only thing good about it is that you can forget about calorie counts and drink all the hot cocoa you want, unless you want to freeze.

Winters are great if you live in Ohio, because there's real snow, everywhere, and none of this "let's pack up the kids and go to the mountains" jazz. I can appreciate wind and freezing rain after living in Cincinnati for twelve years; the most revered kid in school was the one who could wrap up his own mummy trappings in order to walk home.

The transition from Midwest to Southwest spoiled my appreciation for the great wintery outdoors. When the weather isn't excruciatingly cold, there's no point in dealing with it. I have a lot more sweaters now than I did in Ohio; low blood pressure contributes to a low tolerance for dips in the mercury. If I'm not bundled in wool, I'm not outside.

Even if it's Christmastime, indoors does not include ice rinks. All that stupid Christmas music, or worse, Chaka Khan, hampers any enjoyment I could ever glean from trying to relive my childhood by sliding around on a quarter inch of ice in a shopping mall. Who even owns ice skates in

California? I may live here now, but having been born and raised a Buckeye, the wisdom of the ages has been delivered to me concerning such a venture. If you don't have lousy cold weather then don't go trying to create it. It's cold in ice rinks. Not only that, but when you fall, the ice is hard, and it hurts, and if you stay down too long, the ice starts to melt and you get wet.

I have never been known to willingly take a cold shower, and the thought of paying someone three bucks to go freeze my keister just isn't logical. To a polar bear, yes, to a cold-blooded former snow-kid turned desert rat, no, I don't think so. Anyone who feels this is a worthwhile endeavor can pay the price, that's why we have capitalism, because people are stupid.

On the topic of stupidity and its relationship to capitalism, I have one thing to say: snow-skiing. The explanation of this sport to a starving Indian would probably knock him off right there and then. If you are a starving Indian, please keep an open mind while reading, but abject wast and hedonistic greed may prove too debilitating.

Go to a ski store and purchase two 180 centimeter fiberglass boards, appropriate bindings, boots you will never be able to walk in and serve only to strap you into the fiberglass boards (with the aid of appropriate bindings), pointed metal poles that resemble abbreviated fishing poles, but are useless for that sport, and last but certainly not least, sunglasses. This equipment is required for the proper execution of the sport (and of yourself, if you go over a cliff.)

Not really optional, but available in more colors than skis are of course, ski pants, vests, parkas, moon boots, mittens and gloves, hats, scarves, sweaters, and longjohns. The proper assemblage of these coordinated clothing items shouldn't run more than \$300-400. Don't forget the ski equipment, value anywhere from \$500-1,000.

Fact: you live in Santa Barbara. Fact: The white caps on top of the waves are not snow banks, the nearest powder is 100 miles away. Fact: In order to ski, it will cost transportation expenses, lodging, food, and drink. Not to mention cold capsules. The cost of the trip is \$150 and up, depending on how long you stay. With a new Volvo or BMW, allow at least \$30,000. The funniest thing is, after all that investment, the skier will either break his leg on the first try down the bunny slope, or spend most of his time trying to get warmed up.

Seasons have to change. Snow, sleet and ice fall on most areas of the country, and we with perfect weather are justified in laughing. But the laughing stops and the psychoanalysis should begin when Californians are paying to subject themselves to something they are paying the highest real estate prices in the country to avoid.

Good luck with your trivial pursuits of snow and chill. I've got my cocoa, my fisherman's sweater and my beach chair. I'm going to sit in front of the oven and dream of 110 degree weather. If you're unable for reasons of insanity to take this helpful advice on avoiding winter, just make sure to stock up on chicken soup.



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## Test Your Knowledge

For those of you who missed last year's trivia quiz on skiing or for those who just want to test their memories, here is a trivia quiz to get you in the mood to do some whooshing.

- 1.) When did people begin skiing?
- 2.) When did skiing begin in the United States and what ethnic group brought it with them?
- 3.) When were organized ski clubs first initiated in the United States?
- 4.) Who was the first American to win an Olympic ski medal?
- 5.) Which ski area in the United States ranks as the oldest?
- 6.) Which American ski area provides the greatest vertical drop? How long is that drop?
- 7.) What is the world's longest and steepest ski run?
- 8.) What is the origin of the cross-country telemark turn?
- 9.) When were some of the earliest ski races? What added feature was there in them?

### 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 2,500 years, have also been exhumed. Skiers are frequently mentioned in Norse mythology. During the Norwegian civil war in 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.
- 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, Gullick Knudsen Laugen. During the gold rush, John "Snowshoe" Thompson, another transplanted Norwegian, began carrying mail via his 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 won the bronze medal for ski jumping in 1924.

(Please turn to pg.11A, col.1)

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5K FUN RUN Starts 9:00 am 10K RACE Starts 9:10 am

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# Outdoor Activity Increases In Winter

By PHILIP ARMSTRONG  
Winter quarter will be an exciting time for those interested in exploring the backcountry, for Outdoor Recreation is organizing one of the most extensive outdoor activity programs ever seen on this campus. "Outdoor Rec." is a university program whose specific purpose is to take small groups into the outdoors and encourage a greater appreciation of the wilderness.

beautiful rustic lodge at Rock Creek. Accessible only by "sno-cat" in winter, the lodge is famed for its fantastic skiing and excellent home cooking. There will also be one-day trips to Mt. Pinos in Ventura County using carpools. During spring break, a weeklong downhill ski-trip to beautiful Jackson Hole, Wyoming, is planned. This ski club trip includes deluxe condos, 5-day lift tickets and many other exciting offerings. There will also be a snow camping trip to San Jacinto during Presidents' weekend catering for both the beginner willing to learn

and the more experienced. Other activities that don't require snow are also scheduled. There is a canoeing trip to the Colorado River near Needles, a Catamaran cruise, and a camping and hiking trip to Santa Cruz island. The winter is also a special time for hikers, and trips are planned to Joshua Tree in February, and to Zion National Park and the Grand Canyon during spring break. Plans are also being prepared for the annual Hawaii backpacking trip in June. This trip requires some planning ahead for sign-ups will begin early

next quarter. A little closer to home, the program also organizes one-day hikes from a variety of different trailheads in the local mountains. Outdoor Recreation's class schedule for winter will offer courses in scuba diving, rock climbing, windsurfing and ice-skating. "Leisure Review," published a few weeks before the beginning of each quarter, will provide further information for these and all other activities organized by the program. Otherwise, the office is always pleased to answer questions at 961-3737.

The program caters to students, staff, faculty and community members, and also to varying levels of skill and ability. If you have

always wanted to go snow camping, or hiking down into the Grand Canyon but have never had the opportunity, now is your chance.

# Indoor Sports Offer Warm Alternative To Cruel Nature

By PHIL HAMPTON  
Sports Editor

Picture this:

Stranded atop a frozen glacier in mid-January, your more adept friends have left you alone to learn the art of snow skiing. You've had no instruction, yet you decide to give it a whirl and begin to recklessly plummet down the slope. After a few attempts at turning, you quickly learn that it isn't as easy as it looks on television and in ski magazines. Due to your continual falling into the powder, by the time you reach the bottom of the incline your boots are filled with snow, your waterproof ski pants aren't living up to their name and your gloves are soggy.

On the chair-lift ascent back up the mountain, the winter wind mercilessly whips cold air in your chapped face and wet hair, causing you to shiver and shake from head to toe. Attempting to numb the effects of the cold, you reach for your boda bag containing the best sour mash whiskey, only to discover that you must have lost the expensive item (and its contents) during one of your monumental spills.

With no end in sight to this winter nightmare, you shout: "There has to be a better way."

Indeed, the perils of winter sports are many. The weather can be ruthless at times, advanced skills are needed in many instances (skiing, ice skating and rock climbing), and the cost of equipment, facility use, food, travel and miscellaneous expenses can be astronomical.

But there are ways to side-step these pitfalls of winter sports without neglecting your need for exercise and entertainment. Namely, you can take your activities inside the confines of a warm gymnasium. Indoor winter sports provide a cozy alternative to the recreational athlete seeking to avoid the brutal reality of outdoor winter athletic activities.

Clearly, the best option is to take advantage of UCSB's

Intramural Department. During Winter Quarter, IM's offer competitive basketball, volleyball and floor hockey leagues for both men and women, not to mention weekend tournaments. While most winter sports are geared toward the individual, these leagues and tournaments offer athletes the opportunity to reap the benefits of team membership and competition.

If for some reason you don't wish to participate on a team level, however, there are other ways to channel your energies.

The Intramural Department runs what they call a series of "open gyms." At certain times on certain days, the Events Center and Rob Gym are opened to student use. You can practice your jump shot, work on your volleyball setting techniques or slap a badminton around for a time. Heck, you can even run the bleacher stairs a couple dozen times if masochism is your bag. Check with the the IM Department in trailer 304 next to Rob Gym to find the days and times that the gyms are open.

While you're there, you should also inquire as to the date and times the weight room is open. Both nautilus and free-weight training are an excellent way to tone the body while decreasing mental tension. They can also help to you get in the prime physical condition necessary for many outdoor winter sports.

Many health and fitness clubs in the area offer relatively cheap memberships that include use of weight equipment, racquetball courts and aerobics classes in an all-in-one package. If you can't afford the membership, ask mom and pops to sport you one in the holiday spirit.

Just because the rain (snow, hail or sleet) is falling in sheets while the wind is howling outside doesn't mean you can't engage in comfortable physical activity. The horizon for indoor sports is endless. It's not important which activity you choose, only that you participate.

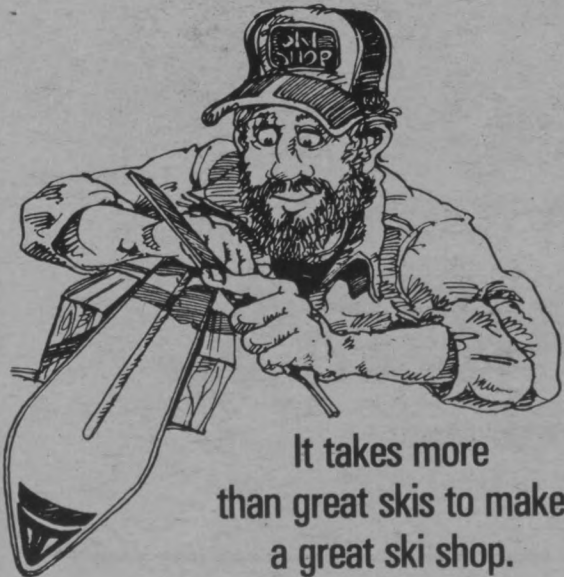
# Ski Trivia Quiz...

(Continued from pg.10A)

- 5.) The Union Pacific Railroad founded Sun Valley (in Idaho) in 1936.
- 6.) Jackson Hole, Wyoming boasts of having the largest vertical drop. The length, 4139 feet.
- 7.) The longest and steepest run is in the United States in Telluride, Colorado, perfectly names "The Plunge."
- 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. This is done simultaneously with the skier's weight shifted onto the lead ski while leaning into the turn.
- 9.) Early ski races were held in Sweden in 1776. Competitors had to pick up objects while skiing a course on a steep slope.

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# Tripping With The UCSB Ski Club

Vail, Colorado. A skier's paradise. Combined with Beaver Creek, the area offers over 2,270 acres of slopes and trails for skiers of all levels. Such is the setting for the 31st All-Cal Winter Carnival, one of many trips available through the UCSB Ski Club this year.

The trip will take place during winter break (Dec. 14-21), and all U.C. campuses except Berkeley will be represented, providing a good social atmosphere. Five hundred U.C. students are expected. The week will include a variety of activities including slalom races, an obstacle race, the "great race" (to find hidden objects), broom ball games, mountain picnics, dances and a costume party. Whew!

Close to 200 people have already signed up for the trip, and there are 26 spaces still available, according to club vice-president Bruno Salles. He added that transportation, lift tickets, lodging, and some food is provided for \$315, an

excellent deal as far as ski trips go.

For more information on this trip, contact Salles at 968-4464.

The club is always planning new trips. Over Thanksgiving, some members will be going to Salt Lake City to ski. There will also be four treks to Mammoth during Winter quarter. Members arrive Friday night, ski Saturday and Sunday, and leave Sunday. Lodging is provided for \$20, and carpools are available for those who need transportation.

Besides offering exciting ski trips, the club provides members with certain benefits including use of equipment and a ten percent discount at local ski shops.

"But the most important thing is that you meet people," Salles said. The club, with a current membership of over 200 (one of the largest on campus) has meetings regularly, and sponsors a five and ten kilometer jogging fundraiser.

Salles invites all to try "the funnest sport on earth," and he offered some advice on where to go for the best skiing. June Mountain, though only four hours away, does not have much in vertical runs. Mammoth, though seven hours away by car, is more challenging. Lake Tahoe and Squaw Valley are the best places to go because of the variety of turns. For those looking for a more picturesque resort, Heavenly Valley is suggested.

If you are interested in the ski club, they will be having a "Thumper Party" at Perry's this Thursday, which will include a raffle for a \$199 value ski trip to Salt Lake City.

If you would like to know more about the thrilling sport of skiing, Salles suggests going to see Warren Miller's "Ski Country," playing tonight at the Arlington theater.

For more information about the ski club, contact Salles or Carol, the club president, at 968-9018.



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