

Spring Sports

April 18, 1984



Why Play Tennis?

By Devin Sconyers

Even though the growth of tennis has slowed, it is still one of the most popular recreational sports in Santa Barbara. As Rod Laver once said, "Tennis is an addiction that, once it has truly hooked a man, it will never let him go." The 24 courts spread around campus offer an excellent opportunity to acquire the tennis addiction.

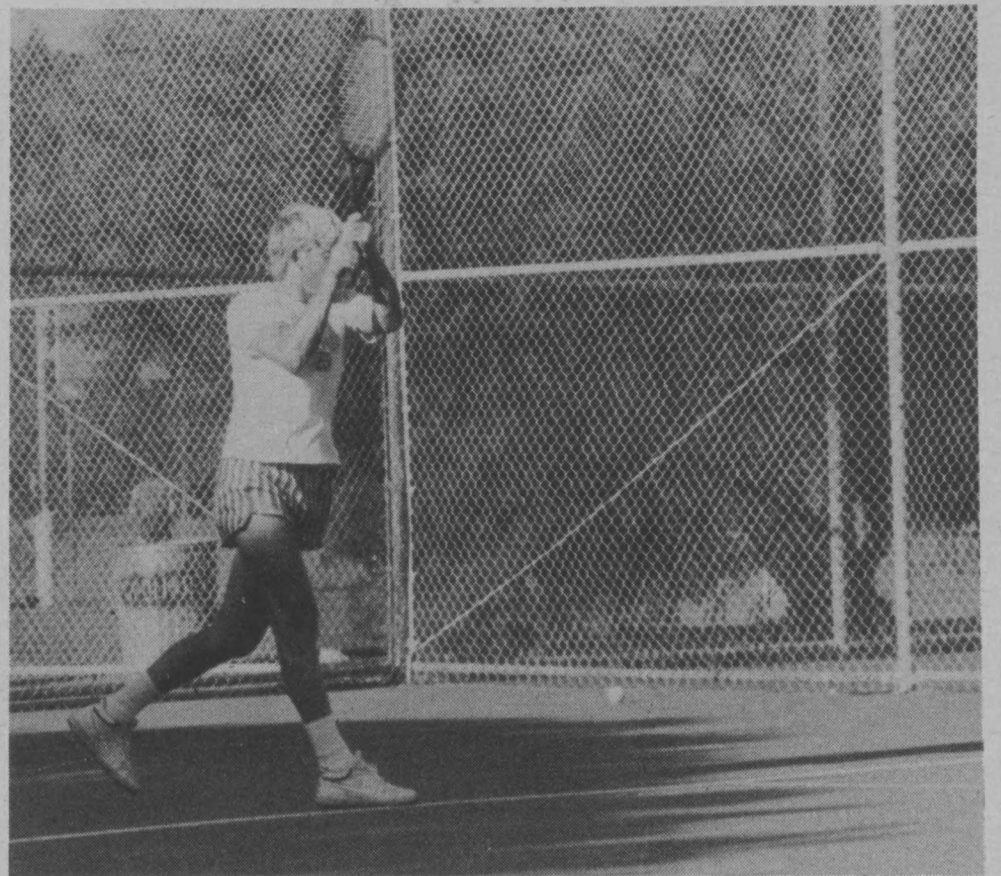
As you pass the courts here at UCSB and watch the diverse talent, you have to wonder how the professionals reached their level of ability. But that is the very reason tennis is such a great sport! It just doesn't matter how well you play, you can still have a great time. Unlike other sports that require many people or equipment, all you need is a racquet and two tennis balls.

Even as a beginner, you can find a friend with the same ability, (or lack of it) to practice with. For beginners, my suggestion would be to bring more than two balls — otherwise you may spend 80 percent of your time bending over and picking up the balls. This is great for those beer-drinkers who are developing a tire around their waist.

As your ability improves, the game can take on new meaning. You can start to play for points, keep score, really challenge your friends, and really humiliate enemies. You are also in the tough position of being skilled enough to help beginners, but not experienced enough to challenge an advanced player.

Which brings us to the more advanced stage in the development of a tennis player. This is the player that has mastered all the basic strokes and can even make a few down-the-line backhands whenever he really needs one. At this stage, the amount of people you can play with decreases, because the game has moved from playing for fun to "let's play to win and try to drive the ball down our opponent's throat."

Regardless of the level of your tennis ability, it is a sport for all ages and a sport you can play all your life. If you have not started yet, there is still time to practice for the 65-and-over nationals at the U.S. Open in the year 2027. If you are not interested in the nationals, tennis is great fun and UCSB is a perfect setting to try it. So, bend those knees and keep your eye on the ball!



Nexus/JOHN VAN KIRK

The Peer Sports Medicine Clinic

You have to be active to go to UCSB. If you don't jog, bicycle, surf, sail, windsurf, swim, dance, do aerobics, play tennis, softball, rugby, hockey, lacrosse, football, baseball, waterpolo, intramurals, club sports or intercollegiate sports, you cannot go to UCSB! It's as if everyone here put a checkmark on their college applications alongside a question "Are you physically active?" as a prerequisite for UCSB acceptance!

With all these health-conscious, sports-minded students, UCSB must have its share of shin splints, sprained ankles, pulled tendons, and sore knees. Where can us non-intercollegiate athletes go for care of these annoying injuries?

UCSB has a unique program called the Peer Sports Medicine Clinic located at the Student Health Center, and it

caters to all students who have sports-related injuries. This clinic, open Monday through Friday from 2-4 p.m., offers tape jobs on wrists, fingers, thumbs, shinsplints, ankles, knees and Achilles tendons. The uniqueness of the clinic comes in who does the tape jobs; not sports medicine doctors, but fellow students who are studying sports medicine. The clinic now has 13 volunteers and eight 'learning the ropes' observers. Each of the Peer Sports Medicine volunteers has taken Biology 191A and, through this course and observing at the clinic, they become qualified to be a volunteer.

The clinic was created four years ago and is directed by Judy Akiyoshi, who teaches Biology 191A and is labeled by the volunteers as "The Goddess of the Clinic". Dave Brock and Kevin Wakashige are the Peer Sports Medicine

Supervisors and train the observers, as well as run the clinic. Both these gentlemen are interested in a career in sports medicine and feel the clinic has a dual function: it helps the injured students at UCSB, and it serves students who desire practical experience in sports medicine.

Prices for the healing hands of the volunteers range from \$.35-\$1.50 — the price of the tape. This self-supporting clinic competes with similar clinics which charge \$2-\$2.25 for the same work.

Volunteer Karen Oskemp claims, "A lot of people need a place to be taped but can't go to the Rob Gym training room where intercollegiate athletes go...that's where we come in."

So, if you are suffering from shinsplints, sprained ankles and sore knees, crawl on over to the Peer Sports Medicine Clinic for a tape job and a good time.

STAFF BOX

Debby Churchill
Editor of Special Sections

Writers

Mike Alvarado
Lisa Bellomo
Barry Clarkson
Bill Diepenbrock
Heidi Frehner
Melissa Jue
Lesley Maxwell
Devin Sconyers
Anne Wexler

Photographers

Kathy Baylor
Sean Haffey
Brenton Kelly
Peter Kelley
Scott Sedlik
Tom Truong
Mitch Vicino
John Van Kirk
Greg Wong

Cartoonist

Rob Gray

Communications

Director
Joe Kovach

Advertising/Business
Manager
Jeff Spector

Asst. Ad
Manager
Ivan Hesson

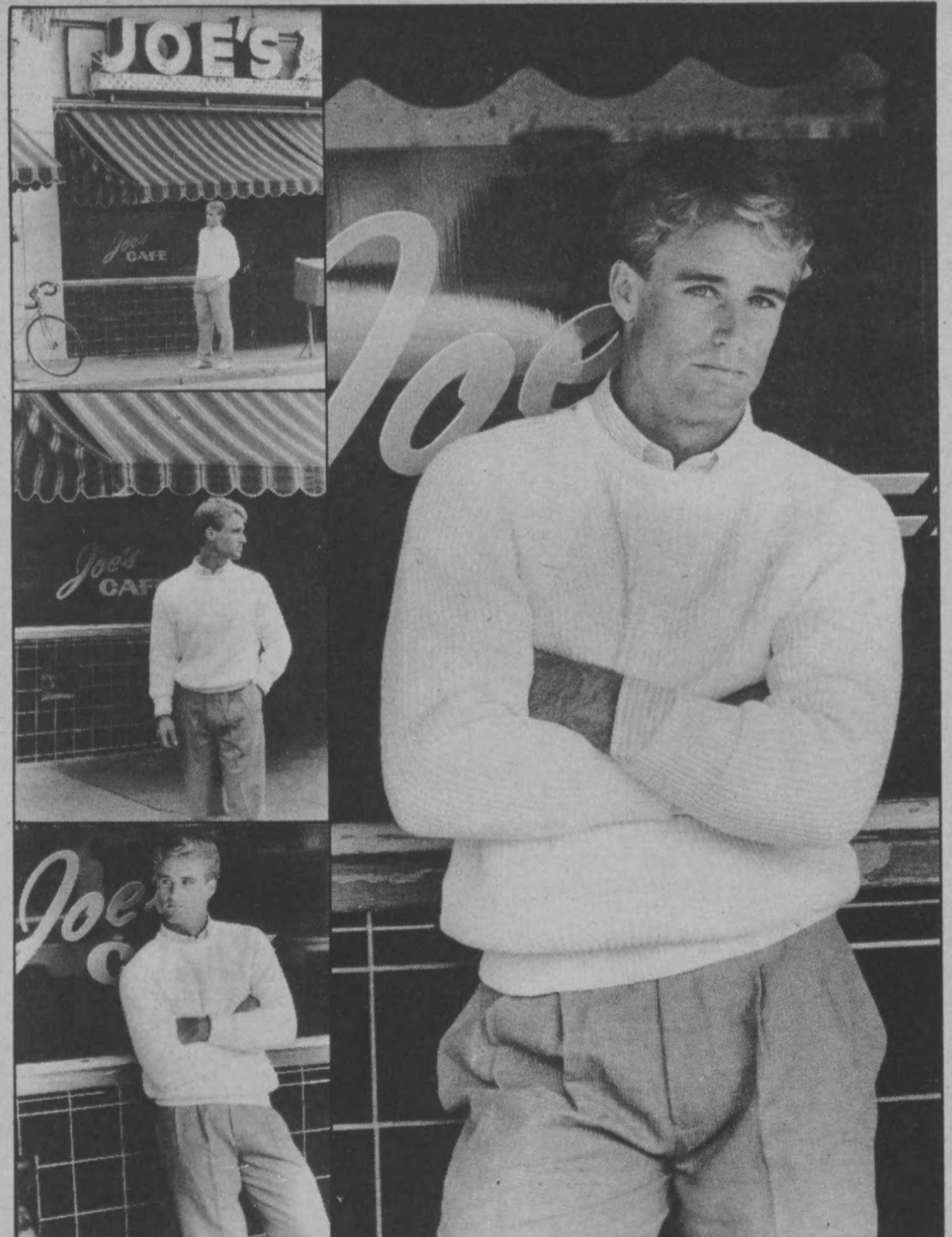
Circulation
Tom Barnett
Craig Duke
George Van Volkenburg

Production

Bruce Bousman
Mary Doyle
Ann House
January Jackson
Marshall LaCombe
Catie Lott
Barb MacLean
Marni McEntee
Jane Musser
Stephanie Solorzano
Roy Sundstrom

Classified
Ad Manager
Kathy Cruz

Insert
Coordinator
Ralph Whitmore



Fine, Contemporary Clothing

LEVERAGE
menswear

1324 State Street • 963-8942

Cover Photo
James D. Macari, Courtesy of Sundance Windsurfing

Special Thanks to the
Outdoor Recreation Office for their articles

Come Sail Away

By Heidi Frehner

Want to relax for an afternoon without the ringing of the telephone, or friends constantly knocking on your door? Get away from it all through sailing. Whether you are a novice or an expert, sailing provides relaxation and quiet away from the quick pace of Isla Vista.

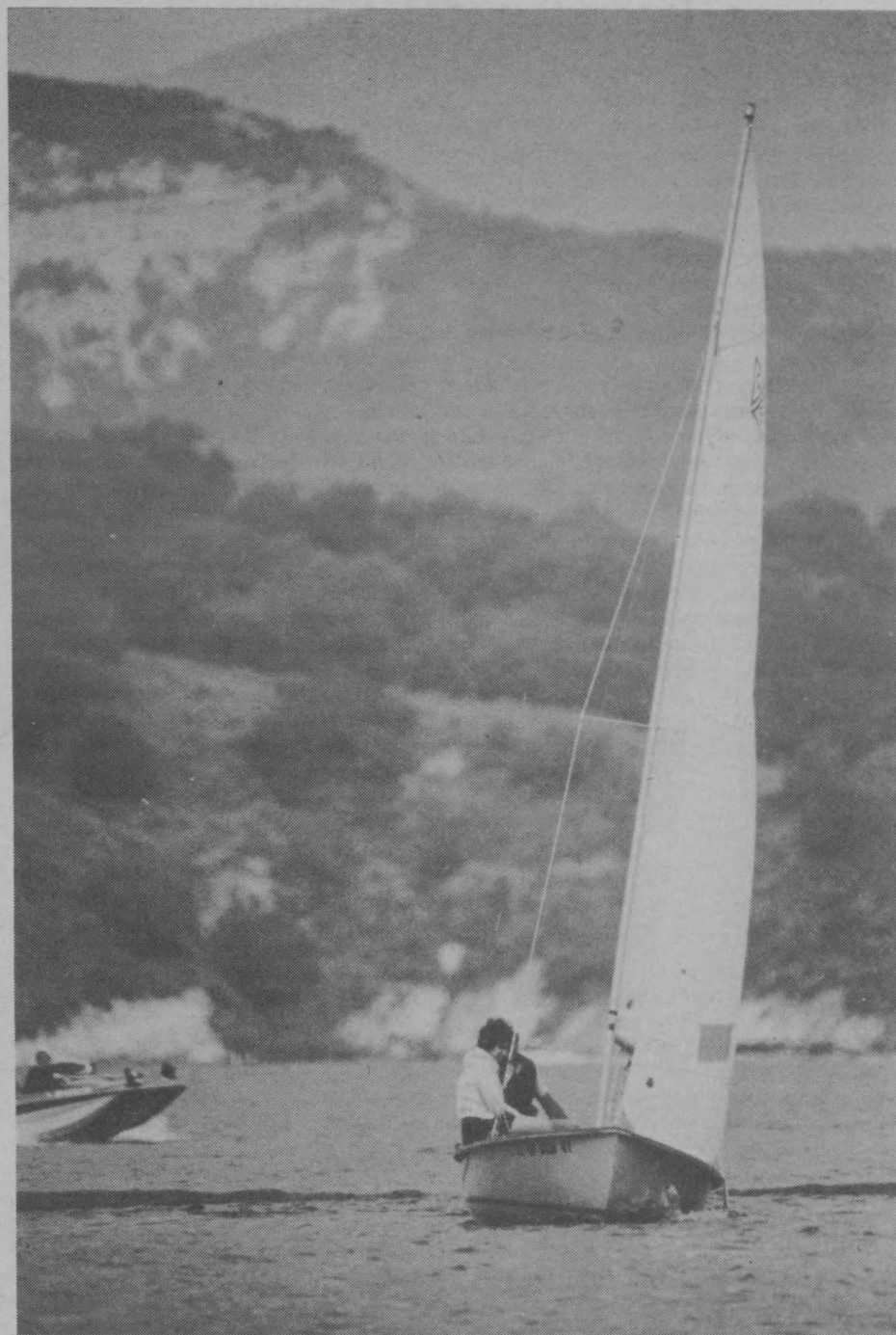
Sailing is a fair weather sport for people of all ages and all walks of life. Robert, at the Santa Barbara Boat Rentals, describes sailing as a perfect way to "relax (his) nerves". The spring sport provides enjoyment, serenity, and just enough challenge to keep an interest, versus motor boating where the motor replaces the nature of the wind. The beauty of sailing not only lies in the peacefulness of being out in the ocean, but also provides an excellent chance to use your sailing skill and to improve your technique of working in cooperation with the wind.

There are places to rent sail boats at the Santa Barbara Harbor. If you have a basic knowledge of sailing, determined by a simple test (testing knowledge of wind direction), you may rent a boat on the spot. At the Santa Barbara Boat rentals, the fourteen foot Capri boats may be rented \$10 an hour with a \$30 deposit and the twenty-one foot Victory boat for \$12 an hour with a \$50 deposit. At West Beach Marine Co., rentals range from \$10-15 an hour depending upon which vessel you choose. If, on the one hand, you need to learn the basic sailing skills, you may enroll in lessons at the harbor. At the Santa Barbara Boat Rental, instruction for the beginner is \$60 including four classes, one time per week, lasting two hours each. Basic sailing procedures are taught on the twenty-one foot Victory sail boat. At the West Beach Marine Co., the seven lessons are given for one hour two times per week at a rate of \$75. Another source offering sailing courses is the Leisure Arts program at UCSB. If you are a student, you may enjoy basic or intermediate sailing lessons at the Santa Barbara Harbor. E.W. Smith teaches each of the classes one time per week for two hours lasting one quarter. For a mere \$30 you can become a "real skipper" in no time. The beginning level class is designed to give persons with no prior experience instruction in the basic procedures of sailing. The only pre-requisite is the ability to swim or to tread water. The second level is centered around persons with some sailing experience who wish to work on their knowledge and techniques of sailing. Basic rules for beginning yacht racing are also covered in the intermediate classes. Pre-requisites include some basic sailing experience.

Sailing with no destination is usually the route people choose when renting sailboats. The coastline is beautiful and heading north towards UCSB provides for relaxing and scenic trips. When a whole day of sailing is in store, a trip to the islands off the shore of Santa Barbara is a must. The sail takes the better part of a day, but is well worth the time. Weekend trips may also be made to the islands, particularly Santa Cruz Island because of the shelter there. These trips are enjoyable, but prepare for an overnight in your boat as there are no campsites on the islands.

Using common sense, as in other weather-depending sports, is a must. A comfortable wind to sail by is between 10 and 50 knots and between 10 and 18 knots for the amateur skipper. Any less than 10 knots and you might as well rent a motor, and any more wind than 50 knots, you are asking for trouble. Keep your sailing to fair weather and avoid going after storms. Santa Barbara Boat Rentals conclude that sunny days without much wind seem to be the people's choice in Santa Barbara.

So, the next time you are looking for something to do for recreation or just to relax, use your skills or take a few lessons in sailing. Sailing provides for an excellent opportunity to explore the vast ocean as well as enjoy the beautiful coastline in the Santa Barbara area. Next time the phone rings or there is a knock on the door, forget it, go for a sail.



TOM TRUONG/Nexus



**RCS
Annual
Winter End
SALE**

Cheap Sports
The Seconds Outlet
Mountaineering • Climbing • Backpacking • Kayaking



PRICES SLASHED
Now through
April 30th

Category	Manufacturer	Item Description	Quantity	Sug. Retail	SALE
Packs	Lowe	Internal Packs	4 styles — 17 pcs	239 ⁰⁰ - 183 ⁰⁰	*30⁰⁰ off
		Day Packs	4 styles — 28 pcs	31 ²⁵ - 24 ⁵⁰	*10⁰⁰ off
	Alpenlite	Travel Packs	2 styles — 14 pcs	89 ⁹⁵ — 69 ⁹⁵	75⁰⁰ - 55⁰⁰
		Brief Pack	19 pcs	32 ²⁵	23²⁵
	Dolt	Fanny Packs	9 pcs	15 ⁹⁵	11⁹⁵
Chuck Roast	Students & Little Kids Day Packs		14 ⁹⁵ - 10 ⁹⁵	10⁰⁰ - 6⁰⁰	
Clothing	Royal Robbins	Asst Tops & Bottoms	Asst, Limited Quant.	44 ⁰⁰ - 21 ⁰⁰	24⁰⁰ - 10⁰⁰
	Allen A	T-necks	Mens-Womens-Kids Lmt. Quan.	22 ⁰⁰ - 17 ⁰⁰	8⁷⁵
		Polypropylene	Tops & Bottoms 6-8 sz.	18 ⁰⁰	10⁰⁰
		Socks	Raggwool & Silk/Wool	8 ⁹⁵ - 7 ⁹⁵	3⁹⁵ - 2⁹⁵
	Patagonia	Shelled Bunting Jackets • Shorts • Rainwear • Polypropylene • Baggies • Sweatshirts • Skirts • Taslan Jackets & Pullovers • Shirts • Pants			30% off. Sug. Retail
Cotton Club	Cotton T-shirts	Assorted Styles / Limited Quantities		45%-50% Off Sug. Retail	
Black Ice	Canvas & Cord Caps	Chamonix — 12 pcs	150 ⁰⁰	75⁰⁰	
	Womens Goose Down Jacket	Eclipse — 17 pcs	90 ⁰⁰	45⁰⁰	
Accessories	Royal Robbins	Canadian M Cookset	Aluminum-3 pot w/stuff sac	32 ⁰⁰	21⁰⁰
		Evernew 3 qt. pot	Stainless Steel 10 pcs	14 ⁰⁰	9⁰⁰
	Outdoor Products	Down Booties	Limited Quant/size	35 ⁹⁵	22⁷⁵
	Sierra West	Lite Gear Stuff Bags	Limited Quant/Asst Sizes	8 ⁰⁰ - 7 ⁰⁰	4⁷⁵
Sleeping Bags	Pinnacle	Snow Peak	+10° Qualofil 5 pcs	159 ⁹⁵	129⁹⁵
	Twin Peaks	Tri Season	+20° Polarguard 6 pcs	135 ⁰⁰	106⁰⁰
	Marlo	Little Kid Bag	+35° Hollowfil 7 pcs	50 ⁰⁰	36⁰⁰
Climbing Equipment	Chouinard©	All Hardware	Neve Rolet, Hexs, Biners, Stoppers	Sugg. Ret.	20% off
		Puttees	11 pr	35 ⁰⁰	20⁰⁰
	Summit Mntneering	Pile Lined Chalk Bags	12 pcs	15 ⁰⁰	10⁰⁰

Coming Soon: Aquaterra's CHINOOK OCEAN KAYAK — indestructible Polyethelene
(A Division of Perception)

only ***529⁰⁰**
(Ship not incl.)

ALL SALES FINAL
featuring the finest lines in
outdoor equipment & clothing
overruns-seconds-closeouts

36 W. Santa Clara St.
Ventura, CA 93001
(805) 648-3803
Open 10-6 Mon thru Sat



Choinard Equipment • Perception • Seda • Hydra • Voyager • Outdoor Products • Twin Peaks • Robbins

Cotton Club • Sierra West • Patagonia Software • Alpenlite Packs • Thermarest • Mountain Equipment

Jazzercise: Fitness And Fun!

Why didn't I discover this before? Where has it been all my life? I could cry when I think of all the hours I've spent running around the track like a mouse in a cage (a chocolate-eating mouse at that) or the hours I've spent mindlessly jogging in place in other aerobics classes! You know the situation — counting the laps, counting the reps, watching the clock, "will this torture never end?". No more of that: Now I've discovered Jazzercise, an upbeat aerobic workout that takes the drudgery out of exercise.

From the first beat of *Footloose* rushing at me from the speakers, from the first bouncing, swinging move from the

instructor, I had no time and no desire to watch the clock. I only wanted to get footloose myself. By the time I did some hot Michael Jackson moves to *Thriller* (sweating more than Michael, though), I knew why dancers are so happy and so healthy and why Jazzercise has become such a positive addiction for so many people. But why didn't they tell me about it sooner?

A Jazzercise class is built up out of routines, each with its own music, each with its own moves. Warming-up routines are followed by a non-stop aerobic workout of about 25 minutes, then by strengthening work for such un-

mentionables as abdomens and thighs (So that's where the Milky Ways went!), then some stretching and cooling down. By the time I was finished, I could have sworn that my last chocolate brownie had just melted off in some kind of *Flashdance* fever.

Jazzercise routines have enough challenge to keep you from zoning out from boredom. And they have plenty of stimulation and entertainment to keep your mind off what your muscles and lungs are doing (Work! Sweat! Grunt!). God knows most of us need something to make exercise fun (Why is it that chocolate chip cookies are always fun?). Jazzercise seems to have patented the secret for a workout that is not only effective but infectious as well.

Bam, bang, on comes a new song, a new move, and you're off. Nothing too tricky or too dance-class finicky. Just keep moving. Just keep trying. Most steps are repeated often enough that even someone with two left feet like me soon gets the hang of it. On the other hand, nothing here is so boringly simple or so simply boring as the calisthenics-set-to-music that are sometimes called aerobic dance.

Instead of only using the music as a beat for pacing the movement, Jazzercise also uses the lyrics and the mood of a song to make a routine that really belongs to that music: You're a robot in *Freak A Zoid*; you're a traffic cop in Donna Summer's *Stop, Look and Listen*. It is sometimes a bit corny, but it's a fantasy that motivates.

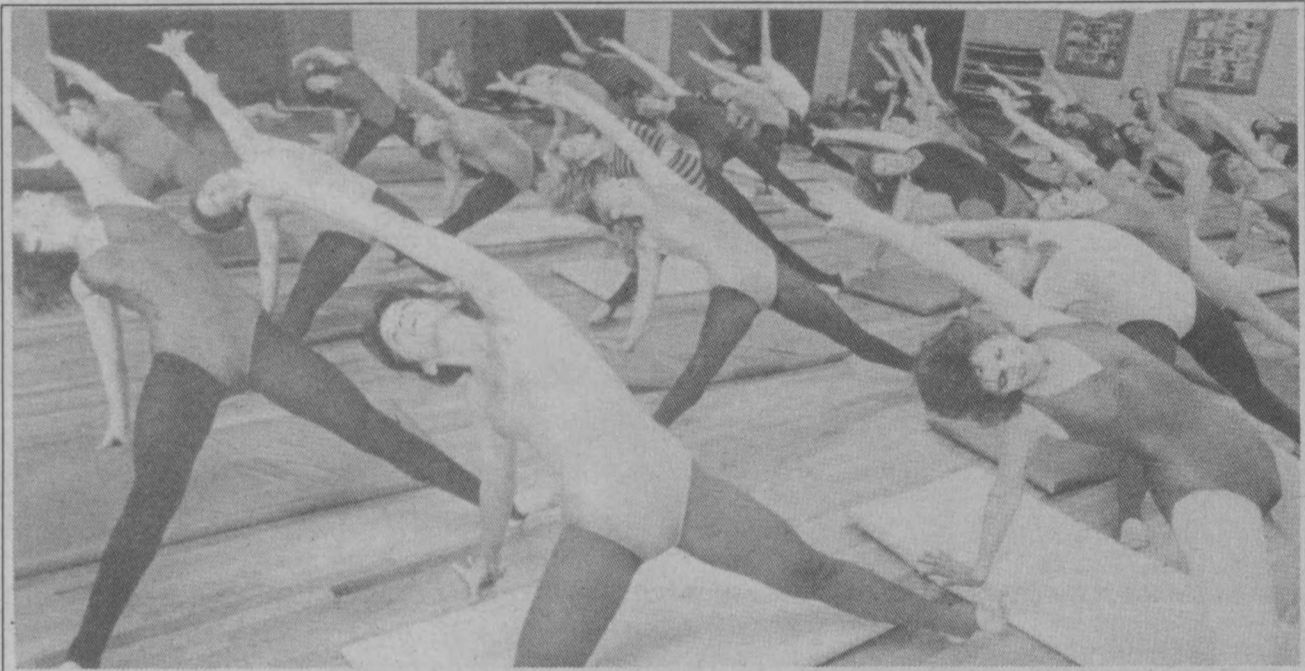
As if the routines weren't entertaining enough by themselves, the instructor adds an additional punch of motivation, humor, understanding, and information. This particular instructor, Jan Iversen, is a tall, lean, red head with a non-stop wit that makes you laugh so hard your stomach muscles can't help but tighten up even when it isn't abdominal exercise you're doing. Who's going to worry about the burn in your thighs when you not only have The Pointer Sisters to rock you through a bun-buster, but you also have Iversen to cajole you though it?

The Jazzercise instructor knows her stuff: If you're having difficulty (perhaps because the half-ounce candy bar now weighs ten pounds), she'll suggest you slow down if you need to; she'll show you how to make it less strenuous; or she'll show you how to go full-blast if you're an exercise die-hard.

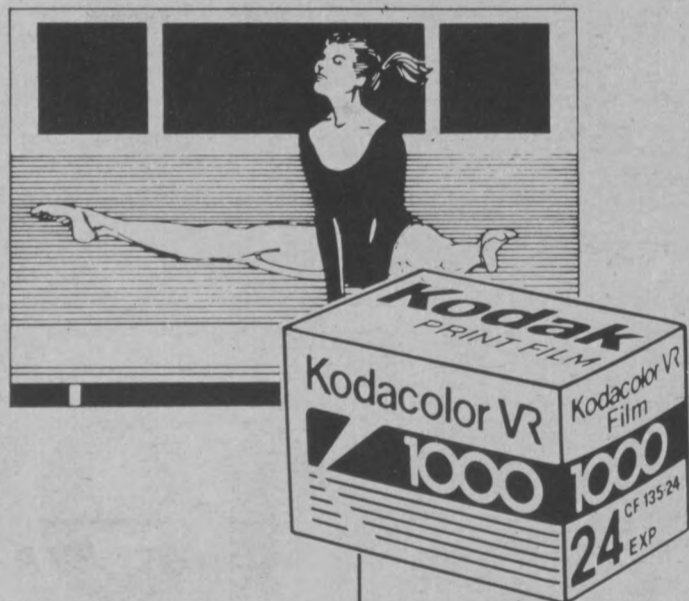
The printed Jazzercise hand-outs contain further information about the how-tos and whys of this program (exercise heart-rates, proper form during certain moves, etc.). They also maintain that Jazzercise will not only give you the benefits of an aerobic workout, but that it will also enhance your agility, balance, and coordination — skills that come in handy in a lot of situations. The variety of moves in Jazzercise certainly does take you far beyond the right foot, left foot, jog-in place mentality. And with this variety of moves, it is hard to think of any sport that wouldn't benefit from such a workout.

The Jazzercise handouts also stress the joy of movement, the mental release of this kind of exuberant, non-competitive dancing. Jazzercise bills itself as the kind of vacation we all need from the stress of exams and from the unstress of sitting down studying. The smiling faces during class and the exhilarated bodies leaving class certainly seem to prove that Jazzercise is a treat. Maybe it's even enough of a treat to make me give up chocolate!

Jazzercise classes can be found all over the Santa Barbara area. The classes closest to UCSB are at the Goleta Coliseum and at the Goleta Community Center.



Film so fast, forget the flash!



New 35 mm KODACOLOR VR 1000 Film

10% Off Introductory Discount (offer expires 4/30)

- The most light-sensitive Kodacolor film ever
- Capture the natural light feeling indoors without a flash
- Provides very fine grain and good color rendition for outdoor or indoor action shots under a variety of light conditions

CF135-12 \$3¹⁰ CF135-24 \$4²⁵

THE UCSB BOOKSTORE

Photo • Electronics Dept.



Diving

By LISA BELLOMO

With spring in full swing and summer on its way, outdoor activities are first on many people's minds. One activity that offers beautiful sights, unique sounds, and a whole new world, is scuba diving. For those who are fortunate enough to live within walking distance of the beach, the wonderful world of diving is easily accessible.

Because of the new developments in modern scuba equipment, diving can be both exciting and safe. Basic scuba gear includes a mask, a snorkel, fins, a buoyancy compensator, an air tank, a regulator with a pressure gauge, and a wet suit. These items are only the bare minimum. There are many additional accessories that can be purchased, however, if you are a beginner, it is best to start out as simple as possible. If it is your first time diving, you may want to consider (Please turn to pg.15A, col.1)

UCSB GAUCHOS

BOB'S Diving Locker

—20th Year in Goleta—

Close to Campus
No Parking Problem
LOW, LOW PRICES ALL THE TIME
Full Airfills . . . \$1.00
NAUI Scuba Classes
Custom Made Wet Suits
Rentals • Repairs • Information



500 Botello Rd., Goleta
Phone 967-4456

(Turn North at the entrance to the Cinema and Airport Drive-In theatres, in the 6000 block at Hollister.)

CLOSED SUN. & MON. OPEN TUE. -SAT. 9-6

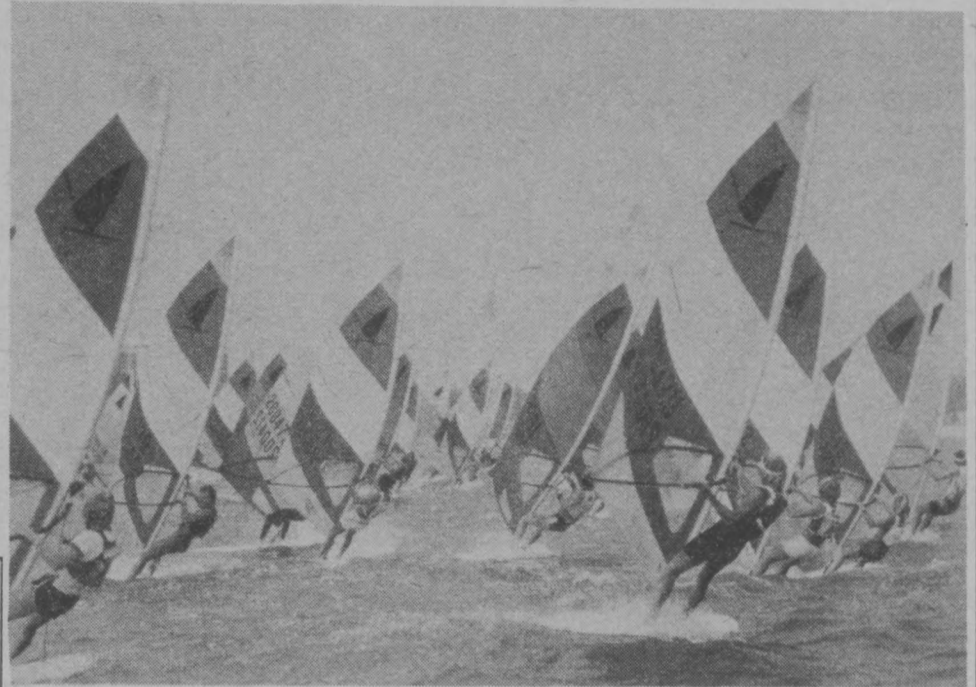
Olympic Windsurfing Comes To Santa Barbara

This year is the first year boardsailing, better known as windsurfing, will be included as an Olympic event and Santa Barbara is lucky enough to be having a sail boarding Olympic exhibition at East Beach on Aug. 10 and 11! The exhibition will be an actual competition featuring three divisions: Long distance which is a 20-30 mile race measuring speed; Slalom — a one-on-one race measuring speed and accuracy; and Freestyle — measuring choreography, originality, and difficulty.

Thirty-two men and women from all over the world will be competing in this exhibition. There will be three regions competing: Region America will be represented by five men and five women and will cover South America, Mexico, the Caribbean, the U.S., Canada, and the Pacific Islands; Region Europe and Africa will have six men and six women competing; and Region Eastern covering Australia, Japan, and the Orient will have five men and five women in this exhibition.

The Olympic event of board sailing will be part of the yachting event, will be held in Long Beach, and is hosted by Windsurfing International in Torrance, California. Sundance Windsurfing will host the local exhibition and will provide all sailboards for the competition.

This Olympic extravaganza will be open to the public and an estimated 8,000 people are expected to show up to witness the fun. There will be no cost and spectators can watch from boats or shore. For anyone interested in windsurfing, this will be a beach exhibition you will not want to miss! For further information call Peggy Lamb at Sundance Windsurfing, 966-2474.



Come to East Beach on August 10, 11 for Windsurfer Class Racing as pictured above.

Photo Courtesy of Sundance Windsurfing

The Joy of Windsurfing

Luff, leech, inhaul, downhaul, uphaul, cleat, roach, mastfoot, clew — windsurfing. These words probably sound like gibberish to you, but they could be stepping stones to the most exhilarating feeling on earth. The words name certain parts of the sailboard, and the feeling is the one you experience while flying across the water with the sound of the wind rushing past your ears, water spraying all around you — and it's all in your hands. You're in complete control: no mechanisms or motors, just you, your sail, and you're on the smallest islands and the largest continents.

There are local, regional, national and international competitions in racing and freestyle windsurfing. Regattas are held every weekend somewhere in Southern California, with Santa Barbara's fleet No. 39 readily participating. The more serious competitor will welcome the challenge of an international competition where everything rests on his or her own techniques and prowess.

Check it out ... there won't be a better time to get into windsurfing. The sport is on the rise, but still relatively inexpensive and extremely uncrowded. There's still plenty of room for discovery and improvement of

techniques and tricks, and who knows, you could be the one to revolutionize water sports. Give it a try, you won't be disappointed.



Photo Courtesy of Sundance Windsurfing

REPEAT OF A DOORBUSTER!!

19⁹⁹ DOORBUSTERS

BY... **NIKE**

NIKE INTERNATIONALIST

19⁹⁹ A PAIR

Sold in 1982 for \$49
1982 Model

Outstanding shoe for long-distance running; Provides good combination of extra motion control and super cushioning.

(Not all sizes available)

NIKE LEATHER CORTEZ

19⁹⁹ A PAIR

Slightly Blemished
If Perfect \$42

Full-grain leather and superior workmanship that provide maximum comfort and durability.
Available in White with Royal Blue trim.

FINAL DAYS...

SKI CLEARANCE!!

LAST CHANCE... TO SAVE!!

Quantities, sizes, and colors limited to stock on hand and subject to prior sale. We reserve the right to refuse sales to dealers.

Copeland's Sports

Mon, Tues & Sat 9:30-6
Wed-Fri 9:30-8:00
Sunday, Noon-5

OFFICIAL OLYMPIC JEWELRY COLLECTOR ITEMS

BARONESS JEWELERS

LIMITED TIME ONLY UPSTAIRS IN THE UCEN Located in the back patio

Aerobics And Physical Fitness

By Anne Wexler

It's springtime, beach season, and now is the time more than ever to get in great shape! There are many components to a good program for getting fit, and all of them must be followed to be healthy and beautiful. Proper exercise is something everyone can enjoy and incorporate as part of a routine in their everyday life. Exercising is more than a sport or something you like doing; it consists of flexibility, cardiovascular endurance, and muscle toning and strengthening.

Flexibility is important to increase coordination and one's range of motion. It also helps to prevent injuries caused by muscle strain, and it makes you feel great by relieving muscle tension. It can be achieved through daily stretching of all muscles in your body.

Cardiovascular endurance is extremely important for a number of reasons. If your heart is in good shape, your daily activities are made easier and more fun. For example, if you want to dance to ten songs consecutively, if your heart is in excellent condition, you can do it. On the other hand, an out of shape heart can make you quit before your partner's ready to. More importantly, if you have worked on your cardiovascular system, and you are in good health, then you are sure to live longer and happier.

Achieving this state of physical fitness is done through aerobics, or 'oxygen-using' exercise. This kind of exercise should be done at low intensity for long duration, and includes sports such as running, bicycling, cross country skiing, and hopping/running in place. It is very important to do this exercise in the correct manner in order to lose body fat and gain endurance. Aerobic exercise should be done a minimum of three times a week and five times a week is generally the best. These sessions should be at least fifteen minutes long while working at your target rate range.

The target rate range is the appropriate amount of heart beats per minute that you

should have in order to burn body fat without burning muscle or carbohydrates. Everyone has a maximum rate, and if you go above this while exercising, your cardiovascular system will not be able to supply enough oxygen for your muscles, this will cause exhaustion. In order to find your maximum heart rate, subtract your age from 220. Your range is sixty percent of your maximum heart rate to eighty five percent of it. For example, if you are 20 years old, your maximum rate is 200, and your range is 120 (.60 x 200) to 170 (.85 x 200). As one aerobics teacher at UCSB, says "working harder is not working better," and these facts about heart rates show this to be true.

In addition to flexibility and cardiovascular endurance, muscle toning and strengthening is also important. This helps one to achieve a great looking, healthy and strong body. Lifting weights at a low level for many repetitions helps to firm and tone, while lifting heavier weights for a few repetitions may help build muscle and strengthen. Many people do not like or can not lift weights, so in these cases doing the same exercise without the weights is sufficient.

Now that you know what you want to accomplish, maybe you want to know where you can go to do it. UCSB's Leisure Arts program offers a variety of classes from advance aerobic conditioning to beginning jazz aerobics. To sign up for these classes, go over to the trailers by Robertson Gym and simply sign up. There is a schedule that you can pick up there, and find some classes to fit into your routine.

Besides the classes at the University, there are many others. At St. Marks church in Isla Vista, there are classes Tuesday and Thursday at 3:30 p.m. and Saturday at 9 a.m. The price is \$1. At Gold's Gym in Goleta, there are classes Monday, Wednesday and Friday at 4:30 and 5:30 p.m., and Tuesday and Thursday at 4:30 p.m. These class times change, so if you are interested, call Gold's Gym at 964-0556. The price is \$3 per class, and there is a package deal for twelve classes. If you want to lift weights, there is Nautilus equipment located on campus as well.

In addition to these classes, Jazzercise offers classes at the Goleta Valley Community Center and at the Colesium. For their schedule, call 687-1316. There are many other classes and clubs in Santa Barbara as well, but these few will give you a head start.

Knowing all that you do now about exercising, what's stopping you?

TIME TO TONE

Summer's Just Around the Corner
and to help you get into shape for the summer...

LOS CARNEROS COURT CLUB & FITNESS CENTER

is offering SPECIAL RATES for a limited time only

Buy EITHER a 3-month Health Club Membership
for only \$140⁰⁰

OR a 3-month Full Privilege Membership
for only \$200⁰⁰ and receive

The Fourth Month ABSOLUTELY FREE

(Offer expires June 11, 1984)

We'll do our part, You do yours

- 10 Raquetball - Handball Courts with Glass Backwalls •
- Nautilus Training Center • 25 Meter Swimming Pool •
- Indoor and Outdoor Hydrotherapy Spas • Sauna •
- Volleyball Court • Health Bar • Pro Shop • Aerobics •
- Master Swim Programs •

Less than 5 minutes from Campus & I.V.

"The Club that offers the
most in total fitness"



968-1023 170 Los Carneros Road, Goleta

AT LAST, A BOAT SHOE THAT PERFORMS AS WELL AS YOUR BOAT.

The Timberland® boat shoe has a long-wearing, non-slip, squeegee design, white Vibram® sole; silicone-impregnated waterproof leather uppers that stay soft and supple; solid brass eyelets that won't rust, and tough nylon stitching. It's built to give you maximum performance.

You expect the most from your boat; don't settle for anything less from your boat shoes.

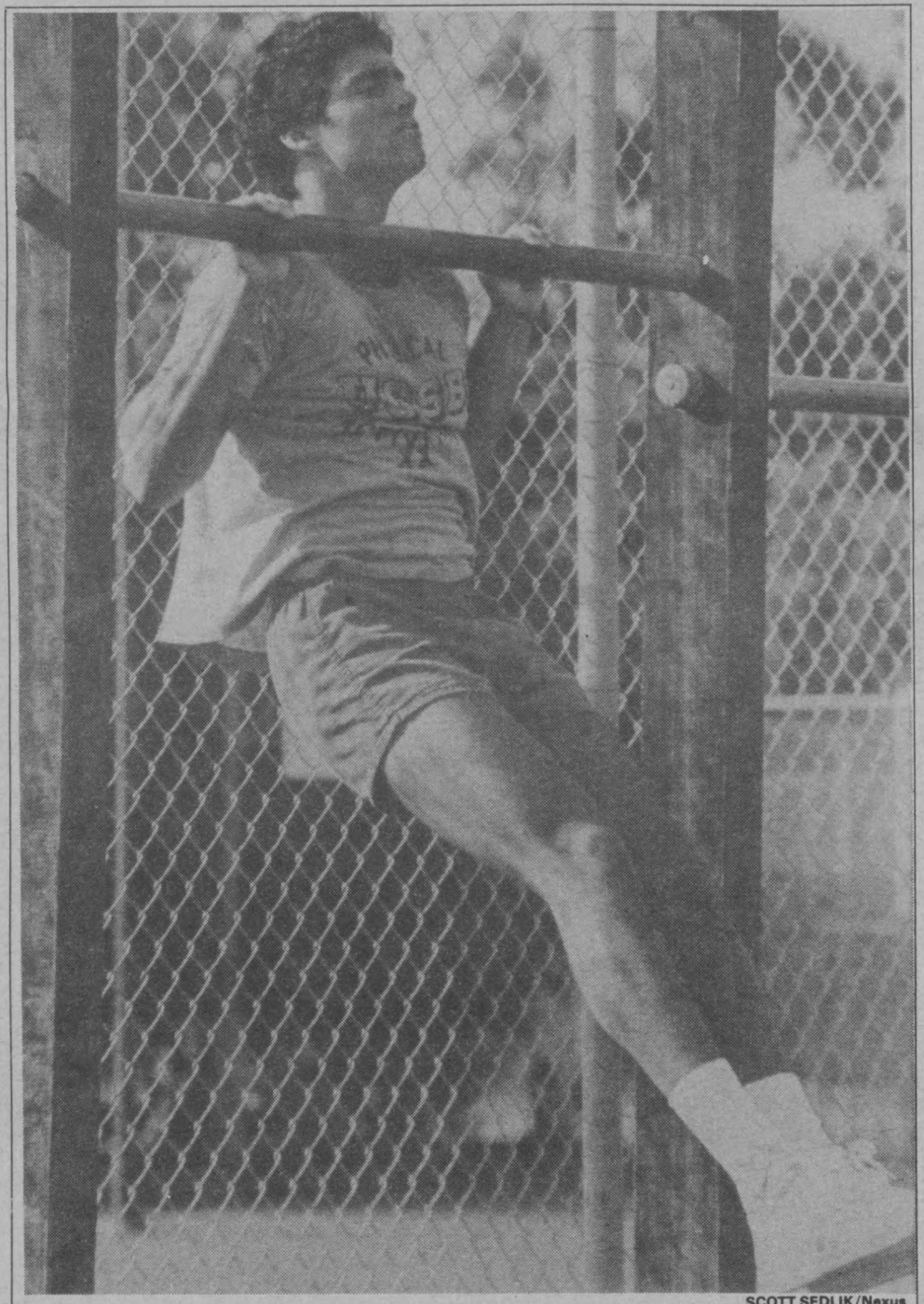
Available in styles for men and women.



The Field House
La Cumbre Plaza

Active Wear for People Who Play Around

Open: Mon., Thurs., Fri. 10-9 / Tues., Wed., Sat. 10-6 / Sun. 12-5



SCOTT SEDLIK/Nexus



**ATTENTION
SPORTS FANS!!**

We've always got the games
you want to see on our
Giant 6-foot T.V. screen

Join us for all
your spring sports!

•We'll Deliver to I.V. & Goleta - 968-2565

**GREAT GOLETA
PIZZA CO.**

6396 Hollister Ave. • Goleta

The "Ultimate" Game!

By Heidi Frehner

Ultimate frisbee is the "ultimate" sport. Both players and fans enjoy the action-packed game.

Ultimate is a team sport consisting of seven players for each of the two teams. The game gets underway when each team lines up on opposite ends of the 70 yard field and one team throws the frisbee or disc. This is called the opening "throw-off." The team receiving the disc advances toward the goal with a series of tosses to the other team. The person receiving the "throw-off" though is the only one who may run with the disc. A goal is scored when a player catches the frisbee in the end zone. The game requires constant motion which attracts the actively involved person.

The excitement and challenge of the game occurs in the striving for an interception from the offensive players. This move is called the "turnover," which may also occur when a poor offensive pass lands on the field. At this point the defense becomes the offense and the players change their direction of action toward the opposite goal.

In the past few years "ultimate" has grown enormously for the United States, as well as in 18 other countries. There are currently 800 teams registered across the United States and active teams in these other countries. In the United States Ultimate is offered to junior high, high school and college students as part of their physical



TOM TRUONG/Nexus

activities curriculum.

The unique part of Ultimate Frisbee lies in the freedom enjoyed by the players. The rules are informal which allows for a great amount of freedom. Competitive play is encouraged, but not as much as the enjoyment of the game.

The Santa Barbara team called the "Condors" is probably the best team around. This team has won the National Championship more times than any other

team and continues to dominate the tournament circuit.

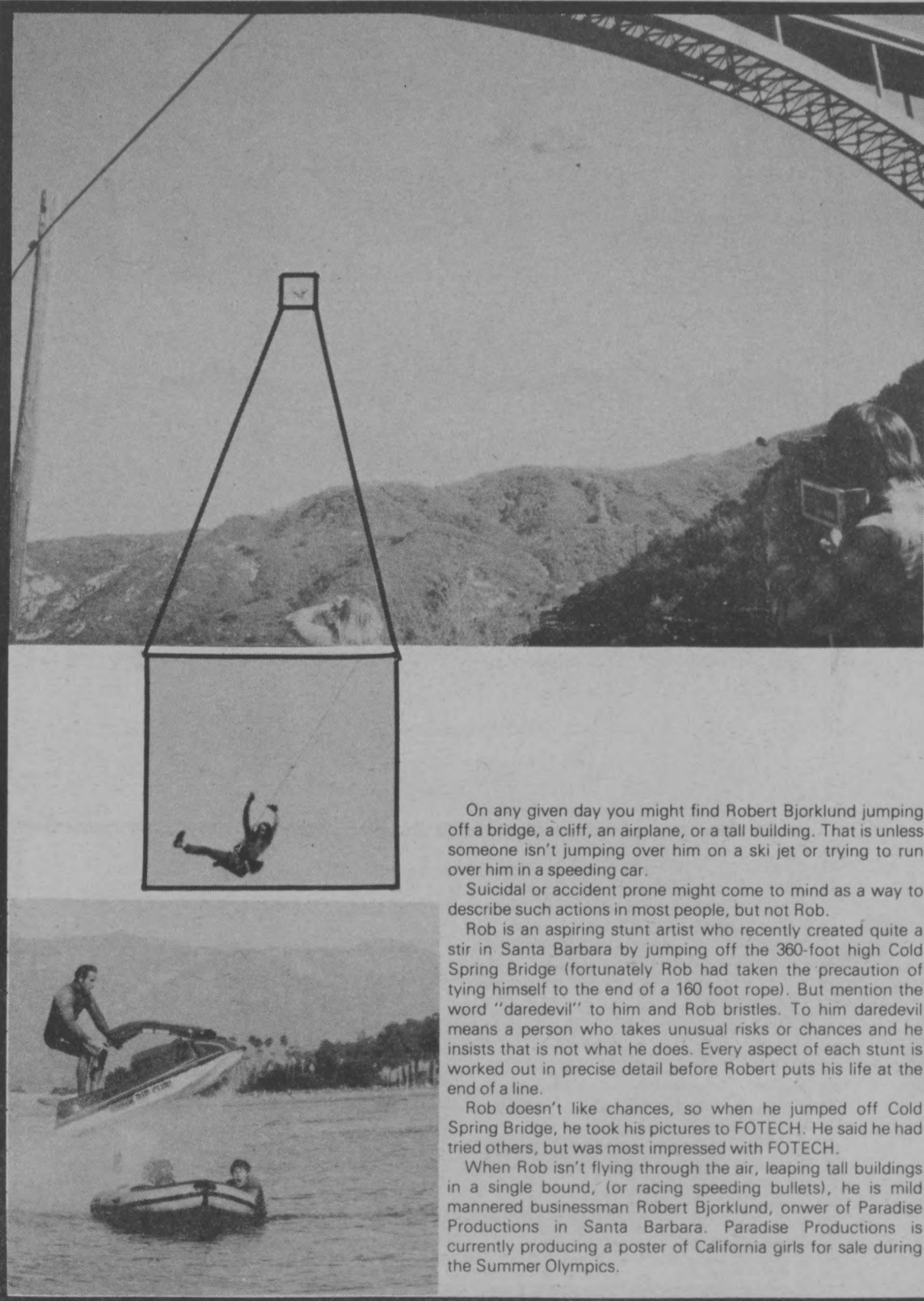
Beginning just this year, UCSB has an intercollegiate school team, coached by Greg Sharp and Tom Kennedy, with 23 members including seven players from the Condors. At a tournament in San Diego this past weekend, the team won and are now ranked first or second in our region. The team hopes to enjoy the same success in the

regionals in two weeks at Stanford. At the end of the season, the two teams from each of the four regions will have the opportunity to play in Boston on May 11.

Success lies in experience and this experience is the reason why the Condors and Gauchos are such good teams. A few of the top players have been involved with the creative sport since the National Championship series was initiated. One of the coaches, Tom Kennedy,

has even shared his knowledge with others interested in the sport. The book entitled *Ultimate: Fundamentals of the Sport*, is available through the UCSB Intramural Department. Kennedy's book deals solely with ultimate frisbee. It covers the fundamentals, ranging from individual offensive and defensive skills to the more advanced team strategies. This explicit book is an invaluable resource for the interested player.

Now is the time to get involved and learn more about the unique game of Ultimate. Learn how enjoyable the game may be. For the new comers, try to hitch up with an intramural on campus, or watch the invitational Santa Barbara classic coming up at the end of May. Share the excitement with friends or meet new people on the field. Once you try the game, you'll see why they call it the "ultimate" sport for all.



On any given day you might find Robert Bjorklund jumping off a bridge, a cliff, an airplane, or a tall building. That is unless someone isn't jumping over him on a ski jet or trying to run over him in a speeding car.

Suicidal or accident prone might come to mind as a way to describe such actions in most people, but not Rob.

Rob is an aspiring stunt artist who recently created quite a stir in Santa Barbara by jumping off the 360-foot high Cold Spring Bridge (fortunately Rob had taken the precaution of tying himself to the end of a 160 foot rope). But mention the word "daredevil" to him and Rob bristles. To him daredevil means a person who takes unusual risks or chances and he insists that is not what he does. Every aspect of each stunt is worked out in precise detail before Robert puts his life at the end of a line.

Rob doesn't like chances, so when he jumped off Cold Spring Bridge, he took his pictures to FOTECH. He said he had tried others, but was most impressed with FOTECH.

When Rob isn't flying through the air, leaping tall buildings in a single bound, (or racing speeding bullets), he is mild mannered businessman Robert Bjorklund, owner of Paradise Productions in Santa Barbara. Paradise Productions is currently producing a poster of California girls for sale during the Summer Olympics.

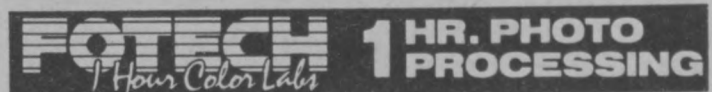
Why not try the BEST?

for a change



"When I'm working, my life depends on my equipment and skill. But, when I develop my film, I relax and trust it to FOTECH. They are modern, friendly and fast. If you want the job done right, deal with the professionals at FOTECH."

— Robert Bjorklund



1 HR. PHOTO PROCESSING

1 HOUR SERVICE 5 HOUR SERVICE

5915 Calle Real
Goleta, California
964-6247

6560 Pardall Road
Isla Vista, California
685-4214

Ever dream of splashing down the Colorado River in your own canoe, pedaling your bike up the California coastline or backpacking through red rock canyons or mountain wilderness? If you're one who has never found the time or the opportunity to take advantage of the great outdoors, the UCSB Outdoor Recreation department may prove to be just the incentive and opportunity you've been waiting for.

Outdoor Recreation trips offer a unique opportunity for you to get outdoors for a weekend, learn a new skill and meet some new friends. No previous experience is required to participate in most of the trips, and all trips and classes are open to anyone — students, non-students and community members alike.

Sign-ups for all trips are currently being held in the recreation trailer located next to Rob Gym. The trips are designed for small groups, so register early to insure your space. Full payment is required at the time of registration. There is no mail-in registration for Outdoor Recreation Trips; if you cannot get to the trailer during business hours, call regarding alternate arrangements.

Pre-trip meetings are mandatory for successful trips. Be sure to pick up a trip information sheet and an equipment list when you pay your fee. Fees may change as transportation costs are subject to change, and trips may occasionally be cancelled due to weather or inadequate sign ups. (Please note: you are responsible for selling your spot if you cannot go on the trip).

Learn some new skills through experience in the outdoors. The following spring trips still have space available. Come join us.

WOMEN'S WEEKEND

Fee: \$35
May 4-6

This weekend backpack trip is planned specifically for women in cooperation with the UCSB Women's Center. Its purpose is to help women gain self confidence and security in their ability to camp and survive in the mountains.

Our route will take us up to Pine Mountain. We will leave UCSB Fri. at 9 a.m. The group will be hiking Fri, Sat. and Sun. Our return to UCSB will be early Sun. evening.

The fee covers breakfasts, dinners, round trip transportation and group cooking gear. You supply your own lunches and equipment.

CATAMARAN CRUISE TO THE CHANNEL ISLANDS

Fee: \$79
May 11-13

Take an enjoyable sailing trip out to the Channel Islands. We charter a 37-foot Catamaran and sail for the weekend. We also have a permit to hike on the island.

The group can sleep on-board Fri. evening and we set sail early in the morning. The boat stays at the islands Sat. night. We return to Santa Barbara early Sun. evening. No sailing experience is necessary. You may help the captain if you like to sail.

The fee includes two nights on board and two days of

sailing. You provide your own gear, sleeping bag and food. Cooking facilities are on board. We must have a full trip in order to go (six persons).

SESPE CREEK BACKPACKING

Fee: \$49
May 25-28

The Sespe Creek runs for over 50 miles behind the Ojai Mountains to Fillmore. We begin this trip at Piedra Blanca, hiking along the creek approximately 40 miles in three days to Fillmore. The hike will take us through some back country not many people get a chance to see. We will also hike past one of California's condor sanctuaries. Good trout fishing and fresh water will be with us the entire trip.

This trip is more intense than the beginning backpacking trips. We recommend that participants be in very good physical condition with some previous backpacking experience.

We leave UCSB Fri. noon and stay through Mon. afternoon returning to UCSB Mon. evening. The fee covers breakfast, dinners, round trip transportation and group cooking equipment. You provide your own lunches and equipment.

MOUNT WHITNEY ASCENT

Fee: \$68
May 16-20

Mt. Whitney is the highest mountain in the continental 48 states. This 14,495 foot peak is located in the Sierra Nevada range outside of Lone Pine, California. The sheer granite cliffs of Mt. Whitney and the adjoining

peaks are truly awesome to view from your tent at 12,000 feet.

We hike up the Mt. Whitney trail out of Whitney Portal. Anticipate snow fields during the climb, even though it is late May. The trip requires that participants be in excellent physical condition with previous backpacking experience. The climb is not technically difficult, but when the air becomes thin even walking can be a chore. If you have the stamina, this is a tremendously rewarding trip (one might even say 'breath taking').

We leave UCSB Wed. at 5 p.m. and begin hiking Thurs. morning. The final ascent will be on Sat. Sun. we hike out and drive home, arriving at UCSB Sun. evening.

The fee covers breakfasts, dinners, group cooking equipment and round trip transportation. You provide your lunches and equipment. You may need to rent additional snow gear, depending on conditions (to be discussed at the pre-trip meeting).

All participants are required to have proper clothing for the trip. Cottons will not do!

Other trips this quarter have already been filled: Owens River canoe, Hawaii backpacking, and the Colorado River canoe trip. In the Fall, you can expect an equally wide variety of opportunities including backpacking in the Sierra at Yosemite and Sequoia, and a Colorado River canoe trip.

Over Christmas break we run cross country ski weeks at Rock Creek Winter Lodge in the Mammoth area. This year during spring break, we offered two separate backpacking trips to Zion National Park in southeastern Utah, as well as a backpack down the Grand Canyon.

Be sure to check the Leisure Review each quarter for a complete list of recreation classes and outdoor recreation programs. The Leisure Review is available at the information desk in the UCen, or stop by the Recreation Trailer next to Rob Gym.

**Outdoor Recreation
Wilderness**



ENJOY THE HEAT OF SUMMER IN A YANAH BIKINI

10 STATE STREET TUESDAY-SUNDAY 965-7059

UNDERWATER SPORTS

IS GETTING INTO THE SWING OF SPRING

BE PREPARED FOR YOUR AQUATIC ADVENTURE WITH ONE OF THE LARGEST INVENTORY IN SOUTHERN CALIF. SHOP AND COMPARE WE WILL NOT BE UNDERSOLD

DIVERS "HOT" LINE 963-DIVE

Open 7 Days a Week Breakwater S.B. Harbor 962-5400

Recreation Plans Weekend Trips



The Grand Sequoias

Up behind Ojai, off of Highway 33, is the Sespe Creek, which runs continuously to the town of Fillmore. Good backpacking can always be found on any part of this creek; in fact, there is a portion of the Sespe that is quite remote.

The easiest and most popular access to the Sespe is off of Highway 33, 20 minutes past Ojai. Take the Rose Valley, Piedra Blanca turn-off from 33. The paved road will take you to Lions Campground. Take a good look at this new campground too. Back in the winter of '77-78, flash floods wiped out the old grounds and the four wheel drive road along the creek. As a result there is a nice trail to follow because vehicles can no longer get access to the old roads.

The trailhead is on the other side of the Sespe Creek. This trailhead takes off in three different directions. One scenic trip goes downstream, following the old road.

The road follows the creek for eighteen miles. You are not far from the creek at any given time and many times you must cross the Sespe. There are many areas along the way for camping, swimming and fishing. The farther away from the trailhead you go, the better the trout fishing gets.

The main reason most people go the 18 miles downstream is due to the Sespe Hot Springs. They are located on the north side of Sespe Creek a few miles up the side stream (check topo map "Devils heart Peak" — Sespe Hot Springs are on it). This would be a healthy three day trip. If you only have two days, don't try it unless you are up for weathering two back-to-back 20 mile days.

For those of you who have the time, stamina, and a little daring, continue down Sespe Creek to the town of Fillmore. There is no trail — just follow the water. Once you are in the back narrow canyons, you can only get out by going on down or upstream. The fishing is great and so is the challenge of the terrain. Some of the boulders in the stream are so large they even register on the topo map!

Lions Campground to Fillmore should be at least a four day trip, hiking all the time with a few swimming breaks. The total distance is roughly 40 miles.

Topo maps needed for this hike are Lion Canyon, Topotopa Mountains, Devils Heart Peaks (for the hot springs) and Fillmore (for the daring). The water in Sespe Creek has remained safe for drinking for the last few years; nevertheless, treating the water might be a good precaution.

The trails described above offer beautiful scenery as well as fun and rewarding challenges for backpackers.

It's usually a good idea to avoid the Sespe area during the heavy rain season, as these areas can be subject to flash floods, especially in their narrow canyons. Late spring and early summer are generally the best times to take the Sespe trips.

Sespe Creek Trail

Sequoia National Park is a popular area in which to hike and backpack. Most people usually go for day hikes in the area. If you want to miss the crowds, here is a three-day loop trip that will end in the Grant Sequoias.

The trip starts in Wolverton Ski Area parking lot. Take the Pear Lake trail and hike via the outer trail. Your day will be spent passing some beautiful Alpine lakes. Avoid the hump trail, the view is far superior on the lower trail.

The first night should be spent at Pear Lake. In the morning set your compass at 78 degrees and head cross country to Moose Lake (the compass setting includes declination). If you don't have a compass then take the straight line of travel from Pear Lake to Moose Lake according to the Triple Devic Peak topo map.

When you get to the ridge above Moose Lake, stop, have
(Please turn to pg.16A, col.5)

SKIWEAR.

entire stock
50% OFF

Goleta
Sports
Center

5708 HOLLISTER 964-8703

Whatever your sport, **Action Arena**
has the gear to help you do
it better.

Jogging, hiking, running, soccer, rugby
court sports, gymnastics, aerobics, surfing...

Check our our wide selection of shorts & sport shoes



sportswear and
accessories for
active people...

OPEN
Mon-Fri 10-6
Sat 10-5 • Sun 12-4

**Action
Arena**

900 EMBARCADERO DEL MAR
ISLA VISTA
685-0055

LAMBDA CHI ALPHA's
EIGHTH ANNUAL

ISVT

INTER SORORITY VOLLEYBALL TOURNAMENT

APRIL 28 and 29 on EAST BEACH

AND
SATURDAY NIGHT

PARTY

(APRIL 28)

FEATURING

THE BUSBOYS

AND

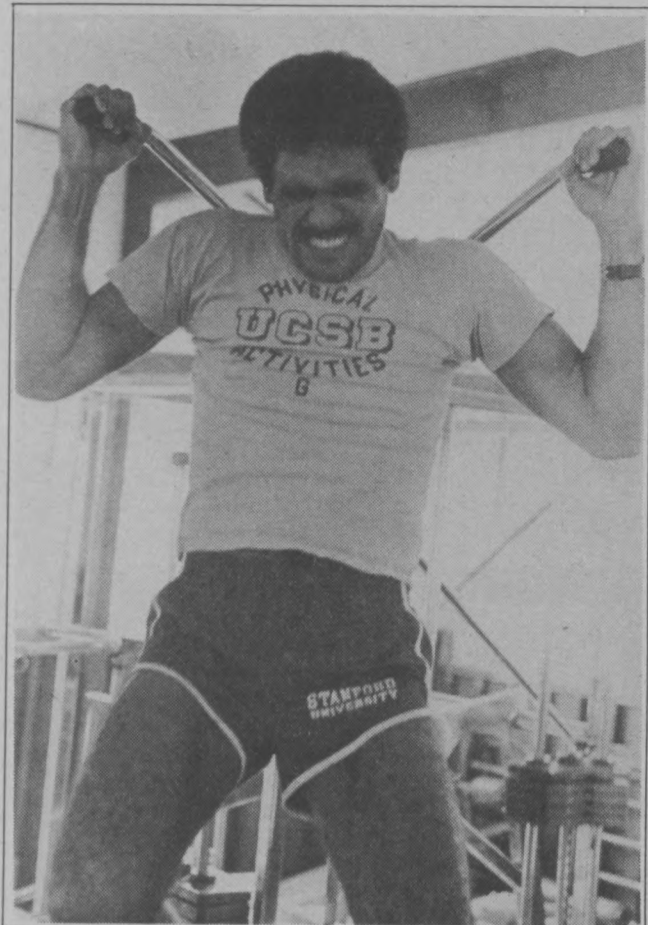
THE THREE O'CLOCK

WITH
THE DUCK CLUB
AND

50 KEGS (I.D. REQUIRED)



Party starts at 7:30 at the Lambda Chi House. Tickets
on sale **N O W** at the House: \$5.00 pre-
sale; \$6.00 at the gate. A LIMITED NUMBER OF
TICKETS WILL BE SOLD. For Info call: 968-9148



SCOTT SEDLIK/Nexus

... And For The Non-Athletes...

By Lesley Maxwell

I'm not quite positive what provoked me to join a health club. Perhaps it was that article in Cosmo entitled: "Sweat and the Single Girl". Come to think of it though, it might have been the ultimatum from those nice paramedics: "Look ma'am, either you stop climbing the steps to the library or get in shape. There is no funding to revive you every other day." Not wanting to inconvenience the Rescue Squad, I made a big sacrifice and gave up studying; it was the steps out of the Pub that I just couldn't give up ... So in a fit of motivation I pulled on some torn sweats and my I love Chocolate t-shirt, grabbed a candy bar, (for energy of course) and set off for the local spa. Before I had a chance to blink I was signing away my next four years tuition for a small paper membership card. Clutching my newly purchased key to fitness, health

and beauty in one sweaty palm I scanned the room in search of a vending machine. Disappointed by the lack of junk food that I perceived in the room, I was headed for the locker room in search of a Snickers when someone tapped me on the shoulder. "My name is Kitty and I'll be taking you on your tour!" bubbled the smoothly muscled blonde at my shoulder. "Just come this way!" I followed her color coordinated head-band into the locker room. "Over there are the showers! In the corner is the whirlpool and sauna!" (Kitty said everything with exclamation marks) "Is that a mirror?" I asked helpfully. "Oh yes!" We mirror most of our walls. We believe that mirrors build a sense of self!" Regarding my reflection in one of these helpful creatures I leaned forward and picked a piece of chocolate out of my teeth. Kitty's tight little behind went bouncing off ahead and I trudged doggedly after her. "This is the weight room!" ... "Psst ... Hey Kitty" I interrupted in a stage whisper. "Do all those well-toned women work here?" I pointed, indicating the svelte

leopard clad creatures occupying the machines around the walls. "Oh No!" Kitty giggled. "Those are the members!" Great. Not one fat chick in twenty) Kitty was striding towards the counter, firm bosoms sailing on ahead. She waited, an ominous looking tape measure draped over one slender arm. I checked furtively over my shoulder as I presented her with my thigh. "Hi. I'm Chantel," said the Ultrabright smile being measured next to me. "I'm here to firm up before my next modeling shot, why are you here?" Two big baby blues gazed questioningly out of flawless skin. "I just want to be able to walk between the TV and the refrigerator without breathing heavily, and to be able to lift a gallon of ice cream without straining myself." "18," called out the girl measuring Chantel's thigh. "Oh my," exclaimed Kitty, regarding mine. "Put down 22 for Chantel's waist," said the girl. "Hey, come get a load of this," whispered Kitty as she contemplated my waist. I wondered absently if it would take a five or an eight

pound weight dropped on Chantel's head to completely do her in. Maybe I could just lure her into the pool and then jump in myself causing all of the water to splash out and making Chantel hit her head on the bottom. I came out of my pleasant reverie to find Kitty standing on long muscled legs in front of me. "What machine would you like to start on first?" "Let's start with a machine that takes no exertion, won't make me sweat, takes no more than two minutes to use and will make me lose ... Oh how about ten pounds an hour." Kitty was laughing hysterically. "Look Kitty, I'll tell you the truth, I'm pretty much exhausted. What with all this walking around and lifting my legs to be measured ... What do you say we just pick up where we left off next weekend?"

Smiling and waving I backed out the door and made a dash for the car. Obviously I was going to have to eat more if I was going to keep up this health club stuff. I had worked up quite an appetite. Turning on my engine I headed toward Jack-in-the-Box.

Jazzercise

Don't Let The Fun Fool You

JAZZERCISE WORKS!

687-1316



Floor Hockey

By MIKE ALVARADO

Hockey in the spring? Crazy Californians! This might be the response from someone transplanted from the northeast, midwest, or Canada to iceless Southern California. But to floor hockey enthusiasts at UCSB, spring means dusting off those sticks that have been sitting in the closet during winter, when hockey is "normally" played.

UCSB Intramurals offers men's and women's floor hockey leagues each quarter, but only coed leagues in the winter. So by the time spring rolls around, there are a lot of anxious players ready for another shot at the top.

Floor hockey is played on a flat surface indoors or out. "Rink" dimensions vary but in general the playing surface is smaller than an ice hockey rink. This is important because in floor hockey one can't glide from one part of the surface to another as quickly as one can on ice skates.

UCSB intramural rules allow five players on each side: generally two offensemen, two defensemen and a goalie. But floor hockey can be played with six players a side as in ice hockey, provided the playing surface is large enough.

Two rules very important to ice hockey are absent from floor hockey. First, there are no offsides lines, so team members do not have to be behind the puck as it enters the attacking zone. Additionally, there is no penalty for flinging the puck the length of the floor, known as "icing" in the ice version. Because of these two differences, floor hockey is a relatively uninterrupted 60 minutes of excitement.

In addition to excitement, this sport is a great way to get or keep in shape, unless you happen to be a goalie on a team with an awesome offense (yawn). In this sense, the sport resembles basketball because the players are constantly running up and down "the court."

Sports of course are educational experiences and floor hockey is no exception. You'll expand your vocabulary by meeting teams like "Slides in Easy..."

But most important of all, floor hockey means hearing the final whistle blow and knowing your just minutes away from your first (of many) well deserved pitcher. Exercise, excitement, education, who cares? Let's here it for the beer!

SPRING SPORTS

AQUATICS

Wetsuit SALE!

FEMALE Reg. \$250... NOW **\$149⁹⁵**

MALE Reg. \$250..... NOW **\$179⁹⁵**

REPAIRS



SCUBA
BOAT CHARTERS

SCUBA PRICES
25% to 40% OFF

Custom Wetsuits

w/Knee Pads Reg \$299.95 NOW **\$199⁹⁵**
And edge trim

964-8689

CATALINA DIVING WEEKENDS



AQUATICS OF SANTA BARBARA

5370 HOLLISTER #3 - 1 1/2 BLOCKS WEST OF PATTERSON

PEER SPORTS MEDICINE CLINIC



SERVICES:

- ★ Supportive wrapping and taping ★
- ★ Cryotherapy (ice) ★
- ★ Information about all kinds of athletic injuries ★

LOCATION:

- ★ Student Health Services.

HOURS:

- ★ Monday-Friday 2:00-4:00 ★
- MINIMAL FEE FOR TAPING!



PREVENT ATHLETIC INJURIES

Intramurals

By Devin Sconyers

Warm spring afternoons are rarely conducive to hard core studying, and on sunny days those who care for a more active outdoor activity than tanning may find themselves on a field or a court, involved in intramural competition.

The intramural sports program, sponsored by the UCSB department of Athletics and Leisure Services, is one of UCSB's most popular programs. "The intramurals program here at UCSB are consistent with the environmental aspect of beautiful Santa Barbara," says Paul Lee, UCSB Director of Intramural Sports. As shown in this spring's program which include intertube water polo, floor hockey, ultimate frisbee, volleyball, softball and more individual sports such as bowling, tennis and the IM Fitness Program. This offers a variety of sports with about 6,000

Recreation. Special hours when drop-in use of athletic facilities is available for students, staff, faculty and alumni. Facilities are available for basketball, volleyball, badminton, weightlifting, gymnastics and floor hockey. Participants must show appropriate identification to be admitted. Check the weekly schedules for open hours.

Also sponsored by IM program are frequent weekend sports, featuring "variations" on our traditional sports. An IM Badminton singles will take place on April 28. The following weekend a Fun Run will take place. On the weekend of May 12, the student/alumni spring football game. The following weekend the men's and women's Volleyball and Tennis tournaments. Also on this weekend there is a Disc Golf Tourney.



Nexus/JOHN VAN KIRK

participating in this spring quarter.

To mediate between student's busy schedules and their love for exercise, league sports are offered every day of the week during afternoon and evening hours. Competition has already begun this spring quarter, with the participation of 200 softball teams, 65 ultimate frisbee teams, 60 innertube water polo teams, 150 volleyball teams, 75 floor hockey teams and 39 bowling teams.

Those who missed the sign-up deadline for spring teams or who are just too busy to commit themselves to the structured leagues may be interested in Open



MITCH VICINO/Nexus



DEMO DAYS

Saturday, April 28
and
Sunday, April 29

Meet factory reps from:

- WINDSURFER®
- O'BRIEN • F₂
- MISTRAL

FREE DEMOS ON THE NEW '84 SAILBOARD LINES
(for experienced sailboarders only)

Free Mini-Lessons for Beginners

Call now for appointments

ALSO
WINTER WETSUIT
SALE!

Sundance Windsurfing

29 State Street
Santa Barbara, CA 93101
(805) 966-2474

All Season's Sports and Apparel

— ANNOUNCES —

NEW LOCATION

729 State OTT'S MALL

20% OFF

WOMEN'S ACTION WEAR
(COUPON)

20% OFF

MEN'S CORD SHORTS
(COUPON)

20% OFF

ALL TIGER SHOES
MEN'S and WOMEN'S
(COUPON)

965-1009

SUMMERTIME IS JUST AROUND THE QUARTER
Let Gold's Gym get you in shape

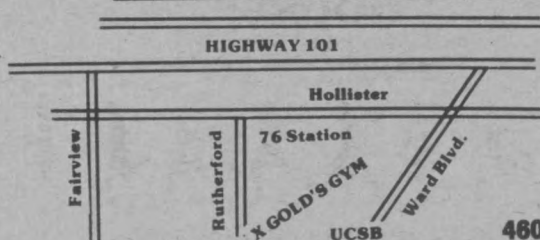


- Personalized Instruction
- Beginners Welcome
- Free Weights - Machines
- Open Mon-Fri 6 a.m. - 9 p.m.
Sat-Sun 9 a.m. - 5 p.m.
- 3,400 sq. ft.- Coed Workout Area
- Babysitting Available M-W-F 9-11 a.m.

Free Aerobics to Members

AEROBICS SCHEDULE

M-W-F	9 am, 4:30, and 5:30
T-Th	5:30
Saturday	9:30



460 Rutherford, Goleta ★ 964-0556

Things To Do In The Spring!

By **BILL DIEPENBROCK**
Nexus Sports Specialist

Anywhere else in the world I would start this article off with a fond declaration at Spring's return, the Earth's most glorious season. But, living here and attending UCSB as I do, I just can't bring myself to do it. It seems as if so little has changed (weather wise, that is) since my first day here at the beginning of Fall.

This is the second Nexus supplement dealing with sports and where it concerns the Santa Barbara sporting scene, it can't help but to be pretty much like the last one. So, in an attempt to avoid giving just another generic article about tanning, surfing, volleyball, and girls, I'm going to try to focus on things to do that are either a little out of the ordinary, or at least aren't the first thoughts that spring (sorry) to student's minds when discussing what to do while blowing off the day's classes. It may be hard.

Not the usual type of athletic activities, these do have some interesting characteristics. Some are old favorites, others uncommon and untried.

For those avid about water sports, Santa Barbara has a lot to offer in the area of boating. Boats can be chartered at fairly reasonable prices (if you look hard enough) for scuba diving, sportfishing, dinner or "booze" cruises, and trips to the channel islands.

The island excursions are all-day events, and supply a variety of activities. Wine, women (or men), and song are musts.

For those Santa Barbarians more land based, the Santa Barbara area offers several fine horse riding stables. For fairly low hourly prices, students can take breakfast or champagne brunch rides. However, drinks are served only after riders dismount.

Now enough of planned activities. Our average UCSB student doesn't usually plan his Spring activities anyway. He usually stumbles into them headfirst, while in a drug influenced state. For these guys, a game of sloshball is about the best way to spend a sunny afternoon. Well, one of the best.

With a keg at each base, and runners downing a one-cup minimum at each base, this style of softball usually leads to unfinished games, and other indigestive problems. But it's fun.

Imaginative students can enjoy themselves just about anywhere, even bowling. And true to its reputation for incredible leisurely activity selection, Santa Barbara offers two prime bowling alleys for enthusiasts of that sport. Miniature golf for those looking at early second childhoods is also out there, somewhere.

Real golf, not the miniature type can also be a relaxing way to spend a day. Just check out the little three hole course behind Spike's for a taste. If it doesn't agree with you (or even if it does) you can always hit the nearby bar to gather tastes of a different nature.

But basically, although there are so many other sports I didn't mention that you may think much more important and better ways to spend free time doing, these are ones you probably would not have thought of by yourself, much less gone out and participated without my urging.

But, if you want to find me, I'll be kicking-back down at the beach, catching rays, waves, girls, and anything else that comes within my reach. But hurry, we're getting another volleyball game up in 15 minutes.



SCOTT SEDLIK/Nexus



SEAN M. HAFLEY/Nexus



BRENTON KELLY/Nexus

ADVENTURE IN DEPTH®

YOUR PASSPORT TO DIVING

- Education
- Expedition
- Equipment
- Exploration
- Excursion
- Extraordinaire

REQUEST INFORMATION BY DIALING
805-569-8523 • Wait for tone
Then leave name & number

patagonia®

Uncommon Clothes for Uncommon People

Don't Miss Our **FREE** Slide Show
"Trekking in Nepal"
— Tonight at 7:00 pm —

Granite Mountain Wilderness CO.

3040 State Street
at De la Vina Ph 682-1083
OPEN
Mon-Thur 10-6
Fri 10-8 Sat 10-6
Sun 12-5

SPORTS INJURIES

Prompt Medical Care Available At

Physical Therapy **DOCTORS' URGENT CARE** X-ray Lab

Doctor's Urgent Care Inc.
Dr. Thost / Dr. Reaper
CALL **964-6988**
7 DAYS A WEEK 7 AM - 11 PM

- Pru Net Welcome
- Health Screening
- No Appt. Needed

Located in Fairview Shopping Center

— Spring Bicycling —

By Melissa Jue

To most students, a bicycle is merely a means to get to campus in a hurry, but to others, it is a perfect spring sport and an opportunity to actually see what Santa Barbara has to offer.

No matter what type of cycling — day trips, touring, or racing — the bicycle is an ideal way to see the country. It allows you to travel from one place to another at a reasonable rate, yet it is slow enough to allow you to enjoy the scenery along the way.

Single day touring is the most popular sort of touring because it is fun, convenient and a good way to prepare for longer trips. It is the most popular in Santa Barbara because of the many places you can go. Rides can be short, such as a fifteen mile round trip on the bike path to Hope Ranch and Henry's Beach, or the half day trips to Santa Barbara Mission, Montecito, El Capitan, Refugio, and Gaviota beaches. The more experienced riders can try longer distances such as to Lake Cachuma and back, Lake Casitas and back, and to La Cumbre Peak, if you want a challenge. La Cumbre Peak View of the Channel Islands, the Los Padres National Forest Mountains and Lake Cachuma in the Santa Ynez Valley is spectacular on a spring day.

Day trips are ideal for the beginning cyclist. Although some people prefer riding alone, try riding with a group of friends or with a regular group of riders. Group touring is popular because it is a pleasant social activity and because it is easier to ride in a group, since several riders share the effort of breaking the wind resistance to allow faster riding. The more you get out and ride, the most accustomed your body will become to riding and the more you will learn about the sport. As a rule, be sure in the beginning to start your trip back at a reasonable time. It may have been hard to get there, but it will be twice as hard to get back. Work up to longer distances gradually, and endurance will build up.

The touring trips lasting a weekend or longer involve more than just a ride to Santa Barbara. You must consider where you will stay over night. The most expensive accommodations would be hotels, and the most economical would be camping out. In between these two extremes is the possibility of staying in an American Youth Hostel, but they are more convenient for cross country trips.

Weekend trips range from travelling to the secluded Los Padres National Forest to Jalama Beach up North. Many cyclists prefer biking to Jalama Beach up Highway 1 because of its predominantly flat route and beautiful scenery. Other weekend tours in this area include trips to Cachuma Lake in the Santa Ynez Valley or Lake Casitas near Carpinteria.

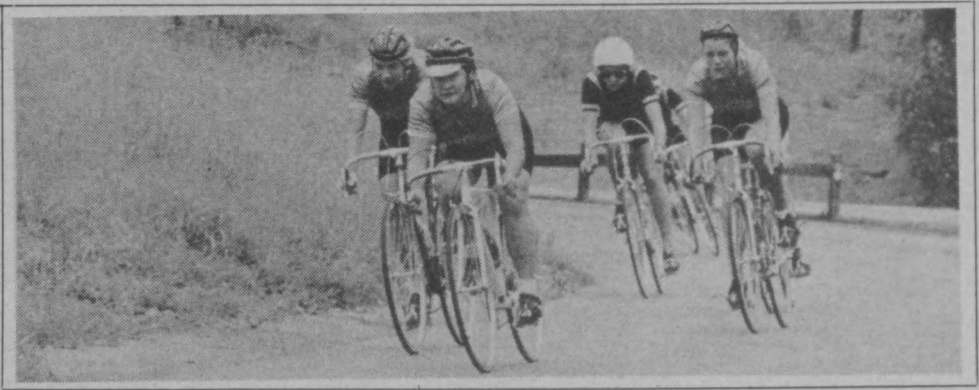
For the competitors, racing bikes is not something to try right away. Racers will usually train between 300 and 500 miles a week. Workouts include ultra fast sprints exceeding 45 miles per hour repeatedly to leg busting hill climbs. People interested in bicycle racing should look into the Santa Barbara Bicycle Club, and for recreational biking, look into UCSB Biking Club.

If you want to buy a bicycle, there are many different types and you should consider the advantages and disadvantages of these different kinds. One speed bikes are generally characterized as heavy-framed with wide tires, which make this bike relatively easy to balance and capable of taking a beating. However, think twice about buying this bike if you intend to be pedaling over hills for long distances. You can expect to spend about \$70 in a department store and about \$90 to \$130 at a bike shop.

If you do not want to pedal quite as hard, consider a three to five speed bike. Geared bikes take less effort to pedal because you can select the gear that permits you to travel a shorter distance for each revolution of the chainwheel. Another feature is that a three or five speed's handlebars allow you to ride sitting upright, which is more comfortable for both pedaling and observing the passing scene. Most three to five speed bikes weigh about 32 to 40 pounds, and prices range from \$80 to \$180.

The curved down handlebars of ten speed bikes put you in a bent-over position that allows greater use of the muscles in the lower back and buttocks. This position also cuts wind resistance and lessens the impact on your vertebrae. Serious bikers are also attracted to ten speeds because of their range of gears and light weight.

Ten speed bicycles come in all prices from the put-it-together-yourself specials sold at discount stores for less than \$100, to the light-weight machines in stock by bicycle shops which are priced well over \$1,000. Touring bicycles will generally have tires 1 1/4 inches wide with a somewhat lower air pressure than tires on a racing bike, which makes the



touring bike easier to balance and more comfortable for the normal bumps of the road. Racers want less rubber on the road to achieve speed, so their tires are narrower, sometimes only one inch wide.

There are also a few fun bikes available if you feel like something different. Relive your childhood with a full-size alternative to a kid's dirt bike. Models come in five, 10, 12, 15 and 18-speeds which feature rugged wheels and tires to take the abuse of off-road riding. The cheapest models sell for about \$140.

Another recreational bike is the tandem, or bicycle built for two. They are available in one gear or many and cost from \$400 to over \$2,000.

So, whether you want a bike for exercise, travel, competition, fun or a combination — get out, and enjoy Santa Barbara's Spring time!

Divers Supply of S.B. SPRING SCUBA SALE

up to 30% off
on masks, fins,
and snorkels

SPECIAL SCUBA PACKAGE

- 80 cu. ft. aluminum tank
- Stabilizer Jacket
- K-valve
- Power Inflate
- Regulator
- Backpack

REGULAR \$715.00

Sale Price **\$389.85**

5854 Hollister Ave • Goleta • 964-0180



PETER KELLEY/Nexus

LEARN WITH A FRIEND
50% OFF
our introductory
HANG GLIDING LESSON
with one paid in full
HANG GLIDER
EMPORIUM
613 N. Milpas • 965-3733
★ CALL NOW ★
EXPIRES 4/22/84

WINDSURFING
Lessons, Rentals

Mountain Air
Where Your Summer Fun Begins!

At Mountain Air you'll find beachwear, shorts, T-shirts, day packs, sunglasses and a large selection of windsurfing, camping and waterskiing equipment

MOUNTAIN AIR SPORTS

OPEN DAILY
9:30-5:30
Closed Sunday

731 State St. at De la Guerra

BACKPACKING

Let's
BOWLING
Go

**OPEN 24 HRS
ORCHID
BOWL**

- Bowling - Billiards
- Panda Chinese Restaurant

OPEN LANES ALL WEEKEND

**COUNTRY MUSIC
DANCING • Thurs-Sat Nite**

ORCHID BOWL - GALLEON ROOM
5925 Calle Real • Goleta • 967-0128



KATHY BAYLOR/Nexus

Take A Hike!

By BARRY CLARKSON

Of all the ways to enjoy the pleasures of the "Great Outdoors," backpacking is the most rigorous — and perhaps the most masochistic as well. It can be a relaxing few days in the wilderness or it can be a painful survival struggle to simply return to the comforts of civilization alive.

Planning is the key. Adequate preparation, both physically and mentally, is the pivot that swings one toward success and smiles, or failures and frowns on a backpacking trip.

Many people underestimate the physical demands of backpacking and fail to condition themselves accordingly. One should be in good shape before venturing out into the sticks — jogging or some other form of cardiovascular training is a must. For most people, hiking eight miles on a rugged mountain trail is far more taxing than an eight-mile walk to Smith's Food King. It is also a good idea to do some walking with your pack on before leaving for a trip. This will save the agony of spending a vacation with aching shoulders and hips. If you are planning an extended hike of several days, these prior shakedown are vital.

Mental preparation is equally important. One must not only choose well-marked and negotiable hiking routes,

but also the proper equipment to minimize weight, and maximize comfort and safety on the trail. The message is simple: when planning a trip, do a little homework! Be sure to consult with the Forest Service to obtain the necessary fire and visitor permits before entering a National Forest area. In addition to the Rangers, contact as many other resources as possible to investigate the terrain you wish to conquer. Trails and roadheads throughout California have come under considerable disrepair due to the harsh winter storms of 1978 and 1983.

Never rely on descriptive books or trail guides as a sole source for planning. Authors have a knack for making difficult, exhausting hikes sound like effortless jaunts through the woods to Grandma's House. Don't bring your topos just to keep from getting lost; study them and actually examine the trails and elevation changes you will encounter before you depart on your venture.

Once on the trail, however, you are on your own and there is generally no turning back. You must bring enough equipment to insure reasonable comfort, but beware — an overloaded pack can be disastrous. The following is a checklist that can be helpful in gathering the necessary gear:

- Just in Case:**
- Waterproof matches
 - Compass
 - Topographic maps
 - Extra food (candy and beef jerky will do)
 - Space Blanket
 - First Aid Kit (With plenty of Moleskin)
 - Knife
 - Sunglasses
 - Flashlight
 - Whistle

- Toiletries:**
- Toothbrush
 - Towel
 - Soap
 - Toilet paper (Kleenex pocket packs are convenient)
 - Sun lotion and lip balm
 - Foot powder

- Clothing:**
- Thermals (for use at night)
 - Wool socks and a wool cap
 - Comfortable pair of durable long pants
 - Tee-shirt and shorts
 - Heavy, wool shirt
 - Sweater or sweatshirt
 - 2 pairs of socks
 - Vinyl Poncho (can double as a groundcloth)
 - Change of underwear
 - Parka with hood
 - Rugged pair of boots

- Shelter:**
- Sleeping Bag (according to expected temperature)
 - Ensolite Pad (for insulation from ground and comfort)
 - Tent or tarp to keep dry

- in rain**
- Cooking needs:**
- 2 cups (one for drinking, one for cooking)
 - Silverware
 - Boiling Pot
 - Canteen or water bottle
 - Halizone tablets
 - Scrub pad and biodegradable soap
 - Stove and fuel

- Misc. Equipment:**
- Pack
 - Nylon cord
 - Plastic trowel for burying waste, putting out fires, etc.
 - Notebook and pencil
 - Extra shoelaces
 - Plastic bags to pack out trash
 - Fishing equipment

The above gear has a combined weight of about 35 pounds. Food will account for another 1 1/2 pound per day. The most important thing, however, is that a backpacker carry a load that is comfortable. In packing, try to balance the items as much as possible, and stow heavy things at the top of the pack to transfer more of the burden to your hip belt. This will take a load off your shoulders as well as your mind.

The Santa Barbara backcountry is one of the most beautiful watershed areas in California. The San Rafael Wilderness Area, restricted to permits and closed to all motor vehicles, is gorgeous but deceptively rugged. Many other areas throughout the Los Padres National Forest are at their prime in the springtime, as the vegetation is very lush and wildflowers are in full bloom. As students we are fortunate so close to our beach haven; we are fools if we don't take advantage of the opportunity for an occasional serene and relaxing visit to the local backcountry.

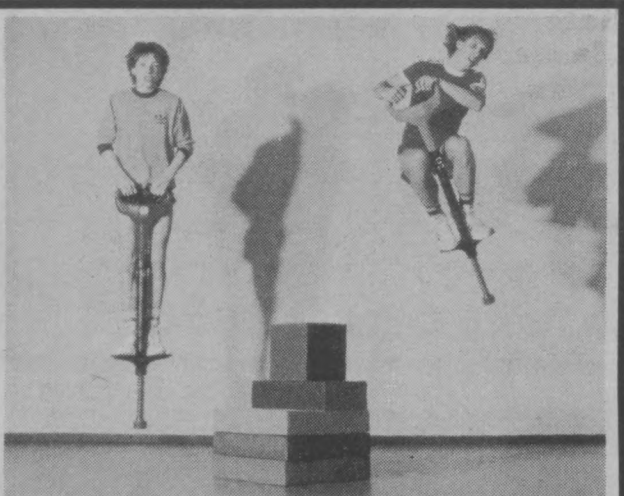


THIS QUARTER GET YOUR WINGS!



Learning to fly with us is fun. We'll show you how easy flying is as you experience the challenge and reward of becoming a pilot. It's probably not as expensive as you think AND it's a great way to spend the quarter.

Introductory Flight
\$20.00
 Santa Barbara Aviation
 967-5608



SPRING INTO SPRING

THE INEVITABLE QUESTION

Isn't the Jetstar just a pogo stick?
No.

The Jetstar is a completely new design with a commitment to Performance, Quality, and Safety.

Performance — No pogo stick, past or present, can come close to the Jetstar's capabilities. Like comparing a tricycle to a sports car.

Quality — The Jetstar is built to take punishment. Painstakingly crafted of the highest quality materials in West Germany, the Jetstar is a durable piece of fitness equipment that has a place in anyone's personal gym. A mere kid's toy, the old pogo stick never could stand up to vigorous use. The Jetstar is for the athlete in all of us, no matter what our age or weight.

Safety — The Jetstar design is free of sharp edges and corners. Consider the added safety of handle grips turned inward instead of outward and the use of impact-resistant materials throughout.

We rest our case.

Available at:
Body Tech
 3006 State Street, Santa Barbara 569-1667



PHOTOFINISHING...



IN ONE HOUR!

- We develop 110, 126 & 35mm color print film in One Hour
- Custom Quality at no extra cost
- All photofinishing services available

SANTA BARBARA
 1229 State Street
 (In the Victoria Court)
 (805) 966-2269

One Hour
FROM MEX
 Photo Systems

HEY UCSB - SAVE 20%

Just Show Your Reg Card At

MURDOCHS

ON

The Latest From

DESSANT A Introducing

For men & N ALITTA

Women D For Women

Plus Spenco & Lycra Gloves!



AND

Choose From 6 Brands of

Shoes

MURDOCHS

430 S. Fairview - Goleta

967-0967

Let's Go Jogging!

Have you put on the Freshman ten, or perhaps the Senior thirty? Do you lay awake at night nervously worrying about the state of the economy? Does it take a hydraulic lift to get you out of bed in the morning? If you answered yes to any of these questions, running may be the answer for you. Running is a great way to burn off tension, calories, and fatigue in addition to just getting you out of the library and into the sunshine. The UCSB campus is the perfect environment for the exercise-oriented individual. The mild climate makes physical fitness a possibility even during the winter and also means that the dreaded "Bikini Season" exists year round. The beauty of the Santa Barbara area makes running a simple and pleasurable way to blow off some steam while getting in shape. Many levels of runs can be mapped out on and around the campus.

The UCSB lagoon offers a scenic loop for the campus jogger or runner. An easy 1.5 mile jaunt can be taken by following the service road that circles the lagoon. Dirt paths break off and meander

John Brennard of the Santa Barbara Athletic Association has marked out an accurate 10,000 meter (6.2 mile) and a 5,000 meter (3.1 mile) course along the bike path that leads to Turnpike Avenue. The start of each is marked out at the southwest end of the Goleta Beach parking lot.

The western side of campus offers a loop which travels past "Sands" beach. This El Colegio/Devereaux circuit consists of four miles of ocean views and I.V. streets. You may want to plan the Del Playa stretch for the beginning of your run when you still have the energy to smile and wave at everyone that you know. Or perhaps you'll want to save that last kick for an impressive sprint at the end of your run.

If you want to get out of I.V., East Beach offers an obstacle course-oriented run for the truly brave jogger. If you can evade the artists, rollerskaters, and bicyclists you can experience a beautiful run along the palm-lined beach. If solitary runs bore you, this is the place to go; maybe you will bump into someone interesting.



GREG WONG/Nexus



MITCH VICINO/Nexus

along the cliffs, offering a great view of the ocean and some magnificent sunsets.

The more advanced runners may want to make their way down to Goleta Pier. This three mile trek begins with a downhill path at the east entrance of campus and proceeds along to the pier. That hill which was such a delight to breeze down becomes a bit less delightful on the return back up to campus. Of course, the less-than-hard-core jogger might consider punctuating the run with a happy hour at Scotch and Sirloin, which could make even that hill look like a good time.

For the experienced runner, Old San Marcos Road offers a challenge. The climb is four miles nearly straight up to the New San Marcos Pass Road. If you survive the run, the view is fantastic. The top of the mountain overlooks the entire coastline from the campus to the city. One of the best things about the top of the road is that it is all downhill from there.

So, the next time the library gives you ulcers and you notice cellulite collecting on your ankles, consider going for a jog. The ocean air is guaranteed to clear out the cobwebs and get the blood moving again.

Diving...

(Continued from pg. 4A) renting or borrowing the equipment you need. Whether you rent or buy your equipment, it is important that you have a qualified person helping you so you can be assured of proper fitting gear.

Once you have got the necessary equipment, the next step is to take classes and learn the proper way to dive. Classes are available here on campus through the Leisure Arts Department. In addition to this, Diver's Den and Underwater Sports are dive schools in Santa Barbara that offer recognized certification. There are several different kinds of certifications you can get, depending on what level of diving you want.

If you simply want to have some fun, get out there and learn the basics of scuba diving. Once you learn those, you can dive with a friend or check into some of the tours that are available. What sounds better than breaking away from those physics books and plunging into the clear, cool ocean. Erin Finn, a student at UCSB, has been diving for almost a year and says "it's kind of a rush when you jump down off the boat. It's like a whole underwater forest."

So get out there and try it. Scuba diving is refreshing and invigorating. There is a whole new universe to be discovered, so take a dive and explore the world that waits for you.

TOO MANY POUNDS TO PLAY AROUND

at your favorite sport?

We'll help you lose those extra pounds, then we'll show you how to keep them off, permanently.

Call us today for a free, introductory consultation.

Spring Sports SPECIAL

15% Discount

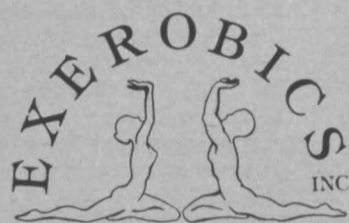
for students!
mc/visa acceptable!

683-3767



The last weight-loss program you'll ever need!

© 1983 Diet Center, Inc.



Aerobic Exercise Classes

- ★ Beginning
 - ★ Intermediate
 - ★ Advanced Classes
- We offer classes 7 days a week



Phone 683-2022

147 N. Fairview

Fairview Center

UPPER LIMITS has fine outdoor equipment and clothing for the adventurer in all of us.

more than a mountain shop



IN SANTA BARBARA:

1114 STATE STREET in La Arcada Court 966-1666
HOURS: 10-6 MONDAY - SATURDAY; 12-4 SUNDAY

IN GOLETA:

5783 CALLE REAL in the Calle Real Shopping Center 967-0476
HOURS: 10-6 MON - WED; 10-8 THURS & FRI; 10-6 SAT

Bulletin Board

By Debby Churchill

Here is a brief bulletin board of upcoming sporting events for the adventurous sport enthusiast and the not-so-adventurous spectator:

WHALE WATCHING

From Santa Barbara harbor on the Condor. Two and a half hours in length, runs daily 9 a.m., noon and 3 p.m. during February, March and April. The price is \$12.50/adult and \$8/child. Special rates for groups up to 125. Call Sea Landing at (805) 963-3564.

1984 EXAMINER BAY TO BREAKERS

Sunday, May 20, 8 a.m.. Entry fee is \$8, payable to Examiner Charities, Inc.. Mail to: Examiner Bay to Breakers, P.O. Box 42000, San Francisco, Ca 94142. The run is 7.5 miles long and extends up and down the steep hills of San Francisco. Deadline for registration is May 1.

SANTA BARBARA CITY COLLEGE INTRAMURALS 10K

Saturday, April 28 at 9 a.m. at La Playa Stadium, Santa Barbara City College. Pre-entry fee is \$3 (\$2 students) and on race day \$4 (\$3 students). Prizes will be randomly awarded to finishers. Mail money to: SBCC Intramurals 10K, 721 Cliff Drive, Santa Barbara, Ca 93109.

U.S. OLYMPIANS LAS VEGAS TRIATHLON

\$50,000 prize money. The triathlon is Saturday June 16, 1984 and will be a one

mile swim in Lake Mead, a 36 mile bike ride into Las Vegas and an eight mile run. Entry fee is \$50; \$75 for relay. Deadline is June 1. Mail checks to: U.S. Olympians Las Vegas Triathlon Inc., 101 Convention Center Drive, Suite 1200, Las Vegas, NV 89109.

COLORADO BICYCLE TOURS

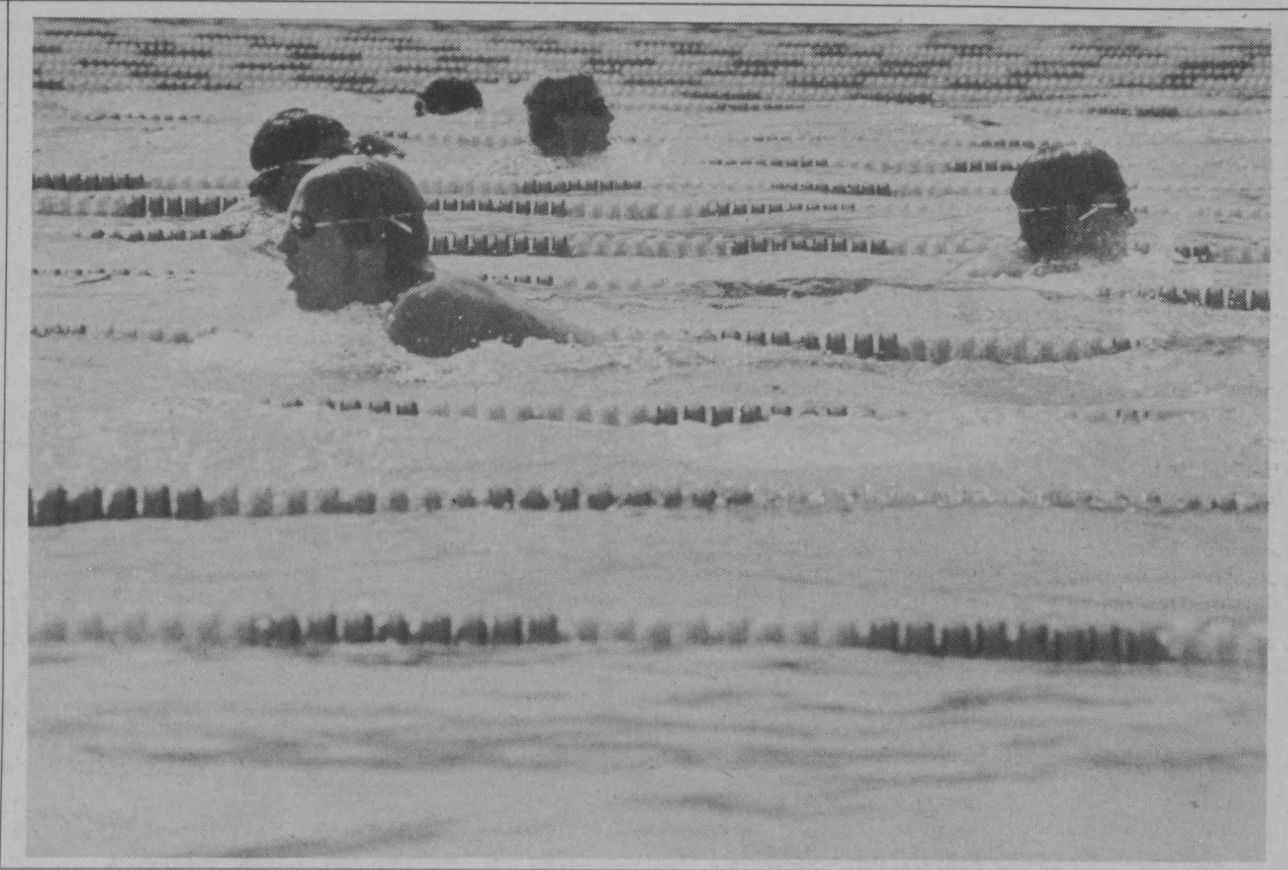
June 24-29
June 29-July 2
July 8-14
July 15-21
July 27-29
July 29-Aug. 3
Aug. 5-11
Aug. 19-25
Aug. 26-31
Aug. 31-Sept. 3
Sept. 7-9
Sept. 28-30

Gold Rush Tour
Vail Pass Tour
Central Colorado Tour
San Juan Tour
Fat Tire Fever Weekend
Boulder Foothills Tour
Middle Park Tour
Central Colorado Tour
Gold Rush Tour
Vail Pass Tour
Fat Tire Fever Weekend
Fat Tire Fever Weekend

For more information write to: Colorado Bicycle Tours, P.O. Box 45, Pitkin, Colorado 81241.

HIKE/CLIMB/RUN THE SWISS ALPS

August 14-30, 1984. Climb the Eiger's West Ridge and the Matterhorn 14,600 feet; Hike amongst glaciers and alpine pastures to High Mountain Huts; run the Lauterbrunn Valley.



GREG WONG/Nexus

Escorted by Kevin Young. For more information, come to Action Arena Sporting Goods in I.V.

THE SECOND ANNUAL MAMMOTH SAIL AND SKI OPEN

June 1,2,3 1984. June 1 — sailboard race; June 2 — Catamarans; June 3 — dual slalom race. Held at Mammoth Lakes, Ca.. Deadline for pre-registration is May 24, 1984. Cost is \$20/boardsailor, \$20/catamaran and \$30/board and catamaran and includes hor d'ouvres, wine, beer, t-shirts and lake entry fee. Make checks payable to: Hilton Bay Yacht Club, and mail to: Pam Murphy, P.O. Box 24, Mammoth Lakes, Ca.

AMERICAN CANCER SOCIETY'S SANTA BARBARA BIKE-A-THON

Sunday, May 20, 1984; registration at Tucker's Grove, 7 a.m. to 1 p.m. Help cycle out cancer. Prizes and trophies will be awarded for most miles ridden and to oldest and youngest participants. For more information, phone 963-1576.

UCSB MEN'S VOLLEYBALL

Last home game: Friday, April 20 against UCLA, 7:30 p.m. at the ECen.

GAUCHO BASEBALL HOME GAMES

April 20 — U.C. Irvine — 2:30 p.m.
April 28 — Pepperdine — 12 p.m. (2)
May 4 — Loyola Marymount — 2:30 p.m.
May 8 — Loyola Marymount — 2:30 p.m.
May 11 — Fullerton State — 2:30 p.m.

Sequoia...

(Continued from pg. 9A)

lunch, and enjoy the view of the Great Western Divide. After lunch drop down to Moose Lake and head for the southern ridge of the lake. Find the trail on the other side of the ridge; it is marked on the map. The trail will go southwest and cross another ridge, and you will be able to see Alta Meadows from the top of the ridge. Alta Meadows will be your next campsite.

The third day can be a very full one if you decide to take an early morning hike to the top of Alta Peak. On a clear day you can see the back side of Mt. Whitney. You will also see most of the loop trip from the top of Alta Peak.

The trail is easy to follow back to the car. When you get to Panther Gap you have to decide if you want to go back to the car or hike out through the "Grant Redwoods." If you choose the Sequoias you will have to hitch or hike back to the car on the roadway (it is only a couple of miles). I would take the trees, it is definitely worth it. Follow the trail to the congress group from Panther Gap. Look for the General Sherman Tree.

The trip can be done in three days, but a fourth day will give you a layover at Alta Meadows. Remember to write for permits in advance. (Write to: Sequoia Kings Canyon National Park, Three Rivers, Ca., 93271, 209-565-3341). You will need the Triple Divide Peak topographic map. It would be wise to treat all waters in the area and hang your food so you will not poison the bears. Plan on snowfields from Pear Lake to Moose Lake until late July. Bring your camera and lots of film; the views and sunsets are terrific.

GEAR UP!



WITH GOODS FOR THE ALL AMERICAN SPORT.

The Summer of 1982 is on. So if you're planning to run, dive, fish, water-ski, backpack, golf, shoot or swing, gear up now, and take advantage of All American Sporting Goods. The most complete sporting goods store on the coast.



1025 Chapala Street
Santa Barbara
965-0021

See The FOREIGN CAR SPECIALIST and "BMW"

Get the Job Done Right at UNIVERSITY AUTO HOUSE

PHONE: 968-9824

PHONE: 968-6927

924 EMBARCADERO DEL NORTE — ISLA VISTA —
Open: Monday thru Friday 8 am - 5 pm
CLOSED WEEKENDS