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Jitters on slopes not from cold feet, could be caused by inner obstacles

Jitters on the slopes may not be caused by lack of skiing expertise, it may all be in the mind, according to Bob Kriegel, co-author of the book "Inner Skiing."

Kriegel will lead a workshop Sunday from 9 to 4 at the Nebraska Center for Continuing Education in Lincoln. The theme will be psyching up for skiing.

"Inner Skiing," explains how a person may ski well one day, and rotten on the next. According to the book, most skiing mistakes are only a state of mind-inner obstacles.

At the workshop Kriegel will explain how to psych up for the slopes, provide experience and practice for overcoming fear, demonstrate new skills, such as relaxed concentration, non-judgmental awareness, centering, rhythm, balancing exercises and visualization.

Kriegel, who attended a human potential conference last April in Lincoln announced his book and offered to conduct a workshop in Lincoln as he is throughout the United States.

Kriegel is co-director of the inner ski training program for certified ski instructors, a training consultant for the Sun Valley Ski School and has contributed to leading ski magazines.

Larry Hammer, program coordinator with the department of conferences information, said response to the workshop has been good but he would like to see more registrants.

The registration fee is \$20 for adults and \$15 for students, the cost includes refreshments and lunch.

Funding revives Rape Crisis Center, continues services at least 10 months

Lincoln's Rape Crisis Center received at least ten more months of life Friday in the form of a \$8,126.50 federal grant, according to Curt Snoberger, director of the Region Two Crime Commission.

Regina Washburn, center coordinator, said the grant is only part of the amount requested to continue the center's services for rape victims and community education.

The grant is part of the funds allocated to the regional crime commission by the federal Law Enforcement Assistance Administration for use by local governments, Snoberger said.

Since the center is not a government agent, it applied for the grant under the sponsorship of the Lancaster County Board of Commissioners.

He said the Family Service Association, the center's parent agency, will provide the 21 percent of the center's budget remaining after federal and state dollars.

Snoberger said the grant is specified for one year of expenses starting Nov. 1, but because the grant fell short of the center's \$9,991 request, there is only enough to cover ten months.

The center will be able to apply for the grant for two consecutive years, with the percentage of government support decreasing 25 percent with each renewal.

Snoberger said the Region Two Crime Commission is working with the center for an additional \$1,864 from the State Crime Commission's special emphasis money. The special emphasis money and LEAA funds which are not allocated to any one region are kept at the state level, and would enable the center to operate the two months remaining after the grant for this year is used up.

Washburn said she started applying for grants for the center over a year ago and still is working on obtaining permanent funding to support the center after it is ineligible for the LEAA money.

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Lone women, need an escort?

An escort service for women living in Cather-Pound-Neihardt Residential Complex is being planned for next semester.

Members of the Julius Senate, the Cather-Pound governing body, are organizing the escort service for women who do not want to walk across campus alone at night.

Julius President Bob Bauer said a person would be assigned to the front desk of Pound Hall to answer phone requests for the service. He said a volunteer escort, carrying an identifying token, would meet the woman he is to escort at the Pound

desk.

Bauer said the service would be restricted to destinations on city campus. Whether escorts will be available off-campus depends on the volunteers, he said. The service's hours have not been set.

Bauer said a similar service was offered two years ago at Cather-Pound-Neihardt and other residence halls offered it last year.

"It seems to have a lot of support as far as the Julius Senate goes," Bauer claimed. "And that's a pretty good indication of the complex residents as a whole."

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