

Exercise strengthens table muscle, bar grip

By Mike Sweeney

Recently I had the chance to visit with the recipient of the university's only non-athletic scholarship.

He was sitting on a bar stool, spindly legs tucked under a watermelon-like belly. His hair was uncombed; his eyes baggy. He looked as if he might give birth at any moment.

A glass of ice with a quarter-inch of

orange residue was in front of him. Apparently his tequila sun had risen and set.

I had been sitting beside him for several moments before he noticed me. Then he focused his eyes and spoke.

"Do you know who I am?" he said, breathing noxious fumes into my face.

Gad, what hot breath. I mumbled something inaudible. The man obviously was visiting earth on a visa.

"I am Hugo T. Steinsludge, a non-athlete. I got a scholarship and everything."

"You're not so special," I said. "Lots of people go to school on academic scholarships."

"That's not what I meant. The school is paying me to be a non-athlete," he said.

I started looking for Allen Funt, (you know the candid camera man). I thought, I'm on film, right? Sure, that's it. I'll play along.

"WHAT IS a non-athlete?" I inquired.

"He lives like a king. He spends all his time eating, drinking and watching 'Hogan's Heroes' reruns. And he never exercises. He is me," Steinsludge bowed slightly, nearly toppling from his stool.

"Tequila," he said, banging his fist on the bar. A barmaid brought a new glass. "But why does the university pay you to do all this," I asked.

"So I can compete against other Big Eight schools in the annual Non-athlete Bowl. We get together to see who is the most out of shape."

"How do you determine that?"

"We run a lot of events. Ten-meter run-walk, beer bottle shot put, innertube float-athon and bed-to-bathroom crawl. Then there's the sleep marathon. Everyone tries to stay in bed as long as they can while officials give wake-up calls, pound on the door and scream 'fire drill' in seven languages."

"What is so difficult about staying in bed?"

"We all drink a case of beer before we get in. It's an endurance test."

"Oh."

"The bed marathon is my favorite event."

"Why is that?"

"I PREFER lying down to standing up," Steinsludge said. "Most of man's injuries occur while he is either standing or sitting, you know. So I lie around a lot. Some of my most exciting times have come while I am in the prone position."

"I'll bet. But haven't you ever exercised? Skied? Played putt-putt golf?"

"Never," he said. "Like I say, you can get hurt pretty badly. Taking time off from serious thinking to exercise can impair your mental powers," he said, chugging his tequila. "Jogging tires you out and makes you sweat. Golf balls may be fatal if swallowed. Tennis ball cans can cut your fingers. Basketball and football require big muscles. And swimming gets you wet."

"Swimming makes . . . ?" I said, jaw somewhat open.

"It makes you wet. Horrible. And besides, you might lose 50 pounds through exercise. If I lost 50 pounds, where would it go? It would be homeless, all alone to face Nebraska winters. I prefer to emulate our friend, the slug."

STEINSLUDGE drew himself up to his full 5-foot-5. He cleared his throat and folded his hands in reverence. Then he began:

"A perfect creature is the slug,

He doesn't care a bit.

He doesn't like to jog or swim,

He only likes to . . ."

"Stop," I cried.

" . . . Eat," he finished. "Here's to the slug," he added, raising his glass. But it was empty again.

"Yes, the slug knows how to eat and what to eat, unlike humans who insist on pumping themselves full of health foods. Give me a Twinkie and a beer any day."

"Did you ever try dieting?" I asked.

"I don't go in for those faddish horse-hair-and-seaweed pie diets. I prefer something more substantial, like the diet I'm on right now," he said.

"What do you eat?"

"I stay away from vegetables, fruits, processed foods, milk, cheese and ice cream."

"Now, what does that leave?"

The barmaid came with a new glass. "Tequila," he said.



Skates become 'big wheels' in exercise circles

By Kim Wilt

Roller skating is wheeling itself into this country's popular culture and exercise routine.

The impact of the sport can be seen as it attempts to roll into the 1984 Olympics with the help of the United States Amateur Confederation of Roller Skating, which is headquartered in Lincoln.

Paula Damke, associate editor of Skate magazine, a publication for competitive skaters, said it is possible that the U.S. Olympic Committee will approve speed skating as an Olympic sport.

"We've had excellent feedback from the Olympic Committee," she said.

The sport was accepted into the Pan American Games and given Class A membership on the U.S. Olympic Committee. USAC/RS pledged \$1.8 million to the U.S. Olympic Committee through Olympiathon '79, she added.

Although there are several types of skating, only speed skating will be considered for the Olympics, Damke said, because the committee does not want to add a sport that requires judging.

For those who skate for pleasure instead of an elusive gold medal, Lincoln has two inside roller skating rinks—Arena Roller Skating Center, 300 N. 48, and Holiday Skating Center, 5601 S. 56 St. For outdoor skaters who

want to rent skates, there is Rollover, Inc., at 14th and P streets.

Damke said approximately 1,650 rink operators in the United States and 11 foreign countries belong to another rollerskating association—the Roller Skating Rink Operators' Association. This group is also headquartered in Lincoln.

More and more people are entering the roller skating business, according to Damke. She attributed the growth to increased awareness of the sport.

"It's not a fad," she said. "Our members have ability and have done well. Roller skating is the most healthy sport for all age groups. We have programs and teaching for all ages."

She cited a National Family Opinion, Inc. survey which showed over 28 million Americans roller skated indoors during 1978. Of these, 73 percent were under 18 and 27 percent were 19 and over.

Damke said the number of families going to skating rinks is increasing as is the number of young people. Many rink operators are responding by using disco music and installing disco lighting systems.

A 1978 Gallup Poll showed 52 percent of all teenagers actively participated in roller skating. The survey showed 55 percent of the girls participated, compared to 48 percent of the boys.

A PAMPHLET published by the RSROA cites medical experts who say roller skating can help a person develop a healthier heart and lungs. According to one doctor quoted in the pamphlet, roller skating has the same benefits as jogging, with less strain.

A nurse at Lincoln General Hospital agreed.

"It helps your circulation and your cardiovascular system," he said. "It would force you to take in more oxygen to oxygenate the blood. Your lungs expand, because you're taking deeper breaths." In addition, he said, the sport is good for skaters' legs, similar to jogging or bicycle riding.

Most skating-related injuries involve the knees he said. In addition, skaters may suffer scrapes, bruises and torn ligaments.

A study from Medical Times rated rollerskating as fourth overall in a list of 14 physical activities. It ranks behind jogging, bicycling and swimming.

Roller skating received especially high marks for promotion of balance, cardiorespiratory and muscular endurance and weight control.

According to a doctor quoted in the pamphlet, roller skating also rates as an aerobic exercise because it relies on continual movement to develop the cardiovascular system, rather than a series of quick exercises.