

UPC hopes to make up deficit by next semester

By Jim Williams

The Union Program Council (UPC) will begin surveying student opinions in about two weeks in hopes of solving UPC financial problems, council officials said.

Program manager Gary Gilger said the council already has spent most of its \$40,000 student fee allocation, and has a deficit of about \$5,000.

Gilger said the council had expected to be in the black at this time, but that profits from the Fleetwood Mac and Crosby, Stills and Nash concerts had to be spent to cover losses in other programs.

Gilger gave the foreign film program, Comedy Week, and the Jose Feliciano concert as examples of programs that did not bring in as much money as expected. He said the film program lost \$5,000 to \$7,000 because ticket sales were about

half of last year's. While the Feliciano and comedy programs stayed within their budgets, they were not as profitable as the council had hoped, he said.

Gilger said it is hard to tell exactly how much UPC is in the red, because the university is slow in sending out bills. But he said that the council's deficit is no problem as long as second semester programs make enough money to meet it.

UPC president Shari Patrick said the council has plans to make sure the deficit

is paid. She said UPC has been restructured to control expenses more tightly.

Patrick said the council also would seek permission from the Fee Allocation Board to spend less for second semester events like Winter Walpurgisnacht.

Patrick said other schools have had attendance problems at events. She said tight entertainment budgets and student apathy might be the cause.

"I'm not so down on the student body, except that they won't buy a ticket unless you walk up and show it to them," she

said.

Patrick said lack of fee support was another problem. She said the Fee Allocation Board encouraged UPC to reduce its fee request this year. For example, she said UNL's city and east campus unions together receive about \$55,000 in fee money, while UNO gets \$75,000.

Patrick said that because most of this year's fee money is gone, second semester programs will have to support themselves. She said the market survey is intended to help plan programs students want.

arts & entertainment

Vargas favored to rack up win

By Rex Henderson

It may have looked like they were playing pool in the Nebraska Union Sunday evening, but the name of the game was "Beat Vargas."

Richard Vargas, the top seeded player in this year's UNL billiards championship and a three-time winner in the tournament, was the obvious man to beat.

Particularly intent on beating Vargas was Bob Gebler, a UNL junior who has finished second to Vargas two consecutive years.

Gebler has been playing pool for about five years, and for the past year has been practicing seven hours a week with only one thing in mind: winning this year. Gebler admits that Vargas is the best pool player on campus, but with the help of little luck Gebler said he still can win.

Two years ago Vargas beat Gebler by more than 30 balls in a game to 75. Last year Vargas came from a 10-ball deficit to win a closer game. Gebler is hoping the trend in his favor continues.

Hours of practice

Gebler, who is an outfielder on the UNL baseball team, says Vargas spends more hours a day on a pool table and has been playing longer.

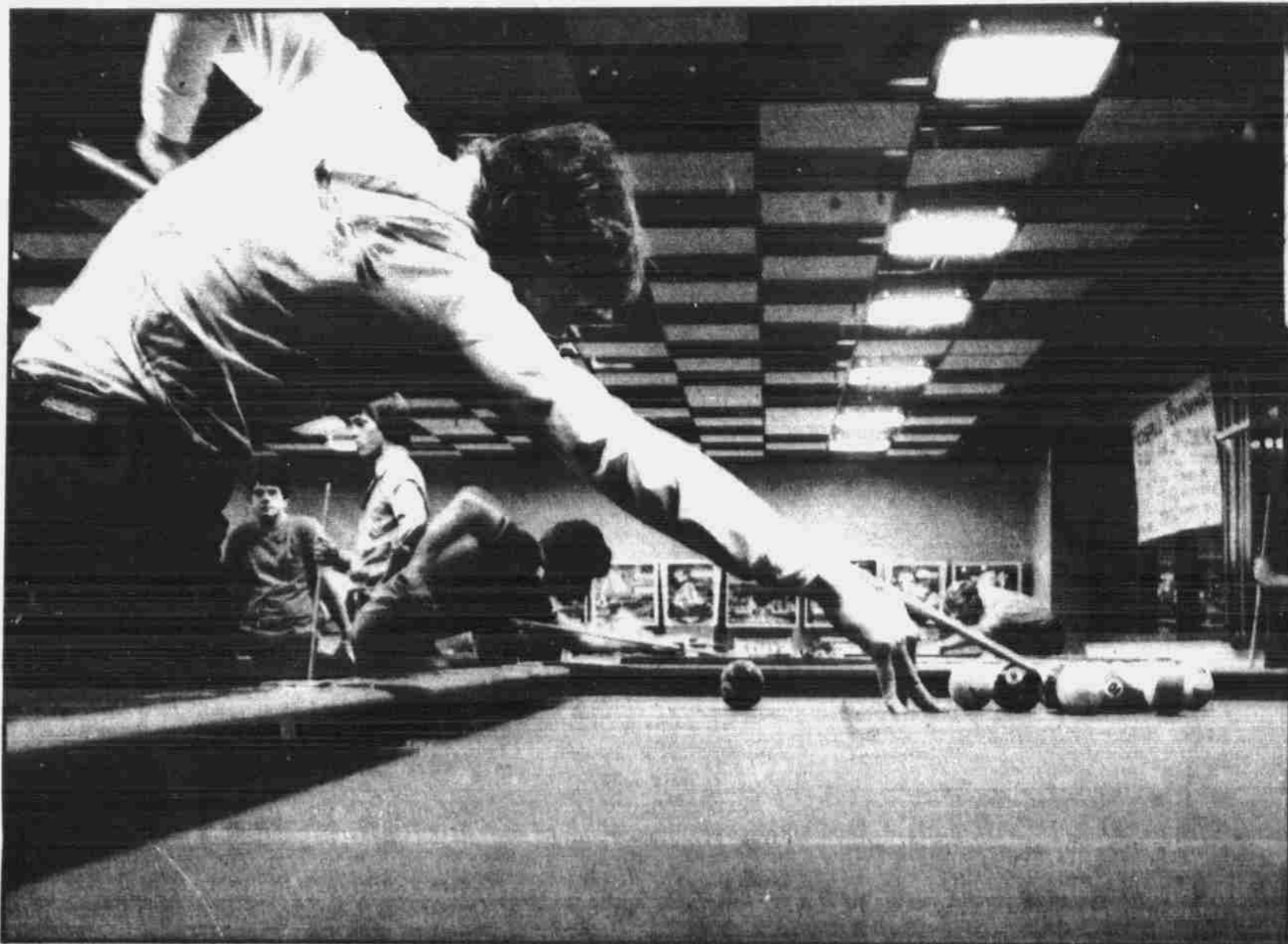
"It shows," Gebler said, because Vargas is one of the most consistent players he has seen.

Dennis Muhs, Gebler's practice partner and the third seeded player in the tournament, concurs.

Vargas has won three consecutive UNL championships, an Association of College Unions-International (ACUI) regional championship and placed eighth in the nationals on luck, Muhs said.

Vargas wouldn't make a flat prediction that he would win, but said the competition this year is no tougher than the past three.

If the competition is no tougher, there is more of it. This year's tournament attracted 18 men, the largest



Matt King tries his hand at 14.1 billiards in the UNL men's billiards championship, which is the same game played at professional billiard tournaments.

field ever for the tournament.

Women in tourney

Women also are in the tournament this year for the first time. Four entered the women's bracket.

Both men and women play 14.1 continuous pool, the men to 75, women to 35.

For the uninitiated in the world of pool, in 14.1 continuous pool, the players begin with the standard 15 balls on the table, shoot them down until there is

one ball left on the table.

The other 14 balls are racked and the players continue shooting, until one player reaches the winning score. Each shot must be called.

The winner of this year's tournament in both men's and women's brackets will go to the ACUI regional tournament at Kansas State University in Manhattan. The winner of that tournament advances to the national championship at Florida State University in Tallahassee.

Therapist: massage just one way to ease stress

By Kathy Foreman

About 50 persons gathered in the Schramm Residence Hall lounge Thursday to learn how to get "rubbed the right way." In a health-aid-sponsored program, UNL physical therapist and athletic trainer Dennis Sealey told the group how to recognize stress-caused muscle aches and counseled them on methods to relieve the pain. One of those methods was massage.

Sealey told the group how to recognize the difference between muscle ache caused by injury and aches caused by stress. Injury, involving muscle strains or sprains should be treated with ice, according to Sealey. Stress-related aches are best relieved by moist heat, he said.

The stiffness and soreness of muscles, especially in the back and neck, are common in the weeks preceding and during finals, Sealey said. Some body tension is normal and necessary to hold the body erect. However, when a student is caught in "a conflict of situations" more impulses than normal are relayed to the brain, resulting in a type of muscle spasm, Sealey said.

He went on to say that treatment can lessen and temporarily relieve tension but, the key to treating stress caused pain is finding the emotional problem behind the pain and eliminating it.

For many UNL students, the cause of tension this time of year is final exams and therefore the source of emotional pain cannot be removed. Sealey made these recommendations to students:

"During the season before and during finals the best thing you can do is get

plenty of rest and exercise." Sealey said exercise has the beneficial effect of increasing circulation.

If these preventative measures do not succeed in warding off tension, Sealey suggested that stiff muscles can benefit from a warm bath or shower. Most tension-caused muscle spasms result in slowing circulation in and around the muscle. Increased circulation caused by moist heat or stretching relieves any pain in most cases.

Sealey warned that the maximum therapeutic effect of hot baths and showers lasts up to 20 minutes. Any lingering after 20 minutes cannot further help relieve pain and, since heat is a sedative, may result in fatigue.

Sealey defined massage as, "the scientific and systematic manipulation of soft body tissues." He explained that massage is a professional area and that improper technique or method can be more harmful than helpful. The therapist said massage, when properly used, is an excellent means of increasing circulation by moving the blood flow and lymph through rubbing action. Sealey said massage will be practiced by nonprofessionals regardless of his warning, he gave these tips:

Always stroke toward the heart with as much surface of the hand contact as possible.

Pressure should be firm and applied with the palm of the hand.

At least one hand should be kept in contact with the body at all times during the massage.

The athletic trainer also suggested stroking and kneading motions be used during

the massage and that the rub last no longer than 10 minutes.

Sealey said that a lotion or powder to help the hand slide over the body is a good idea for a massage. Professionally, Sealey recommended baby powder since it allows sliding but can also create mild friction between the hand and body. He said, however, any lotion may be used.

In response to audience questions, Sealey gave a brief explanation of the massage techniques for neck and back rubs.

"For a back massage, start at the base of the spine and place your hands on either side of the spine. Move toward the neck, then fan down the muscle on top of the shoulder. Next, slide back down the body to the starting position," he said.

For a neck massage, Sealey recommended that the person being massaged have a rolled towel under his forehead and a pillow under his chest. These measures allow the neck to be tipped, for easier access, and allow the subject to breathe easier.

The therapist trainer explained that any touching of the body has some thera-

peutic value.

"In the profession we call it 'the laying on of the hands,'" he explained. "It relays trust."

Gallery Theatre auditions today

Auditions for the next Gallery Theatre production will be today and Tuesday at the Lincoln Community Playhouse. Playhouse administrative assistant Carol McVey said the auditions will be at 7 p.m. both days for the play, *The Wager* by Mark Medhoff.

The Wager is a two-act drama with roles for three men and one woman. McVey said persons who want to audition need not prepare any speeches for the try-outs because they will read from the script.

Medhoff's most well-known play, *When Ya' Coming Back, Red Ryder?*, was produced by the UNL theatre dept. last spring.

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