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UNL professor: Dance is total body conditioner

Dance is everything to Dee Hughes. "Dance is my recreation. It's my vocation, my joy; it's life for me," said Hughes, an assistant UNL dance professor. Hughes' dance training includes past attendance at dance workshops across the country. In college, she danced in road shows and musicals.

But Hughes wanted to teach dance. "My desire was not geared toward performance," she said. "I was always interested in dance education."

She has been educating students at UNL for 25 years, she said, and hopes to teach for many more.

Teaching dance classes in the day and participating in group dances Wednesday and Friday nights keeps her busy. Where does she get her energy?

"It's a part of my being. I've always had energy," she said.

But dancing requires more than energy. Dancers must be in good shape, she said.

Though dance builds strength and en-

durance, people must have some stamina before they start to dance, she said.

Injuries are common if a dancer doesn't have endurance, she added.

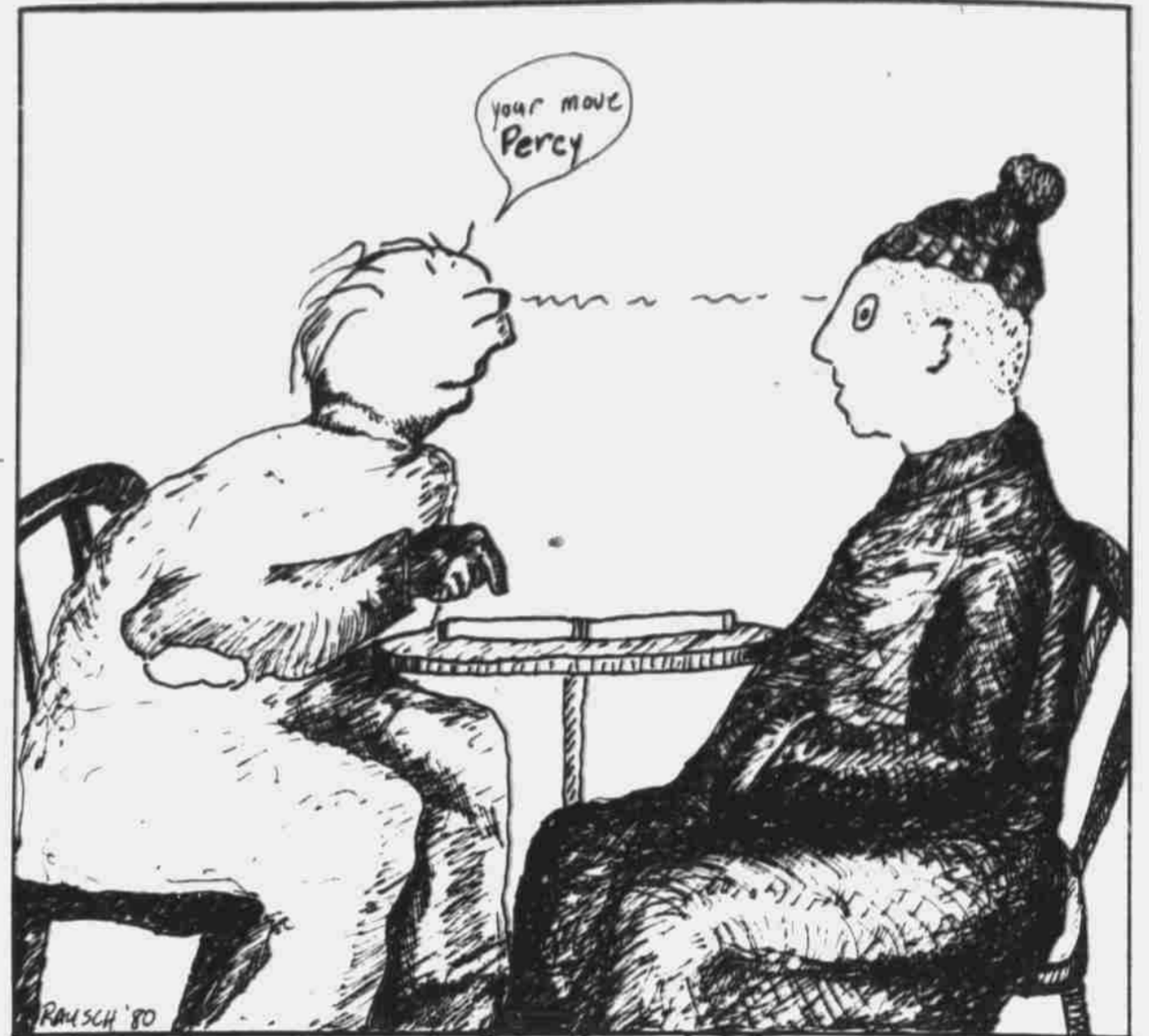
Despite the possibility of injuries, Hughes said, dancing is the best kind of exercise. It is a total body conditioner.

"Dance has become very strong in the last 10 years," Hughes said, adding that more people are becoming interested in dance.

What dance is popular depends on the music that is popular and the area where people live, she said. Popular dances on the coast may not be popular here, she said.

Polka is popular in Nebraska because there are many German and Czech people, she said.

But popular dance depends on an individual's choice more than anything else, she said, because different people like different dances.



Busy officials work, play; leisure time pursuits vary

By Mary Jo Pitzl

Ask 10 university, state and city officials what they do in their leisure time and the common denominator underlying their responses is "what leisure time?"

Almost everyone contacted conceded that their spare time was limited, thereby curtailing their activities.

"I have very little leisure time," said State Sen. Ernie Chambers of Omaha. His work at the Legislature, a fulltime job in his Omaha barbershop and listening to constituents' problems makes spare time almost non-existent, Chambers said. However, when some time does open up, Chambers said he likes to lift weights.

Sports fill a lot of City Council member Donna Frohardt's time. Her sports interests range from downhill skiing and sledding in the winter to sailing and swimming in the summer.

Time and finances limit a lot of her ambitions, Frohardt said, so she fills her free time in Lincoln with activities that do not require travel.

Moving details

Travel has affected a lot of Jane Baack's leisure activities, but not a wanderlust-inspired travel. The assistant to the dean of students said she and her family will move to California in May, so a lot of her spare time is absorbed with selling their home

and other moving preparations.

Work on her doctoral dissertation requires at least two hours per day, Baack said, "so if I have any leisure time my doctoral supervisor wouldn't want to know about it."

She listed tennis, reading and family-related projects as prime spare-time fillers.

Academic pursuits also demand a lot of Suzanne Brown's leisure time.

Brown, assistant to the vice chancellor for student affairs, said course work for her Ph.D. in education consumes a lot of her free time. Brown explained that she tries to take six credit hours of graduate work per semester, but this semester she was forced to cut back to three because of time constraints.

She said spending time with her husband and two children and reading fill the rest of her free time.

Brown's boss, Vice Chancellor for Student Affairs Richard Armstrong, said he does a lot of reading when out of the office.

"However I must confess a lot of it is related to my area of study—student advising and personnel," Armstrong said.

One night a week, Armstrong grades papers from students enrolled in a command and general staff course in the Army Reserve. A member of the reserve, Armstrong explained that he does the correcting and grading to maintain his active status.

Mind and body

Reading and weekly sports participation are principal leisure activities for City Council member Leo Scherer and Susan Welch, chairman of the Political Science Department.

Scherer said he tries to play handball about twice a week and enjoys reading and going to the horse races.

Welch said she has more time for sports during the summer, so her school-session free-time activities include reading and "home repair."

NU Board of Regents member Ed Schwartzkopf said he has no problem filling his free time.

"I don't have to sit around and wonder what to do with my time," Schwartzkopf said. "It's a great feeling to get out of bed in the morning and say 'clothes, let's go.'"

Among Schwartzkopf's activities when he is not doing regents' work or working as supervisor of the Lincoln Public Schools' career development program are serving on the boards of various community service projects and participating in spectator sports.

He also said he enjoys spending time working on his farm southwest of Lincoln, hunting and fishing.

State Sen. Dave Landis listed a plethora of free-time activities. Among the senator's diverse interests are reading poetry, acting in local theater productions, playing tennis, bridge and chess and listening to and performing music.

Landis said he plays on a baseball team composed of men five-feet nine-inches tall or less. The "No Reason to Live" team (inspired by Randy Newman's song "Short People") is far from conventional, according to Landis' description.

Mayor Helen Boosalis said her limited free time restricts her leisure activities to reading, relaxing and some housework. During the summer, she said she and her husband try to bike and play tennis, as time allows.

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