

GET OFF TO A GOOD START THIS SPRING...



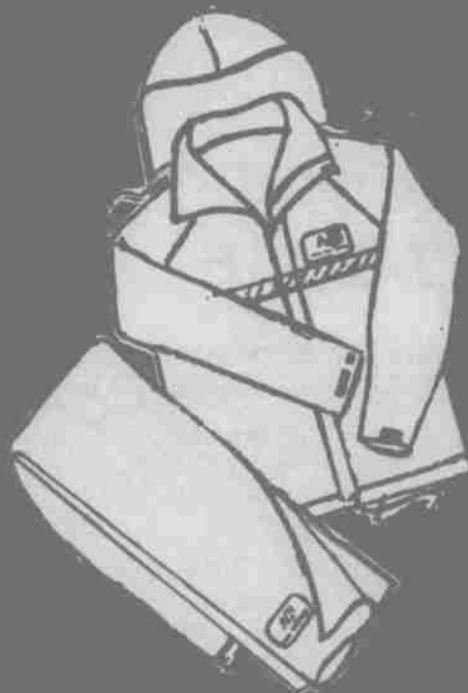
Jogging Shorts



Tank Tops



Running Outfits



Warm-up Suits

GET DOWN TO OLYMPIC VILLAGE

Centrum Plaza 2nd Level

Popular music...

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Heavy metal's giant popularity in the 1970s came to an abrupt halt in the early part of this decade when bands like Soft Cell and the Human League scored giant hits in 1982, in what was to be the opening trickle of the latest flood of British acts.

Synthesizers and danceable music were in and have held on to remain as one of today's driving musical forces.

"Dance music is moving like crazy," said KXSS radio's music director, Dean Lambert.

Lambert said anything with a "discoish" tinge is going to do well in any market.

Bands like Culture Club, Thompson Twins and

Eurythmics are the front-line generals in the second British Invasion. Again, the music is danceable and heavily programmed with electronic keyboards. And with the popularity of such acts, the limelight has spilled over to include black american artists like Jackson, Lionel Richie and Shannon. While this music features a bit more of an accoustic angle, the upbeat dance quality still is evident.

The latest in the list of "sure things" happens to be anything that comes as part of a soundtrack package. Thanks in great part to last year's "Flashdance," this year's big movie package thus far is another dance-oriented story with dance oriented music.

"Footloose' is a monster," said Rod Ferguson of Pickles' Records and Tapes.

Kenny Loggins, Bonnie Tyler and Shalamar lead a host of other various artists who appear here to make this record a big chart mover, while "Against All Odds" and a soon-to-be-released picture titled "Up the Creek" will be waiting to take over where "Footloose" leaves off.

While each of these four genres have a very distinctive place in what we're listening to and buying these days, it is undeniable that Jackson is the hottest act to don a pair of shades. It's interesting to note that this month's phenomenon has covered each of the above-mentioned categories.

Jackson incorporated Eddy Van Halen's blistering licks on "Beat It," has had dance smashes with everything on his unstoppable album (30 million sales and still going) and even won a Grammy last month for his work on a vinyl adaptation of Steven Spielberg's cinematic classic "E.T."

But what's the next "big thing" going to be? Right now, acts like Cindi Lauper and Tracy Ullman are making people look back to the girl groups of the 1960s. But, on the other hand it was about this time last year that three Long Island boys had us all excited about DA haircuts and stand up basses. And we all know how long that lasted.

Bands like the Alarm, U2 and Big Country no doubt have their own firm grip on the situation with their brand of hard-driving "message music" with clones patiently waiting in the wings.

Computers...

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"Most college students aren't ready to dish out that kind of money," Hartman said.

When shopping for a computer, Hartman said, people should know exactly what they want the computer to do — word processing, writing, statistics, and other such functions.

Second, Hartman said, people should know the price range they can spend in so they get the most for their money. Computer costs can range from \$400 to \$10,000, he said.

Third, buyers should look at the company's service department, whether computers are sent away for repair work and if they are, who pays shipping charges. Also, they should ask if the buyer gets a loaner computer while his is being repaired, he said.

Another consideration is the reliability of the corporation and the computer, Hartman said.

"Find out whether the firm is respectable or just out to make a quick buck," Hartman said.

Tans...

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UVA rays have the longest wavelengths, and therefore the least penetration. UVA beds are estimated by the FDA to be 50 to 75 percent safer than the sun, both Stroup and Schulz said.

All commercial UVB salons in Lincoln have gone out of business or were bought out by UVA interests, Stoup said. Some health clubs or spas, however, may be using UVB booths.

Both Taggart of Great Tan and Schulz of Tanspa said their beds have "super small" amounts of UVB rays mixed with UVA rays to bring out the melanin — the tanning agent — in the skin. Schulz said the controlled UVA-UVB mix is the best way to tan, but said all UVA beds are not alike.

"Some UVA beds have real high amounts of UVB rays or excessive amount of UVA rays," Schulz said.

When prospective tanners go in for their first session, salon managers explain the UVA system. Together, they discuss tanning ability and agree on a number of exposure minutes. The manager will explain the operations of the bed and will either start the machine or explain the use of a token-operated machine.

Then, the manager will leave the tanner in privacy. Tanners can wear as much or as little clothing as they wish. Usually music is provided or tanners can bring cassettes to listen to. Tanners should usually allow 24 hours between sessions so the malenin replaces itself in the skin.

"The important thing is to be informed so you can relax and enjoy your tan," Schulz said. "It's the easiest tan you'll ever have."

PRICES: Great Tan	10 minutes	\$2.50
	20 minutes	\$5.00
	30 minutes	\$7.50
Tanning Plus	1 session	\$4.95
	Year unlimited	\$200
European Tanspa	7-session pkg.	\$6.00
	10-session pkg.	\$5.00

Package prices and summer prices are usually lower than these suggested figures.

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