

# Get away . . .

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O.K., sponge-brain, you say, you just told me to reduce the stress in my freshman year. One way to do that is to get away from the causes of that stress. I mean really away — don't just go home. Go rock climbing, or canoeing, or bicycling, or backpacking, or skiing, or skin diving. Learn a new recreational skill. I will guarantee that the furthest thing from your mind as you cling with white-knuckled fingers to a rock wall 60 feet high, is how well you did on your last PE 132 underwater basket weaving test.

Actually, rock climbing with campus recreation is safer than biking to class. However, no one can deny that adrenaline rush that starts at the bottom of a climb and peaks after you've solved the problem the rock offers and pulled yourself over the top. It beats the wonderful world of calculus any day.

A sometimes more sedentary, but no less stress-reducing activity is canoeing. Paddling quietly down the Dismal or Niobrara — where the only sound is the soft slap of water against your canoe and the burbling of your canoe partner — drip drying from the last dump in the river.

Canoeing is one activity I've found that really allows you to get to know

another person, your partner. It's an ideal activity for new roommates or friends to get to know one another and relax and have fun at the same time. And if you've become addicted to that adrenaline fix from rock climbing, sign up for a whitewater canoeing trip.

If you're really serious about getting away, you can escape the entire country by going on one of the Mexico or Ecuador trips. Not only do you learn new skills and meet new people, but you come to appreciate other cultures and other perspectives in this world where understanding one another may be the only way to survive.

Why am I pushing the campus recreation outdoor trips like a door to door appliance salesman? They don't slice, dice, or cut julienne fries, but in the five years I've worked at campus recreation there's been more juniors and seniors than I can count (more than 10 anyway) that go on a trip and exclaim afterwards, "I wish I'd known about these earlier."

Far be it from me to suggest that you let outdoor trips interfere with your classwork or other obligations; but when the pressures pile up till you're about to explode, and going home just isn't going to cut it — get the heck out of town, the state, or even the country.

## Recreation awaits just a walk away

By Lori Griffin

A physical fitness craze has swept the country and UNL is no exception. Stan Campbell, director of recreation, said UNL can help students get in shape.

There are a number of recreation buildings located on both the City and East campuses.

The four City Campus recreation buildings include Mabel Lee Hall, Schulte Fieldhouse, the Coliseum, Cather-Pound-Heihardt halls and the Men's Physical Education building, Campbell said.

Mabel Lee Hall offers two gyms. Gym 301 has basketball priority and Gym 313 has volleyball priority, Campbell said. The Men's P.E. Building offers three basketball courts.

The Coliseum is equipped for many different activities. There are wrestling mats, a swimming pool, basketball courts and a weightroom, he said.

Schulte Fieldhouse, at the north end of Memorial Stadium, has nine basketball courts, used by reservation only. An indoor jogging track known as "Mushroom Gardens" is also housed in the basement of the fieldhouse, Campbell said. It is open December through April.

Residence halls also offer some recreational facilities. Harper-Schramm-Smith halls offer 10 tennis courts and three putting greens. Cather-Pound-Neihardt offers eight tennis courts, three racquetball courts, horseshoe pits and volleyball and basketball courts. There are also intramural fields located near Harper-Schramm-Smith, Cather-Pound-Neihardt and Abel-Sandoz halls.

East Campus recreational facilities are located in the East Campus Activities Building. The hours are Monday through Friday, noon to 1 p.m. and 5 p.m. to 10 p.m. It is open from 1 p.m. to 5 p.m. on weekends. Included in the activity building are a weightroom, tennis courts, racquetball courts and softball and soccer fields. In the winter the basketball area doubles as an ice skating rink if it can hold water, Campbell said.

Nine percent of all student fees goes to the recreational facilities. Last year that totaled \$8.15 per student.

Another big part of the recreational facilities at UNL is their intramural program, Campbell said.

"Many people join intramural teams because they want to keep their activity level up," Campbell said. "There is a high awareness level to the benefits of being physically, mentally and emotionally fit and we feel this is why our facilities are in use a lot. We feel that this is very positive."

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IN THE CENTRUM



## Independent Study

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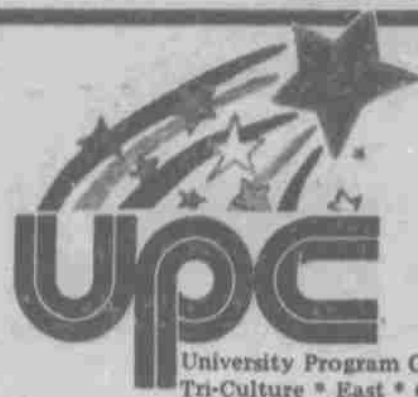
\* When you need flexible study hours . . .

. . . independent study is an alternative. The University of Nebraska-Lincoln Division of Continuing Studies offers over 75 college courses. For information, visit room 269 in the Nebraska Center for Continuing Education, 33rd and Holdrege. Take the shuttle bus from city campus. Or call 472-1926.



UNL does not discriminate in its academic, admissions or employment programs and abides by all federal regulations pertaining to same.

An Alternative For You



The University Program Council (UPC) is a student organization dedicated to bringing a wide variety of programs to the University campus and community. Through working on the councils, every student can meet people, learn leadership skills and have fun.

### UPC TRI-CULTURE Room 236 - N. Union

**Black, Chicano and Native American Entertainment and Travel**

Coordinates programs for minority students, such as dances and concerts not readily available in Lincoln.

Also responsible for tours and trips.

**Black - Special Events:**  
Sponsors Black History Month and other Cultural Programs.

**Chicano Special Events:**  
Sponsors Chicano Awareness Days and other Cultural Programs.

**Native American Special Events:**  
Sponsors programs on Native American culture and heritage.

### UPC EAST Student Activities Suite - N. East Union

**Dances and Cornstock:**

Provides live musical events, such as Big First Dance and Cornstock, an outdoor concert.

**Kaleidoscope:**

An all encompassing committee for new and experimental programs including showcases.

**Main Events:**

Sponsor major entertainment festivals on East Campus such as Eastfest, Western Week, and Spring Break Trip.

**Sights and Sounds:**

Provide speakers, video tapes, films, and workshops for educational and entertainment purposes.

**Visual Arts:**

Provides art exhibits, Art Lending Library, demonstrating artists, and an Arts and Crafts Fair.

### UPC CITY Room 237 - N. Union

**American Films:**

Present a series of inexpensive popular and classical films.

**Arts:**

Provide art displays, craft shows, and the Art Lending Library.

**Concerts & Coffeehouses:**

Present local, regional, and national talent in concert.

**Foreign Films:**

Present contemporary international films.

**Free University:**

Provide mini-courses covering a wide range of topics.

**Model United Nations:**

Present a model of the UN, hypothetical contest, realistic method.

**Talks and Topics:**

Present local and national speakers.

**Walpurgisnacht:**

Hosts an all night festival of unusual events in January.

**Women's Resource Center:**

Coordinate activities relating to the changing roles of men and women.

**Special Events:**

Ski trips, Trivia Bowl, Beach Party and more.

**Publicity:**

Promote and implement publicity for UPC City programs.

**Video:**

Sponsor video concerts and afternoon video programming for the Nebraska Unions.

Don't leave yourself out of the action! Stop by or call and get involved in some of the biggest happenings at the University of Nebraska!

**Campus Activities and Programs Offices (CAP)**

EAST	CITY
Nebraska East Union Room 300 472-1780	Nebraska Union Room 200 472-2454

**Major Performing Arts:**

Provide opportunities for those interested in the performing arts, including ushering program selection, promotion, and residencies for the Kimball Performing Arts Series.

**Major Concerts Presentations Team:**

Assist in ticket sales, day of show production, and security for major concerts appearing in the Bob Devaney Sports Center.