

Rec Center operative

From staff reports

After five years of construction, the Campus Recreation Center opens in its entirety in July.

Most of the recreation center has been open since 1989, but the final phase that had been under construction is open for student use starting in July, said Stan Campbell, director of Campus Recreation.

This final phase, Campbell said, consisted of the remodeling of the NU Coliseum.

Campbell said when the recreation center opens, the new facilities will contain four basketball/volleyball courts, six badminton courts, men's and women's locker rooms—both with saunas, a fitness and aerobic room, a combative arts room and a child-care area.

The renovations also include new locker rooms and offices for intercollegiate volleyball and softball as well as an athletic training area for intercollegiate athletics, Campbell said.

Campbell said the summer opening will not be the official grand opening; the university will probably have an official dedication ceremony later in the fall.



Therese Goodlett/DN

Regan Kucera and Wayne Choat, both mechanized systems management majors, play racquetball in the Lee and Helene Sapp Recreation Center. The center provides equipment checkouts, a weight room, aerobics classes and racquetball courts.

Student Health and Accident Insurance

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There is an optional insurance policy available to all under-graduate or graduate students. This policy works in conjunction with your Health Center fees to provide the best medical care available at the most economical rate.

Premium rate for single coverage will be approx. \$375.00 for the 1992/93 school year. This premium is payable annually, semi-annually, or quarterly.

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Therese Goodlett/DN

The Sunken Gardens, 27th and Capitol Parkway offer visitors beauty and serenity. The garden is free to the public.

Imagination cures boredom

Andrea Kaser
Staff Reporter

Thinking of cheap things to do in Lincoln isn't so hard when you let that dusty, childhood imagination come up with some ideas.

For instance, remember the place you use to go to swing and slide and play in the sand? Not just your backyard, but your local park.

Lincoln has nearly 5,200 acres of parks with a lot more than just swings. From ice skating to sledding in the winter, to swimming and boating in the summer, parks are filled with things to do all year.

When spring fever hits, you'll find

many college students at parks suntanning or throwing Frisbees. And on the extensive bike paths that run through the city's parks, you'll find people bike riding, hiking and even roller blading.

When it snows, you can go sledding or cross country skiing in most of the larger parks. You can rent skis along with boots from Campus Recreation's Outdoor W.A.R.E. for \$4.

Pioneers Park, which is a half mile south of West Van Dorn and Coddington streets, has 227 acres of combined golf course and park. The park also has an amphitheater, called Pinewood Bowl, where various open-

air musical and theatrical events take place throughout the year.

Pioneers Park also contains the only sled ramp in the city. The ramp gives you extra speed for the ride to the bottom of its long hill, and the Parks and Recreation Department will keep the area lighted at night if there is enough snow on the ground.

The 555-acre Holmes Park Golf Course and Lake at 70th Street and Normal Boulevard has a marina with sailboats, paddleboats and canoes available to rent. The marina charges \$7 for the first hour of canoes and paddleboats and \$4 each additional

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