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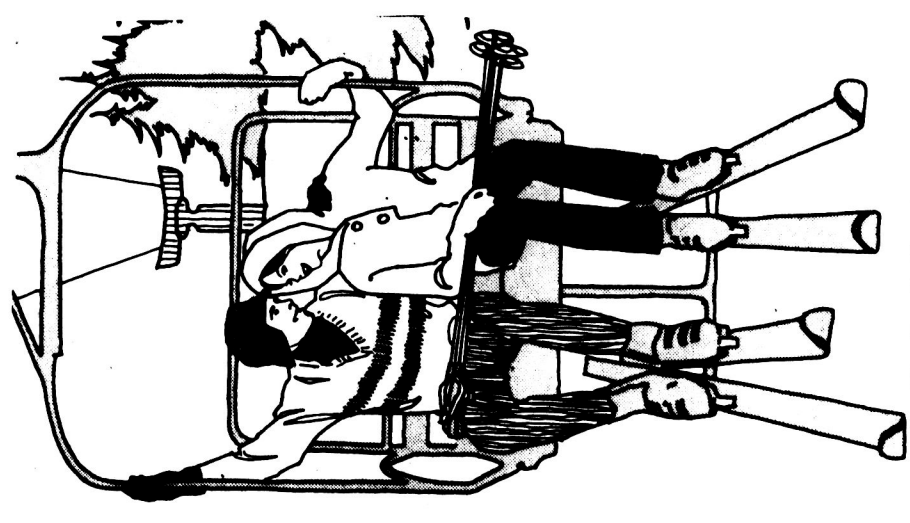
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# Winter depression: balm for the blues

"Oh, look at the snow! Isn't it beautiful?"  
No, it isn't. Being a pacifist, it's against my principles to hit anyone. However, it's going to take a great deal of willpower to refrain from bolting the next person who asks for the inchiest question: "Cold enough for you?"  
I HATE WINTER! Winter easy feelings don't exist in my book. I can't stand up on ice skates, and with disco skating



becoming the latest groovy craze. I'm in a hopeless situation. Watching hockey's out, 'cos I can't stand the sight of blood. It took 10 stitches to sew me up the last time I was on a snowmobile. My insurance agent recently warned me that my policy was to be canceled if I wrecked another car. I only wrecked them in winter.  
The worst part of winter is the mental depression that goes along with it. As soon as the Christmas decorations are tucked away in the attic, it's time to sit in front of the stereo, listen to Jim Morrison's most suicidal songs, read Sigurd Freud and moan. "Oh, how sad

it all is!" I'm still not exactly sure what "it" is, but it sure is tragic.  
Why, then, am I living in the Winter Wonderland state? I realize I should be in California chasing those cosmic waves with Brian Jan, Dean, Frankie and Amette, or sleeping in the Arizona deserts with Linda and Emmy Lou, getting peaceful easy feelings. I dunno. Perhaps I'm a masochist.

But there's still got to be some sort of refuge for me. My mother tells me to try going back to the church but I've been kinda disillusioned since I found out that nuns actually have bodies underneath their habits. Besides I was never much into that scene. When I was a kid, my parents had a religious picture in my room but my brother and I replaced it with pictures of The Beatles, Elvis and The Rolling Stones.  
Okay, I admit that the rock revolution is dead. After all, if it had been successful, we'd all be running around in the buff right now, eating lettuce and jumping in snowbanks.

Then there was the winter in junior high when my friends and I formed a rock band. Our repertoire included "Louie Louie," "Blue's Theme," "Just Like Me," "96 Tears" and "Dirty Water." In addition, our drummer could play "Wipe Out" without music. At our first and only gig, we played these numbers over and over again until someone remarked, "Now I know why it's called

"Dirty Water." We finally had to split due to ego clashes, the fact that our bassist couldn't learn the notes to "In-A-Gadda-Da-Vida," and the unfortunate circumstance that no one in the (continued on page 10)

## Club urges ski racing participation

By MATTHEW GRYZAN  
State News Staff Writer  
MSU skiers who have that secret desire to do some downhill racing might find a suitable outlet in the MSU ski team. The team is welcoming students who wish to learn how to race.  
"It's like a ski team club," Jon Masteller, coach for the past two years, said. "Anybody that skis and wants to learn how to race and practice running gates is welcome."  
The club, which is now trying to receive variety recognition, has about 80 members, some who do not race.  
Masteller said that they have both a men's and women's skiing team. Each team is made up of five persons.  
"Our women's team placed sixth in the nationals last year," Masteller, an advertising man, (continued on page 4)

## Ice skate buffs like arena best

By MARGIT GERSTMANN  
Hans Brinker may have won his silver skates in a race on a frozen river, but that was before the time of artificial ice and indoor arenas.  
Today MSU skaters, for the most part, pass up the Red Cedar River in favor of the old ice arena at Demonstration Hall. Junior Lisa Nelson said, "I love ice skating, and in spite of the crowds in Demonstration Hall, it's a lot of fun there."  
"It's cheap, close and convenient. They've got lockers, vending machines and skate-sharpening facilities."  
Open daily, the rink offers lessons in figure skating, though some like Nelson prefer to take Figure Skating HPR 106 for credit. "Right now I can't do anything," Nelson laughed as she continued. "But at the end of this class - Peggy Fleming! Just give me a term."  
Freshman Monique Carrasco also found Demonstration Hall to her liking. "It's much nicer than skating outdoors. The ice is smooth, and you've got much greater freedom of movement without a heavy coat on."  
For some however, the river's charm is irresistible. Sophomore Cathy Mason finds Demonstration Hall depressing. "It's like a big barn."  
"I've skated more than once on the river," she said. "Sometimes we'll go down there right behind the dormitory (Shaw Hall), at night especially, and a bunch of us will shovel off the snow and skate around."  
Howard "China" Clark is 84 years old, and a familiar sight around local skating rinks. He still skates daily. "Used to be we'd get a bunch of guys together. 'China' recalled from his days as a student at MSU, "and we'd choose up sides and play hockey right on the Red Cedar River."  
"But we never skated a whole lot there, especially after 1980 when they started flooding the tennis courts to make ice. The river's current is too strong to freeze over easily, and there's no way to resurface the ice."  
Mason admits the ice on the river is pretty bumpy and snowy, and unfortunately not always as solid as it looks, especially along the edges. But she adds she's never seen anyone suffer more than a foot put through a weak spot in the ice.  
She added, "Demonstration Hall is okay, but I'll take the Red Cedar River any day."

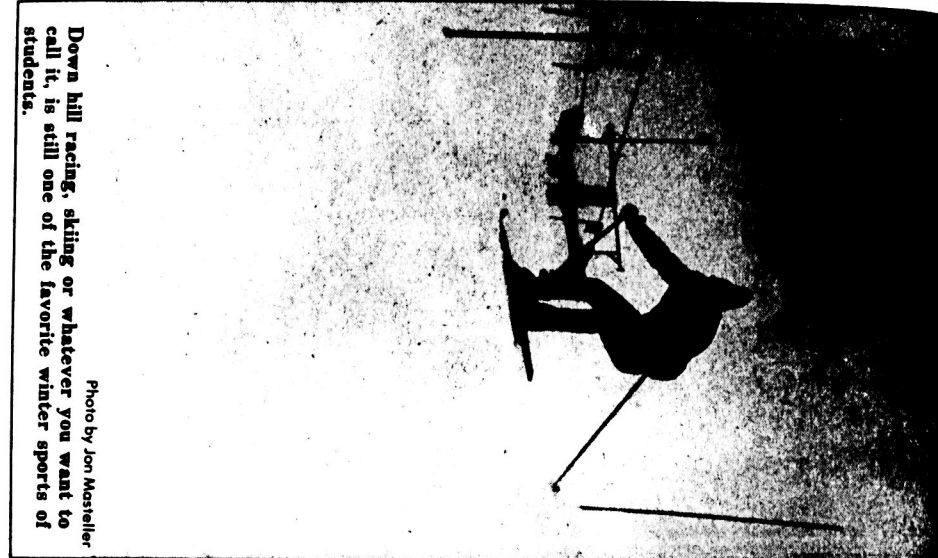
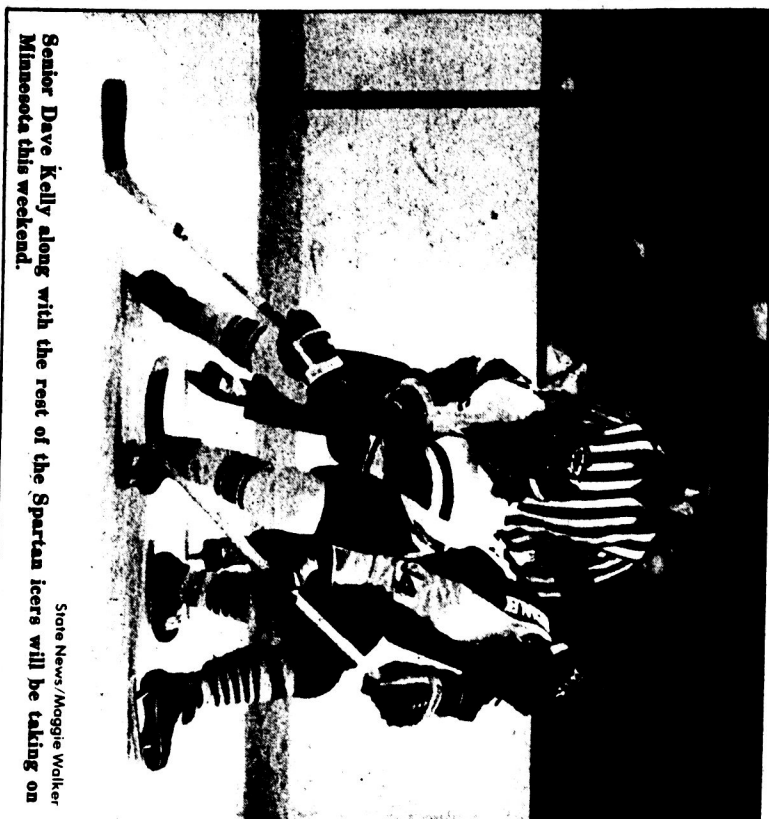


Photo by Jon Masteller  
Down hill racing, skiing or whatever you want to call it, is still one of the favorite winter sports of students.



Senior Dave Kelly along with the rest of the Spartan iceers will be taking on Minnesota this weekend.  
State News/Maggie Walker

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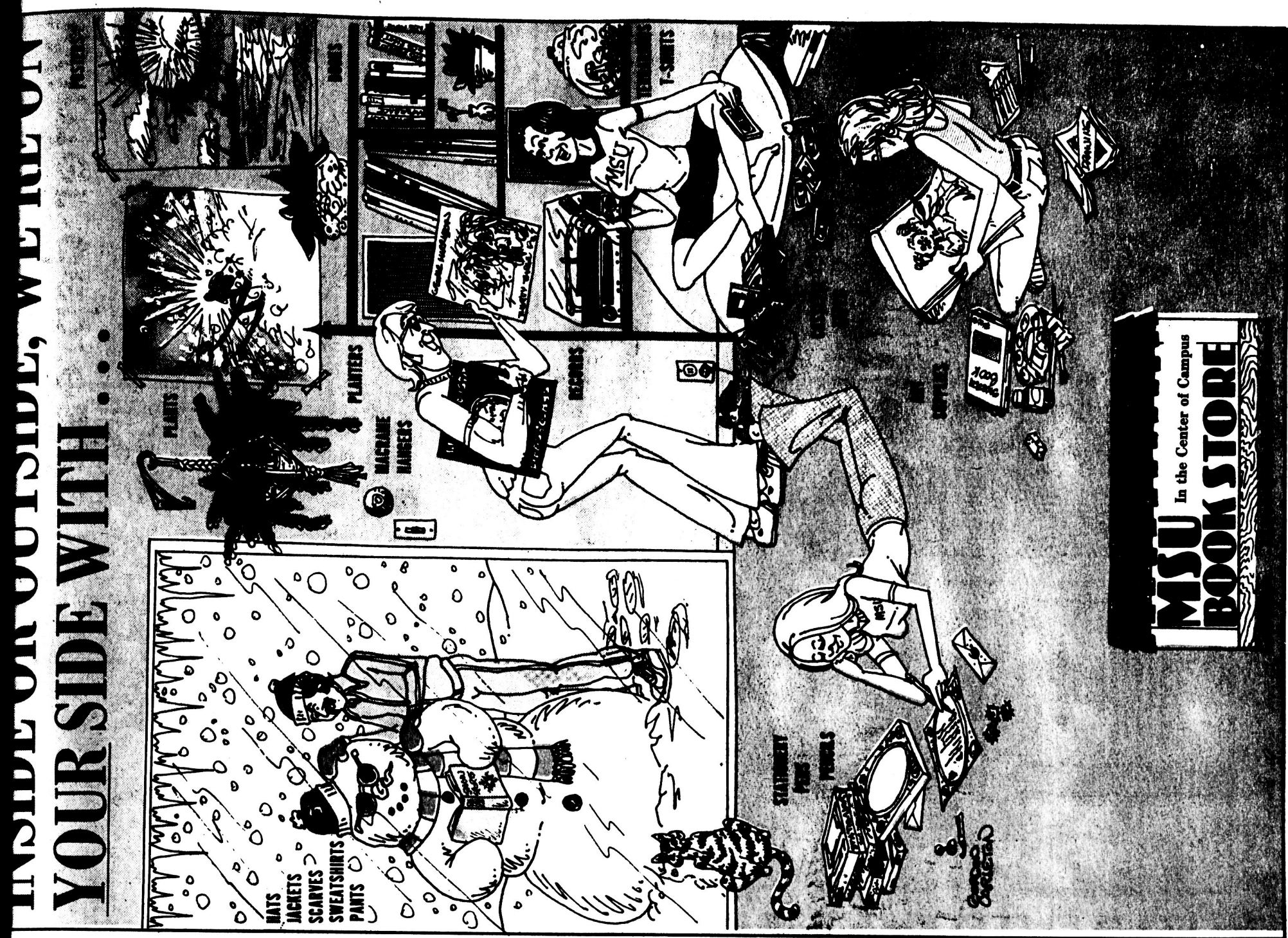
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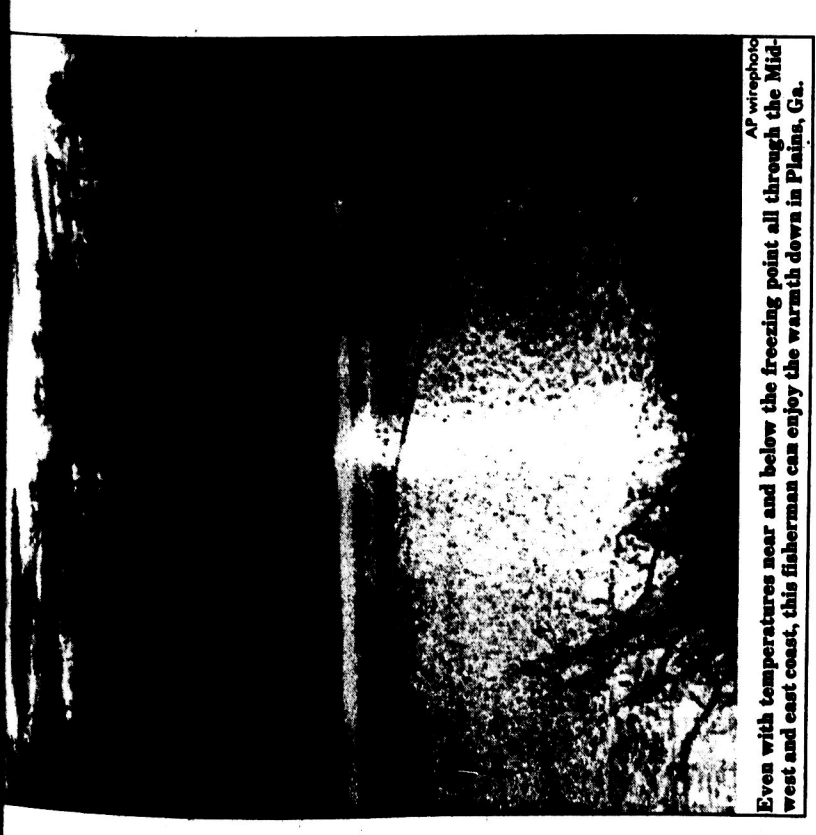
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Winter depression:



SPORT gains momentum



AP wirephoto  
Even with temperatures near and below the freezing point all through the Midwest and east coast, this fisherman can enjoy the warmth down in Plains, Ga.

(continued from page 10)  
intramural office, 201 Men's IM Bldg., or calling 355-5251.  
Since Jan. 8 the University has been using Forest Akers West Golf Course for cross country skiing trails. Forest Akers is located at Mt. Hope and Harrison roads. Hours for its use are Sunday, 1 to 5 p.m.; Monday through Friday, 2 to 5 p.m.; and Saturday, 10 a.m. to 4 p.m. Identification is necessary to use the facility at student and faculty rates.  
Fees for a single outing are 25 cents for students and their spouses, 50 cents for faculty and staff and their spouses and \$1 for non-University skiers.  
Season passes are available for \$2 for students and their spouses, \$5 for faculty and staff and their spouses and \$10 for non-University skiers.

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**Ski team has high hopes**

(Continued from page 2) Jeff said, "We also won the Detroit News Cup which is a whole series of races. And in individual competition, John Black took first place in the Governor's Cup last year." Masteller said that his goal is to send both teams to the nationals this year. The men's team could not compete at the nationals last year because of an NCAA ruling that requires the men's team to be a varsity sport.

The team is off to a good start with the men's team capturing first place in a meet at Crystal Mountain with U.M., Central Michigan University and Western Michigan University.

Most of the expenses of the club are paid by individual dues, though it did receive some money from ASMSU.

"The girls were brought with people's dues," Masteller said, "and we do provide our own transportation most of the time."

Masteller said that some of the top men are Steve Montgomery, Joe Hopper, who qualified eighth in the regional last year, John Hawk, John Ketchum, Don Mackenzie,

Keith Simson and Rich Small. Some of the stars on the women's team include Joan Antle, Kathy Shepard, Lisa Gregg, Sheri Greenwald, Sandy Harford and Ann Gabagan.

"The tough competitors are Northern Michigan and Michigan Tech," Masteller said, "but I think we can beat any other school."

The team usually practices at the Lansing Skating Rink from 1 to 3:30 p.m. Monday through Friday. The next meet is Wednesday at Alpine Valley for the Detroit News Cup.

**Coch to sue Dorothy Hamill**

DENVER (AP) — A Denver ice skating coach has filed suit against Olympic skater champion Dorothy Hamill and her parents, saying they owe him \$98,000 for lessons and help in negotiating contracts.

Carlo Fassi filed suit in Denver District Court saying he hasn't been paid for more than 1,000 lessons he gave Hamill between May 1971 and March 1974.



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**Old art of fencing makes ideal sport**

(Continued from page 11) art critics have agreed. Charles Schmitter, who has been head coach of MSU's fencing team for 37 years, said, "Fencing is like playing an- mated chess, with precise movements and intentions, yet it offers great flexibility. The idea is to con your opponent, achieving this with a maximum of control."

"Heck," Schmitter continued, "this is probably the fastest sport around, but without con- trol you'll just as likely be making your scores in the third row."

The foil, the epee and the sabre are the three weapons each having a different histor- cal background.

The foil is used with the philosophy of killing or main- ing an adversary, for it goes back to the 16th century when duels were common among the nobility.

This popularity of fighting to the death led to reforms and the filing of murder charges against the winner. Enter the epee. Duels fought with this weapon were intended only to draw blood so that the winner, being the first to do so, avoided the noose.

The uniqueness of these two swords are preserved through the way scoring is tabulated today. With the epee an elec- tric scorer lights up when the tip of it contacts any part of the opponent's body, completing a circuit, thus indicating "hit- blood." The foil can only score on the body's vital area, the torso down to the groin, keep- ing intact its old heritage of man or kill.

When fencing with the sabre, new elements are added. It is assumed that the front and back edges are sharp, as its ancestors — the cut and thrust rapier and the cavalry sabre — were.

Wayne Yee, a senior sword- man who started from scratch four years ago as a freshman, explained why he favors the sabre.

"With the addition of cutting edges into the scoring, a new range of angles opens up, making it dynamic, and a very demanding form. It's exciting to watch," he said.

There's a women's fencing team, too, with about 10 mem- bers, all of whom someday hope to attain varsity status.

Karen Bedewski, a sophomore with less than a year of experi- ence, was complimented by coach Schmitter as having the best foil form of all the pupils.

"I wanted a sport," she said, "that I could keep getting better at, even as I grew older. I've found that sport in fencing. "Just look at continued, "He's 70 years old and could whip any of us. He's a master."

**Crops raised minus farmland**

RICHLAND, Wash. (AP) — Scientists looking for ways to raise crops without farmland are growing vegetables inside closed cylinders lined with fluorescent lamps.

Experimenters at Battelle-Northwest Laboratories, com- missioned by the Chinese government in Taiwan, are using a device called a pull- ator to grow spinach, soy- beans, miniature Chinese cab- bage, strawberries, barley, rice and alfalfa.

Project manager Theodore E. Divine says the system would be workable in the United States, but isn't econ- omically feasible now. He said the system could help any country where limited agricul- tural land area restricts food production.

The pullator, developed four years ago by Battelle's W.F. Smith, is a circular cham- ber about two feet long for automatic seeding, growth and harvesting. The cylinders are filled with organic matter such as compost or humus and controlled-release fertilizers.

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**Ski team has high hopes**



State News/Maggie Walker  
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# McDonald fills gap in defense

By JIM DUFFRESNE  
State News Sports Writer

The loss of Pat Betteley was a blow that the Spartan hockey team never really recovered from.

To junior Tim McDonald, however, it was a blessing in disguise.

When Betteley was injured in the third game of the season, coach Arno Besonne switched McDonald from leftwinger to defense. And neither the Spartan coach or the junior from Grand Rapids, Minn., regret the move.

"McDonald has improved tremendously since Betteley was injured," Besonne said during the holiday break. "He's been an outstanding defenseman and is having his best year so far for us."

"I couldn't play wing at all," said the 5-foot-11, 175-pound attacker. "I felt I was just sitting up and down the ice. I didn't know what I was doing."

"On defense I know where I am supposed to be," he continued. "When I have a good night it just seems to come naturally."

And lately McDonald has been feeling right at home on the ice. His best game and series, however, was against U-M in early December and when MSU needed a strong performance from him the most.

McDonald played well in the opener as the Spartans won 7-5 at home. He skated even better in the second outing at Ann Arbor and eventually won the game in overtime for MSU.



McDonald

With the two teams tied at 5-5 entering the extra period, McDonald intercepted a pass at the center line and passed it to Jim Cunningham who took a slapshot at the Wolverine net. McDonald then picked up the rebound, spun around his defender and drilled the puck through the goalie's legs for victory and a sweep over nationally ranked U-M.

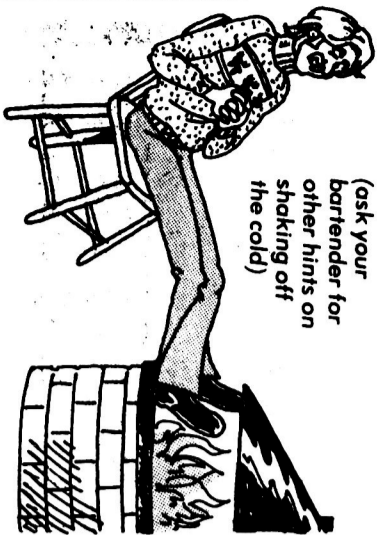
"That was a big goal for me," McDonald said. "I've never had much luck against U-M in the past and that had to be my best series of the season."

This is also becoming McDonald's best season at MSU. In his first two seasons he accumulated on page 8)

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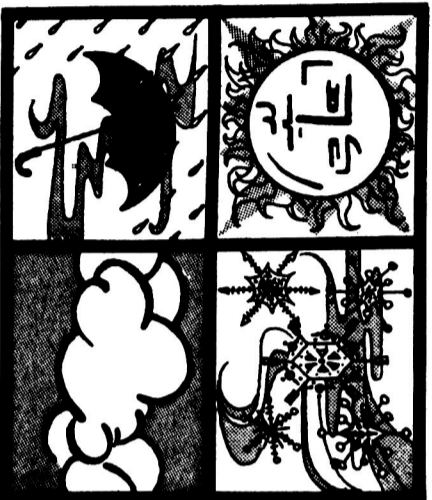
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## Fencing, ancient art, ideal sport

By TIM HICKEY  
If the resources of space age technology were to be channeled into the creation of an ideal sport, the specifications

programed into it would probably make up a fantastic game. Sports buffs would probably agree that it should be endowed with the complexity of chess with its infinite moves, and require that the players have lightning reflexes on a par with a master of the martial arts. And it should also be salted with grueling exertion.

This sport isn't going to be a game of tiddy-winks, so it would also necessitate the endurance of a boxer, yet enable the contestants to pursue its pleasures well into their advanced years with men in their 70s commonly trouncing boys a third their age in amateur competition.

For spice and high adventure, throw in tense clashing violence, but with virtually no injuries. Meanwhile, opponents

struck his neighbor over the head with a handy stick. Ancient ones have for centuries considered it to be an art, rather than sport, and more than a few changed since the first ape (continued on page 13)



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**Music: Fighting on winter's mountains**

(continued from page 2)

row love songs of Linda Ronstadt. Oh, how sad they are! Linda, join me because I understand. Together we can stare out the window at the desolate winter sky, crying about one another's tragedy, as we sit in front of a warm fire, even though I'm allergic to smoke.

From there, I feel like a romantic fool, so it's time for the early '80s girl songs. None of that Shangri-La's type rock. No, this calls for pure schlock: Connie Francis' "Where The Boys Are," The Crystals' "He's Sure The Boy I Love" and The Shirelles' "Baby It's You." Oh, why, oh, why, don't they make romances like this anymore? It gives one such a melancholy Vida.

feeling, but also gives me the desire to fall in love. Yes, this is the one diversion that might work in winter. It's time to set out into this great cold campus of ours, in search of the perfect "Venus in Blue Jeans."

And how do you pick up a girl in this day and age? Well, my life as a rock and roll star failed, but as I listen to Jim Morrison, I realize that it's time to give the life of the true artistic poet a try. After all, we are living in an intellectual environment.

Boys Are, "The Crystals" "He's Sure The Boy I Love" and The Shirelles' "Baby It's You." Oh, why, oh, why, don't they make romances like this anymore? It gives one such a melancholy Vida.

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**Cross country picks up speed as MSU sport**

By NUNZIO M. LUPO

The emergence of cross country skiing as a sport at MSU can be marked by the efforts of the MSU Cross Country Ski Club (CCSC). Sportsmeister Shop in East Lansing and the University.

The 1-year-old CCSC, directed by students Allison Bosstick and Jaime Green, is working in conjunction with the University and the sport shop to promote the increasingly popular sport.

Green, the club's founder, said the sport is gaining popularity because "you don't need to find a hill or mountain, it's basically walking and it provides quiet relaxation."

Another reason for cross country skiing's growing following, Green said, is that the necessary equipment is inexpensive compared to equipment for alpine skiing and a good set can be purchased for under \$100.

Green said she founded the club because, "I didn't want to go out and ski by myself. Most of the people (in the club) are into skiing with other people."

The CCSC has instructors that are currently working with the office of Intramural Sports and Recreative Services and the Sportsmeister Shop on instructional clinics. The clinics are two-hour, one-night work-shops and cost \$2. Equipment is provided and more information about open sessions in January can be obtained by visiting the (continued on page 14)

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**MSU ski club members chase thrill of downhill**

By SHARON SCHLIEF

The thrill of downhill skiing and the pleasure of making friends has convinced 600 persons that Moosuski is the place to be.

Cathy Powers, president of the MSU Ski Club, said membership includes both students and alumni and expertise ranges from beginner to expert.

Moosuski has undergone some changes in the past year. Because of a University ruling, membership is now allowed to include a certain percentage of the University. Before the ruling, some University connection was required for membership eligibility.

The club also changed a few of its bookkeeping procedures. It now requires an earlier deposit and final payment for trips.

Moosuski already had one trip this school year, a Christ-

mas vacation package to Schuss Mountain. Forty-five people went on that week-long trip, and for \$140 received lodging, meals, lift tickets and two lessons daily. An Aspen trip was also planned during this time period, but was canceled due to a lack of snow.

Powers said transportation is arranged for all trips. Car pools are organized for the closer trips and all transportation is included in the price of more distant vacations.

Moosuski members have numerous ski opportunities this season, among them a new trip called Big Sky. Planned for spring break, this trip will fly people to Big Sky ski resort in Bozeman, Mont. For \$385 a person, the vacation will include lodging, transportation and lift tickets. It does not include equipment or food. Trips to Austria, Aspen and

Hawaii are also planned for spring break.

Other trips include a week-end at Collingwood, Feb. 25 through 27 and Carnival Week-end in the Boyne area, March 4 through 6.

Powers said one of the carnival events is a wine obstacle race. Skiers race against each other and time to complete an obstacle course which includes, among other things, stations where participants must down glasses of wine.

Powers listed advantages of belonging to the ski club, mentioning discounts at area sports shops and ski resorts. The club also offers a once-a-term newspaper, club T-shirts and meetings at a local bar.

Yearly memberships cost \$12 for one person, \$17 for a couple and \$22 for a family.

Rocking away deemed healthy

(ZNS) — What's the next best thing to walking?

According to Philadelphia researchers, the next best thing is passing the time away in a rocking chair.

Dr. Arthur Helfand, cochief of podiatry at Philadelphia's Saint Luke's and Children's Medical Center, reports that the constant action of the foot, flexing and extending, while rocking, stimulates the muscles in the lower leg. He adds that while away the time in a rocking chair can considerably improve blood circulation, and that it's especially good for diabetics, who have sluggish circulation in the legs and feet.

Helfand recommends the rocking chair for all sedentary people, regardless of age.

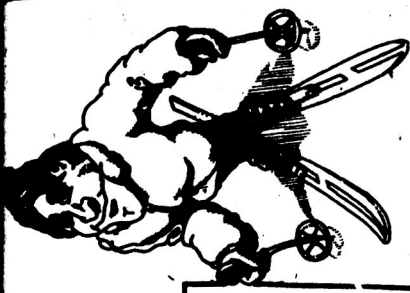
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240 Men's IM  
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NOTE—Membership dues are non-refundable \$5.00 charge for replacement of membership card.

Annual membership dues: \$12 single, \$17 couple, \$22 family.

Enclosed is a check for (check amount) payable to Moosuski for membership. It must be cashed at the time of application.


**LIABILITY INFORMATION**

Any injuries resulting from the sport activity or from the use of equipment are the responsibility of the individual participant. Show coverage is provided for students by the Student Health Insurance Plan. The same can be obtained for non-students. The same can be obtained for non-students. The same can be obtained for non-students. The same can be obtained for non-students.

I have read and fully understand the above.

Signed \_\_\_\_\_

**THE MSU SKI CLUB IS OPEN TO STUDENTS, ALUMNI, FACULTY & STAFF.**



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**THERE IS ALWAYS SNOW AT MT. BRIGHTON YOU KNOW!**

**McDonald skates best in U-M series**  
(continued from page 6)  
tallies and 16 points.  
"I've missed a lot of chances to score this year," McDonald said. "But I have felt good playing and I think 70 per cent of this game is confidence in the head."  
And if there is one thing Besone's squad needs more than defencemen, it's confidence on the ice.



**SKI MICHIGAN**

**Two divers earn title**  
hot for rival teams during the long, cold winter months. Both divers grew up in a pool. Steiner learned to swim almost as quickly as he learned to walk, and Burgering, who prepped at Sexton High School, worked summers at the MSU pool.  
"I lived in a pool since I was 4 years old," Steiner said.  
Steiner, from Lincoln, Neb., won the high school state championship his senior year and came to MSU mainly because he got along so well with Nancy.  
Burgering enjoyed similar success in high school, earning All-American honors.  
Both athletes mentioned Nancy as being instrumental in their development into top-rate divers.  
Steiner said  
"... my coach and my wife."  
"... coach Nancy and Jim Henderson, who used to be a diver here and is a national diving coach in the Dominican Republic," said Burgering.  
Steiner has been married two and a half years and he said he felt that gives him an edge over other divers.  
"Marriage has made me more confident and more mature than a lot of people," he said.  
A typical day for the two All-Americans begins with a short workout sandwiched between a couple of classes.  
Another workout precedes lunch and study time and then it's practice in the afternoon. Most of the time, a short workout will follow dinner.  
"To be good, you have to live a sport 24 hours a day. It's fun to dive well," Steiner said.  
"Workouts start the day and workouts end the day," Burgering said.  
Both divers have had their finest moments against Ohio State. Burgering's came as a sophomore when he defeated the Buckeyes' Tim Moore, who started for the United States in last summer's Olympic Games. Steiner cited a dive against the Ducks last season that he'll never forget, entitle to his 10-place finish in the nationals.  
Superstition and ritual are the preoccupation of many of today's athletes and Burgering and Steiner are no exceptions. Steiner, while in high school, used to throw six darts — no more, no less — before each meet. Burgering, if in a certain part of the pool and diving well, will stay there until his diving goes bad and then he'll move to another spot.  
Burgering and Steiner, along with Jesse Griffin, form a most imposing trio of divers and the three keep each other on their toes.  
"All three of us are good enough that to beat one another, we know we'll have to be held in Moscow."  
"I'll have a good chance by 1980 if I can stay with it financially," Steiner said.  
In the meantime, Burgering is looking for an AAU sponsor. He finished third in their national meet last summer and hopes to continue in AAU competition as a tightener for his Olympic aspirations.

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Steiner



Burgering

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Activities include:  
Skiing  
Cross-country skiing  
Apres Ski! This university town has night clubs, discos and old style taverns galore  
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Both divers have serious sights set on the 1980 Olympics to be held in Moscow.  
"I'll have a good chance by 1980 if I can stay with it financially," Steiner said.  
In the meantime, Burgering is looking for an AAU sponsor. He finished third in their national meet last summer and hopes to continue in AAU competition as a tightener for his Olympic aspirations.