

# Though not easy, shaping up legs can be rewarding

by carl cook

guest writer

Here comes summer, and it's time to break out those tan legs.

Before you show off those legs, however, make sure they are not ugly.

The winter can do awful things to legs.

Bicycle riding is an effective leg beautifier.

Be sure to ride hard and

get a good blood flow. Biking "eats" calories and shapes those shapeless thighs.

Weight training can be effective as well. Squats are an excellent exercise to develop both muscles and shape. Squating helps to "cut" the leg into its natural muscle sections. Squats are very tricky to master. You should start out by placing a barbell over the

shoulders (weight should depend on individual strength and desired number of repetitions.) Once the barbell is evenly balances, begin the exercise. Bend the knees and descend slowly until the thighs are parallel with the floor. When the position is achieved, stand back up. Repeat this process until the set is finished (always do at least four—any less than four

does not allow the proper isolation of the quadriceps). Always keep your abdomen tight when squatting (failure to do so may result in a rupture of the intestinal wall—inhalation when descending and exhalation when rising). Do not bounce when squatting. Bouncing places pressure on the backbone and weakens knee joints.

Intensive weight training can burn many

calories. Stick with a training regiment and great legs are just around the corner.

For college students in a hurry, squats are perfect.

When you get comfortable with squats, try to incorporate leg extensions into your program as well. Don't forget to work those calves—they are the perfect accent to any body.

If the workout becomes too routine, change it! Work out on a leg press machine and discover the benefits.

It is very important that all muscles are stretched and warmed up. Neglecting this may result in special kind of pain.

Remember, those are your legs, and whether you cover them up or show them off you've got live with them.

# Professor's dream of Hart presidency dashed

by geane harris

guest writer

Astronomer Edwin Grayzeck's wish that Gary Hart become President of the United States turned into a falling star this spring.

"I listened to him talk back in November of '83," Grayzeck recalled. He was here on campus. I bought his book, *New Democracy*, and read it."

Grayzeck said he liked Hart's ideas, became active in his campaign, and was appointed state representative by the National Headquarters for Gary Hart.

Although he acknowledges that what Hart did was "foolish," Grayzeck said the experience disillusioned him about politics.

"Hart didn't want to run [for president]," Grayzeck

said. "He wanted to govern. There is a big difference between running and governing."

Grayzeck's overt involvement in the Hart campaign is unusual for a UNLV professor. Not many are politically active, but Grayzeck said it's important.

"If people who are educated are turned off [by politics], how are people who are learning sup-

posed to respond?"

Grayzeck said it isn't necessary that teachers take a political stand, but that everyone should "take a stand on what concerns you."

The physics professor pointed to the Nevada Test Site and its activities as a matter that should be of concern to students and faculty.

"We need to have a sense of that. It is right here."

He also pointed to the Iran-Contra indictments.

"I don't know how North became this folk hero and Congress the bad guys. There is something happening to society and I just don't know what it is."

Grayzeck predicted that Reagan's last act as president will be to pardon North and others indicted.

He also predicted a difficult period ahead for the United States.

"Society has to get together," Grayzeck said, urging students and teachers to show concern.

## Students sound off on presidential choices

by randy proksch

staff writer

"Who would you like to vote for to be President of the U.S. and why?"

Forty-eight out of nearly 70 UNLV students asked wrote answers to those first two questions last Friday in the MSU and library for *The Yellin' Rebel*. Students writing responses were chosen quite unscientifically: they were approached while sitting at tables.

Vice President George Bush and Reverend Jesse Jackson were clearly the two favorite candidates. One of the two was mentioned on 30 of the 48 responses.

Five students hadn't decided yet.

The remaining 13 responses were shared among seven other American media personalities. Besides the three other current candidates, those included Kansas Senator Robert Dole, baseball commissioner Peter Ueberroth, Chrysler Corporation

Chairman Lee Iacocca and even President

Reagan, who is forbidden by law to seek another four years in office.

Reasons offered for support of the various Presidential hopefuls were as varied as the candidates selected. Most were vague, but a few were a little more thoughtful and specific.

One of those few vowed to vote Democratic "because Reagan and his Republican Party took away funding for college students."

Another, a Bush believer, liked the Republican platform, especially "working within the Gramm-Rudman bill."

Lee Iacocca received the praise of one who wrote "with his communication skills, he would be able to talk effectively with other countries, especially Russia."

The last of the specific replies came from an undecided student who planned not to vote. "When there is nothing you can honestly believe in, you have no choice."

The 44 other replies were slightly reworked slogans learned from the

mass media publicity and advertising superficially defining this campaign.

Bush backers wrote these reasons for support: "The most experience in foreign policy"; "[He] has experience"; "Bush will continue what Reagan has started"; "He believes in a strong defense"; "The other candidates are too liberal"; "He is the best candidate"; "I'd feel a lot better having Bush as President."

Finally, one Bush supporter answered the second question with "I don't know."

Jackson supporters were generally more verbose.

"He can restore or rejuvenate needed social and welfare programs that the Reagan Administration has deemed necessary to abolish or hinder under the guise of 'necessary budget cuts'."

"Seems the most anti-establishment and liberal of the bunch. He seems to be actually for people."

And—"All the rest of the candidates...are too wishy-washy."

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