



Fun, variety and excitement are the operative words in describing this rafting adventure through one of Southern California's premiere whitewater rivers, the challenging Upper Kern.

Air

from pg. 7
behind in favor of group travel. Activities are planned around the academic calendar and a student budget.

Staff members, like senior member Roger Morse, arrange detailed itineraries to help make the great outdoors less intimidating and more fun, a quality that is for some, inseparable by its very definition.

"It's a lot more fun doing stuff like this than sitting around in front of the TV

watching football," Morse said.

So, when you feel the need to exercise your body, mind and soul, save your cash for an adventure you'll remember far longer than the souvenir hangover from yet another nameless, faceless party.

The Outdoor Recreation center gives out a free handbook, describing each outing, its itinerary and any costs involved. The Center is on the first floor of the Moyer Student Union. For more information please call 895-3575.

Rebel

from pg. 7
people to donate their time in developing the program, as well as donating recipes for the cookbook. She indicated the plan is to sell the book at local casinos and businesses, with the proceeds going to fund these programs.

Millard realizes that her efforts are helping the community's homeless population,

but knows there is still more work to be done. "We are looking for more people to become involved in this," she said. "Looking for people who have a real interest in making a difference. Only then will things get better."

If you are interested in more information about this organization, contact David Drudge at *The Rebel Yell* offices at 895-3479. The *Yell* is located on the third floor of the Moyer Student Union.

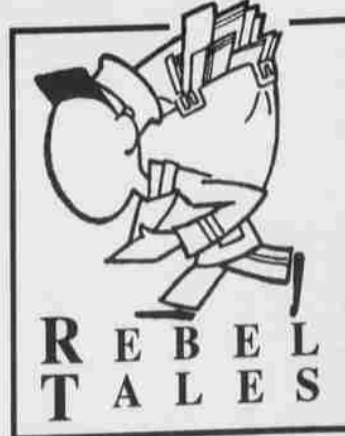
On the road: UNLV students abroad

Editors Note: Rebel Tales is a monthly column to keep UNLV students in touch with those who are studying abroad. The column will highlight students' experiences and insights as they travel the world in search of new knowledge and understanding.

Topics such as communications across culture, language barriers, and challenges students studying abroad have faced and met will be featured in the letters.

The first installment will feature a letter from Tony Vallejos, a senior in the Foreign Languages Department. Writing from San Sebastian, Spain, he speaks the language most college students know all too well—Coffee Talk:

Tranquillo—my new Spanish friends want to stop for a cafe con leche (latte) and all I can think about is finding my way to class and finishing my homework.



Tranquillo? (loosely means relax, tranquil).

They say everything will be fine; have an espresso. The last thing I need is caffeine. What I need right now is a map and a tutor.

Americans think they really know their coffee. all the hype about it is incredible. In Europe, life is coffee. Morning, noon and night.

In the mornings the men stand in the bars with their espresso. In the evenings, people sit in small cafes and talk

for hours over a latte. Long, slow, thoughtful evening of conversation and coffee.

Europeans live so differently and have so much history, that their coffee culture is centuries old. some of the coffee machines are too, judging from the stains on the espresso press.

But the coffees are good, really good. Thick, strong, fresh. They are serious about their coffee and take the time to enjoy it.

I learned so much more than language and literature while studying in Spain. I also learned more than how to enjoy a good cup of coffee. I learned a far more important lesson.

I learned that the cup I want to savor and drink from most is the one that holds my life. I learned that there is a time if I keep my mind open and taste each drop of my day.

I changed, too. Now, it is my turn to say, tranquillo...

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