

## NAU offers skiing class

By Dane Hawley  
The Lumberjack

For NAU students "who do not know what snow is for" but are curious, Alan Flitcraft, interim chairman of Health, Physical Education and Recreation, has a proposition: skiing.

NAU offers skiing courses at Arizona Snowbowl ski resort, Flitcraft said, and desire for more beginner participation has initiated the simplified course title, "Learn to Ski."

**'It's (the course) designed to teach skiing or better skiing techniques.'**

—Alan Flitcraft,  
interim chairman of Health

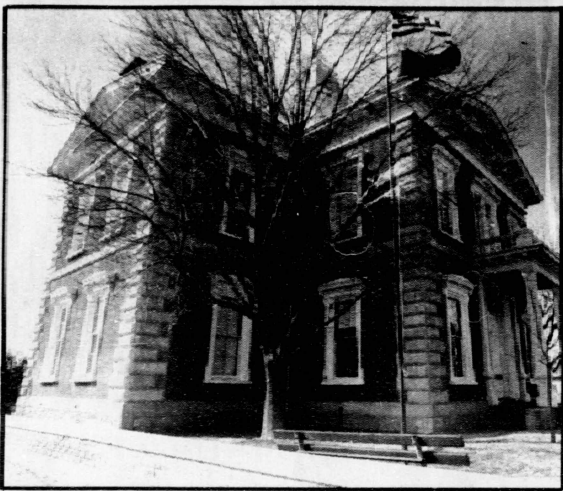
"It's (the course) designed to teach skiing or better skiing techniques," Flitcraft said. "Instructors will ability group the students."

The cost for the course is \$160, and equipment rental is \$8 each skiing session, Flitcraft said.

Skiing forms to be taught include: downhill, cross-country and possibly racing and snowboarding, Flitcraft said. "They might even instruct Nordic downhill, a combination of downhill and cross-country, if enough people are interested."

The course, with four sections, is scheduled for the first eight weeks of the semester. During the skiing portion, students are scheduled to have 14 runs on the mountains, Flitcraft said.

Interested students must attend one of the times for the "dry land meeting" in the gymnasium of Rolle Activity Center next Tuesday or Wednesday at either 11:15 a.m. or 1:15 p.m., Flitcraft said.



## Law in the Lawless West

In the town of Tombstone, Ariz., "the Town that would not die," is an old reminder of a time when the law was enforced at the end of a six-shooter and justice was dealt with a cold, iron fist. Erected in the 1880's, the old territorial courthouse stands today as a museum where tourists can step into the past and experience a unique and important part of Arizona history. It was near the site of the famous "gunfight at the OK Corral."

Photos by Steve Mann/ The Lumberjack

## Ice skating offers ski alternative for many

By Rachel Stone  
The Lumberjack

Winter activities in Flagstaff include ski buffs hitting the slopes and people sledding down the lesser hills, but what other options are there?

The Jay L. Lively Memorial Activity Center was named after Jay L. Lively, a hockey player who lived in Flagstaff. "He was in an accident," said Mary K., ice skating instructor and one of the managers of the rink. "A drunk driver hit him going the wrong way on an off ramp. His family still skates here today."

"We also have hockey games, hockey practice, a figure skating club and figure skating shows here," said Mary K.

The figure skating shows can vary from one skater performing a long program, or numerous skaters doing different programs.

Besides being a home for the art of ice dancing, the rink also functions as a home for the NAU hockey club, and the Youth Hockey Association.

"The Youth Hockey Association has teams from 5 and 6 through 17 years," said Brian Wimberley, NAU student and another manager of the ice rink. "Admission is free for hockey. We have two sections of bleachers, but there is mostly standing room."

Although the NAU hockey club practices there, not many NAU students frequent the ice rink.

"We need more NAU students," Wimberley said. "Our biggest night is Saturday night. Then we have about 20 or 30 NAU students. Friday and Saturday nights it's usually a big hang out for high school kids. Saturdays and Sundays it's mostly families."

Although not many NAU students skate at the rink, the numbers have increased over the last few years since the NAU hockey club began skating again.

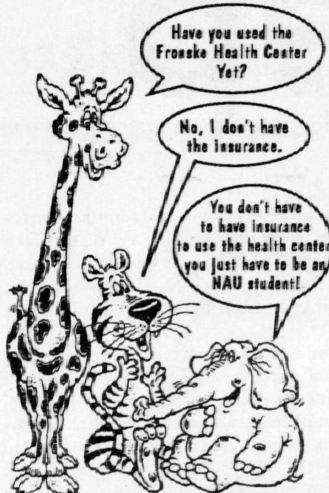
"I think there is a lack of knowledge about it," said Wimberley. The rink is also available for birthday parties, and participates in group rates.

"We do have group rates. For 10 or more people, it is \$2 a person and that includes skate rentals," Wimberley said.

The ice rink opens in October and usually closes during the first few weeks of April. The cost for an adult to skate is \$2.50, a child is \$1.50 and rentals are \$1. The rink is open to the public on Mondays from 12-2 p.m.; Tuesdays and Thursdays 3:30-5 p.m.; Wednesdays 12-2 p.m. and 7-9 p.m.; Fridays 12-2 p.m. and 7-10 p.m.; Saturdays 1-4 p.m. and 7-10 p.m.; and Sundays 1-4 p.m. For those wishing to gain more instruction, lessons are available also. "We have private lessons and city lessons, which last for five weeks," said Mary K.

The ice rink is located at 1850 N. Turquoise Drive. For more information about lessons or how to join the various clubs, contact the rink at 774-1051, or "come to the rink from 5 a.m. to midnight. Someone's always here," said Mary K.

If you are an NAU Student, you are eligible for care at the Fronske Health Center!



### SERVICES AVAILABLE:

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- Diet/Nutrition Counseling
- Mental Health
- Allergy Clinic
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## Fronske Health Center

523-2131

Hours:  
Mon., Tues., Thurs., Fri • 8 a.m.-5p.m.  
Wed. • 9 a.m.-5p.m.

### NAU COUNSELING AND TESTING CENTER Group Counseling for Spring 1993

**FAMILY BAGGAGE**, Through Project Daylight, Facilitator: Cindy Leisse, CMSW, CADAC, Cheryl Phillips, MS, Mondays, 2:15-3:45 p.m.

**EATING DISORDERS GROUP**, Facilitator: Dr. Mary O'Neill, Linnea Lei, MS, Mondays, 2:30-4 p.m.

**NON-TRADITIONAL OLDER WOMEN'S GROUP**, Through Project Daylight, Facilitator: Cindy Leisse, CMSW, CADAC, Jane Mulrooney, MS, Tuesdays, 9:30-11 a.m.

**SEXUAL ASSAULT GROUP**, Facilitator: Dr. Ramona Mellott, Linnea Lei, MS, Tuesdays, 9:30-11 a.m. or 3-4:30 p.m. (exact time will be decided at a later date).

**COED GENERAL GROUP**, Facilitator: Dr. Tom White, Joyce Bugola, MA, Tuesdays, 2-3:30 p.m.

**RELATIONSHIPS GROUP**, Facilitator, Dr. Fredda Gregg, Tuesdays, 3:40-4:50 p.m.

**MEN'S GROUP**, Facilitator, Dr. Tom DeStefano, Michael Black, MS, Tuesdays, 3:45-5:15 p.m.

**COED CO-DEPENDENCY AND ADULT CHILDREN OF ALCOHOLICS/ADDICTS GROUP**, Offered through Project Daylight, Facilitator: Cindy Leisse, CMSW, CADAC, Larry Matje, MA, Tuesdays, 5-6:30 p.m.

**OVERCOMING DYSFUNCTIONAL FAMILY ISSUES**, Facilitator: Dr. Jackie Twitchell-Takaki, Michael Black, MS, Wednesdays, 3-4:30 p.m.

**WOMEN'S CO-DEPENDENCY AND ADULT CHILDREN OF ALCOHOLICS/ADDICTS GROUP**, Offered through Project Daylight, Facilitator: Cindy Leisse, CMSW, CADAC, Linnea Lei, MS, Wednesdays, 3:30-5 p.m.

**CLEAN AND SOBER GROUP**, Offered through Project Daylight, Facilitator: Virgil Pedro, MSW, CADAC, Cheryl Phillips, MS, Wednesdays, 4:30-6 p.m.

**COED NON-TRADITIONAL OLDER STUDENT GROUP**, Offered through Project Daylight, Facilitator: Cindy Leisse, CMSW, CADAC, Dr. Fredda Gregg, Wednesdays, 6:30-8 p.m.

**COED GENERAL THERAPY GROUP**, Facilitator: Dr. Jackie Twitchell-Takaki, Peter Marcus, MS, Thursdays, 3-4:30 p.m.

**LEARNING DISABILITIES GROUP**, Facilitator: Jane Mulrooney, MS, Lori Martinez, Thursdays, 3-4:30 p.m.

**WOMEN'S CO-DEPENDENCY AND ADULT CHILDREN OF ALCOHOLICS/ADDICTS GROUP**, Facilitator: Dr. Jackie Twitchell-Takaki, Linnea Lei, MS, Thursdays, 5:20-6:50 p.m.

**NATIVE AMERICAN MEDICINE WHEEL**, Facilitator: Virgil Pedro, MSW, CADAC, Michael Black, MS, Peter Marcus, MS, Thursdays, 7 p.m.

**SEXUAL ASSAULT GROUP**, Facilitator: Dr. Jackie Twitchell-Takaki, Linnea Lei, MS, Fridays, 1-2:30 p.m.  
For consultation and enrollment, please call the Counseling and Testing Center at 523-2261.  
Call as soon as possible due to limited size of groups.

# THE CLEARANCE

## SIDEWALK SALE JANUARY 15-18

Flagstaff Mall

Hours: Monday-Friday 10 a.m.-9 p.m. • Saturday 10 a.m.-6 p.m. • Sunday 12 p.m.-5 p.m.