## Ride and Run Set for Sunday

A ride-and-run, a two-person-ream cycling and running event, will bring the nationally-sponsored Timex Fitness Week to a close Sunday,
The contest may still be open for entrants. Contact contact the IM-REC office in 203 Woollen Gym no later than today if interested.

## Ski Trip in the Planning Stages

Start thinking snow.
IM-REC Sports has a three-night, four-day ski trip to Sugar and Beech Mountains planned for Jan. 3 through 6 . The trip is open toallUNCstudents, faculty, staff, family and friends.

The trip will include four skiing sessions (one night and one day at Sugar, two days at Beech), equipment (skis, boots, and poles), ski tickets, and three nights lodging. The cost is only $\$ 155$ for a room with three other people, \$165 for three to a room, $\$ 175$ for two to a room, and $\$ 235$ for a single.

An organizational meeting will be held Tuesday, Nov. 17, at 8 p.m. in Fetzer Gym 109. A $\$ 50$ non-refundable deposit is due at this time.

For more information regarding trip options, car pool possibilities, and general information, contact IM-REC Sports Director Marty Pomerantz. He can be reached at $962-1153$.

## Dead Solid Perfect $=$ Perfection

Dead Solid Perfect lived up to its name recently and highlighted the IMREC Team Golf Tournament at Finley Golf Course. The team won the grad/ faculty division with a tournament-best score of 311 . Composed of Brian Bolt, Ed Shields. Rob Brothers and Dave Schnapp, Dead Solid Perfect beat the MBA Kenan-Flagler team, which finished at 361.

The Masters of Stacy Dorm won the undergraduate division with a round of 317. Team members included Jason Hawley, Jim Holloway, Mark Humphries, and Randall Hounseol. The second place finishers were Bryan's Big Bad Ball Busters, which shot 332 .

The tournament's closest race was in the fratemity division. Kappa Psi Birdie Boysupended Pi Kappa Alpha White 349-355. Members of Kappa Psi's team were Chuck Smith, Rob Williams, Trey Paul and Jay Plyler.

## Stebbins Overall Champ in Battle Park Battle

Champions were crowned in four divisions in the recent Battle Park Battle cross country race. Steve Stebbins was the men's grad/faculty winner and the race's overall top finisher with a time of 19:28. That beat Michael Hogan (20:00) and Scott Lowry (21:54).

Steve Heldt won the men's undergrad division with a time of $21: 03$. Mike Miller (22:12) and Courtney Brown (22:39) finished second and third, respectively.

In women's undergrad, Dorothy Shefford (29:45) won, followed by Debra Cooper (31:30) and Ellen Corriher (32:16).

Meg Lanchantin won in women's grad/faculy with a time of 28:36.

## Sailing in Maryland

Four sailors from the UNC Sailing Club travelled to St. Mary's City, Md., Oct. 3, for the Windmill Mid-Arlantic Championships. The Windmill is a two-person, $151 / 2$ foot sailboat with two sails.

Sailors represented the states of Maryland, North Carolina and Virginia. Four races were run on Saturday and two on Sunday, with winds ranging from one to eight knots.

Pierce Barden and Elizabeth Vogler finished second overall, while Brian Lunsford and Kyle Owen placed seventh.

While the Windmill Championships was not a collegiate regatta, the Sailing Club has sailed in three regattas thus far this semester and has four remaining. Interested sailors shouldcontact the ClubSports office in Woollen Gym.

## IM-REC/Club Sports Notes

- Entries open Monday for Grail Basketball and Battle of the Beef. Entries close Tuesday for open table tennis, whiffleball and the foul shooting contest. - All Woollen and Fetzer Gym facilities will be closed Saturday due to the UNC.Georgia Tech foothall game.
- The Carolina Women's Soccer Club will host Winston-Salem Sunday at 2 p.m. at Finley Field. The men's club travels to Raleigh Sunday for a game with N.C. State.
- The UNC Club Foorball team plays its fourth straight home game Sunday against UNC.Wilmington, a team it demolished $54-0$ a monthago. Game time is 12 noon at Navy Field.

"An ex-parent is someone who has assisted in the transformation of a small helpless creature into a full-grown, unique human being, capable of independent thought and action. As the parent becomes an "ex," all links of dependency with the child are dissolved, and the remaining ties are those of friendship, sympathy, understanding, and acceptance of each other's individuality. When this relationship has been achieved, both parent and child have moved safely into the stages of ex-parenthood." -Once My Child, Now My Friend by Elinor Lenz

How lovely to realize that your first significant others were probably your parents:
significant other-all of those people in an individual's He who have the most influence on that person's behavior, values, morals, and ideas. (from Eamilies and Their SelfEsteem by Fred W. Schott)

## TEST TO DETERMINE IF YOU HAVE BECOME YOUR OWN PERSON AFTER ALL THESE YEARS:

1. What do your parents think you do in a typical day?
a) they have absolutely no idea
b) a lot of social work at the church
c) study until 11 and then hit Franklin Street
2. Who would you now consider to be your significant other?
a) your mom
b) Fuzzy, your pet dustball
c) your boyfriend/girlfriend
3. What have you done in recent years that most pleased your parents? a) moved out
b) that really creative card you made them last Valentines Day c) invited them up for Parent's Weekend
4. What would you like to give your parents right now?
a) a black eye
b) your school phone number
c) dinner at Lenoir - on your meal card
5. What reoccuring traumas do you still have from childhood?
a) you can't stay away from Saturday morning cartoons
b) you still think your parents are perfect
c) spinach phobia

Now you figure out a rating system and your results. Remember - you're not a kid anymore. And please don't send us the results - we have our own parental garbage to deal with.
"At a centain period in the Qife of every youth, he wondens how such dull parents produced such a bright child." - unknown

## Just a simple chart to

remind you that by many
standards, most of us come from dysfunctional tamilles, too.
From Relative Strangers
by William R. Beer

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