



•Relax•Relax•Relax•Relax•

If the last shoulder massage you got felt a little too much like the Vulcan death grip, either your bodily tension levels are exceeding healthy limits or you need a new masseur.

Movement to Relieve Stress with Killian Manning, a workshop sponsored by the Carolina Union Activities Board theater alternative committee can help solve both of those problems.



Manning, a choreographer and dance instructor, will lead basic stretching and breathing techniques as well as exercises that can be done with partners. (It could provide an excellent opportunity for you to get closer to that study partner you've been scamming on.)

"I think that a lot of it will induce some laughter, which is good because that helps reduce stress too," she said.

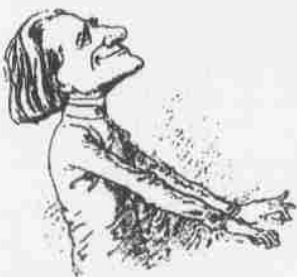
Two kinds of stress plague college students — the stress created by trying to stay awake and the stress that keeps people awake when they're trying to sleep. With relaxation techniques that are energizing as well as exercises that induce sleep, Manning's workshop will teach participants to combat both.

Theater alternative committee chair Thomas King said the demonstration is not just dance-oriented. Anyone under stress (all of us who face end-of-the-semester payment for a term's worth of procrastination) could benefit from it.

"Everyone could use a good massage now and then," King said. "This is kind of a good way to help you learn to do it yourself ... The exercises will relieve tension and make certain parts of your body more fluid."

So, anybody interested in becoming more fluid and relaxed should head on down to the Union Cabaret at 7 p.m. on Tuesday for the free workshop. Dress to move.

—Amber Nimocks



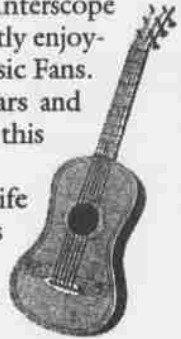
Cradle straps on Helmet

Wanna see a band that's crunchier than a broken glass salad? Tuesday night at the Cat's Cradle is, among other things, not a show recommended for pregnant women and heart patients. New York's **Helmet** will take the stage to assault every aural cavity within a five-mile radius. If music were hate, Helmet would be the poster child.

Formed in May 1989 from the ashes of Poison Idea, New Christs and Band of Susans, Helmet released two seven-inches and a full-length album, *Strap It On*, before being swiped by the corporate entity of Interscope Records. Their first major-label release, *Meantime*, is currently enjoying praise and worship from every faction of Alternative Music Fans. Razor-sharp song execution, hardest-of-the-hardcore guitars and raspy, vitriolic vocals typify Helmet's "sound"; plus, there's this intangible, indescribable *hostility* underlying every riff.

Anyone who's ever been mad at anything, and any bipedal life form who appreciates decent music *at all*, should go to this show. Don't forget the earplugs.

—Summer Burkes



Ramblers roll into town

1992. The year of the woman. The year of change. The year most juniors can finally drink a legal beer. And the 20th anniversary of the Red Clay Ramblers.

The string jazz/bluegrass group will roll into Chapel Hill for a Dec. 4 concert in Memorial Hall. Featured artists will be Triona NiDhomhail, Mark Roberts and Claudine Langille, who play in the Irish music group Touchstone. Irish fiddler Kevin Burke will also lend his musical expertise to the night's entertainment.

UNC is lucky to snag the Ramblers; this has been one of their most active years. In March and April, the group played in New Mexico and in May they toured Syria, Jordan and North Africa for the U.S. State Department.

When they weren't earning PC points 'round the globe for promoting multiculturalism through music, the Ramblers performed in the new Sam Shepard film *Silent Tongue* and composed and performed the score for Shepard's play *A Lie of the Mind* and his 1988 film, *Far North*.

The Ramblers have also appeared in the off-Broadway productions of *Diamond Studs* and *Big River*. They even had guest shots on ABC's *A.M. America*, CBS's *This Morning* and National Public Radio's *A Prairie Home Companion*. Wow. And they're coming here.

Rambler, the group's latest album, was named album of the month by *Bluegrass Unlimited* magazine in October. Friday's concert promises plenty of the album's latest offerings, as well as the timeless pickin' and grinnin' the Ramblers have made famous.

—Jen Brett



The Ramblers are coming, and they're bringing their umbrellas.