



Wendy DeMao has to be in shape as a cheerleader.  
(Staff Photo by Johnny Barnes)



Diane Humphreys has to be in shape for fashions to fit.



It is not exactly lifting books, but Jacquie Ludwick strains on the weight machine.

# Fitness, Fashion and Fun

## Chowan Women Staying Fit

By WANDA BISHOP

Remember those P.E. classes you skipped all through high school? The excuses you came up with were at times quite original. The male coaches did not seem to mind—they just went along with you.

Why did you skip days of weight training? You were afraid of becoming musclebound—afraid of putting a dent in your femininity.

Women have come a long way since then and the ladies of Chowan College are moving with them. Domestic and economic freedom have moved them into a realm of physical freedom. They have reached the point of freedom allowing them to reshape their bodies along with reshaping their minds.

Physical fitness is the shape of the 80's and Chowan's female population is falling into the trend. The number of girls in weight training itself has increased to four or five per class according to Coach Surface. Very few are into the hard body building. Most of the ladies are interested in firming and toning their muscles. They are not afraid to "pump iron." The important factor they come to realize and Coach Surface stressed is that the high repetition of weight is the secret. It allows them to tone without adding muscle structure.

Self image has become the key. To be attractive one must have a perfectly firm and toned body. Being slim is still a factor to being beautiful, however, not to the point of weakness. The new form is trim yet strong.

The effects of having women in the weight training program on campus have provided a good social situation by Coach Surface's standards.

The program has always included the

athletes but now has become more widespread. The physical fitness programs offered are no longer "have to" courses. Many women are excited and are making good use of the facilities Chowan has.

Fashions have changed to support women in their new direction. Danskin, the leading manufacturer of leotards and tights, makes \$100 million annually in sales. Along with the clothing change has come the new look in makeup—the natural look. Valerie Harper said in *Time* "Now you can buy \$50,000 worth of the no-make up look."

Is the body consciousness just another fad—one to disappear with summer's end? Will the winter weather bring less activity? Coach Surface calls it a trend though it is one in which he feels fits into the quality of our lives. By being physically active he believes one can control and maintain the stress level brought on by daily life. "We live in a very stressful world," Dr. Frances Conley, a brain surgeon in California states that exercise is "mental health. If it helps me physically, fine. But most of all it is a release."

Women all over are improving their self images as well as their bodies. They feel beautiful and through these feelings they exude beauty. But how do men feel about this new beauty? Coach Surface believes a tone body is an attractive body. He adds quickly that he is not talking about hard rock muscles.

He feels few men are afraid of the new woman. According to *TIME* magazine some men say the new look is not only healthy but also sexy. There is also the opposite view. Calvin Trillin, *THE NEW YORKER* journalist and humorist, stated "Speaking as one whose muscles don't ripple, I feel confi-



## Chowan coeds have always leaned toward fashion and fitness.

dent in proclaiming that this too shall pass." Atlanta sportswriter John McGrath agrees, "Anything that sweats, or has sweated, or is about to sweat does not interest me sexually. I also have a hard time being attracted to anyone who can beat me up."

Luckily women remain undaunted by these opinions. They are still working for that perfect shape that dwells in all women.

If this is just a fad, a lot has still come out of it. Hit songs such as "Let's get

physical" by Olivia Newton John have brought in millions. Bookstores are stocked full of physical fitness books written by the famous as well as the infamous. Victoria Principal of "Dallas" soon will have her book *The Body Principal* on shelves.

At present there does not seem to be an end for the new look. The media will keep selling it and the audience will keep working out. As Coach Surface said, "anything to get people concerned with their health—I think it's good."

## Fall Fashions Look Sharp

By ALISON GRAY

The best looks for Fall are sophisticated and classy. Knowing how to tie them together is the trick to it all. Straight and lean cut skirts are in this season. The newer styles are not necessarily designed with the lean at heart. Double breasted stripes or dresses with off-centered openings are tailored for the business-minded woman. Longer sweaters, worn over narrow skirts, are in style.

This does not mean that you should get rid of your short sweaters. Simply update them with beads, lace, buttons, pearls, and wide belts. Soften versions of black and white, mixed with colors, create a leaner and longer silhouette.

Avoid over accessorizing. "There's a thin line between pulled-together and thrown together," say fashion watchers.

Remember that outerwear plays an important role. Loose-fitting coats make it easier to slip on and off over a suit. The shorter coat is worn over the short or long basic dress.

### For Men

To dress up or dress down? Recently, Etienne Aigner produced a single line for men, which can be purchased in finer stores in larger cities. Fashion conscious gentlemen can now buy Aigner designs. No longer does she produce only fine leather goods, coats, handbags, shoes, and other accessories for women, but she now designs the ultimate dress shirt for men with a tailored look. Of course, the look wouldn't be complete without her logo on the upper left side of the pocket.

Casual slacks are taking center stage, due to the efforts of the softer jeans, various snaps, elastic treat-

ments, and functional pockets. All this adds up to an overwhelming look of elegance without gimmicks. Dress up pants still play a big role for the young man on the go. Although, Polo's have taken on some new identities such as cap sleeves, ribbed bottoms, and interesting stripes, it is still the number one fashion model.

When the week is out and the weekend is in, American Manufacturers want you to pull on their newest line of Fall Weather Sportswear. The sleeveless down filled jackets are expected to make a big hit this Fall. There are many versatile colors and styles. The "Members Only" idea which became a trendy item last spring will be making an even bigger debut this Fall in corduroys and sporty poplin fabrics. Survival looks, with a military or safari touch, add to a sense of fun for the week or weekend Fall sportswear.

Getting dressed for the week will now involve more than just slipping into a pair of jeans. Although some sportswear may not be appropriate for work it does create a clean break between on and off the job attitudes.

While Western themes remain important, military, survival, and safari look are attracting a lot of excitement. Leisure time activities such as golfing, bowling, skating, and reading are no reason to dress down. Pull your leisure time together by coordinating a crew or V-neck wool sweater, with an ADOLFO tailored sport shirt and bottom the look off with a pair of classic LEEs. This is sure to make a total strike!

(Ed. Note: Smoke Signals would like to express our appreciation to Fun Fashions of Murfreesboro for their assistance on this article.)



Concentration shows on the face of Fredia Hurdle



A coordinated ensemble, floral printed earthtones pleated skirt, paired with a button down smocked ruffled blouse. (Staff Photo by Doug Graham)



Charlene Carroll stays in shape through racquetball.  
(Staff Photo by Mark Owensby)