

Cat lovers, beware

By Robin Adams

A true test for one's love of those furry little animals that go "meow" can be found when one of those little animals is lost in your home. I have flunked the test as a cat lover.

Last month a cat wandered into our house and got lost. We looked and looked for the cat but we never found him.

But obviously he was outsmarting us. He used to come and sit in the window sill and look out at us as we left the house. Or he would come out and use the rug as a litter box while we were gone. These pieces of evidence plus an occasional "meow" led us to the conclusion that he was still in the living room.

We looked all over the living room with no luck. We turned over the chairs, cleaned out closets, looked behind curtains, under sofas, behind chairs, and yes, even in large flower pots. Still we could find no cat.

The cat hunt helped separate the men from the boys. Everybody was scared to death of the cat. I had nightmares that the cat

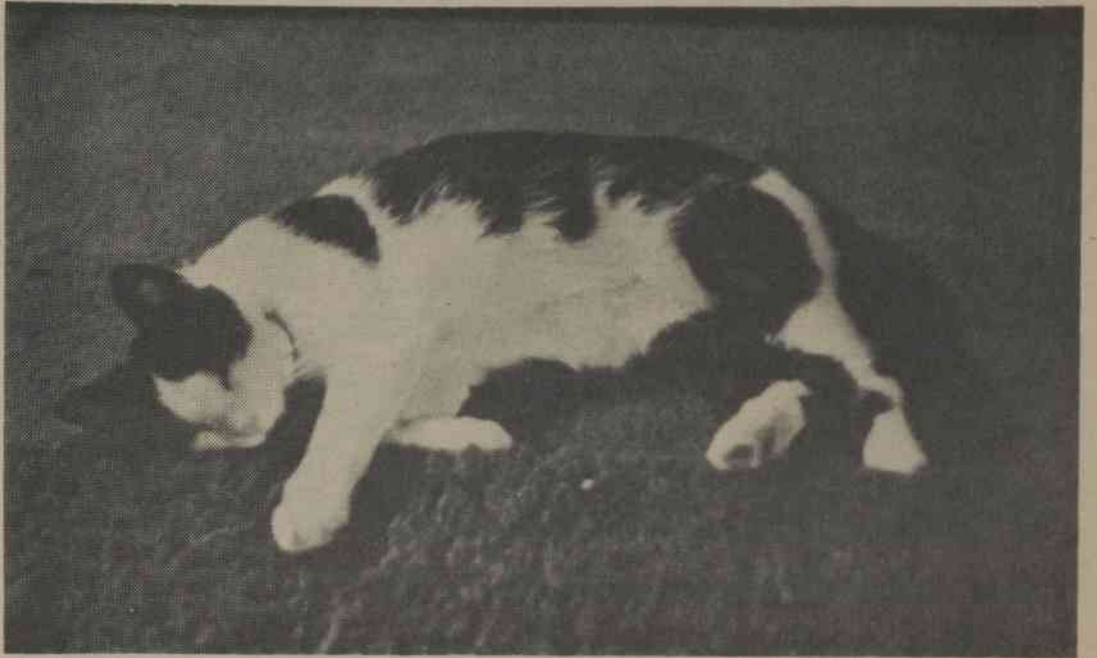
would attack me in my sleep.

By this time, it was day three. Still no cat. Then a neighbor came into the house and listened for the cat. She was sitting near one of the stereo speakers. She suddenly guessed that maybe the cat was in the stereo. We paid no attention to that idea and continued to look for the cat.

As a last hope, we dragged the stereo outdoors and turned it over, only to find that there was an opening in the bottom of the stereo. It was a small opening, and we quickly decided that a cat could not get into that hole. To our surprise, a small gray tail that belonged only to a cat moved across the opening. Never have such sighs of relief been heard.

After removing the cat from the speaker, we tugged the stereo back into the house. Everyone sank into chairs exhausted. Then we burst out laughing.

During the cat hunt there was not one thing that was funny. Cat lovers, beware, because I have no patience with those small furry pests.



Photographer David Avrette caught this cat in the act of dozing.

Elon remembers black culture

"Black History Month, celebrated in February here at Elon College, is a time when black culture is remembered and acknowledged," says senior Vivian Miller. The Black Cultural Society has planned events for those who wish to join them in their celebration.

Beginning Feb. 26, a "Swahili Swing," will be

held at the Student Center at 6 p.m. The theme is geared toward a traditional African celebration.

On Feb. 25 at 8 p.m. in Whitley Auditorium, a "Mr. Ebony Contest" will be held. The purpose behind choosing a "Mr. Ebony" is to "promote leadership and self esteem, as well as acknowledgement," says Ven-

encia Bynum, president of the Black Cultural Society. After the contest, a social dance will be held. Location and time have yet to be determined.

Saturday, Feb. 26, a banquet will feature speakers yet to be announced. Students, parents and faculty members who wish to come will be welcomed. Location and time will be announced later.

Black History Month is celebrated nationally. It was begun in the 1940s by Carter G. Woodson. Its purpose is to recognize and create an awareness of the contributions made by Black Americans.

HEALTH HINTS

by William Murrell

Prevent back strains: Low back strain is most often caused by improper lifting techniques or attempting to lift objects that are too heavy. The most important lifting rule is never to let the lower back arch forward. Do not bend over stiff-legged to lift objects from the floor. Place your feet close to the object, crouch with your back straight, feet flat on floor; grasp object firmly and lift slowly using thigh muscles.

Do not lean over projection such as radiator to lift stuck window. Do not reach to pick up something when your arms are loaded with baby or packages. Get help if the object is too heavy for you to lift alone. Don't lift if your footing is insecure; a slip or twist may wrench your back.

Sudden, quick lifting of heavy objects is dangerous, especially if you are not accustomed to it. Do not keep trying to lift an object if you feel a slight discomfort in your back.

self really competitive," she adds.

Violette enjoyed twirling while in high school.

"We had four girls on the squad who had had the same teacher, had the same background, and who were all National Champions."

"Football is more of a show, whereas contest twirling shows real talent."

Violette has held two Grand National Championships. Her corps placed first in a contest in Florida.

Cindy knew she wanted to twirl when she came to Elon. She was practicing for her tryout when a misstep into a pothole tore ligaments from the top of her leg to her foot. She had a national orthopedist examine it. He told her she couldn't twirl without reinjuring the leg.

"I was in a cast for four months plus physical therapy and rehabilitation," she recalls.

Cindy tried out with an injured leg and made the squad. Now she enjoys being the feature twirler.

"I enjoy being able to do my own thing. This is what I'm geared for," she says.

Violette says that for one to be a good twirler she should be young, thin and agile. "I'm past my prime."

by Nancy Crutchfield

Everyone watches as she twirls her baton at the football games. She causes gasps as she attempts daring feats, and sighs of relief that mingle with applause as she completes these astonishing tricks.

Cindy Violette, Elon's feature twirler and a native of Alexandria, Va., began twirling in the first grade. She joined one of the most prestigious twirling groups in the country, the Americanettes.

"To qualify for the Americanettes," Cindy says, "I had to have a year of tap and ballet."

When she was in the third grade, she left the Americanettes and joined the National Baton Twirling Association twirling team. However, she soon returned to the Americanettes.

"I had to start all over again," she says. "I had to perform in all types of contests."

While with the Americanettes, Violette was the state champion in her division.

"There are several divisions," she explains. "On the national level — that's when it really gets competitive."

"I never considered my-

National champ enjoys twirling for college



Feature twirler Cindy Violette is a National Champ who began twirling in the first grade. Photo by Avrette.