

Mrs. T. offers Slimnastics

by Mary Katherine Pittman
 "What do you get when you eat a snack? You get a lot of calories that make you fat, and after you're fat, he'll never call you - I'll never eat a snack again." This is the song you'll be singing after you join one of the most active groups on campus - the Meredith Slimnastics Group. Mrs. Madeline Teetsell, better known as "Mrs. T.", is teaching many Meredith students the act of staying skinny through careful eating, exercise, and yoga. Nightly, for about an hour (between 10 and 11 p.m.) the slimnastics group, led by Mrs. T., meets in the 1st Fair hall, where they warm-up, hear a short talk on good eating habits, and jog up to 4th Fair and back.

adviser in Faircloth, Mrs. T. has worked at Gloria Marshall Figure Salon, The European Health Spa, the Raleigh Recreation and Parks Department, and Hillhaven Nursing Home. She stresses that "exercises promote better circulation since the veins are dilated and more oxygen is carried to the brain." She also believes that "girls who exercise sleep better and study harder because their bodies are in good condition." Through her work in physical fitness programs, Mrs. T. has found that drinking water (7-8 glasses) daily is a very important health practice, particularly since it helps prevent cystitis and other ailments.

slimnastics group, Mrs. T. is willing to talk to anyone on a one-to-one basis. She is available for everything from giving extra help to students with problems in French conversation to showing someone tired from a long day of classes techniques of how to relax.

Mrs. T. states that the "slimnastics group is for all students regardless of classification - Just come to 1st Fair! You don't have to be overweight to come. We have some little people who come just to relieve tension." She encourages everyone to remember, "Let's not overlook the fact that jeans are to fit loosely and bodies are to fit bikinis. So, if you don't eat it, you won't have to wear it."



Mrs. T. offers slimnastics.

Thalmus Rasulala

New Raleigh resident remembers "Roots" role

by Renee Keever Davis
 Many television viewers have long awaited the encore presentation of "Roots" which airs this week, but there is one Raleigh resident who has a particular interest in the 12-hour saga that traces the history of an American family.

of "Roots" after reading Alex Haley's best-selling book. Originally, he planned to play the double role of Omoro and the adult Kunta Kinte, but John Amos was assigned the latter part because of contract obligations, according to Rasulala.

destiny of "Roots."

"I knew immediately it would be a success, but I did not think it would be the greatest television production," Rasulala said.

When "Roots" aired in January, 1977, it drew a record 130 million viewers - the largest television audience in history.

Yet more than this, "Roots" is a special triumph for the black actor, according to Rasulala.

"The black actor comes to a crossroads in regard to media culture exploitation. They (black actors) were tired of playing the same roles ... "Roots" gave them a chance to be people, identifiable to everyone ... Every actor has some rain in

Despite this personal disappointment, Rasulala recalled the close bond felt by the cast and crew during the production of "Roots" and especially noted the support of the Dree Southern Baptist Theatre.

"Everyone wanted to make "Roots" beautiful. We wanted it to be the best thing we'd ever been associated with," Rasulala said.

From the beginning of production, Rasulala sensed somewhat the importance and

his life. "Roots" was the sunshine."

Therefore, the role in part one of "Roots," the episode that won virtually all the Emmys, is one of his favorites along with the part of Ned Pittman, the adopted son in "The Autobiography of Miss Jane Pittman."

Rasulala, who majored in music at Redlands University, a Baptist school in California, was born in Miami, but spent parts of his youth in Connecticut, New York, and California. But despite his gypsy background, Rasulala likes the "slower, more

settled lifestyle" he has found in Raleigh.

Rasulala lives here with his wife, Waltye, who is the new Director of Public Affairs at WRAL-TV.

Presently, Rasulala has given up his most recent role as the father of Raj and Dee on ABC's weekly series, "What's Happening!" in order to work on some projects of his own.

In addition to acting, Rasulala enjoys writing and hopes to produce and direct some of the motion picture screenplays he has written.

Book on women creates controversy nationwide

by Susan Spaeth Cherry
 A book discussing lesbianism, abortion, birth control, and other subjects concerning women is igniting sparks of controversy throughout the nation. From Massachusetts to Texas, citizens are protesting open shelving of *Our Bodies, Ourselves* in local libraries.

Ourselves for classroom use, alleging it contains medical inaccuracies. The Prince George's County Coalition for Children wrote to the Maryland states attorney's office last fall to protest the book's placement in young adult sections of the county library system.

ultimate authority over the book's fate, decided to retain the publication in the young adult sections.

"The kinds of information young people need are certainly included in this book. They're in a period of their lives when they have many questions about their bodies ... This book can help them answer some of these questions," explained William Gordon, director of the library system.

Gordon said the library responded to a complaint the coalition filed about the book by sending the group a letter. It cited reviews saying *Our Bodies, Ourselves* should be available for young adults.

The coalition will continue to oppose the book's availability to children at town meetings, according to Ms. Paul. She said the group will prove its point by reproducing and distributing excerpts from the publication.

Similarly, the Texas group Women Who Want To Be Women will continue efforts to remove *Our Bodies, Ourselves* from the Unger Memorial Library, according to Judy Smith, head librarian.

discussion of the issue, but Smith said two of the five members favor instituting a limited access policy for books like *Our Bodies, Ourselves*. Smith, who has ultimate authority over book selection and circulation, indicated she is against such a policy.

(From "Getting It Together," a publication of the Planned Parenthood Federation of America.)

In Prince George's County (MD), about 25 citizens calling themselves the Coalition for Children have been actively protesting the book's placement in the young adult sections of the county library system. One hundred eighty-four copies of the book are available throughout the system.

In Plainview, Texas, a small group called Women Who Want To Be Women is trying to remove the book from the Unger Memorial Library. And in Ludlow, Massachusetts, a group of parents recently persuaded school officials to ban *Our Bodies, Ourselves* from the high school library. The book was reinstated two weeks later when the American Civil Liberties Union threatened to sue the school district.

Published by Simon and Schuster, the book uses photographs and diagrams to illustrate chapters on subjects ranging from childbirth preparation to self-defense. It has been favorably reviewed by magazines including *Library Journal*, *Newsweek*, and *Saturday Review*.

In Maryland, the Montgomery County school system rejected *Our Bodies,*

You are invited to attend our CROSS-STITCH DAY on Saturday, September 16, 1978 - 10:00 - 5:30 Sunday, September 17, 1978 - 2:00 - 4:00 P.M. to meet

Mrs. Claire Bryant, designer "The Berry Patch"

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