

Get in shape the 'Meredith Miler' way

by Melanie Eisele

Interested in getting in shape? The Meredith Miler is a great way to do it. MRA sponsors this program which has three components to it. One may walk, jog, bike, or swim either seventy-five, one-hundred, or one-hundred fifty miles by the end of the school year. There is even a program for those who prefer aerobics. Those who complete their goals by the end of the year will receive a Meredith Miler tee shirt. So, let's get out there and show support for our Meredith Recreation Association — and get in shape at the same

time!

Some things to keep in mind as you are walking, jogging, or biking:

- (1) Stretch out before you begin. This will avoid cramps, strains, and sprains.
- (2) Always wear something white or fluorescent so that you are very visible to those in cars.
- (3) Walk, jog, or bike with the traffic.
- (4) Always walk, jog, or bike with someone else, especially if you are out at night.
- (5) If you are insistent on being alone when you are out, let your roommate know where you are and about how long you expect to be gone, just in case of an

accident.

(6) Keep on the roads where there is plenty of light. Do not go into areas where it is impossible for security to easily see you.

(7) It is always a good idea to carry a whistle with you just in case you should need to summon help.

Remember, these things are not just picky little things. They are all very important in assuring your safety as you walk, jog, or bike around campus. In any case, it is better to be safe than sorry.



Golfers fare well in tournament

by Melanie Eisele

The Meredith College golfers attended the 10th Annual Longwood College Invitational Tournament last weekend. Coach Mark Tharrington seemed pleased with the ladies' play. Shelly Paul, according to Mark, is the team's strongest player. He said, "Shelly played well, consistent; her scores of 80, 84, and 81 are good for that course." He also voiced his confidence that Shelly has as good a chance as anyone to finish in the top 3 in any tournament this season. Jennifer Guyer greatly improved her play on the last day of the tournament. She is playing in the second position on Meredith's team. The Longwood Invita-

tional was freshman Tracy Sternberg's first tournament. The tournament proved a good experience for her, and Mark said that "Tracy shot excellently for a beginner."

The tournament weekend was highlighted by a banquet which features dinner, door prizes for each of the tournament participants, and a slide show of a golf outing to Scotland. Meredith's next tournament is September 26-28 at James Madison. Mark has asked, once again, for players. He is anxious for Meredith to be able to enter tournaments as a team. Mark will also offer help to anyone wishing to play. If interested, contact either Jay Massey in the PE department or Mark Tharrington at 847-0796.

The White Swan: a review

by Beth Winstead

The White Swan is a small restaurant/bar in the Oak Park Shopping Center on Glenwood Avenue in Raleigh. The room is dimly lit, making for a cozy and relaxing atmosphere. Most of the tables are back to back, but they are set up booth-style with high partitions between them, so it's fairly private considering the size of the room. The tables and seats are wood which reminds you of a quaint English pub.

The attire for the White Swan is basically casual. Anything from jeans to a casual dress would be appropriate in such a comfortable atmosphere.

The food, although probably not exquisite, is good. The menu consists of sandwiches of all kinds, lasagne, spaghetti, and pizza. My personal favorite is the taco pizza, for which you need plenty of napkins! If you prefer Sweet-n-Low to sugar in your tea, you might consider bringing your own; they can be slightly stingy with theirs.

The prices are about average. A medium pizza is around \$8.00, and sandwiches, depending on kind and size, are usually \$3.00-\$4.00.

Overall, I would definitely recommend the White Swan Restaurant and Bar for an enjoyable and relaxed evening out.

Meredith to nominate 3 for Harry S. Truman Scholarship

Meredith sophomores interested in a career in government service at the federal, state, or local level are invited to apply for a 1987 Harry S. Truman Scholarship.

Established by Congress in 1975, the Harry S. Truman Scholarship Foundation operates an ongoing educational scholarship program designed to provide opportunities for outstanding U.S. students with potential leadership ability to prepare for careers in government service.

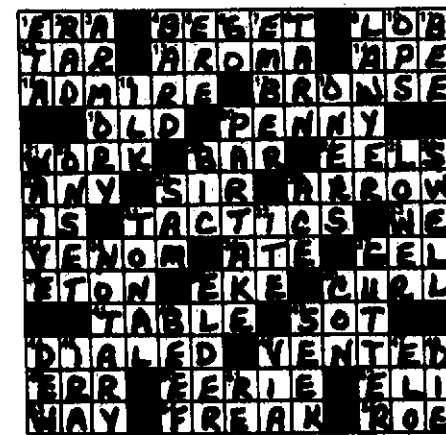
In April 1987, the Foundation will award 105 Scholarships nationally. The DEADLINE for all 1987 applications is December 1, 1986.

Meredith can nominate three students for the 1987 competition. The scholarship award covers eligible expenses up to \$6,500 per year for the junior year, the senior year, and two years of graduate study.

To be eligible, students must be full-time sophomores working toward or planning to pursue a baccalaureate degree, have a "B" average or equivalent, stand in the upper fourth of the class, and be a U.S. citizen or U.S. national heading toward a career in government.

Interested students should contact Clyde Frazier, Truman Scholarship Faculty Representative, Joyner 112 Ext. 8540, by Wednesday, October 1.

Answers to Crossword Puzzle



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