

EDITORIAL

DRINKING AND FUN---- ONE AND THE SAME?

September brings to mind football games, deb weekend, and the beginning of rush. Those events, in turn, bring alcohol to mind. Kegs, fifths, mixers, and little plastic cups go hand in hand with parties. It seems as if one cannot have football games without drinks or a frat party without beer. Why? Because...because...well, actually, there is no good reason why.

Alcohol and fun have become synonymous to the average St. Mary's girl. But, come October 1st, over two-thirds of the St. Mary's population will have to cut down on the alcohol. Carding will be stricter and punishments stiffer for underage drinkers. My point is this - the cut in the availability of alcohol does not mean we have to stop having fun. We simply have to separate the ideas of drinking and "a good time." Believe me, football games are exciting when you're sober and frat parties are as much fun with a Pepsi as with a beer in your hand. So don't grumble about the new drinking laws - learn to have fun within the rules. We're going to have to live with them, and we might as well have a good time doing it!

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RALEIGH HIGHLIGHTS

by Catherine Loffin and Shannon Coleman

There are many exciting things happening in the Raleigh area during the rest of September. The Raleigh Little Theater is presenting the musical "Annie" September 21-24, 28-Oct. 1 at 8:00 p.m. and September 25 and October 2 at 3:00 p.m. The Raleigh Little Theater is located on Pogue Street, only a few miles from St. Mary's. "The Cradle Will Rock," a musical drama, will be performed the 23rd at Stewart Theater on the N.C. State campus at 3:00 and 8:00 p.m. There will be an exhibit of contemporary paintings at the museum of Art on Blue Ridge Road near the N.C. fairgrounds. Finally, Loverboy, with guest band Zebra, will perform in Reynold's Colliseum on the NCSU campus at 8 p.m. on Sunday, September 25th.

NEW TEAM MEMBERS ARE READY TO DIVE IN

By Amy Agner

The Sea Saints along with the swimming and diving team have started practice in hopes of an excellent season this year.

The swimteam, coached by Sandra Sappenfield, is an integral part of St. Mary's athletic department. The team members chosen for the 1983-84 season are Kathy Keel, Beth Morris, Dawn Bodenheimer, Annabelle Brandeux, Katherine White, Chamblee Birch, Amy Dawson, Susan Cresswell, Jill Hooper, Michele Marcin, Chris Wooden, Suzanne West, Laurie Oates, Augusta Rembert, Beth Hackney, Lee Thurmond, and Alice Hemingway.

The diving team, which accompanies the swimteam in competition, has six new members this year. These include Chamblee Birch, Lee Thurmond, Noell Hickin, Alice Hemingway, Polly Russler, and Cathy Crew. Six meets are scheduled for this season, the first one is in October.

The synchronized swimming group, more commonly known as the Sea Saints, are ready to perform at many social functions as well as entertain the parents on Parents Weekend in October. Sandra Sappenfield composes the swimming routines and coaches the girls. This year's additions to the group are Norma McDuffie, Lynn Crowell, Patti Shreve, Frednel Story, and Susan Gardner. Meets and performances will be announced at a later date.

KEEPING THE ST. MARY'S STUDENT BODY HEALTHY

by Beth Morris

This year, **The Belles** is sponsoring a health column for students to help provide information on common health problems and questions. I will be writing the column, taking questions from St. Mary's students and attempting to explain problems, as well as providing assistance on where to go for help with those problems. I am not an expert, only a person who is genuinely interested in the subjects of health and body maintenance.

The first subject I will cover is an old St. Mary's tradition - dieting. I find the ongoing pasttime of dieting very hard to understand. I'm not against losing weight, just the way some people go about it. The following is an excerpt from a nutrition textbook which well explains my position on dieting:

DIET. No particular diet is magical, and no particular food must either be included or avoided. You are the one who will have to live with the diet, so you had better be involved in its planning. Don't think of it as a diet you're going "on" -- because then you may be tempted to go "off." The diet can be called successful only if the pounds do not return. Think of it as an eating plan you adopt for life. It must consist of foods that you like, that are available to you and that are within your means.

Do not-- and this is hard advice to follow-- allow yourself to get tempted into trying to follow a crash diet plan, and do not try to reduce your weight below the acceptable range. The risks of either of these courses are numerous and serious. Once you accept the fact that you will have to change your habits for a lifetime and lose the weight gradually to lose it permanently, you can put your energy into the positive effort of doing the job the way it has to be done.

ANY QUESTIONS-- concerning diet or any other areas of health please write to "Health Questions," c-o Beth Morris, Box 313. Questions and answers will be printed in each issue of **The Belles**.



COMPUTERS AT ST. MARY'S

by Vaiden Kramer

Do you remember the survey we filled out during assembly last year that dealt with our interest in having computers at St. Mary's? Well, thanks to the students and a select board of faculty members, Dr. Coffee, Dr. Hume, and Mrs. Jenkins, our school now has computer terminals for both the faculty and students to use.

Introduction to Computers is taught by Mrs. Whitley, and is offered each semester for high school students who are interested. The course not only deals with how to use the computers, but also gives the students the history of computers and how they operate.

The computers used at school are called the IBM-P-C. The P-C stands for personal computer, and it has more memory capacity than our regular home computers. A "floppy-disc" is used to store information entered in by the person using it. The disc can store up to 200 pages of material at one time, and the information can be erased, so one could use the disc over again. They range in price from \$2 - \$3.

St. Mary's is also thinking about opening a computer lab, to be used as a library for faculty and student use.

"RISKY BUSINESS" NOT ALL SEX AND COMEDY

by Cathy Hancock

Now in its sixth consecutive week, Paul Brickman's "Risky Business" is still bringing in the crowds. It is a late summer release along with other sexy comedies like "Vacation" and "Porky's II," but in the case of Risky Business, sex and comedy are merely added attractions to the movie.

Although the commercials depict Risky Business as a sex-filled comedy, the humorous moments are few and far between. For viewers who expect to be kept rolling in the aisles, this movie will be a disappointment.

Risky Business will however be a delight to those viewers who appreciate good drama, because the movie doesn't lose everything when it loses its comedy. What remains are two talented young actors, Tom Cruise and Rebecca de Mornay, and a story that teens and adults alike can relate to.

Tom Cruise as Joel brings to life a familiar character. Joel is a typical American son who wants little more than the respect of his parents. Because he is human, and in order to add excitement to the movie, he strays, gets into a lot of trouble, and it takes the help of a prostitute named Lana (Rebecca de Mornay) her professional friends, and Joel acting as their pimp, to get him out.

The movie, with some humor and sex thrown in, is really about the pressures of growing up; the need to cut loose verses the necessity to take responsibility for one's actions. Because of persuasive acting, along with some comic relief, it is a delightful change of pace from this season's other blockbusters, and a must for avid movie fans.

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