

Fitness center in Carrboro will offer Nautilus, aerobics

By SUSAN KUHN
Staff Writer

Physical fitness concerns a lot of college students, and no one knows that better than Rande LaDue, Pat Jones and Michael Slaughter. The three are partners in The Gym, a new professional fitness center located on 503C W. Main St., Carrboro.

Scheduled to open April 20, The Gym will offer the most modern Nautilus equipment and free weight training room, aerobics classes, cardiovascular conditioning, a supervised kindergym, whirlpool, sauna and steamroom. LaDue said only Kenan Field House has more free weights.

Aiming at professionalism, The Gym has a staff of 12 to 15 part-time employees, several of whom have received their master's degree in physical education, in addition to a physical therapist and a nutritionist. LaDue and Jones will be full-time co-managers of the facility.

"We're pretty idealistic about what a health center should be," LaDue said. Stressing consumer education, LaDue noted four factors critical to The Gym's fitness program: strength, cardiovascular conditioning, flexibility and nutrition.

Each member's individual needs will be assessed on a one-on-one basis, whereupon a program will be developed, he said. Video training methods are another innovation The Gym plans to employ. "We want to help people achieve whatever fitness goals they have," LaDue said.

The Gym's facilities, which cover 6,000 square feet, comply with its goal of cleanliness and professionalism, he said. The floor of the aerobics room has a resilient rubber coating underneath the hardwood. In layman's terms, it gives and is less punishing on the body. The supervised nursery comes complete with mats, so that children can exercise "like mom," LaDue said. Shower facilities are also included.

Both LaDue and Jones have had professional experience, each having worked at Nautilus Fitness Center in Chapel Hill. LaDue has also worked at the Spa Health Club in Chapel Hill and owns Sarasota Nautilus, a fitness center in Sarasota, N.Y.

Stressing that they are not high pressure fitness instructors, Jones and LaDue hope to attract all types of people, from housewives to couples to serious athletes.

'Rude Boys' capture second place in ACC tournament

By HEIDI OWEN
Staff Writer

Although the 1982-83 school year is coming to an end, the Rude Boys are continuing to see more than their share of College Bowl action.

Saturday's ACC Invitational Tournament at N.C. State capped a week of top finishes for the College Bowl team. In the nine-team competition, UNC captured second place, losing only to UNC-Charlotte. Teams from N.C. State, East Carolina, Duke and Davidson also competed in the tourney.

The 1983 College Bowl team also had a good showing in the National Invitational Tournament at Emory University April 9 and 10.

The Rude Boys — Jon Wike, Chad Russell, Blair

Haworth, Seth Katz and Ron Black — brought UNC a second place victory in the 17-team round-robin tournament, according to Julie Chiu, Carolina Union College Bowl coordinator.

Competing in a grueling 19 games, UNC lost only three of its "matches of the mind." The team suffered defeats to Wisconsin and Ohio State in regular play and to Michigan State in playoff competition. Michigan State went on to win the tournament.

"This was our first appearance in this particular tournament, and we did well up against teams who were used to it," Chiu said. "In fact, Blair Haworth was named to the All Star team, which is quite an honor," Chiu said.

Matching wits with such schools as Harvard, Princeton and last year's winner Ohio State, was "just too much College Bowl in two days," Wike said.

Despite the fact that the Rude Boys were in a "distinctly altered environment," they did fine, Haworth said. "The competition was not one we were used to. It seemed to be a parody of the rules and had some unhappy modifications. The questions were really obscure."

No information has been given as to the fate of the National College Bowl competition.

"The Rude Boys are reigning National College Bowl Champions and it appears that we will continue to be," Katz said.

UNC's team will, however, continue to see action right up until May 14, the day before commencement.

A UNC All Star team has been scheduled to compete against alumni of the Class of 1958 in the varsity sport of the mind May 14.

bars

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But local bar managers disagree. "People who are going to want alcohol are going to get it," said Bub O'Malley, manager of Trois. "If people in high school want alcohol, they're gonna get it."

Both of O'Malley's points have support. Melissa Burns, founder of the Greensboro chapter of Mothers Against Drunk Driving said she did not see that raising the drinking age to 19 would make a difference.

"To be perfectly honest, if they want to get it out of the high schools, I don't think that will be accomplished by raising the drinking age to 19," Burns said.

At UNC, some students who would be affected by the law agreed with the task force and the legislators. UNC freshman Denise Hodson, 18, said she would like to see the age raised.

"I think it's better," she said. "It should be limited to 19 and 21; that way you keep it out of the high schools more."

Another UNC freshman, John Beddingfield, 18, said he favored raising the drinking age to 21. "It would make it more difficult for high school kids to get beer," he said. "I don't think 19 will help. I think they should raise it to 21 or leave it 18."

Stephanie Spence, 18, a UNC freshman, said, "I'm not really against it being raised to 19. A drinking age at 19, I suppose, would get beer and wine out of the high school."

Managers and owners of local restaurants and bars said the state does a poor job of enforcing existing liquor laws and would have a difficult time enforcing the new laws, if they pass.

In their concern regarding the drinking age legislation, bar owners and managers seem to fear that if the proposal to raise the drinking age to 19 is not successful the state will try to raise the age again.

"They're going to legislate us into oblivion," said Kirkpatrick. "They will say it's 19 and if that doesn't work, they'll raise it again."

faculty

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Also discussed at the Faculty Council meeting was the Coalition for Education Rally held in Raleigh Thursday. "It has been reported that the students did an excellent job," Chancellor Christopher C. Fordham III said at the meeting.

"They conducted themselves well," Fordham added. "They did us proud."

Other business at the meeting included the presentation of several teaching awards. George A. Kennedy, classics professor, and Cecil G. Sheps, social medicine professor, received the 1983 Thomas Jefferson awards.

Political science Professor Joel J. Schwartz won the Nicholas Salgo Distinguished Teacher Award. Dennis

R. Appleyard, economics professor; J. Robert Cox, associate professor of speech communication; Elizabeth S. Czech, associate RTVMP professor; Darryl J. Gless, associate professor of English; and Stephen F. Weiss, associate professor of computer science, won Tanner Distinguished Teacher awards. The Salgo and Tanner awards are determined by student and faculty votes.

Fordham also spoke at the meeting on the necessity of public universities, saying that state legislators should not discuss funding private universities — which typically have a high percentage of out-of-state students — while a tuition increase for out-of-state students at public universities is being proposed.

golf

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Senior Bill Plyler, who shot rounds of 68 and 70 to lead the tournament going into the final day, also found frustration in the final round. The hole that epitomized Plyler's day was the fifth, where his approach shot hit the flag pole and kicked off, landing 10 feet away. Plyler missed the putt for birdie and went on to par the hole. He shot a final-round total of 79, but his first two rounds were a key to the Tar Heels' tournament victory.

North Carolina freshman Bryan Sullivan shot an even-par 72 to finish the tourney at

two-over-par 218. Teammate Kurt Beck, also a freshman, shot a 74 to card a seven-over-par 223.

Along with the Tar Heels clinching the ACC championship comes a bid to the NCAA championship in Fresno, Calif., June 8-11.

The Tar Heels' team score of three-over-par 867 edged out the Wolfpack squad, which shot an 872. Other team scores: Clemson 874, Virginia 883, Wake Forest 884, Duke 885, Ga. Tech 900, Maryland 924.

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SPEAKERS

Richard Gardner, MD, Associate Professor of Radiology, Rush-Presbyterian-St. Luke's Medical Center, President, Chicago Chapter and member of National Board of Directors, Physicians for Social Responsibility

Stuart C. Finch, MD, Associate Professor of Medicine, Medical College of New Jersey at Rutgers, Former Chief of Research and Permanent Director, Radiation Effects Research Foundation, Hiroshima, Japan

Gordon Thompson, PhD, Consultant in Energy, Environment and International Security, Thompson Associates, Cambridge, Massachusetts

Victor Sidel, MD, Professor and Chairperson, Department of Social Medicine, Monte Fiora Medical Center, Albert Einstein College of Medicine, New York

Robert J. Lifton, MD, Foundation Fund for Research of Psychiatry Professor, Yale University School of Medicine, Author, *Death in Life*, a study of survivors in Hiroshima and *Indefensible Weapons*, a study of Nuclearism

Herbert Scoville, Jr., President, Arms Control Association, Former Soviet Nuclear Arms Systems Analyst, U.S. Central Intelligence Agency, Former member U.S. Arms Control and Disarmament Agency, Author, *MX—Prescription for Disaster*

Thomas A. Halsted, Director, Physicians for Social Responsibility, Former Director, Office of Public Affairs, U.S. Arms Control and Disarmament Agency, Former Director, Council for a Livable World

Judith E. Lipton, MD, Psychiatrist in Practice, President, Washington Chapter and member of National Board of Directors, Physicians for Social Responsibility, Author, *Stop Nuclear War! A Handbook*

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