

SPORTS

Butler-for-Barker deal like trading gold for silver?

By FRANK KENNEDY
Assistant Sports Editor

Here are some mid-week notes, cheap shots and random tidbits from here, there and everywhere:

The Atlanta Braves' latest trade — this one for Cleveland pitcher Len Barker — is like trading gold for silver.

According to the folks inside the Braves' organization, Atlanta will give up outfielder Brett Butler and two minor leaguers in return for Barker's services.

Barker, a 28-year-old righthander, held an ERA of 5.15 through 19 decisions, winning only eight times for the American League East's worst team.

The logic behind the move is to bring in a right-handed starter with a reputation as a durable, hard-thrower, a characteristic that current starters Phil Niekro, Craig McMurry and Pascual Perez have not shown lately. The Braves obviously don't want to continue sending in reliever Steve Bedrosian (18 saves) every night around the eighth inning with Joe Torre's club fighting out an 8-7 hitters' duel.

It's logic that makes sense, but this is not the time to be putting one of the team's best hitters and fielders on the trading block. Moreover, Barker has shown little effectiveness on the mound this year (maybe the idea is to turn around Barker's luck, as was done with Terry Forster).

The players and execs are ecstatic to have Barker on the roster, but it is looking more like second-place Atlanta is running scared. After all, Chief Noc-A-Homa's heroes were riding high three weeks ago and appeared certain to take the NL West again. Now, they are firmly entrenched in second and only 29 games remain on the schedule. Even Atlanta loyalists have lost faith, as was evidenced by the meager attendance during this week's Cubs series.

They have already lost Bob Horner to injury, and now Butler appears destined to depart. Maybe the NL West race won't go down to the last day after all.

UNC football coach Dick Crum said at his Tuesday press conference that the only difference between this weekend's South

Carolina game and the 1982 opener against Pittsburgh is that Saturday's game is not on national television.

That should make Gamecock coach Joe Morrison feel extremely confident about his crew. Isn't it nice to know that Morrison's bunch is capable of getting to a major bowl and competing for the national championship?

In all respect to Coach Crum, the Tar Heel mentor has an obligation of sorts to make the 1983 schedule look impressive. Speaking of the USC game, the mid-week betting lines have the Tar Heels a 13-point favorite for the Saturday night game.

Ted Turner's Superstation WTBS is counting on Duke quarterback Ben Bennett to deliver, and then some, when the Blue Devils face N.C. State on Nov. 10 in the first night game ever at Wallace Wade Stadium.

WTBS is shelling out big bucks for a game between two mediocre teams with only a regional following, but Turner is hoping the dollars (and ratings) will center around Heisman candidate Bennett, who is a 300-yard-a-game passer. The network is dishing out \$50,000 for temporary lights for the stadium.

The college football season opener Monday night, the Kickoff Classic, showed two things: Nebraska should go 12-0 this year and claim the national championship going away, and the Classic itself should not be renewed in 1984.

The shoddy play, based primarily on less-than-usual practice time for both squads, was a constant blackmark during the alleged NCAA spectacle. Nebraska fumbled the ball seven times but still won by 38 points. Penn State's two young quarterbacks, fresh off not playing much at all last year, simply did not have adequate time to learn the system and take control on the field.

The game closely resembled a contest typical of the first week of the NFL pre-season, and was nothing short of an embarrassment.

Weight room not simply male territory

By DAWN BRAZELL
Staff Writer

From the basement of Woollen Gym come groans of pain and the clash of iron. It used to be a male domain. But in the UNC weight room, an increasing number of females can be found sweating alongside the males.

Steve Nelson, a UNC instructor in exercise and conditioning, said he hopes to see even more females in the weight room. "If more females knew how to lift and knew how good it was for them, they would try it."

Cindy McMahan, a UNC student who has been lifting for one-and-a-half years, said she decided to start weight lifting one day while watching *General Hospital*. She started lifting with her boyfriend and now works out two or three times a week.

"Sometimes when I'm in a bad mood," McMahan said, "I'll go weight lifting and come out ready to study. It's a good way to work out frustrations."

Capri Foy also feels better after weight lifting. "I'm more confident in myself," she said. "It feels good knowing you can lift a certain amount of weights and improve on that."

Weight lifting can give women more control over their bodies, she added.

Foy became interested in weight lifting after seeing "pictures of women body builders like Lisa Lyon, Rachael McIsh and Carlo Dunlap. They got me interested in it because they are muscular but also feminine."

Deirdre Hampton said that "guys now like to see women with toned bodies."

Hampton began lifting in physical therapy to strengthen torn tissues in her neck from a car accident. "Now I don't have as many problems with pulling tendons in other sports," she said.

Between weight lifting and other sports, Hampton said she burns off a lot of fat. "I can see a big difference," she said, adding that weight lifting does not give women bulky muscles. "You're going to tone yourself up, not look like Hercules."

Nelson said the fear of developing bulky muscles is a common misconception among women. Weightlifting, he said, is "not just the male thing to do anymore."

Cindy Cumbo lifts weights to define the muscles in her arms and legs. "Weight lifting only firms up what you've got," she said. It has also helped Cumbo with her volleyball game. "My upper body spikes are stronger now."

Kim Doughten lifts to improve her tennis game. She is working on developing a more powerful

stroke. "It takes awhile," she said, "but when you start increasing weights it makes you feel stronger."

Nelson said that one of the best benefits of weight lifting is that "you work out each particular muscle group." Lifting is most beneficial when supplemented by other activities, Nelson said. Sports such as swimming, running and aerobics strengthen the cardiovascular system along with the muscles.

Diet is also important, to help reduce body fat as muscles begin toning up, Nelson said. He recommends eating grains, fruits, vegetables and pasta.

Many women are surprised to find spaghetti on the list of foods to eat, he said, but "it's really quite a bit less fattening than a lot of other foods."

Male reactions to the increased number of females in the weight room are varied.

Cumbo said when she first started lifting guys thought she was "just going to pick up somebody or to look cute. Now they think I'm serious because I keep going back."

Doughten said she goes lifting with male students. "They encourage me to lift more."

However, not all males have adjusted to the presence of more females in the weight room, Donna Hickman said. "Some guys act like you're just taking up space."

Week's Fare

THURSDAY

1 How to Marry a Millionaire begins the Marilyn Monroe Film Series at the Art School at 7:30 and 9:15 p.m. Lauren Bacall and Betty Grable co-star as three women who discover money isn't everything. Call 942-2041 for more information.

The Annual Membership Show at Center/Gallery in Carrboro will be displayed through Oct. 2.

Four Durham Art Guild shows — ceramics by Kathryn Aitken, works on paper by Patricia Grossman, prints by Dawn Latane and a special exhibition by early Art Guild members — will be displayed through Sept. 27 at the Durham Arts Council's galleries in Durham.

Contemporary paintings from the Weatherspoon Art Gallery will be shown through Oct. 23 and **Maud Gatewood: Figure Paintings** will be exhibited through Oct. 2 at the North Carolina Museum of Art in Raleigh.

Applications accepted

Applications for positions on *The Daily Tar Heel* photo staff will be accepted until Tuesday afternoon at 5:00. If you are interested, bring a portfolio or other example of your work by the DTH office in the Carolina Union and ask for the photo editor.

FRIDAY

2 Rolly Gray and Sunfire will play their reggae, soca and calypso music for dancing today and Saturday at 9:30 p.m. at the Art School. Call 929-2896 for more information.

SATURDAY

3 The Musicians Co-op, an Art School program which provides opportunities for members to help each other while enhancing the quality and appreciation of music in the community, will meet at 11 a.m. at the Art School. Interested musicians may call 942-2041 for more information.

SUNDAY

4 James Johnson from the Busch-Reisinger Museum at Harvard University will give an organ recital at 5 p.m. in Duke Chapel in Durham. Call 684-2534 or 684-5450 for more information.

The Sunday Jazz Series at the Art School will feature the area's outstanding jazz musicians beginning at 7 p.m. Call 942-2041 for more information.

WEDNESDAY

7 De Danaan, an Irish traditional music group, will perform at the Art School through Thursday at 8 p.m. Call 929-2896 for more information.

MOVIES

Plaza I — *Strange Brew* at 3, 5, 7 and 9. **Plaza II** — *Trading Places* at 2:30, 4:50, 7:10 and 9:30.

Plaza III — *Metalstorm: The Destruction of Jared-Syn* at 3:30, 5:25, 7:20 and 9:15.

Varsity I — *Querelle* at 3, 5, 7 and 9 ends today. *The Gift* starts Friday at 3:15, 5:15, 7:15 and 9:15.

Varsity II — *Baby It's You* at 3:30, 5:30, 7:30 and 9:30.

Varsity Lateshows — *Eating Raoul* and *The Road Warrior* at 11:30 Friday and Saturday.

Carolina Blue — *Return of the Jedi* at 7:10 and 9:30.

Carolina White — *Flashdance* at 3, 5, 7 and 9.

Carolina Classic — *East of Eden* starts Friday at 2:45 and 5:05.

Carolina Lateshow — *Caddyshack* at 11:30 Friday and Saturday.

Ram I — *Risky Business* at 7:10 and 9:10; weekend matinees at 3 and 5.

Ram II — *Easy Money* at 7:15 and 9:15; weekend matinees at 3 and 5.

Ram III — *Mr. Mom* at 7 and 9; weekend matinees at 3 and 5.

Carolina (Durham) — *The Return of Martin Guerre* at 7 and 9; Sunday matinees at 3, 5 and 7.

Compiled by David Schmidt, assistant arts editor.

SHARE THE COST OF LIVING

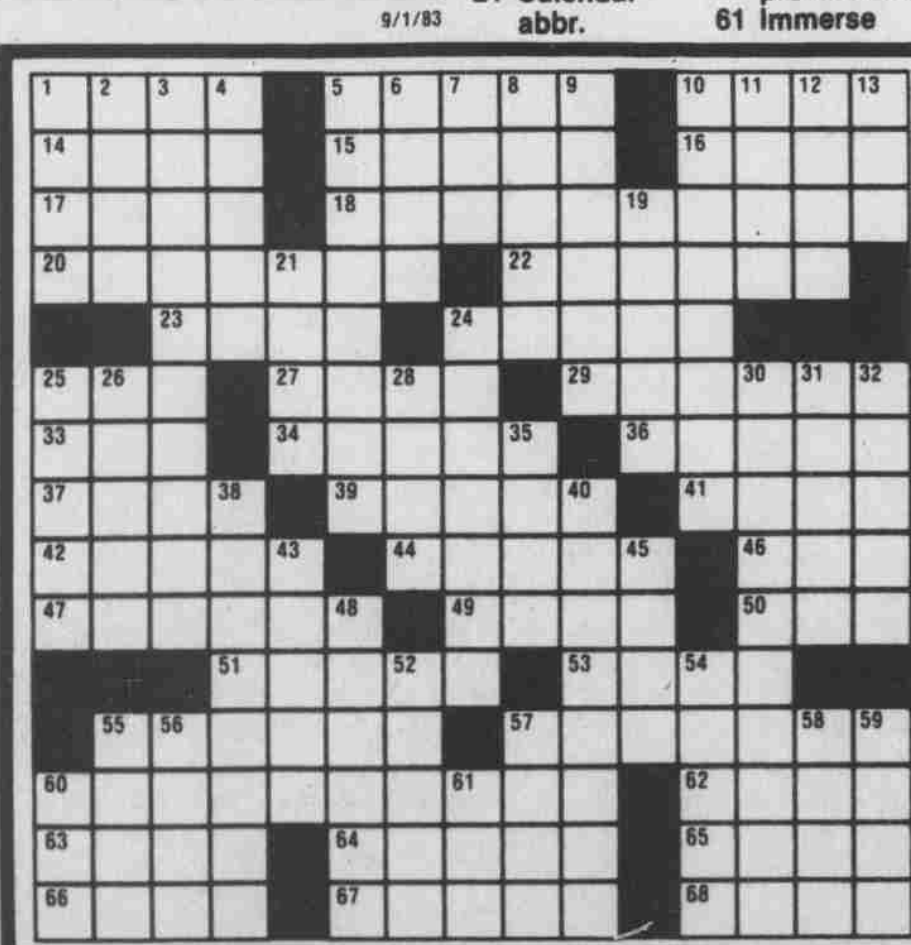
Give to the American Cancer Society.

THE Daily Crossword by James R. Burns

- | | | | |
|-------------------------|----------------------|-----------------------------------|--------------------------------|
| ACROSS | 29 Strip clean | 60 German spa for double dippers? | 24 Freight car |
| 1 Spanish home | 33 Big bird | 62 Feds | 25 Kind of rabbit |
| 5 Inherent quality | 34 Creep | 63 Related | 26 Iowa communal group |
| 10 Provided | 37 Circuits | 64 Drop — (write) | 28 Skating area |
| 14 Musical work | 41 Fitzgerald | 65 Wife of Zeus | 30 Gossip about homely lodger? |
| 15 Lasso loop | 42 See 34A | 66 Regrets bitterly | 31 Long-time Chicago mayor |
| 16 Approach | 44 Russian coin | 67 Categorized | 32 Uplift |
| 17 Kind of store: abbr. | 46 Until now | 68 De — (superfluous) | 35 Military cap |
| 18 Reel good sport? | 47 Eton sports rival | DOWN | 38 Crusaders' foe |
| 20 Brought to bear | 49 Flat bean | 1 Body of laws | 40 Belittled |
| 22 Wait upon | 50 Whisky | 2 Summit | 43 Moslem scripture |
| 23 Rake | 53 Within: | 3 Outstanding con man? | 45 German philosopher |
| 24 Miss Garson | 55 Flattered | 4 Houston athlete | 48 Marsupial |
| 25 Roll | 57 Food allowances | 5 Weaken | 52 Dry and crumbly |
| 27 Spanish river | | 6 Disclosed | 54 Stingy |
| | | 7 London attention getter | 55 Caspian Sea port |
| | | 8 Wilde or Levant | 56 Actress Adams |
| | | 9 In place | 57 Lacoste of tennis |
| | | 10 War prisoner | 58 Detective Wolfe |
| | | 11 Sinn — | 59 Cinch |
| | | 12 Smooth wood | 60 Legal profession |
| | | 13 Assn. | 61 Immerse |
| | | 19 Girder material | |
| | | 21 Calendar abbr. | |

Yesterday's Puzzle Solved:

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BENT STAMP
SEALED NOTA SAC
ERRO PILED ELA
PROCRASTINATION
ALM AWARD ANON
LEA POLO RAREFY
FILM CANT
BASTIE LOFT RNA
EXPERIMENTATION
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