

On The Sidelines



ality, you are dwelling on the promise of a Jane Fonda figure. You sidle up to the cash register, hoping no one will notice you prefer Rich-

ard Simmons to Rod Stewart, and you hastily explain to the cashier that you're buying the album for a fat friend.

Once you've smuggled your purchase home past prying eyes, THE PREPARATION begins.

Baggy, holey sweats won't do. You don your color-coordinated, designer shorts or leotard, and psyche yourself up for that opening chord.

(If you had been thinking clearly from the start, you would have realized how ridiculous it was to spend so much on such fancy garb—didn't you know that sweat turns lycra spandex gray???)

Five minutes into the routine, you realize that the voice you got all dressed up for isn't a friend at all, but a harping drill sergeant.

Your orders are to stretch and pull, twist and bend, until you feel

like "Plastic Man" on Saturday morning cartoons.

To add insult to injury, that ever-cheery voice actually wants to know if you can "feel it burn?" Your response? "Bite it Jane!"

Moreover, you can't help but compare your own spastic attempts with the fluid, synchronized movements you're sure the "commander" is doing.

Of course there's always the problem of when to exercise.

It seems as though you're always interfering with someone's sleep time or drowning out the 6 p.m. news.

Often there are pets or kids around who want to get in on the act, and your solo routine quickly becomes "herd exercising."

Where do you work out? Few homes have the fully-outfitted studios depicted on the album covers. So you end up tearing down your house.

Little did you know when you spent that \$12, you'd soon be facing bills for jacking up the floor, repairing the holes you've worn in the carpet, or rewiring the overhead light fixtures.

The bottom line is that these routines also become monotonous after the first few fun-throughs.

You know exercise is good for you. You should be doing it.

After all, it cost you \$12.

Maybe, just maybe, it would have been cheaper (and easier) if you'd joined the spa in the first place.



Staff Photo by Sylvia Hawkins
Lady Bulldog Tennis: UNCA's Monica Bronikowski stretches to return a volley in last Saturday's victory over Catawba.

Men's tennis shaping up

By Joan Sterk

The men's tennis team opens the fall season with its first match Sept. 24, at 2 p.m. against Western Carolina University.

The team will participate in seven matches and five tournaments this fall, including the UNCA Fall Invitational, scheduled for Oct. 12 and 13.

Team members set a goal of earning the title of district champions, a title which has eluded the Bulldogs in the past.

Coach John Shackelford hopes to dethrone the NIAA National Champions, Atlantic Christian.

"For the past two

years, UNCA has placed second to Atlantic Christian. This year we'll really be going after them," said Shackelford.

Three lettermen, Joven Cizek, Neils de Jong, and Danny Young are returning to this year's lineup.

Clint Osbourne, Will Hancock, and Mark Ordonez are also returning.

Two freshmen, Rudy Schwab and John Lichtenberger, make up the rest of the team.

Shackelford feels the team "has plenty of talent and ambition, and there are some hungry players who are working hard."

Lady Bulldogs claim victory

By Joan Sterk

Top seed Monica Bronikowski dropped her first set, but allowed her opponent only four games during the remaining two sets in last Friday's victory over Catawba.

The Lady Bulldogs opened the fall season with an 8-1 overall win.

Second seed Leslie Knoble had a close first set, but she dominated the second set winning 7-5, 6-1.

ter paired up for the number one doubles and took a 9-7 pro-set from Catawba.

Christine Nichols and Sheila Royal, playing number two doubles, defeated their opponents 8-6.

Both Nichols and Royal won in singles.

Fifth seed Susan Johnson lost a tough match, but later joined Kecia Wilson for an easy win in doubles, granting Catawba only one game.

Coach Mike Sams said the match was not a reliable indicator for the team's performance this season.

He said UNCA defeated Catawba in every match ever played, but he looks forward to more difficult challenges from upcoming opponents.

On Sept. 21, the Lady Bulldogs take on Catawba at 6 p.m. and Mars Hill at 8 p.m. at UNCA.

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