

JFK Says: Exercise! We Say: Use IC

In a flap over flab? Can't go to bat because of fat? According to Time, now there's an easy, sure-fire way of changing ugly fat to shapely muscle — for women as well as men. It's called "isometric contraction," which, simply speaking, amounts to pitting the muscles against an immovable object for a few seconds without moving. Sound simple? It is.

Just to point out for the scoffers how highly IC is thought of in the world, Bob Hoffman, the Olympic weightlifting coach, thinks that IC is "the greatest thing the world's ever seen." The LSU and Notre Dame football teams have tackled it with enthusiasm; so have the San Francisco 49ers and Pittsburgh Pirates. Indeed, Charles Atlas, brawny patron of the 97-pound weakling, bor-

rowed a few isometric notions for his body building scheme.

Isometrics does not directly affect endurance and stamina, nor does it cut weight. But IC does tone muscles (without increasing girth) at a startling rate. If, for example, a man (or woman) sucks his abdomen back toward the spine and - ugh! - holds it there for ten seconds five times a day, he can expect to thin down his waistline one to two inches within a month.

Similarly, placing the hands against any available wall or door jamb and pushing as hard as possible for ten seconds is a more powerful tonic for slack arms and shoulders than 50 agonizing pushups.

According to physiological theory, IC could well build the United States into a nation of deceptively unbulging Samsons.

Baptist Students Plan Spring Trip

The Baptist Student Union at Brevard has completed plans for a Spring trip through the Great Smoky Mountains. The date has been set for Sunday, April 15.

The B. S. U. group will be accompanied by Mr. and Mrs. Quentin Cantrell, who have also been chosen to succeed Mr. and Mrs. "Chrome" Reddick as advisors to the group.

The Baptists plan to spend the day viewing the picturesque scenery in the Great Smokies and visiting the Cherokee Indian Reservation.

WAA Names Rector Girl Of Month

Linda Rector has been named the girl of the month by the WAA Council. Linda is from Newport News, Virginia. She attended the Warwick High School where she was an officer in the Girl's Athletic Association, a member of the Science Club and of the Spanish Club.

Linda won the Allied Tidewater Field Hockey Certificate and the Allied Tidewater Field Hockey emblem. She was a member of the honorary volleyball, basketball, softball, and field hockey teams for four years at Warwick High. In the eleventh grade she received the traditional athletic letter and star.

At Brevard, Linda is a member of the Euterpean Society, the WAA Council, and is an intramural manager. She has won distinction as a member of the honorary volleyball, softball, and basketball teams.

Linda's hobbies are dancing, painting, and sports. She is majoring in sociology.

Glee Club Basks

(Continued from Page One) Park, and Jacksonville.

While in Florida, they will tour the orange groves in the central section of the state, visit Cypress Gardens as guests of the management, visit Daytona Beach, and perhaps, St. Augustine.

On April 4 they will give their final performance at the First Methodist Church in Jack-

Brevard Socialites

By BRENDA BRITT

SO LONG, Gang! In these few remaining hours before the campus adjourns for the long awaited Spring vacation, friends say their farewells. The plans range from beach parties to just a relaxing time at home. Hope you all HAVE A BALL!

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TAKE ONE: Read later: We do hope that as you charge off campus tomorrow that you will take a paper and read it later.

★ ★ ★

TABLES AREN'T AS sturdy as they used to be—are they Suggs? A table seems to be missing from the left side of the cafeteria. I wonder.

★ ★ ★

BILL STARMER WILL BE back on the track. Bill was hospitalized recently due to a strep throat. He reports he will be running again soon after spring vacation.

★ ★ ★

RELIGION STUDY SHEETS should be chewed and digested. I understand that the mimeograph has an alcoholic content. They serve a double purpose, don't they C. L.!

★ ★ ★

MEL HUNT IN blue jeans?

★ ★ ★

PASS THE SUGAR, please. A harmless request. Ever sit at a table in the cafeteria with John

Culp? The kind of sugar he passes out isn't granulated!

★ ★ ★

BC REALLY "rocks" on the weekends . . . Eh Chubbs?

A FORMAL DINNER was held in the faculty dining room recently by Mr. and Mrs. Julian Culbertson, and Mr. and Mrs. Alan Wallace. Twenty students were present. As one of the participants, I would like to say that it was delightful. It is the desire of Mrs. Culbertson for each student to attend one of these dinner occasions. Other guests were Mr. and Mrs. Martin, and Mr. and Mrs. Glenn Hardesty.

★ ★ ★

OMAR FANG RIDES AGAIN He left his calling card in the local mess hall. Many students daily look forward to his comments on the meals.

★ ★

DANGEROUS! ! A volley ball? I have a black eye to prove it.

EEK! That's just a reaction to "Coal Black", a little Guinea pig who is being escorted around campus in the pocket of a young lady on campus.

HAVE A BALL-BUT PLEASE BE CAREFUL, ALL. In our rush and haste to make the most of our short ten days we may overlook safety. Please have a pleasant and safe journey - whatever your destination.

New Drag Strip Installed For Sunday Evening Races

FREDDY McMAHAN

In an earlier issue of this paper, one writer referred to the "drag races on third Green." Since that issue was released, the drags have progressed extensively. A new track has been installed in the hall and consists of two large sheets of asbestos slate propped on a chair. They are situated in a declining position.

To begin the race, two model cars are placed side by side at the top of the ramp. A ruler is used to line up the cars the same distance from the starting line. When they are ready, the starter lifts the ruler and the cars speed down the track.

The finish line has been designated about 30 feet down the

sonville. On Thursday, April 5, they will leave Jacksonville and return to Brevard by way of Columbia, South Carolina, and Charlotte, North Carolina.

They will arrive, that day, in Brevard at approximately 10:00 a. m.

hall. If the cars do not collide with each other, the race is termed as "fair." In case both cars hit the wall, the race is repeated. After one car has beaten all others, it receives the title of "Top Eliminator." This car is taken out of the races. The whole procedure is carried out twice more to determine "Middle Eliminator" and "Little Eliminator."

To determine the winner during a set period of time, a point system has been established. Each time a car captures the "Top Eliminator" award, it is given 10 points. "Middle Eliminator" receives 5 points and 3 points go to the "Little Eliminator."

The races take place on Sunday afternoons from one to two o'clock to keep from interfering with studies. Some people are of the opinion that the "drags" are for kids, but there is one sure thing—they are something different.

More Applicants

(Continued from Page One)

much they influence others to come to Brevard College. In a recent survey of the freshman class and the factors which influenced them to attend Brevard,

35 to 40 per cent were influenced by students who are currently enrolled and by former students. The second factor contributing to those who chose Brevard was the advice of guidance counselors.

"If you, the students, are happy here, we would like you to encourage others to apply here," states Mr. Hardesty."

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