

Bathroom scale an obstacle to a balanced life

By Julie Deardorff
Chicago Tribune

Against my better judgment, I signed up for a holiday weight management contest through the company fitness center. Just before Thanksgiving, a group of us threw \$20 each into a pot and stepped on a scale. When we weigh ourselves again next week, the people who stayed within two pounds of their original weight will split the money.

I've never owned a scale or regularly weighed myself, mostly because I hate how a silly little number can ruin my day. My jeans often tell me everything I need to know.

But a new study found that people

who are trying to lose or maintain their weight did better when they weighed themselves every single day. It's much easier to make small corrections and get back on track when you've gained only a pound or two, according to the researchers at the University of Minnesota, whose results were published last month in the *Annals of Behavioral Medicine*.

It certainly sounds logical, especially at this time of year, when weight loss is among the top New Year's resolutions. But tracking certain things on a daily basis — whether it's weight or stock prices — often does nothing but drive people crazy.

Bathroom scales may look fairly innocuous, but these are devices that can feed

obsession, self-loathing and mood swings. They can announce weight gain in people who are actually just well-hydrated or increasing muscle mass. Worst of all, scales inevitably promote dieting, the least-effective way to lose weight over the long term.

For those with eating disorders, scales can trigger the self-destructive pathology. In the warped Internet world of pro-anorexia, which views the illness as a lifestyle and a choice rather than a disease, a major tenet is that "scales should be used to measure daily success and failure."

A recovered anorexic from Los Angeles shed some light on the mindset when she recounted her troubled — but hardly

unusual — relationship with scales on Big Fat Blog (bigfatblog.com).

"I weighed myself after going to the bathroom, but never right after a shower, as the extra water clinging to my body and hair may skew the result," she wrote. "I laid the scale in a section of the bathroom that sloped downward. ... I know this is extreme, but that's what scales begin to do to you: pin your life on a number."

Often, that number doesn't even reflect the true health of your body. Thinner is not necessarily better; when I was fit enough to complete my first Ironman triathlon (2.4-mile swim, 112-mile bike, 26.2-mile run), I

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Glory Road' A reminder barriers still need to fall

By Drew Sharp
Detroit Free Press

The magnitude of the move didn't register with Texas Western coach Don Haskins until weeks after his Miners' seminal 1966 national championship.

Never before had five black players taken the floor together in a national basketball title game.

If that wasn't audacious enough, they had the unmitigated gall to actually win.

Thousands of hateful letters flooded Haskins' office in El Paso, Texas, the vast majority venting their bile with the same pejorative racist preamble.

Haskins didn't keep the incendiary correspondence. He set to flames a documented archive to a tumultuous social climate that Texas Western further shook up on March 19, 1966, when it defeated all-white Kentucky, 72-65, at College Park, Md.

"At one time," Haskins recalled during a telephone interview Monday, "I had gotten about 35,000 to 40,000 of them. And they were all pretty much the same. I burned them. I had no use for them."

Haskins even became a target of the rising black militancy movement of the time, branded as an exploiter. "I just thought the time had come to change how people thought

about certain things," he said.

Forty years later, barriers still need smashing. The Southeastern Conference is only two years removed from welcoming its first black head football coach. The NFL must legislate an open interview process because it cannot wholly trust the color-blindness of its owners.

So Hollywood turns historian, molding the Miners' story into a timeless reminder of virtue's resilience.

The film "Glory Road" uses the significance of that single basketball game as a backdrop for the political and racial upheaval of the 1960s. The movie has all the elements of a big money-maker — heroes and villains, good and evil and, of course, the happy ending that, in this instance, wasn't the fruit of a scriptwriter's imagination.

But if the movie accomplishes nothing else, it should inspire a respectful thank you from the youthful descendants of a once-segregated sport and culture — both black and white.

"I met LeBron James recently and he told me how thankful and grateful he was for what we did and went through," said Harry Flournoy, one of the five Miners starters.

"And usually when we talk with young players, people have told them the stories about us and how if not for us they would have been pigeon-holed into a certain type of player. But now they're free to spread their wings and express themselves on the basketball floor."

The Miners' tale still resonates today. Their victory helped shoot down the myth that blacks were incapable of mastering what were considered the more cerebral positions in sports, like point guard and quarterback.

Texas Western's point guard was Bobby Joe Hill of Highland Park, also the team's leading scorer.

The Miners' enduring legacy is that winning ultimately incites change. But that still requires someone willing to take a chance.

Haskins proved the perfect facilitator.

As a teenager in rural Enid, Okla., Haskins befriended a young black man named Herman Carr when both worked at a feed store. When they weren't working, they'd play basketball on a primitive hoop at Haskins' home.

Segregation stared Haskins flush in the face one day in the late 1940s when both he and Carr needed a drink of water. There were two fountains — one for the whites and another for the blacks.

"That left a lasting mark on me," Haskins said. "Here was a person who bled the same color as I did, yet he was treated differently. That's why it was very, very easy for me to treat all of my players the exact same regardless of what they looked like."

"Glory Road" is the latest cinematic confection from Hollywood uber-producer Jerry Bruckheimer, the same man who brought "Remember the Titans" to the screen. "Titans" was the true story of an unlikely football state championship bonding a newly desegregated Southern high school.

Haskins' relationship with Carr didn't make the movie's final cut. And there are some creative liberties taken for the sake of drama. A scene in which the team finds its hotel rooms ransacked with racial epithets on the walls never happened.

But the tale of Texas Western really didn't require any alterations. The unfiltered truth proved dramatic enough.

Featured Flashback Story Stepping Stones to Success

April 1957, The Voice Student Newspaper
Courtesy of the Fayetteville State University Archives
By: Editor Melba Johnson

Why do some men succeed and others fail? The reason why cannot be easily disclosed, for the answer lies in the man himself... it is in his character.

We are living in the atomic age when new techniques are being utilized. We are confronted with specialties more than in the past. Even ten years makes a difference in business and education methods.

The division of labor seems to apply to practically everything. No man can become learned in all of one thing. He may acquire a smattering, but there are no more universal geniuses. The world has become complicated, unlimited, and highly special. You can become well versed in some one thing and life is not too short to learn that it can be mastered. Yes, but how? How can we survive in this highly competitive world?

There are some little "stepping stones" to success that may seem so insignificant that we are prone to overlook them. Let us consider some of them.

STONE I: Set up goals and then make a start! You may not be entirely ready and may have to stop on the way for changes, but all the same—START. Some people spend so much time getting ready that they never get around to making a real start.

STONE II: Don't wander incessantly! Try to keep on a straight route and don't let counter attractions tempt you away. Keep thinking about what you are going to do when you reach your goal.

STONE III: Dare to try for a higher position! Study to get it. Talk with others who have risen and find out how they got there. Don't become a carbon copy, but try to arrive at your goal in some better way.

STONE IV: Don't be afraid to work! Take it as it comes. Don't always select the easiest jobs, for you will get tired before you reach the hard ones. If it seems as if you are going backwards, pause for a moment to see if you can find the reason. It could be something as simple as eating too much or too little. Good physical health is of utmost importance to success.

STONE V: Learn self-control! Be slow to anger and think seriously before starting a fight. You may win the fight and lose your own self-respect. Remember. A man cannot afford to throw away a friend; he needs all he can find.

STONE VI: Keep in touch with the outside world! Read newspapers and magazines and learn to talk over the various topics of the day. You cannot learn too much; you may fail because you don't know enough. Very few persons, if any, are turned down for knowing too much.

STONE VII: Use creativity and imagination! Refrain from doing the same thing, the same way all the time. "Variety is the spice of life." This in turn leads to efficiency and invention.

STONE VIII: Save your money, but don't become a miser! Since man is a social animal, he cannot afford to be considered a "beat" or mean. If you are considered mean because you refuse to spend your money unwisely, let it go, and hope that some day you will be understood better.

STONE IX: Mind your own affairs and let other people mind theirs! It requires too much work to attend to your business and somebody else's at the same time. To do that a man must sit on two stools at the same time, which is quite difficult to do well.

STONE X: Shy away from bragging about what you can do! Do your job well and there will certainly be no need to brag. Somebody will see what sort of person you are and give you credit for having common sense, and for knowing more than you probably do.

Remember! Everyone has burdens to bear; never forget that yours are not the only ones that are hard to carry. Set your goals and when you have accomplished all you can according to your ability, let a feeling of peace steal over you, and trust God for the remainder.

— The Editor.

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