

Workout does a body good

by Sarah White

Good-bye, cafeteria! The hot spot on campus this semester is the workout room. Everyday students travel to Weatherspoon Gym with towels in one hand and water bottles in the other in hopes of a safe and beneficial workout. But do they know all of the benefits and challenges they will face when they arrive?

Carl Hatchell, Meredith College strength training professor and softball coach, reveals his knowledge on strength training so students can have a more productive workout.

"Everyone should have a goal whether it be losing weight or being able to kick a soccer ball farther. This way she can control the workout and perform it accordingly," said Hatchell.

Hatchell advises that while planning your daily workout you should consider the following things:

- * Consult a doctor before you begin
- * Set a consistent workout time (3 times per week)
- * Work with a partner whenever possible
- * Try not to get sidetracked
- * Check your lean muscle tissue and body fat so you can measure your

success

"Anyone can get their lean muscle tissue and body fat checked if they ask someone in the physical education department," said Hatchell.

The continuing education and traditional aged students benefit from the measuring technique as well as the strength training class itself.

"My students comment on how their clothes fit better after the class is over," said Hatchell.

Strength training can help with weight loss, but how does it effect overall health of an individual? The following is a list of benefits:

- *Improved Physical Appearance
 - muscle tissue determines one's body contours
- *Improved Physical Capacity
 - as strength improves-muscular endurance improves
- *Improved Metabolic Function
 - Endurance burns large amounts of calories but metabolism returns to normal—Strength training increases muscle tissue-this requires a constant supply of energy to sustain cellular functions. The more muscle-the more energy necessary for protein synthesis.
- *Reduced Risk of Injury
- *Decreases Breast Cancer

*Decreases Risk of Osteoporosis

In order for strength training to accomplish these benefits it must be done correctly. Hatchell warns that as he watches students in the workout room they are lifting too fast with too little a weight.

"For muscles to get stronger they MUST be overloaded," said Hatchell.

Many people fear that overloading will cause them to bulk up. Hatchell says this is impossible.

"Women do not produce enough testosterone to bulk up unless they take steroids," said Hatchell.

He believes that through scientific proven studies the best way to strength train is to do

one set. For example, select a resistance on each exercise that allows a maximum performance of eight to 12 repetitions. If you can do more than 12 repetitions, add weight.

If you cannot do at least eight repetitions, take weight off. Take four to six seconds to raise the weight and three to four seconds to lower it. Continue these repetitions until additional repetitions are no longer possible (momentary muscle failure.)

Performing sets this way takes less time bringing your total strength training time to about 20 to 30 minutes.



Meredith student relieves stress and feel better by working out.
Photo by Carolyn Chandley.

"I prefer in coaching and in personal life to train correctly and intensely during a workout.

Then I can put my extra time toward family, work and leisure," said Hatchell.

There are many benefits to strength training. However, remember that safety comes first.

When you travel to Weatherspoon Gym bring a friend. You can have a healthy body and have fun getting it!

Alice McNeil adds spirit to library

by Shannon Batts

One very special person who has helped to keep the Meredith spirit alive and has brightened the days of those around her is Alice McNeil who can be found in the back of the Carlyle Campbell library, where the real library work is done. She is a hard-working library technician.

McNeil became a member of the Meredith community in 1973, and since then has seen thousands of books cross her desk and thousands of students walk outside of her window.

Many see Ms. Alice (as she is commonly referred to) all over campus and sometimes in the cafeteria. She is a very dignified lady, with salt and

pepper hair, and she is always immaculately, but artistically dressed. She is the mother of three and the grandmother of nine.

People are drawn to her constantly, because of her witty and affectionate character.

She gets along extremely well with faculty and staff and loves to be around people. If you ask any student worker who has worked in the library for some time, they can always tell you who the famous Ms. Alice is.

Crystal Combs, a Meredith alum who worked in the library, said Ms. Alice had been like a second mother to her and had made campus life bearable.

Yvonne Sims, a student currently

working in the library, describes Ms. Alice as "a beautiful person". A few of her co-workers described her as "colorful", "caring", "fantastic" and "fun-person."

Long-time workers like Ms. Alice have seen many changes take place.

When she first arrived at Meredith she was the only African American member of the Meredith library team. Since that time Meredith has acquired more minority faculty and staff members all around campus.

Ms. Alice has also worked under three different head librarians since she has been here. She has seen the library switch from completely manual to almost completely elec-

tronic. She has also watched many of our current buildings take shape and has seen major changes in already standing ones.

The student population has also changed since she first arrived; there has been a drastic change in the age and ethnic background of the average Meredith student.

She is very happy about this change; but one change that Ms. Alice does not expect to see before she leaves this campus is the possibility of male students being admitted.

If you happen to walk in the library be sure to say hello to one of the treasures of Meredith College, Ms. Alice.

But you better be careful how you approach her, I think she's a little modest.