

SPORTS

SWIM TEAM

SURFACES STRONG

St. Mary's swim team completed the season with a 3-5 record, defeating Pfeiffer and Mulligan. In addition, an especially satisfying victory was at the Pfeiffer Relays, in which SMC placed first of six teams. Other meets were with Breneau, Mary Washington, VCU, and the College of Charleston.

Coach Sappenfield, despite any setbacks, is extremely happy with her team's performance last season. The team was small, consisting of 12 swimmers and two divers. All the meets but two were away, and most of those took a lot of time on the road. Unfortunately,

losses were expected in meets with the larger colleges, particularly ones who offer swimming scholarships.

This team pulled off some pretty big stunts. Three records were broken. Cobb took

the 50m freestyle record last season. The 50m backstroke record was broken by Katherine White. Cobb and White, along with Sallie Burnham and Anna Moore improved on the 200m freestyle relay time. Coach Sappenfield has hopes for a strong team this semester and only expects to lose three or four swimmers to other schools.

Lynn Jones

THE TENNIS BALL GETS ROLLING

By Jean-Louise Beard

Tryouts for the college tennis team, initially scheduled for last week, were postponed until this week because of bad weather. Sixteen juniors and seniors plan to try out for eight positions on the team, which is only the second exclusively college girl team at St. Mary's.

The 1981-82 school year was the first season with high school girls playing only in the

fall and college girls in the spring. Hopefully, this change allows the high school girls to play in the Independent Public School Tournaments, and the college girls to play college teams, which are more fairly matched.

The Belles staff wishes all the girls who try out the best of luck, and hopes that the team will be ready for its first match, March 15, against Meredith.

COACH "A"

There is a story about Wake Christian Academy Coach "A" loves to tell: Last year they were 20-2; we were the 2. The game had the obvious makings of a grudge match. St. Mary's went into the game, played here, with a 4-0 record. The team had little time to recover from a long Christmas break and WCA had been playing games during this time. However, SMC, if not in history then at least in the career of Coach "A." True, this was not

the Meredith team which had walked over SMC in years past, but it was no easy victory for the girls. A rally in the first half brought Saint a 13-point lead, but by halftime, the score was tied at 20. In the second half, a good number of points were made at the foul line. Energy was renewed and St. Mary's came out of the game with a 6-0 record. Special congratulations go to two additions to the team: Margaret Broadfoot and Nancy Harris.

Cambridge Diet

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maintained in this phase. The Cambridge plan limits the dieter to a minimum amount of only one type of food and can therefore be referred to as a modified fast. However, as the Washington Post reports, the body does not know that it is fasting; it thinks it is starving so it mobilizes its defenses to protect its fat stores. Cambridge Diet supporters think that since the diet provides some calorie intake, the user can abide the effects to total fasting; that is, the deterioration of the body. This occurs when the glycogen reserves in the liver, which were being converted to glucose, are depleted, and the body is forced to use the proteins in the muscle tissue.

The diet literature states that the dieter should drink six to

eight glasses of water every day if not more. This is because, as Consumer Guide tells us, fasting causes the body to lose tremendous amounts of water and with it sodium — mainly potassium. One result of this is Postural Hypotension. This is a drastic fall in blood pressure when changing positions of the body. Also lost are potassium, calcium, magnesium, and phosphate.

The long range effects of this diet will be the ones to take note of, but unfortunately, there are not enough facts on them yet to make a valid judgment of the safety of this diet. Although many people feel the Cambridge Plan is the answer to their dreams, many others are either very skeptical or totally against it. Only time will tell what kind of success the latest diet will experience.

BEHIND THE DESK

China: Close Encounters of Another Kind

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wouldn't see the Great Wall after traveling half way around the world. But see it we did! The only man-made structure visible from the moon, the wall confronts visitors with a formidable appearance, a staggering expanse of bricks and stones, rising, falling, and twisting with the configurations of the mountains it crosses. The original wall was begun in the fifth century B.C. Once it stretched from than 31,000 miles. However, today it measures just under 4,000 miles. I wonder what the emperors would think if they knew I bought a T-shirt for my daughter that said "the Great Wall" in Chinese and English!

As I try to sum up my trip, it is the little things which add meaning to all I saw, and made it my own personal experience. Everywhere the contact with the people, openly and naively curious, apparently content but often ignorant of the rest of the world, made a lasting im-

pression. But one time on the streets of Shanghai I met a young man, Perry Liu, who had relatives in tiny Shillington, Pa., not one mile from where I grew up! My family has since contacted his relatives and delivered a personal hello from him. While on a canal boat ride we saw a man taking a bath in a tin tub right on top of his houseboat. One woman reached through her houseboat window to grab a sleeping baby from a crib to wave at us, and he protested mightily. We saw a tiny school-girl in her stiffly starched uniform being rowed among the miserably poor houseboat people to go off to school. I marveled at mountains of Chinese cabbage and enough baskets to use for a lifetime. On Peking there were several old ladies with bound feet who walked with tiny minced and swaying steps since their little feet could barely support their bodies. We observed workers in factories with little or no safety precautions weaving carpets, carving jade, carving sea shells, or making clay figurines, mostly for export since the

Chinese have no money for such luxuries. I drank Cole from a can with the familiar red and white colors but advertising in Chinese characters, and then found the words "bottled in San Francisco." I ate lots of jellyfish, whole baby ice fish, and a basket made of shredded potatoes because we were assured the basket was part of the meal. It's sometimes helpful not to know what you're eating! I took medicine dispensed by a Chinese doctor without knowing exactly what it was. I made some feeble attempts at speaking while shopping which usually elicited a reaction of surprise. I came home with cheap post cards and a beautiful antique scroll.

I suppose that for me this experience was more than the sum of its parts. The myriad of daily experiences coupled with the enormity of everything collectively "Chinese" which I observed and absorbed makes for my own unique experience which I'm happy to share with anyone having an interest in China and its people.

Candis Boyer Cox

ATTENTION: ALL SMOKERS

By Rebecca Rogers

Smoking. It is the cause of 90 percent of all lung cancers, and one out of three cancers of other types, said Sally Garrett of the Triangle Lung Association, a division of the American Lung Association. Mrs. Garrett visited St. Mary's on November 18, bringing with her "The Feminine Mistake," a film about the dangers of smoking to women.

When hearing about the risks of money, many smokers will shrug their shoulders and say, "It can't happen to me." That's what one woman in the film said. Yet, at 40 years old, she lay on a couch, her body ravaged with lung cancer. She weighed 85 pounds and the chemotherapy treatments she had taken had made her lose her hair. Her plea to everyone to stop smoking was made six days before she died.

"It can't happen to me." That's what one man said as he developed emphysema. He died of a heart attack, trying desperately to breathe with his

hole-filled lungs. And that's what the man who died of lung cancer said. The sample from his lung which Mrs. Garrett showed was grey and white with black spots. A healthy lung is deep red.

Still, some smokers will not be convinced. These are long-term effects, happening over a span of 10-20 years. However, there are four things that happen in a person's body every time he or she smokes a cigarette. First, the heart rate speeds up. Although this is one of the main goals in exercise, it is dangerous to smokers. When the heart rate increases, the body is prepared to work, and when a smoker stays stationary it taxes the heart. Second, the blood pressure of the smoker goes up and the body temperature in the limbs drops, causing poor circulation. Finally, the cilia, the cleaners of the lungs, are paralyzed by the smoke and do not clean out the lungs for the time that a person is smoking a cigarette and for five minutes afterward. During

this time, mucus builds up and is not removed, making it impossible for air to move properly in and out of the lungs.

Quitting smoking is a lot easier than it seems, said Mrs. Garrett. She recommends drinking 6-8 glasses of water a day for 3-5 days. Also drinking citrus juices will keep weight stable and help curb the craving for nicotine. Avoiding alcohol is also a help, because often times alcohol will break down a person's willpower. Breathing deeply, exercising, and substituting good foods for cigarettes will also help in the quitting process.

In the past decade, lung cancer in women has increased 400 percent. Many doctors believe that, in the 1980's, lung cancer will surpass breast cancer as the leading killer of women in the United States. Whether or not to smoke is a personal decision, but consider this — if you smoke you are giving up a normal, healthy, happy life and becoming just another statistic on a medical chart.

PREPARING A RESUME

A resume, because it is a job application without specific form, needs extra explanation. Many people know what a resume is by definition but could not prepare one. The Belles went to the guidance office and talked to Mrs. Bunch, who helped us locate some guidelines on information presented in a resume.

The resume includes material found on regular applications. In it, you should enter personal information such as name, address, phone number, age, marital status, and whether or not you are willing to relocate. Education is very important in the job market. You should put in your resume the date of graduation, degrees received, and schools attended. Another subheading should contain accomplishments in school, grade averages, and extra-curricular

activities. Any skills, such as typing, use of computers, and languages, you have should also be included in the resume. The position sought may or may not be entered, depending on whether or not it would limit the positions available to you.

The guidance office has many publications to help you prepare to enter the working world. Among them are:

Job Hunting — Seven Steps to Success
Launching Your Career
The New Job
The Cover Letter
The College Student's Guide to Career Planning
Self Assessment & Career Development
Looking for Work
Your Hidden Skills

Mrs. Bunch has placed them together for anyone who would like to look at them. There are

also sample resumes and self-evaluation forms to help you.

Food Committee

A New Food Committee has been set up. The committee discusses ways to improve our cafeteria food, and welcomes suggestions from students. All suggestions should be sent to Boo Latimer. The food committee is working on the following:

- bagel for breakfast
- homemade waffles
- real mayonnaise
- more lo-cal dressings
- more chicken, tuna salad
- move soup out to salad bar area
- boil hot dogs
- steam vegetables

Every two weeks the cafeteria will feature Mexican night, Vegetarian night, etc.