



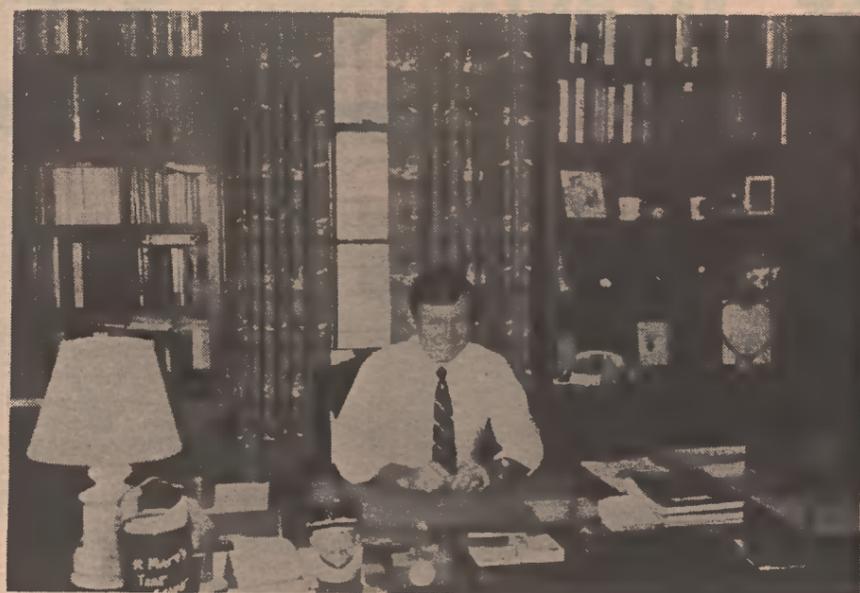
From the Editor

I would like to welcome everyone to the 1984-85 session of St. Mary's College. Thus far, the year has gotten off to a great start, and hopefully it will get even better! What makes for a good school year is involvement by you the students. There are plenty of activities and organizations such as *The Belles*, *The Stagecoach*, Intermural sports, FCA, and Vestry that need people willing to work and get involved. Do not hesitate to go because they are waiting for YOU!!!

If you have any suggestions, ideas, concerns, questions, or opinions and would like to be heard, please send them to *The Belles*, Box 354. We will be glad to listen to anything you have to say. The only way changes can be made is for you to let your opinions or concerns be made known.

Anne Raymer

An important event occurred recently at St. Mary's College. This event was Honor Week. It has been stressed over and over that the foundation of this school is based on the honor system and this emphasis is very true. What would St. Mary's be without this system? It would seem likely that almost anything could happen. However, for the honor system to work, there has to be cooperation of all students. We took a solemn pledge to uphold the honor system when we signed the book during Honor Chapel, and it is up to us to be honest in our everyday life here at St. Mary's.



President John Rice

FROM THE PRESIDENT'S DESK

"THE SECOND MONTH"

I find it difficult to realize that the 1984-85 academic year is a month old. The time has passed quickly and - except for a few initial bumps - rather smoothly. Much of the credit goes to the Student Affairs Office as well as the new SGA officers. This leadership group has functioned well, and I am proud to work with them.

Now, a period of settling and adjusting begins for each student of the college,

both returning and new. One of the significant features of St. Mary's life is the opportunity to begin anew each year to establish one's own identity and place in the community. It is, unfortunately, the case for far too many students that this second month becomes a time of "partying" and struggling for a social position rather than a period for developing outlets for creative and service functions in the community. The second month of the year is the best time to learn to belong to the college, for special interest clubs, sports teams, music and dance groups, and chapel service groups are now actively seeking interested students. One does not have to be necessarily outstanding in a particular enterprise to qualify for membership. Anne Raymer, Editor of *The Belles*, Susan Somers, Editor of *The Stagecoach*, Susan Thomas, Senior Warden, and Mr. Emmett Windham, Director of the Chorale and Ensemble are all looking for interested volunteers to join in their work. There are also many more clubs and activities available for those wanting to get involved.

The old adage of getting out what you put into something is indeed true of life at St. Mary's, particularly before the lean months of January and February arrive. So use this "second month" to your personal, long-term advantage. Enjoy the fall season in Raleigh and Chapel Hill - to be sure - but get involved on campus as well. A little effort and assertion on your part now will make the rest of the year even brighter than its beginning.

John T. Rice
President

Aerobics

by Tina Etheridge

Today it seems as though more and more emphasis is being placed on health and fitness. Many books have been written on the subject. One such book has been written by Mildred Cooper and her husband Kenneth Cooper, M.D., M.P.H. called *Aerobics For Women*, which is currently in St. Mary's Book-store. In the book they discuss many aspects of aerobics and the benefits. They discuss a program for all ages of women and use a point system to chart one's improvement. By using the point system, the program "lets you know exactly how much and what kind of exercise you get by walking, stair climbing, housekeeping, and bicycling." In the back of the book are tables of foods and their calories, along with a list of exercises which burn up these calories. For example, in order to burn off the calorie in one-half cup of ice cream (approximately 145 calories) one would have to walk 1 and one-half miles in 30 minutes or run 1 mile in 8 minutes.

Their book contains a chapter of questions and answers. One such question should interest a lot of St. Mary's students. When asked about smoking and exercise Mildred Cooper replied, "Many people who get into a conditioning program quit it because they find they can't progress beyond a certain point—the smoking limits their lung capacity to that extent! Exercisers who have as few as 10 cigarettes a day never reach their maximum performance because the body's ability to carry oxygen from the lungs to the muscles is diminished."

Aerobic exercise by definition is a system of physical conditioning designed to improve respiratory and circulatory function by exercise (such as running, walking, and swimming) that increase oxygen consumption. An important note, however, is the fact that a wide variety of activities qualifies as aerobics. Dancing for 30 minutes, for example, is approximately equivalent to swimming 200 yards between 3:20 and 4:59 minutes. Of course, as far as muscle conditioning is concerned, swimming is by far the most beneficial. Also playing 18 holes of golf (without motorized carts) is aerobically the approximate equivalent of walking-running 1 mile in 10:00 to 11:59 minutes. The list goes on.

In closing, the husband and wife team comment on the point system. She says,

"One of the most exciting things about the aerobics point system is the goal-seeking aspect of it. The progressive levels Ken has established for women are challenging yet entirely feasible." Their ultimate message is, "Don't wait. Please care now about your health, while you've still got it."

Theatre-in-the-Park

by Jo Lee Crodle

Theatre in the Park (T.I.P.) is a community theatre located down Hillsborough Street between the Bell Tower and Pullen Park. It is a gymnasium-sized building that has been transformed into a magical place of dramatic arts.

Theatre in the Park offers a unique selection of performances for the upcoming season. Beginning with a celebration of North Carolina's four hundredth anniversary, Ira David Wood presents his original drama, "Raleigh". This show about Sir Walter Raleigh and his service for Queen

SGA UPDATE

The SGA and head counselors got off to a great start with the Reach Program. Silky Cindy and her friends helped the brave souls create a trusting bond between each other, by letting them do trust falls and many other such fun activities.

Many events have been planned for the 1984 Fall Term. These include: the club carnival, which was cancelled the first time around, (but it will be rescheduled) and the SGA dance. This festive occasion will happen November 3 at the Sheraton Hotel. The band, which has been selected, is Threshold. The theme will be a surprise for all. This year the SGA has planned an extra activity for the dance. This will be a breakfast Saturday morning in the dining hall.

The Board of Trustees were recently visiting the campus for meetings. SGA members, who were present at some of these meetings, were Linda Turner and Harriet Little. These girls are on the Building and Grounds Committee. This committee renovated Cruikshank last summer and built the new parking lot.

In all, the year looks promising and the SGA looks forward to a successful outcome. They will keep students posted on upcoming events.

Everyone is reminded to pay their SGA dues of \$10.00. These dues allow the SGA to plan more social activities for the student body.

Elizabeth I, opens October 5 and runs through October 14. Following "Raleigh," T.I.P. presents its children's theatre production of "Tom Sawyer" on October 26 through October 28. Dan Mason, the director of this Twain classic, is the founder of St. Mary's Bravo stage productions. In addition to these, T.I.P. presents its eleventh successive year of "A Christmas Carol". Opening December 8, this original musical, derived from the Charles Dickens classic, presents an amusing tradition combined with merry songs and dance. Auditions for this play will be held at the theatre October 29 and 30. These performances are rapidly sold out, so for best seats, one should buy season tickets. (Public tickets go on sale October 15, but season ticket holders get first choice!) Coming this spring, the original drama "The Visit" opens March 8, followed by the controversial mid-60's musical "Hair". Join the T.I.P. patrons for this exciting season! Tickets are available at the T.I.P. box-office (755-6058).

The Belles of St. Mary's College

900 Hillsborough St. Raleigh, N.C. 27611
Phone 828-2521

STAFF

EDITOR
NEWS

Anna Redding
Sara Dowling
Susannah Higby

FEATURE

Ashland Mackle
Clayton Henkle
Kitty Staats

SPORTS
PHOTOGRAPHY
ADVISOR

Maria Barndt
Tina Etheridge
Jerl Toland
John Tate

