

So you think you can fit into last year's swimsuit?

Area figure salons can help you shape up to ship out for spring break

by Phyllis Faulkenbury
Staff Writer

Outtashape?
Chapel Hill figure and health salons think they can help.

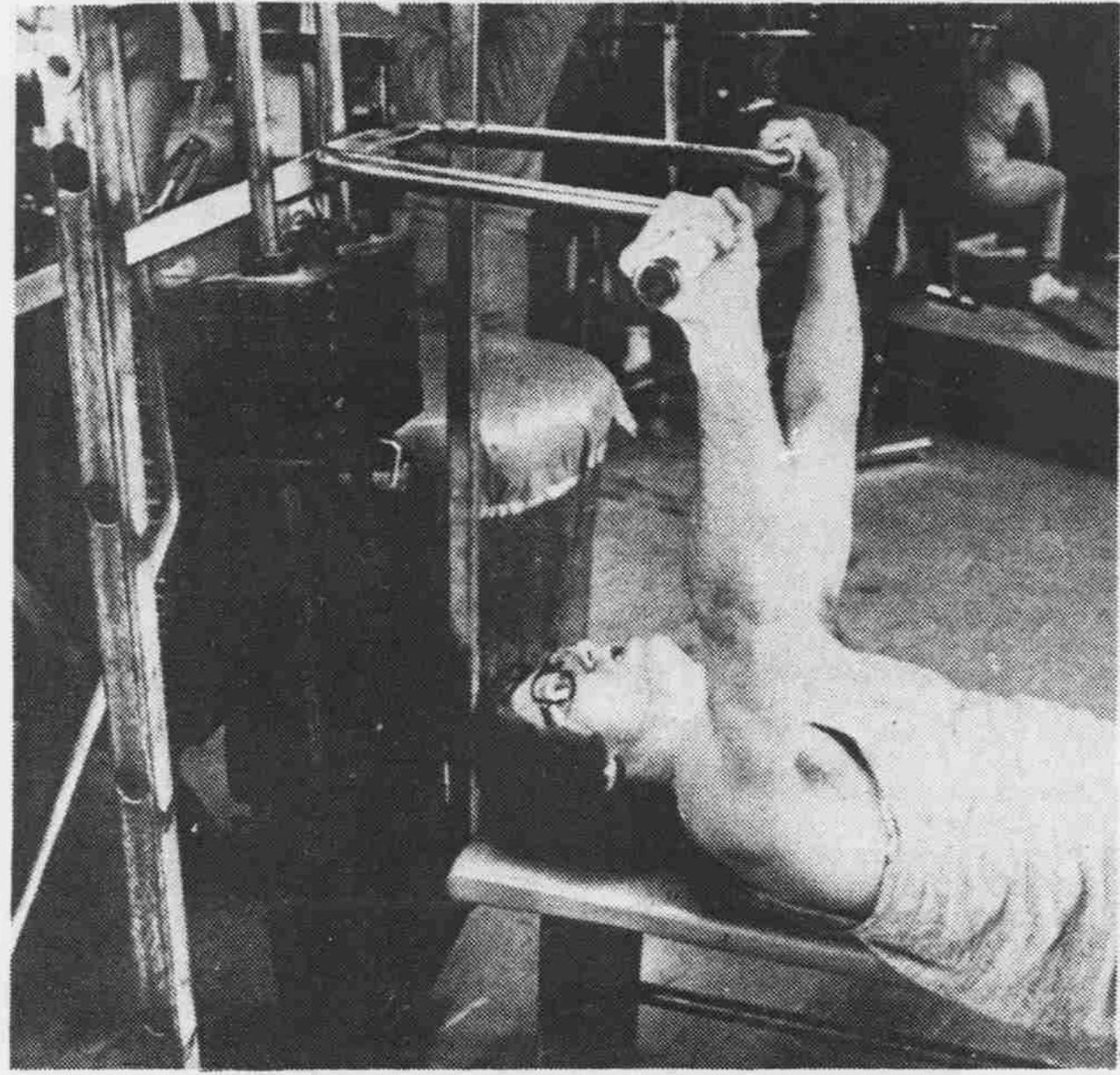
Whether you're male or female, the programs offer noticeable results within a month. Each stresses dieting, exercise and lots of moral support.

Brenda Johnson, a Chapel Hill resident, lost 81 pounds and 77 inches in seven months at one of the figure salons. "I used to weigh 230 pounds," she said. "But the salon was

very personal, private, fun, and they hassled you if you gained a little weight."

There are four health clubs in the Chapel Hill area, the UNC P.E. Department and the Chapel Hill-Carrboro YMCA—all offering both figure improvement and weight training programs.

If you're interested in an active exercise program combined with the luxuries of a sauna, heated pool, whirlpool bath and a eucalyptus room, the Figure and Health Spa on 100 Laurel Ave., Carrboro says that it has everything you need. Music accompanies all exercising, and the decor is all Carolina blue.



Staff photo by Bill Russ

A Carolina student bench presses 100 pounds at the UNC P.E. Dept. facilities in Woollen Gym, readying himself for the warmer days which hopefully will arrive soon.

presidents

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Student Association, where he had voted for the Public Accommodations Act, which later became civil rights legislation.

Spearman said there was controversy over what role SG should play in civil rights, and he was criticized by conservative elements for his views.

"Students played a very, very active role in getting the speaker ban law repealed," he said. The 1963 legislation forbade anyone who was a Communist or suspected to be a Communist from speaking on any state campus.

Spearman said he spoke to civic clubs across the state about the issue and appeared before the N.C. General Assembly. The next year, SG, led by Paul Dixon, filed suit against the state that helped in changing the law.

A decade later, Bill Bates' administration also was caught in controversy, but it was controversy over frictions within SG itself. CGC Treasurer Mike O'Neal drew fire from all directions for freezing student fees appropriations to the Black Student Movement and the *Daily Tar Heel*.

Bates recalled that there was much talk about petty bickering, and he said he was surprised at how bitter people got on either side of the issue.



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will require more exercise time than the Nautilus equipment offered by the commercial health clubs," the Universal equipment is fine for the active student. He can use it to build up strength, and then play a sport to build up his endurance.

Stroupe said that exercising on the Universal (weight) equipment alone wouldn't cause a person to lose weight, "it will help you to look better, and cause you to have more self-confidence," he said.

The weight training classes also offer personal programs. Stroupe meets with each student and plans goals for the semester. "Our gym contains all the facilities a person needs for good physical health," he said. "And it's all right here. You don't have to drive off campus."

Students report good results from both types of exercise programs. Craig Philbeck, a member of Stroupe's weight training class, said, "I lift weights because it's good for your mind and your body. It's good for your mind because it gives you more confidence to know you're in good shape, and it's good for your body for obvious reasons."

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Rent a pack from River Runners' Emporium and head for the woods. Winter is beautiful out there. Parkas, camping, backpacking equipment. Watch for ABS canoe special order. 3160 Hillborough Rd., Durham 383-2105.

BIRTHCHOICE Prolife Pregnancy Counseling 942-3030

WAKE UP GIRLS! Three eligible, but frustrated male students seeking women who are tired of the bar-hop tradition. Write OPTION, Box 225, Chapel Hill. Include a brief description, first name, and phone number, and we'll do the rest.

WANTED: Subjects for a study of language abilities. This project will require about 5 hours of testing during this semester, some in group sessions, some in individual testing booths. You will receive \$15 on completion of all tests (also, you will receive your scores on a foreign language aptitude test). Participants must be non-native speakers of English. However, one graduate student who is a native speaker of English and who has normal vision and hearing is welcome. To volunteer, fill out a form available from Room 356 Dave Hall or Room 216 Day Hall by Friday, Feb. 11.

Volunteers wanted for psychology experiment involving treatment for single men who feel uncomfortable in social situations with women. Call UNC Psychology Dept., 959-0353, 9 a.m.-4 p.m.

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Verna Taylor Business Mgr.