

Dump pounds to gospel beat

United Press International
PLANO — Out-of-shape women who are offended by the songs they hear in ordinary exercise-to-music groups can now tone their muscles while God counts the beats.

"Believer-cise," a body conditioning routine approved by many fundamentalist ministers, has spread from Texas to the west coast and is just the thing for those who desire to lose pounds in an inspirational atmosphere.

"I was 30 pounds overweight after having my baby last year and needed to get back into shape," said Believercise developer Cathi Stout. "My exercise at a regular health spa was working, but I found unusual and new thoughts and patterns creeping into mind — different desires that were depressing, not uplifting."

"I thought this was really weird, and told my mother about it. She said it might be the rock-and-roll music I heard at the classes. I decided this was true."

Stout, 27, has a background in dancing, choreography and cheerleading. She decided if other women could exercise to

rock-and-roll, she could do it to gospel music.

"So I started writing choreography to gospel music, formed a small group in Plano, and it worked," she said.

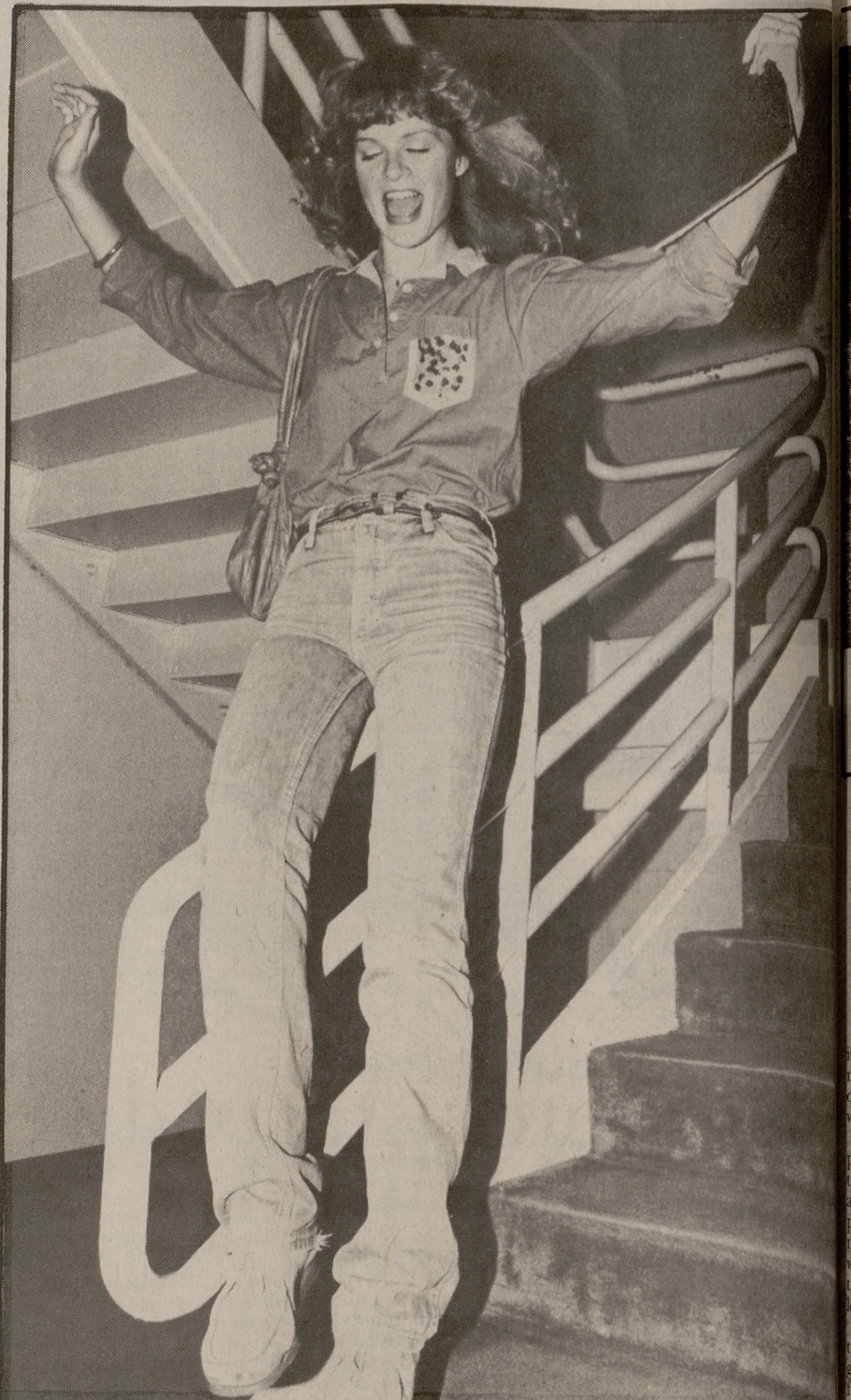
More than 200 women are now involved in Believercise, mainly in Dallas and Plano.

Stout said, however, classes are also under way in Portland, Ore., Los Angeles and San Diego.

"The feedback we get is that the women enjoy the sessions because they are geared to pick up the spirit, not just the body. They are inspirational as well as physical," she said.

The classes run 45 to 55 minutes and are held twice weekly. Sessions begin with a slow gospel song as a warmup for the dancers, then switch to a slightly upbeat number for mild cardiovascular exercise, then move into fast rhythm for the more strenuous movements.

Stout said: "The dances include stretches for hips and thighs, then hips, legs, arms, pectoral, then a relaxer. All the songs are happy, motivational vocals by some of the better known contemporary gospel artists."



Let it slide

staff photo by Octavia

Kelly Walton, an agricultural economics sophomore has found a fast way to get out of Haas Hall by letting the handrails do the walking.

Unfortunately the method works one way — down — and won't go around the curves. Walton is from Midlothian.

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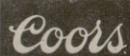
Students who plan to Pre-Register for the Spring Semester in the General Studies Program are URGED to pick up a Pre-registration Form in Room 100 of Harrington Tower from Oct. 26 thru Nov. 12.

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Cocaine conviction reversed

United Press International
AUSTIN — The Texas Court of Criminal Appeals Wednesday reversed a Dallas man's conviction for selling cocaine because the drug was not specifically listed in the state's narcotics act at the time of the man's conviction.

The court called the conviction fundamentally defective in reversing the 1978 conviction of Marshall K. Sligar, who has been sentenced to five years in prison for delivery of cocaine. Sligar's indictment charged him with delivering "a controlled substance, namely cocaine," to an undercover agent in January 1978.

"This failed to allege an offense, for on the date alleged and proved, cocaine was named in a penalty group of the Texas Controlled Substances Act," the high court ruled.



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