



Takin' it easy

staff photo by Ronnie Emerson

Sunny days are made for sleeping for some students. Chris Cyr, freshman from Marion, takes a break from studying to enjoy the sunshine on a bright day. Cyr is a petroleum engineering major.

Today's Almanac

United Press International
Today is Wednesday, Nov. 10, the 314th day of 1982 with 51 to follow.

Martin Luther, founder of Protestantism, was born Nov. 10, 1483.

On this date in history:
In 1871, journalist Henry Stanley found missing Scottish missionary David Livingstone in

a small African village and asked: "Dr. Livingstone, I presume?"

In 1917, 41 women from 15 states were arrested outside the White House for suffragette demonstrations. American women won the right to vote three years later.

In 1975, despite strong U.S. opposition, the United Nations'

General Assembly adopted an Arab-inspired resolution defining Zionism in the Middle East as a form of racism.

A thought for the day: Martin Luther said, "There is no more lovely, friendly and charming relationship, communion, or company than a good marriage."

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Fitness craze
moves indoors

United Press International
DALLAS — Fifteen years ago, it was rare to see a person running down a city street in pursuit of nothing except a good workout.

Five years ago, it was rare to pass any city park, any time of the day, without seeing jogging and cycling paths dotted with people training for their next marathon or trying to keep pace with the fitness craze that made the United States the world's leading producer of sweat.

Jogging trails and high school tracks still are used today. But in greater use are a wide range of fitness machines — treadmills, stationary bicycles, and rowing machines — which can be used in one's home, away from the climatic stress of the outdoors and the social pomp of the health clubs.

Bill Grantham, director of the activity center at the Aerobic Research Institute in Dallas, says serious runners have known for years the advantages and the variety offered by working out on treadmills or stationary bicycles.

"I've seen some runners using the indoor equipment for the last 10 years, but recently more are getting into using treadmills, bicycles and other aerobic machines," Grantham said.

"It started with the use of weight training machines, but now more and more people are using the various machines which offer sustained aerobic activity to break the monotony of their normal workout."

Ken Wilson has sold indoor exercise equipment for 22 years, the past four for Haden Fitness Equipment in Dallas. The company formerly was a wholesale outlet, selling to spas and hospitals. Three years ago, after recognizing the growing home market, the company went retail.

"Wilson said convenience is the main reason people are buying the equipment.

"People just don't want to spend the time driving to a spa and parking when they can pick their own time right in their own home," he said.

He said there are other advantages to being able to run in your own home.

"The treadmill is easier on your legs, so there's less chance of injury. You won't step in a hole or be chased by a dog. And you won't be mugged or have to breathe car exhaust," he said. "The weather is especially a stimulus (for sales). People don't walk or jog as much when it's hot or when it's cold, when it's raining or windy."

"The equipment can be expensive, but it depends on what you want. You can spend \$300 on an exercise station or \$3,000 on a weight machine," he said.

Hoping to cash in on increasing use of indoor equipment is Malcolm Mentor, 31, a South African who opened Busy Body Inc. last month in north Dallas. The store, the first in Dallas devoted to fitness equipment, features a full line of treadmills, indoor bicycles, rowing machines and weight machines.

Mentor said he got the idea for the store while working for Zales Corp., which owned a chain of sporting goods stores and a discount catalog store.

"I noticed an increase in the interest of exercise equipment," he said. "It was a natural outgrowth of the fitness boom."

Mentor said he located his store in north Dallas to take advantage of the generally affluent, young and single residents living there. But his first few weeks of business have changed his marketing outlook.

"We've gotten everybody here, from the physical fitness nut who is looking for something specific to the sedentary guy who realizes he needs to get back in shape and asks us what he needs to do it," Mentor said. "The big thing is people are coming in and buying the equipment for their families."

Wilson said Haden sales are almost exclusively family purchases.

"There's a lot of emphasis on the home becoming a gym," Grantham said. "It is very much becoming a family thing."

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