

# Literary magazine . . .

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While most of *The Magazine's* love poems deal with the prospect or satisfaction of love, Judith Riddle's "The Elopement" attempts a far more difficult subject: love's power to threaten. The poem depends too much on its internal movement to tolerate brief quotation.

It is spring, when our fancies are supposed to flock to cloudy emotions, but *The Magazine* won't let its readers off so easily. The airy wish-fulfillment of Tony Savich's

"It Was a Dark and Stormy Night" (the narrator gets to play a prank on a cop and still keep his skull intact) is followed by David Lanoue's timely "Free Translation of a Few Lines from Neruda."

Stay out of Nicaragua. Sandino, to this day, sleeps in the forest where he fought, his rifle barrel filled with rain and sprouting lianas. His face wears no eyelids. Readers of *The Magazine* will also en-

counter work by Jan Bagley, John Brehm, Mordecai Marcus, Tom Beal, Pierce Koslosky Jr., Nancy Peters, Shelley Speidell, Thomas McNeil, Kindra Foster, Thomas McFadden, Kay Retzlaff, Barbara Allen, and Joan Janis. All of the work is arranged and chosen well. Photos by Steve Wangel and Bobbi Rahder complete and diversify the issue.

The first issue of *The Magazine* thus does three important things. It gives exposure to the writers and photographers. It

gives editorial experience to the publishing board. And perhaps most important, it proves that the job can be done and done well. It is to be hoped that other issues will follow.

Those who read this issue with pleasure will be gratified at once. Those who find it deficient in one way or another will find reason to contribute more energetically to the next. That it exists at all is an accomplishment. It surely deserves campus support.

## sports

### Body builder strives for contest

By Sara Martens

Just as an artist works to attain an aesthetically-pleasing sculpture, Toby Anderson has been working for a year and a half.

The finished product of Anderson's work will be judged for aesthetic qualities, just as a sculpture, but Anderson's preparation has been physical and his medium, rather than stone or clay, has been his body.

Anderson's sculpture will be judged Saturday along with 29 other contestants in the Mr. Nebraska contest.

"The contest is looked upon by some as a male beauty pageant, but the purpose is to judge the symmetry of the body, the balance of the physique," said contest director Roger Benjamin.

Anderson, the only UNL student in the contest, said he does not consider it a beauty pageant.

#### Sufficient training

"In my mind it is simply a presentation of a piece of sculpture. Like a track star running a race, the body builder hopes that his training will be sufficient to win. You might describe it as a cross between a meat show and an art show," Anderson said.

Anderson doesn't expect to win this year's contest, but he does hope to place in the top five and win at least one award given for specific body parts.

His goal is to some day win the Mr. Nebraska title and he will continue his extensive six-day-per-week, three-hour workouts until he obtains the goal.

Besides weight workouts, diet is an important part of Anderson's training for the event. He has been eating tuna fish, eggs, tea, fruits and vegetables for the past two months.

#### Tunas, eggs and protein

Beginning this week the fruit and vegetables have been cut from his diet as he consumes two to 2½ pounds of tuna, one to 1½ dozen eggs and three ounces of liquid protein daily.

The day before the contest he will eat 100 grams of carbohydrates to give him energy for the two-and-half-hour prejudging Saturday morning and hour-long final contest Saturday night.

These judging times will consist of posing for the judges to display different muscle groups.

"Posing is one of the most important aspect. It requires extreme control. It's taking ballet a step further because you're controlling individual muscles rather than muscle groups," he said.

Anderson, who is five feet nine inches tall and weighs 160 pounds, said size is no longer the most important quality for body builders.

Shape, symmetry and definition (the ability to see individual muscles) have replaced size as the major considerations, he said.

"You don't have to be the incredible hulk to present yourself," Anderson said.

He said his major advantage in the competition will be the definition of his muscles, the ability to see the clear edge lines of each muscle.

Anderson estimates that .05 percent of his 160 pounds is fat but he said that figure should be down to zero by Saturday.

He has also set priorities for after the contest which include one Baskin-Robbins banana split, a Valentino's extra large supreme pizza and a Bo's deli hot hoagie sandwich.


"I'll probably go on a binge for a day or two and then return to workouts," he said. "I believe that mental health and body health are directly linked. Body building takes intense discipline and a bit of masochism. I suppose there's a hint of narcissism in it, but to me, sculpting the body is one of the purest forms of art."

Finals in the contest begin at 8 p.m. in the auditorium at the Nebraska Center. Admission is \$2.

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