

Sports

Fitness fads fool older generation

I was trying to explain the health craze to my grandma the other day. She was really baffled by things like tofu, marathons, and the large selection of books in the health and beauty section at B. Dalton's bookstore.

Cheryl Petersen

"What's all the fuss about?" she asked. "Nobody worried about being healthy in my day. Just so long as you were healthy enough to work. And that's exactly why we were healthy. We didn't work out. We just worked!"

These ideas interested me, so I thought we should continue our discussion over lunch. We ate at Wendy's which only complicated the situation further. When my grandma ordered a salad, the girl behind the counter said, "Oh, so you do have your license to eat!"

"Excuse me?" Grandma asked. "You know, Wendy's license to eat from our new light menu!" "Uh, could you change that, please, to a double with cheese and a Coke?" "Well, sure," the girl said. "Do you want regular Coke, diet Coke, decaffeinated regular Coke, decaffeinated diet Coke or regular decaffeinated cherry Coke?"

"The one with the real sugar and caffeine in it, please," Grandma said.

I could tell that this would not be a good time to discuss past and present health issues with her, so I just mullied them over in my mind.

It makes sense that people didn't physically challenge themselves in the form of marathons or triathlons 50 or 60 years ago. They faced enough physical challenge each day in the form of labor. Even the ones that didn't do strenuous work probably never even thought of exercising. It just wasn't done.

The exception, of course, was walking. People were always walking, not so much for the physical benefits, but for recreation or transportation.

It's probably a good thing they didn't have aerobics classes, though. Striped and polka-dot leotards hadn't even been invented yet. I really can't see women jumping up and down and sweating in corsets and button-down shoes.

Grandma interrupted my thoughts by asking me if I wanted the rest of her cheeseburger. I stupidly replied with, "No, thanks, Gram. I'm trying to watch my weight."

"Oh, for heaven's sake," Grandma

said. "That's so silly! Why are all you young girls trying so hard to be skinny? And all you people trying to be skinny are the ones that think they're healthy. It just doesn't make sense. Look at your sister. She quit eating all together and got so skinny she looks sick. I think she is sick."

She did have a point there. It's become taboo to be even five pounds above your "ideal weight." People will do anything, usually unhealthy things, to achieve that magical number when they step on the scale. What did people do before there were scales? Who cares what a scale says, as long as you feel good. And who or what determines our ideal weight? I remember seeing my "ideal weight" on a chart in a magazine. I was confused. Did it mean my whole body should only weigh that much, or each limb individually? At any rate, I decided our concern with our weight and eating habits today are just as detrimental to our health as the lack of concern with them in the past.

I realized I was kind of pushing it, but I asked Grandma if she wanted to go to the sporting goods store with me to pick out a triathlon suit.

While I was in the dressing room I heard her ask the clerk to bring her a pair of pink Nike's in size eight. She was obviously pleased.

"Oh, good," she exclaimed. "I think they'll match my new cotton summer dress perfectly!"

"They'll be \$52.95," the clerk said. "What? \$52.95 for a pair of tennies?" "These are technologically advanced running shoes, ma'am," the clerk said.

"They're worth every penny."

I came out of the dressing room to see if she approved of the triathlon suit.

"Oh, I just love it!" she said. "Your grandfather used to have a swimming suit just like it when we were kids!"

Grounds director tackles job of keeping athletic fields fit

By Jeff Apel
Staff Reporter

Bill Shepard has seen a lot of changes in Memorial Stadium since his arrival in 1960.

In 1964, Shepard watched as a south section was added and one year later, saw Memorial Stadium fully enclosed with the addition of a north section which raised the stadium's seating capacity to 76,000.

With these changes in size, Shepard's job as the grounds director for the athletic department has become increasingly more demanding as there is a greater demand for maintenance at the 56-year-old stadium.

"Over the years, my job has become increasingly more difficult," Shepard said. "But when you've been here as long as I have, it's easier to take on the challenges."

Shepard, who is also in charge of maintaining the baseball and softball diamonds as well as the Ed Weir track, has two full-time assistants, Dick Lutz and Marvin Little, as well as a number of student assistants to help take care of the fields.

"We do a lot of work all over the campus and a lot of it isn't easy," Shepard said. "Most of the things that we do, in fact, are very laborious."

Shepard, Lutz, Miller and four student assistants are currently repainting hand rails, reseeding grass, and replacing doors and windows at Memorial Stadium in preparation for the Cornhusker's season opener against

Florida State Sept. 7.

Shepard has had several athletes from a variety of sports work for him in the past.

Two years ago, football players Woody Paige and Paul Parker teamed with high jumper Jeff Loescher to work for the grounds department, a job which Loescher said was "ideal."

I was living in Lincoln and I needed a job where I could work around my

training schedule," Loescher said. "It worked out perfectly for me, working 40 hours a week during the day and training at night."

Although the benefits of the \$3.75 an hour job were few, the experience was priceless, Loescher said.

"Learning to do all of that lawnwork someday will come in handy," he said. "If I had the opportunity, I'd definitely do it again."

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