Physical, mental fitness should coincide

Fitness and health have become too important to be healthy, but only be-commercialized, too serious, and just cause you need to be healthy to ac-your run (or whatever you do) thinking don't get paid as much as people who plain too much. That's why I write a complish greater things. Being healthy weekly column on it. That's why I subscribe to "Triathlete," "American Health," and watch the "Cable Health Network" on television. I've become obsessed with fitness, along with millions of other people, and I'm mad!

Cheryl Petersen

As an avid non-conformist I find myself running alongside (okay, behind) thousands of clones in Nikes and striped shorts. I wonder what has made me a part of this group when I refuse to be a part of most others. I guess it's because believe in fitness and good health logs. I see no point in that.

habits because I think good physical health is often a basis for good mental health. It's great so many other people do, too. But I feel like the whole trend

has been exploited to the point that people think that's all they need to other areas of your life. achieve - total fitness. Baloney. I

don't care how fast you can run or how far you can swim if you never do anything with your mind. And just because you can't run, or swim, or even walk doesn't mean you aren't healthy in some way.

of each day to some kind of exercise but not necessarily to develop certain muscles, but to develop thoughts. I know a lot of people who do this. I know even more who have no other purpose in running ten miles besides writing a double-digit number in their training

However, I can see a lot of logic in running ten miles, thinking about a book you would read and what it means, or about an argument you've towards healthier lifestyles has been had. Maybe you could think about how

Tew 1985 Baseball

that you've accomplished something and that you can do the same thing in

I guess I just get a little angry when I see athletes signing multi-million dollar contracts or picking up a \$50,000 purse for a triathlon. All that money is great motivation to make your body perform its best. But I'm afraid that many of the people who are involved in sports at this level turn off a part of I think it's good to devote a portion their brain — the part that really

> I'm sure some will disagree with this. Those who do, please send me a list of the books (excluding sports biographies, please) these athletes have written. I know of very few. I'm not saying that athletes don't contribute anything important to our society. They do, but is it worth it?

At the other end of the spectrum there are people who only use their minds. There aren't a lot of these peoblown out of proportion. Sure, it's far behind you are in school and how ple around so don't feel bad if you can't

only use their muscles. That speaks for itself concerning our society's priorities. Ask kids who their idols are and they will usually name a sports figure. maybe a rock star, but never a scientist or a writer. There is something wrong with that.

Now that I have myself all excited about the obsessions and shortcomings of our society's mental nd physical states, I need to go out and run and thinks. That's a huge sacrifice to make. figure out how to change the world. And they say the Ironman Triathlon is the ultimate challenge!

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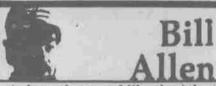
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the Atlanta Braves.

SPEED BALL



As far as that goes I like the Atlanta Braves. They're not having a good year-(fifth place in the National League West, 91/2 games back with a .453 win- I refuse to be a Dallas Cowboys fan. ning percentage), but they are still fun to follow, especially since they are tele- acknowledges his fickleness. I can cast almost nightly on WTBS.

ball fan who'll watch anything, like me, and the Cincinnati Reds. it's still pretty good.

To begin with, I have nothing against alternative to the networks' excuse for entertainment.

Dale Murphy is sensational, and as a is promoted as "America's Team." whole the Braves are a likeable enough appearing bunch of jocks. And Terry Forster is fat. David Letterman was right. I'm looking forward to the

pitcher's appearance on Late Night.

Despite all this, I refuse to be an Atlanta Braves fan, for the same reason

This is coming from a sports fan who never decide to be, for instance, a gung-If you are a hard-core Braves fan this ho Cubbies fan, or a die-hard Cardinals is heaven, but if you're merely a base- fan. I like the Cubs, and the Cardinals,

In the American League I like the

Big deal, I know. You could care less. But I refuse to be a fan of a team that Why would owner Ted Turner take an

otherwise respectable, likeable ball

Continued on Page 12

Not only can you keep up with the New York Yankees. The only teams I Braves, but the rest of baseball as well, hate are the L.A. Dodgers and the Chiin addition to having a reasonable cago White Sox. MPORT CAR REPAIR SPECIALIZING IN-VOLKSWAGEN, AUDI, DATSUN, HONDA, TOYOTA, SUBARU IMPORT TOWING BRAKES MAJOR AND MINOR MCPHERSON STRUTS REPAIRS FRONT END REBUILDING TUNE-UPS AUTOMOTIVE ENGINES SERVICE ACCESSORIES ALIGNMENT XCELLENC AIR CONDITIONING AND BALANCING Certified Mechanics MasterCard VISA

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