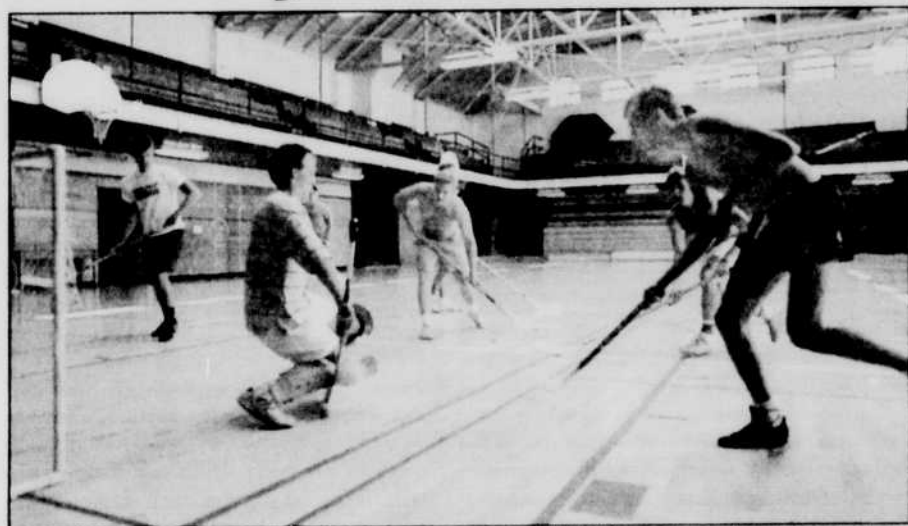


Hockey without the ice 'a great way to sweat'



PAUL CONE, THE DAILY BAROMETER, OREGON STATE U.

Goalie Neil Gearheart fends off an attack from the offense during a Floor Hockey Club session.

By Rod Porsche
 ■ The Daily Barometer
 Oregon State U.

Every Thursday night at 8:30, they take the floor in Oregon State U.'s women's PE building ready for another night of intense action.

At a time when most students are in front of the "Cosby Show" waiting for a pizza to arrive, Floor Hockey Club members are turning over benches to form boundaries for the big game.

"I had never even touched a hockey stick before, but it's real easy to pick up," said Bob Thayer, who is in his second term as a club member. "It's a blast."

"It's a great way to sweat," club member John Lance added.

It's shirts against skins every week.

The most difficult task is convincing someone to be goalie. "I'd rather take shots at people than have them take shots at me," newcomer Lee Hatter said.

They don't use a puck, opting for a Mylec ball (about the size of a racquetball). "The plastic puck just bounces around too much," club President Joe Conyard said. "A ball in floor hockey works more like a puck on ice."

Conyard started the club at OSU last fall. "This is kind of a 'feeler' year for me and the club. I would definitely like to see floor hockey form a league."

Floor hockey, also called Deckhockey, has powerful leagues on the East Coast. In the West, a league may just be a dream, but Conyard is still optimistic.

"You only need five or six guys to make a team," he said.

Exercise junkies can cause more harm than good

By Sonja Lewis
 ■ State Press
 Arizona State U.

An increasing number of men and women are identified as obsessive-exercise pathorexics — people addicted to exercise as a way of controlling their weight.

Pathorexics do not realize what they are doing to themselves, according to Arizona State U. health officials.

Pathorexic exercise is characterized as an eating disorder and is often more difficult to detect by the victim and others than eating disorders like anorexia or bulimia.

There are often visible signs with anorexia or bulimia, such as vomiting after meals and use of laxatives, but overexercisers conceal some of the harmful physical effects of their disorder.

ASU Health Center Physician Dale Bowen said "massive amounts of running" often result in bone fractures, muscle pulls and back problems.

Mary Lou Frank, ASU coordinator for treatment of eating disorders, said most overexercisers who think of physical activity as the only healthy way to lose weight, deny that they are harming themselves.

"People don't realize they have it because they don't see it as a problem," she said. She said that exercising becomes both physically and mentally unhealthy when people exercise because of feelings of guilt and remorse after eating.

Alyne Yales, a U. of Arizona associate professor of psychiatry, has studied overexercisers and found some runners resemble anorexics in several ways:

- most are self-effacing, hard-working achievers,
- most come from affluent or middle-class families,
- intense exercise begins after a time of depression or uncertain identity and
- exercise gives them feelings of self-control.

ASU Health Center Nutritionist Karen Moses said bulimics and pathorexic exercisers are very similar except in the way they manifest their eating disorder. "What you might be seeing in pathorexic exercisers is athletes that like to exercise and don't like to vomit," she said.

A LESSON IN NEW CAR FINANCING FROM GMAC FOR TWO AND FOUR YEAR COLLEGE GRADUATES AND GRADUATE STUDENTS.

1-800-237-3264 = \$400⁰⁰

A FREE PHONE CALL COULD HELP PUT YOU IN A NEW GM CAR OR LIGHT-DUTY TRUCK THE EASY WAY.

THE GMAC COLLEGE GRADUATE FINANCE PLAN... GET \$400 AND MAKE NO PAYMENTS FOR 90 DAYS.*

Call 1-800-237-3264, and you'll find out how GMAC can make your after-college math a lot simpler.

With GMAC's College Graduate Finance Plan, you'll receive:

- ▶ \$400 to apply to your down payment when you buy a new GM car or light-duty truck.
- ▶ OR, \$400 to apply to your first lease payment.
- ▶ PLUS, when you buy you may be able to defer your first payment for 90 days...giving you time to get your career up and running before you start making payments. Finance charges accrue from date of purchase.

Another important fact: Your \$400 discount is in addition to any rebate or special financing rate available when you buy your new GM vehicle.

GUARANTEED FINANCING.

That's right. Your financing is guaranteed as long as you qualify for the plan. You can find out all the details about qualifying in your GMAC College Graduate Finance Plan information pack.

CALL 1-800-237-3264 RIGHT NOW FOR FREE INFORMATION.

Call 1-800-237-3264 now — or send in the coupon — to receive your free GMAC College Graduate Finance Plan information pack. There's no obligation and you could receive a \$400 discount on your new GM vehicle. Do it today!

GMAC is an Equal Credit Opportunity Company.

*This deferral of payment option is not available with leasing or other GMAC programs or in Michigan and Pennsylvania, or on vehicles with a cash-selling price of less than \$10,000 in New Jersey.

©1989 GMAC. All Rights Reserved.

Yes! Please send my free GMAC College Graduate Finance Plan information pack. (Print clearly.)

Name _____

Mailing Address _____ Apt. _____

City _____

State _____ ZIP _____

College Name _____

Date of Graduation _____ / _____ / _____

Mail to:
 GMAC College Graduate Finance Plan
 General Motors Building, Annex 240
 Detroit, Michigan 48202

Or call 1-800-237-3264 now to request your free GMAC College Graduate Finance Plan information.

GMAC
 OFFICIAL SPONSOR OF
 AMERICA'S DREAMS™

CHEVROLET • PONTIAC • OLDSMOBILE • BUICK • CADILLAC • GMC TRUCK