

Photography displayed at State Museum: Lange, Kwilecki

Eating healthy can be tough at USC



SPECIAL TO THE GAMECOCK

Kwilecki's "Rev. Mitchell Baptizing in the Flint River, 1977" will be in the exhibit *Homage: Photographs of Decatur County, Georgia* at the S.C. State Museum until May 31.

Staff Reports

Paul Kwilecki and Dorothea Lange, two photographers who seek the universal in the specific, are now featured in exhibits at the South Carolina State Museum.

Kwilecki, who was born in 1928, has spent most of his adult life documenting his native Decatur County, Georgia. Lange (1895-1965) was sent to South Carolina in the 1930s by the Farm Security Administration (FSA) to show improvements in rural life that came as a result of President Franklin

Roosevelt's New Deal. Kwilecki is an "insider." Lange, a Californian reared in New York, was an "outsider." But they captured rural life in high-quality, black-and-white images, said Polly Laffitte, chief curator of art at the South Carolina State Museum.

Lange is the better known of the two artists. Her images, and those of other FSA photographers, have been widely used. They have come to symbolize the Depression for many Americans.

Homage: Photographs of Decatur County, Georgia is an exhibit of Kwilecki's work. A

collaborative project with Winthrop University Galleries, it was curated by Phil Moody, a photography professor at Winthrop. Laffitte said those who worked on the exhibit were interested not only in the quality of the images but in "the universal symbols and subjects within the work. It speaks to a broader human experience, not just one community."

The exhibit includes photographs Kwilecki has taken over a 38-year period. The work began when Kwilecki, at 31, hypothesized that all documentary photographs indicated the same thing: "Human beings struggle compulsively to satisfy a handful of basic emotional needs, of which fulfillment, of one kind or another, is primary."

Kwilecki decided to try to suppress his personal views of the community of "25,000 ordinary people" in southwest Georgia and use Decatur County as an "ideogram for the world." In doing so he has focused on a number of aspects of life, including religion, workers, the court house, cemeteries and the town park.

Kwilecki has received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. His work is in the permanent collections of the National Museum of Modern Art in New York and the High Museum of Art in Atlanta.

Kwilecki, Laffitte said, strives for objectivity. Lange, on the other hand, "wore her emotions on her sleeve." She hated what poverty did to women and children, but she also was sympathetic with men caught in dead-end situations. She hoped her work would result in change. The exhibit Dorothea Lange: A Visitor's View features photographs she took in South Carolina.

In conjunction with Homage, a photography discussion will be offered at 5 p.m. on April 25 as part of Artista Vista. Both exhibits can be seen on the museum's fourth floor until May 31.

ALICIA BULLARD Staff Writer

The season for bathing suits, short shorts and cropped tops that bare it all has once again rolled around and it has definitely made its way to USC. Thoughts of summer plans and rising temperatures have prompted Carolina students to consider shedding a few extra pounds along with those heavy winter clothes. However, losing weight while on campus can be a difficult task.

The Grand Market Place, and other dining facilities on campus, do not offer many healthy, low fat options for students who are trying lose weight or eat healthier. While the GMP has added some items, like low-fat muffins and salad dressings, the food on the hot line tends to be high in both fat and calorie contents.

For health conscious students, the Health and Wellness Center offers an eight-week program called Lighten Up.

"Lighten Up is more about making healthy choices and being active than it is about losing weight," Elise Vaughn, a coordinator for the Health and Wellness Center, said.

The Blatt PE Center also offers several supervised programs for students who are trying to stay motivated in their weight loss and exercise goals.

Although the amount of calories needed daily varies in each individual according to sex, age, weight, and activity level, a general guideline for

maintaining a healthy diet includes 2,000 calories per day with 30 percent to 40 percent of those being fat calories. Most people need to consume between 44 fat grams and 66 fat grams per day to maintain a healthy diet.

"However, we don't like for people to focus on fat calories because it's not a positive mindset. Instead we encourage people to try to make healthy decisions and be active," Vaughn said.

Exercise is another critical part of any healthy weight loss plan.

Erin Knapp, a freshman who attends aerobics classes on a regular basis, said, "Aerobics makes me feel good not only physically but mentally as well."

Enrollment in aerobics classes and use of the weight room has increased since January, when many students began making an effort to tone up and shed extra pounds for the summer.

Laina Tharp, a fitness coordinator at the Blatt PE Center, said "I've seen a lot more people using the whole PE center, especially since the aerobics studio was renovated and more equipment was added to the weight room."

Whatever the reasons for attempting to lose weight, whether for health concerns or simply to look better while lying on the beach, it is important to remember not to lose perspective. This can best be accomplished by setting realistic goals and giving yourself a realistic amount of time to attain them.

Androcles presented at Longstreet

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Longstreet Theater through March 29. Curtain times are 8 p.m. Tuesday through Saturday and 3 p.m. on Sunday, with special matinee performances Tuesday and Wednesday

at 1 p.m. Tickets are \$10 for the public, \$8 for seniors, military, USC faculty and staff and \$6 for students. The box office number is 777-2551 and hours are noon to 5:30 p.m. Monday through Friday.

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