A trio of friends helps Reynolds stay trim

By Renee Ross

For James Reynolds, friendships can help build physical fitness.

"My wife and I recently got together with another couple and decided to embark on a 90-day let's-get-in tremendous shape program," says Reynolds, who plays police lieutenant Abe Carver on the NBC soap "Days of Our Lives."

James Reynolds

"The four of us have regular morning workouts doing a variety of things — swimming, racquetball, lifting weights, stretching. It really helps to have others encouraging you, especially when you don't like getting up early. Just knowing that other people are depending on you can kick you into motion," adds the 6-foot, 195-pound journalist-turned-actor.

"Because of our varied schedules, the four of us can't work out together every day, but it does get us all used to daily exercise," Reynolds explains. "When I can't join the group, sometimes I'll use my home rowing machine for half an hour. It's handy because I can get in shape in front of the TV.

"I've always loved athletics," adds the actor." "In high school, I played football and basketball. And my wife and I still play softball with friends on the weekend."

Reynolds says he reached his peak performance level in an exclusive program. "I am a former Marine, and when we finally finished Boot Camp, I was in tremendous shape. But I certainly wouldn't want to repeat that experience again!"

While he's definitely pro-exercise, don't count Reynolds among the nation's horde of joggers. "I'm not much of a runner," he says, "and don't think it's good for everybody's body. Ideally, three or four daily sessions of exercise each should be plenty to stay in shape."

The actor believes in moderation when it comes to eating. "I don't stick to a special plan. My wife and I love Chinese food, and fortunately, it's nutritious. We also steer away from sweets and greasy foods. But there are still times," he says, "when I really feel like a hamburger, and I indulge now and then."

When life's stresses bear down, Reynolds takes solace in his love of literature. "I especially enjoy history and really get involved in reading. It sharpens your mind and, at the same time," he says, "takes you for an hour or two into a completely different world."

—MTV bans

Continued from page 7

his Midwestern drawl. "I was not notified by MTV officially, though they did tell me unofficially. Frankly, I can't believe the people I know there would do this. It's to to be coming from someone above."

The clip shows a high school teacher (played by "Police Academy 3" alum Bob Goldthwait) who dreams of being Twisted Sister frontman Dee Snider. Abracadabra! The teacher becomes the rocker. Another teacher, played by special-effects wiz Tom Savini, turns into guest star Alice Cooper. Students become drive-in movie zombies. Even Lainie Kazan, in her vid-clip debut, joins the fun.

"The video's no gorier than "Thriller," defends Callner, "and it's funny besides."

The controversy surrounding this and other recent Callner projects is, given his background, ironic. As a staff director for HBO (1975-1983), Callner churned out craftsman-like comedy and music specials starring such "adult-contempoorary" acts as Liza Minnelli, Diana Ross and Bernadette Peters. He turned to rock with "Stevie Nicks in Concert," a 1982 special documenting the former Fleetwood Mac vocalist's "Bella Donna" tour. "Just like that," recalls Callner, "I decided I wanted to be in rock 'n' roll."

Though best known for his Twisfed Sister clips, he's worked with all sorts of acts - most recently Heart, for whom he directed the current "Nothin' at All."

To his chagrin and surprise, Callner became infamous during the so-called "porn rock" Senate hearing last summer. His "We're Not Gonna Take It" video -- which was inspired by the Coyote/Road Runner cartoons -- was criticized as "graphically violent."

"I grew up respecting the people in Congress and the Senate," says Callner. "To hear them take an obvious slapstick thing and treat it as if it were real, graphic violence is absolutely sickening, especially when things like 'Rambo' and 'Commando' are glorified."

Unfortunately, it seems MTV shares the Senate's lack of a funny bone.

Patti LaBelle is one of the performers at the closing ceremonies of "Liberty Weekend," airing Sunday, July 6 on ABC.

We Entertain Baltimore's Best

Chuck Maxx, Program Director

Now The 24 Hour Power Station

1360 AM

RUTHLESS REVIEWS:

"THE FUNNIEST MOVIE SO FAR THIS YEAR." Scot Haller, PEOPLE

"THE AUDIENCE WAS LAUGHING THEMSELVES SICK AND SO WAS I." Joel Siegel, GOOD MORNING AMERICA

RUTHLESS PEOPLE

DANNY DeVITO JUDGE REINHOLD HELEN SLATER and BETTE MIDLER

2nd Side-splitting Week!

JUMPERS CINEMA Ritchie Hwy Jumpers Hole 768-5151

YORKRIDGE 4 York & Ridgely Rds. 252-2296

UA HARBOR PARK Market Pl. & Lombard 837-3500

WESTVIEW 6026 Balto. Nat'l. Pike 747-3800

UA GOLDEN RING Golden Ring Mall 574-3333

COLUMBIA CITY Wincopin Cr. • Columbia 997-9010

EDGEWATER TWIN Pulaski Hwy. • Edgewood 679-9494

5-STAR CINEMAS Reisterstown Rd Plaza 358-6656

—Meanderings

Continued from page 4

concert schedule for June 29 at Druid Hill Park was cancelled. Official word was the drought Baltimore was experiencing was the culprit. Would someone please tell me what the water shortage had to do with the concert?

L.L. Cool J's only prop on stage that wasn't alive was a large radio. A DJ was at the turntables behind the radio.

★★★★★★★

SOAP OPERA WEEK

By Kimberly Redmond

Q: Please tell me something about Rebecca Staab, the actress who plays Jesse Matthews on "The Guiding Light." — W.W., Glendale, Calif.

A: Staab got her first taste of performing while attending the University of Nebraska in Lincoln. While she was a student, Staab entered the Miss U.S.A. Pageant preliminaries, and won the competing title of Miss Nebraska (1980). She then moved to Paris, where, as a model, she traveled throughout Europe and to Japan. The actress still works with the Ford Model Agency between acting jobs.

When she returned from Europe in March of 1985, Staab auditioned for — and won — the recurring role of Cecilia on "Loving." In October, she joined "GL" as Jesse Matthews. She has also appeared in numerous international commercials.

Q: Did Welsh actor Timothy Dalton ever appear on an American soap opera? — K. H., Roselle, N.J.

A: There's no record of Dalton ever appearing on a daytime soap. But the actor has appeared in a production of Shakespeare's "Antony and Cleopatra," along with Lynn Redgrave and Tony Geary, who played Luke Spencer on "General Hospital."

Q: My daughter and I have a running argument over "Crazy Like a Fox" star Penny Peyser. I say she used to portray Sheila Thomas on "All My Children." My daughter says I'm wrong. Help! — E. H., Jamestown, N.Y.

A: Sheila was portrayed by Cynthia Sullivan, who was brought in to replace Kim Delaney when she left the ABC soap.

Q: I would like to know how many different actors have portrayed Pat Ryan on the ABC soap "Ryan's Hope." Also, can you tell me if Malcolm Groome, the current Pat Ryan, is married in real life? — S.B., Laurence Harbor, N.J.

A: Groome originated the role of Ryan in 1975, and portrayed the role until 1978. John Blazo then took over the role, portraying Ryan through 1979. When Blazo left the show, Robert Finocoli replaced him until the character was written out of the show. In 1982 Pat Ryan returned to the story lines. This time he was portrayed by Patrick James Clarke, who left in 1983. Groome returned in portray Pat in August of 1993. The actor is married; his wife's name is Rebekah.

Q: A while ago, there was a scene on "The Guiding Light" in which Rick Bauer appeared before a hospital review board. I'm sure that the actors portraying the board members appeared on another soap. Am I right? — L.S., Marco Island, Fla.

A: Yes! You saw Ron Tomme and Tudi Wiggins, both of whom appeared on "Love of Life" for many years before the soap was canceled by CBS.

(Have a question about soap operas? Write Kimberly Redmond at 200 Park Ave., Room 602, New York, NY 10166. Questions cannot be answered personally, but those of general interest will be answered in future columns.)

ALL NEW! ALL FUN!

WALT DISNEY PICTURES PRESENTS THE GREAT MOUSE DETECTIVE

WALT DISNEY PICTURES presents "THE GREAT MOUSE DETECTIVE" produced in association with SILVER SCREEN PARTNERS II Music HENRY MANCINI

Prints by DE LUXE Distributed by BUENA VISTA DISTRIBUTION CO., INC. ©1986 The Walt Disney Company

A classic Disney cartoon STARRING MICKEY MOUSE, DONALD DUCK AND GOOFY IN 'CLOCK CLEANERS'

LIBERTY TWIN Liberty & Old Court 655-2600

Now Showing!

NORTHPOINT PL. 4 Northpt. nr. Merritt • Ex. 40 288-9294

PERRING PLAZA Beltway Exit 30 668-3111

TOLLGATE 7 Bel Air, Md 879-4830

WESTVIEW 6026 Balto. Nat'l. Pike 747-3800

NOW SHOWING!

REISTERSTOWN TWIN Reisterstown Road Plaza 358-0500

RITCHIE CINEMA Ritchie Hwy. at Ordnance Rd. 768-3440

SECURITY MALL Beltway Exit 17 265-6911

UA GOLDEN RING Golden Ring Mall 574-3333

BOULEVARD TWIN 33rd & Greenmount 235-4923

CAMPUS HILLS Campus Hills Shp. Ctr. 836-9131

HILLENDALE Taylor Ave. at Loch Raven 823-4444

NEW 202 Park Avenue 727-7108 w/MAD MAX BEYOND THUNDERDOME