

Lady Cougars

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awards that exemplified our team achievements. These awards were made possible by everyone playing together and believing in one another."

For their accomplishments on the court, Wilkes Community College was recognized with five individual honors: Brittani Owens and Victoria Tanner received awards for being named to the NJCAA Division II All-Region X First Team; Shemieka Brown and Shermia Forney were named to the NJCAA Division II Region X All-Tournament Team; and Coach Keith Bell was recognized as the NJCAA Division II Region X Coach of the Year. In accepting the award Coach Bell noted, "A coach is only as good as his or her team. This is truly a team award. It acknowledges the accomplishments of the team as a whole. It should be renamed 'Team of the Year' instead of 'Coach of the Year'. I thank all the members of my team and those

that have assisted us throughout this year for this great honor."

The Lady Cougars wrapped the year up playing at Rockingham Community College in the NJCAA Division II Region X Conference Tournament. For the second year in a row, WCC advanced to the tournament championship just short of obtaining the conference post-season crown. "We played a tremendous ballgame," Bell recalled. "I told the team afterward that I was disappointed we lost, but I was extremely happy with our effort. These young ladies battled and played incredibly hard. If anything, we were too excited to play the game. Several point blank shots came off the front of the rim as we were so pumped up we threw the ball off the backboard a little too hard. I'll take effort like that any day of the week. We deserved to win that game as hard as we competed. I am proud to be associated with these young ladies."

In summing up the impressive

18-11 conference co-champion season Coach Bell stated, "We had an extraordinary year. I had the pleasure to work with an outstanding group of young ladies this season. While we had tremendous accomplishments on the court, these student-athletes continued to strive off of it as well. The team came together as a whole and showed a great deal of maturity as the year went on. It is because of young ladies like these that I do this job. I thank each and every one of them for their hard work and dedication. They made this year a truly enjoyable season. I also would like to thank the members of the WCC faculty and staff for their continued efforts in assisting these student-athletes. These young ladies are using their athletic abilities to further themselves in life through education. Without the contributions of the faculty and staff, our main goal of academic achievement would not be attained. I also would like to thank

the students, faculty, staff and community members that came to support our team during the year. Your encouragement is influential in our achievements. Lastly, but certainly not least, I would like to those that assisted directly with the program including Coach Wes Scroggs, Coach Richard Fink and Lani Castellanos. Your contributions are greatly valued."

Lady Cougars 2008-2009 Roster:

2 Gentry Manley
3 Renee McCullough
14 Brittani Owens
15 Kenyanna Harris
21 Shemieka Brown
22 Naomi Walters
24 Kynisha Terry
30 Tia Davis
33 Areyshea Dunbar
41 Victoria Tanner
45 Shermia Forney
Head Coach: Keith Bell
Asst. Coach: Ranisha White
Manager: Chelsea Ferree

Increase Your Health at the WCC Wellness Center

By: Lauren Brelsford

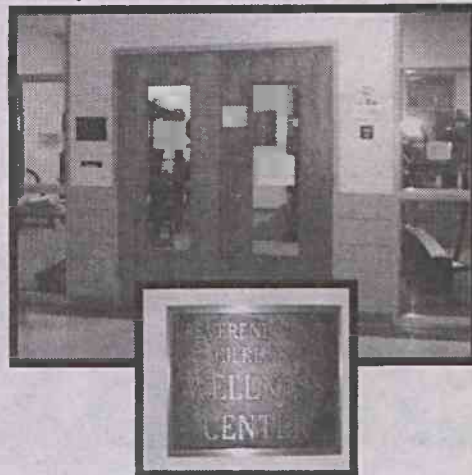
Would you like to exercise more often without having to pay expensive gym and equipment fees? If you would like to be a member of a gym that saves you time and money, look no further than the WCC Wellness Center. WCC students and staff are welcome to use the WCC Wellness Center, free of charge. Just remember to bring your WCC identification card.

Located in Alumni Hall, the WCC Wellness Center features two treadmills, two ellipticals, a set of weights, and several other exercise machines. In addition to the exercise equipment, there are also exercise posters and pamphlets available in the Wellness Center. If you like, magazines and a television are also available for entertainment as you exercise.

After finishing your workout, feel free to use the locker

rooms located near the Wellness Center. These locker rooms are always immaculately maintained and feature lockable lockers, a changing room, and a shower.

So if you would like to begin a healthier lifestyle or just continue being healthy at a more convenient location, consider the WCC Wellness Center today. Call 838-6142 to set up an orientation session today.



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