## **Quakers End Skid, Look to Execute Consistently**

Scott Genualdi Staff Writer

The men's basketball team broke a threegame losing streak when they defeated cross-town rival Greensboro College, 87-77, on Thursday.

The victory followed two Quaker losses earlier in the week, one to Randoiph-Macon, 85-54, on January 12 and the other to Ferrum on Monday by the score of 93-87. The Ouakers are now 4-9.

After the Greensboro game, coach Jack Jensen looked relieved.

"I'm glad we got this win," he said. "It was just what we needed. The team played hard for forty minutes."

Guilford opened a sixteen-point lead early in the first half and then held on in the second half as the Hornets closed the gap to one, 59-58, with seven minutes to play. A three-point shot by freshman Andre Ricketts opened the Quaker lead to 64-58 as the Quakers never looked back.

Although the win improved his mood, Jensen was not pleased with the actions that occurred in Virginia earlier in the week.

The experience of Randolph-Macon combined with a sluggish shooting and



Chad Brown shoots over a Greensboro hornet at Ragan Brown Fieldhouse. Guilford successfully rid itself of the pests Thursday night /photo by George Brand

defensive game proved too much for didn't play good basketball." Guilford.

"When you don't play well and the other team plays well you are going to lose," Jensen said. "We had poor shooting, poor defense, and poor offensive execution by our team. Randolph-Macon is 10-1, defending ODAC champions, has three good seniors, and they were playing at home. We

Against Ferrum, Guilford fell behind early and found themselves trailing 80-54 with twelve minutes remaining. Although the Quakers rallied late in the game, they never took the lead.

"The Ferrum game was a typical case of too little, too late," Jensen said.

Tomorrow, the Quakers travel to Pem-

broke State, ranked 18th in the NAIA national poll, while they host Mt. Olive on Saturday.

Though the team won Thursday, Jensen has been worried about his team's play this

'We haven't played in a consistent manner," Jensen said. "It's a day-to-day thing. We need to execute regularly."

## **Do-it-Yourself Athletics: Good Music Required**

Richard C. Manz Guest Writer

Did you ever consider that by participating in a music concert, you were engaging yourself in an athletic activ-

Think about it-even though that may not be your main objective, you are doing your body a lot of good (before you pollute it with intoxicants) by being an active crowd member.

The first signs of actual (gasp) exercise appear when you make your way to the concert. Even though Guilford holds concerts on campus, at least some walking is required to get to the actual

This is a good warm-up activity. It loosens up the legs, pumps the heart faster, and introduces the lungs to a healthier responsibility than usual (for those of you who can't do without your daily pack of Winstons). Now you are ready for more strenuous ventures.

Rather than doing several mindless repetitions of 12-ounce curls, let some of your social reservations go and... DANCE! Actually move with the rhythm of the music, allowing your possibly uncoordinated body to flail in front of people that you know. At the same time you will be keeping fit and burning off unwanted calories.

Be sure to take rest breaks in between really up-beat songs. Have a seat on the brickwork if you are in the Quad, or pull up a folding chair if you are in Sternberger, or a plot of grass (crab grass, that is) on the hill between Bryan

For refreshment purposes, bring your own "Juicy Juice" to the dance. It has 100 percent fruit juices and you need that Vitamin C, because concerts can take a lot of energy out of you-and those energy crystals won't sufficeyou need to replace lost energy with minerals that your body vitally needs. Dole bananas in your concert diet will

After the concert, cool down with a walk back to your residence hall and get a good night's sleep-between seven and nine hours will do.

Make the most of the exercise opportunities that you have right beneath your nose-at a Guilford concert.

## Seminar West SLIDE SHOW

Come see slides Seminars former participants exploring the natural wonders of American West.

Seminar West is five weeks of camping, hiking, backpacking, and lectures to study the history and natural history--geography, geology and fauna. archeology/anthropology-- of the American Southwest. Seminar West fulfills the lab science requirement.

This year the trip will run from Friday, 10 May to Saturday, 15 June, and will include parts of Texas, New Mexico, Colorado, Utah, and Arizona. We will study the Guadalupes, Carsbad Cavern Bandelier, Mesa Verde, Chaco Canyon, Arches, Bryce, Zion, Grand Canyon, and more.

WHERE: King 126 WHEN: Thursday, Jan 24, 7:30 pm.

> Refreshments will be served!

For more information: contact Mariene McCauley, King 124, X236.



THE GRAND CANYON