

Swimmers Show Strength

by Sally Lemmon

The Salem College Swim team kicked off its season with its first meet against Pfiffer on November 29. Salem lost 164 to 80, but overall experienced a good meet and had a chance to see the strength of the team.

Queens cancelled due to a mono outbreak, so the fall season ended abruptly. Spring competition and practice will pick up in February with a weekend trip to Virginia to swim Radford and Hollins, February 9-10. The remaining scheduled meets are:

Feb. 15	Randolph Macon Womens	Away
Feb. 20	Queens	5 p.m. Home
Feb. 22	Davidson	TBA Home
Feb. 28	Queens	Away

This is Salem's third year swimming and the team has increased in size and overall ability. Co-captains for this year are Kristy Royal and Sally Lemmon.

RAINBOW NEWS CAFE & BOOKS

The corner of Brookstown
and Broad St.

open Mon.-Fri. 9am-9pm
Sat 10am-9pm Sun. 10am-6pm
10% off any sandwich with this coupon
and a SALEM ID

Food for Body and Mind

□ A delectable selection of books featuring the latest titles, classics, psychology, mythology, and self-help. Special ordering also available at no additional charge.
□ A palatable array of magazines - over 1,000 different titles.
□ Unusual gift and greeting cards.
□ European style cafe offering homemade soups, salads, sandwiches, and sumptuous desserts.

Students See Evert at Her Best

by Galen Miller

Martina Navratilova and Chris Evert squared off at the Charlotte Coliseum on Wednesday evening. A group of Salem students travelled to Charlotte to witness the farewell tour for Chris Evert. This is the last year that Evert will be a part of the professional tennis circuit.

Chris Evert has been the United States Women's Singles Champion six times and has won the Wimbledon Championship three times.

Evert's athletic ability, poise, and sportsmanship have been admired since she joined the circuit. Her presence will be sorely missed and having her in the area is certainly a once in a life time opportunity.

Heather's Health Tips Stress Management 101

by Heather Glasscock

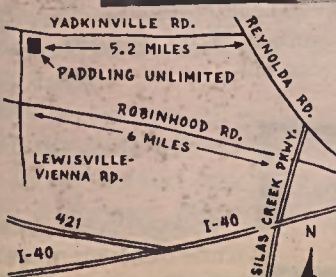
My friends and I have all come to the conclusion that this is by far the most stressful time of the entire year, so it wasn't hard for me to decide on a topic for this issue. Whether your stress is the result of upcoming exams, papers, or projects, or of a more personal nature like the guy at Wake Forest who never calls when he's supposed to or your friends are all taking out *their* stress on you, the effects of stress are all the same. You begin to feel worried, your face breaks out, your muscles are tense, you start to eat cookies-n-cream ice cream 5 times a day, you're always tired, and just this morning you woke up sneezing and coughing!

While exercise is one of the best ways to attack stress and get your mind off your troubles, there are several other methods that are just as helpful at relieving stress. My roommate's relaxation method is to lie on her back on the floor, stare at the ceiling and listen to classical music or some other instrumental music for about 15 to 30 minutes. My favorite stress-buster is to flip through magazines, anything from *Cosmopolitan* (some of the articles are hysterical) to *European Travel & Leisure*. I rarely ever read all the articles, but it takes my mind off of my problems; moreover, when I'm finished my problems don't seem nearly as impossible as they once were. I also have friends who find babysitting a great way to relieve stress. Not only will you get off campus, but you will be able to take your mind off your stress by reading the latest adventures of Curious George or playing Nintendo, and you will be getting paid, too!

Whatever you do to release stress, it is important to remember that you clear your thoughts completely. Worrying all the way through your walk will negate its calming effects; in fact, you will feel even more stressed because you won't feel relaxed after having spent 30 precious minutes walking and thinking that you could have been doing that paper! Therefore, it is important that you step away from whatever is stressful to regain a sense of control. Try to make relaxation a regular habit. Take the time to listen to music, read the paper, take a long, hot shower, braid everyone's hair on the hall, or walk for 30 minutes each day. I promise you will feel so much better -- so will everyone else around you!

COOL YOUR CAKES! SERVING UP LOTS O' PATAGONIA PADDLING UNLIMITED

945-3744



Holiday Hours:
Mon-Thurs 10-7
Fri 10-9
Sat 9-6
Sun 1-5

6208 Yadkinville Road
Pfafftown, N.C. 27040
(northwest Winston-Salem)
(919) 945-3744

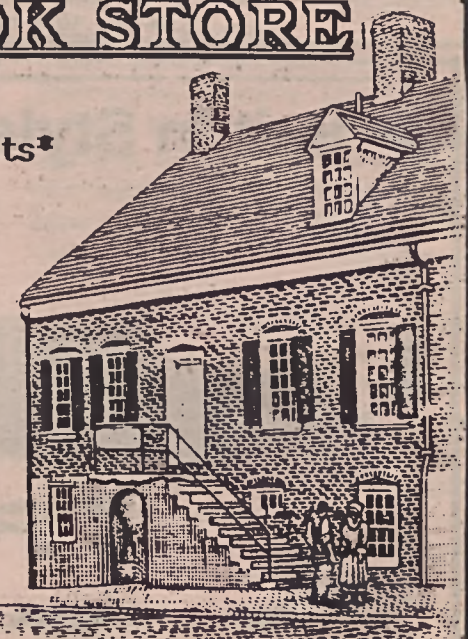
SALEM BOOK STORE

Salem T-Shirts & Sweats

Film Developing

Helium Balloons

Cards



YOUR COLLEGE STORE