

Heather's Health Tips

by Heather Glasscock

For as long as I can remember I have always valued the restorative power of an afternoon nap. I'm talking about the occasional hour nap I take in the afternoon after I have spent all morning and a good part of the day in class, lab, meetings, or running errands. We've all had to take naps. It started when we were very small and we ran out of "energy," (or our parents did!) just after lunch. As we got older, we began to think of naps as something for "babies," and we gave them up for afternoon cartoons instead - and later, for soap operas. But when you think about it, watching T.V. was still "quiet time," and our bodies were rejuvenated for the rest of the day.

I have even found scientific data to back my claim that afternoon naps are good for you. Researchers studying the biological rhythms of sleep now say the human body is intended to have an afternoon nap. A study at Germany's Max Planck Institute - in which volunteers were placed in an underground room without clocks and left to their natural sleep patterns - showed that "ad lib" sleep occurs in two daily sessions: a long one at night and a shorter snooze (one to two hours) in the afternoon. Moreover, the director of Stanford University's Sleep Disorders Clinic and Research Center, William Dement, says, "Nature definitely intended that adults should nap in the middle of the day - perhaps to get out of the midday sun." That sounds kind of pre-historic to me, but I agree with him.

For centuries, Europeans have closed their businesses for nearly two hours each day for lunch and a brief rest before resuming work. And didn't Scarlett O'Hara take a nap before the big party at Twelve Oaks? And I think Dorothy and her friends took a little nap before heading on to the Emerald City (O.K., so the Wicked Witch put something in the poppies). The point I'm trying to make is that taking an hour nap does not make you a lazy person provided you worked hard before your well-deserved nap and plan to continue your efforts upon waking!



photo by Kim Lynch
Valerie Steinier and Katherine Livermon pair up for a doubles match against Wingate.

Tennis Team Victorious

by Galen Miller

Well, Mother Nature has not been cooperative with the scheduled tennis matches. So far the team has played three matches. We tied Queens College because the rain washed out #3 doubles and we beat Averett College (8-1) and St. Mary's College (6-3). The team has quite a few matches coming up, so, weather permitting, come down and cheer the team on to victory.

Soccer Team Still Improving

by Jean Williams

"We're back and about to prove that we're better than ever!" This is the attitude that Salem's soccer team has assumed this year. Although the record does not reflect the ability of these women (2-4), the enthusiasm of both the players and the coach, Cathy Mahaffey, prove the determination.

The season ends in just under two weeks and everyone hopes to go out with a bang. There are three more games including a tournament at Furman April 7 and 8, and a tentatively scheduled game with Warren Wilson.

Salem plays Wake Forest on Monday April 9 on our very own soccer field and your support for the team is vital. This should be THE event of the year.

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and

**Comedian Jordan Brady
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5:30 pm**