

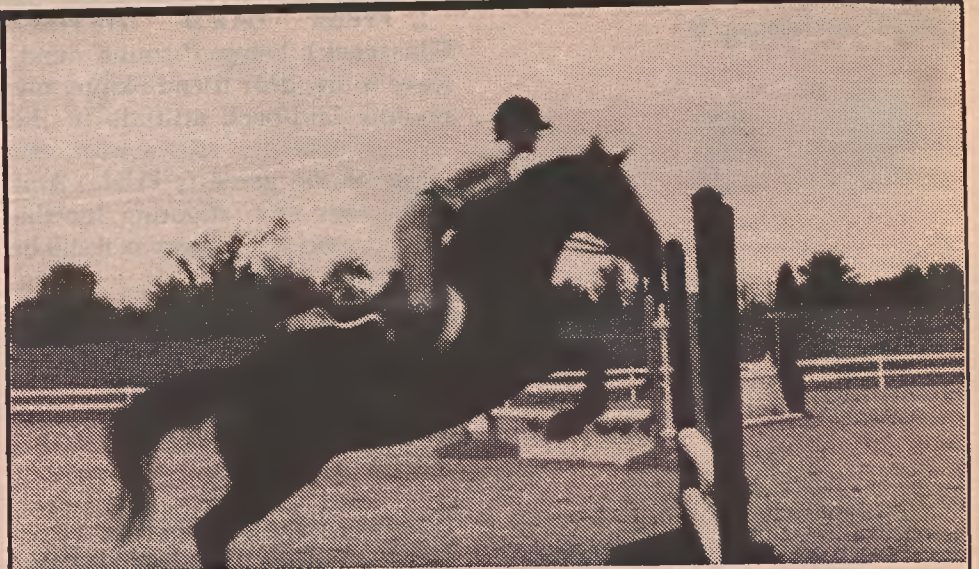
# Heather's Health Tips

by Heather Glasscock

I may not be a doctor (yet!), but if I were I'm sure I would know the cure for this dreaded affliction that seems to plague the members of the senior class. Its symptoms include restless, often sleepless nights; shortness of breath, usually preceded by the opening of a rejection letter; erratic study habits; loss of appetite; headaches and fatigue; and "spells" of deafness usually induced by the ominous question, "What are you going to do with your life after graduation?"

Being in the throes of this "syndrome" myself, I feel qualified to comment on some of the ways to alleviate the panic. First, you need to identify the source of your stress; maybe it is the job interview you have in two days, or your guest list for your wedding next month, or your senior seminar or honors paper final draft, or just the fact that your closest friends will not be as close to you "geographically" in just two weeks! Second, know that you are not alone. At least 100 other young women suffer from this very debilitating "syndrome." Although the sources of stress may vary, the symptoms are the same. Therefore, try to keep this in mind the next time you start to feel sorry for yourself and complain to your equally frustrated senior friends. When you feel the panic creeping up on you, take a deep breath, exhale slowly, and smile! Fight the urge to complain, because just like yawning and gossiping, it is contagious and before you know it, you have created chaos.

Take heart, though, this "syndrome" can be controlled. Try to focus on the positive aspects of being a graduating senior - the wine & cheese parties in your honor, maybe some surprise honors or awards, graduation gifts, and, of course, your diploma. This is a time to celebrate with friends and family the successful completion of four years of hard work and dedication. One of the worst consequences of this "syndrome" is that you begin to doubt yourself and your dreams but don't lose faith in yourself or your abilities. Do not underestimate your college degree; it will open many more doors than you think! You may not have a job, money, or a place to live (other than with Mom and Dad), but you will have some special memories and lasting friendships from the four short years you spent at Salem, and like the song says, you may not have much, but you've still got your health! I wish you all the very best.



Valerie Wickersham in action. Photo courtesy of Jennifer Aber.

# The 'E' Team

by Melissa Murray

This spring season has been quite frustrating for the Equestrian team. The frequent weekend rains have caused the cancellation of four shows and many lessons. But spirits remained high, and we were able to attend three shows, the last of which was Saturday, April 28th. Ten of the 17 members participated and everyone rode quite well. The following people received ribbons at this show. (The \* indicates that the ribbon won was in a class over fences.)

Laura Morrison .....	1st, 2nd, 2nd	Melissa Murray .....	4th, 3rd*, 4th*
Anu Sharma .....	3rd, 3rd*, 4th*	Laura Jennings.....	3rd, 1st*, 3rd*
Liz Butler .....	4th	Joan Pearce .....	4th, 2nd*
Valerie Wickersham ...	3rd	Leah Petree.....	2nd

Other members of the spring team were: Jennifer Abner, Amy Caterbone, Kim Frier, Hester Haverkamp, Pam Kipe, Brahan Lauffer, Karen Lewis, Chris Manos, Courtney Nanninga, Ikuko Sekine, and Angela Townsend. The team will be saying farewell to five supportive and well liked seniors: Beth Brown, Brahan Lauffer, Laura Morrison, Courtney Nanninga, and Angela Townsend. We will miss their support and helpful advise.

On behalf of the whole Equestrian team I would like to thank Laura Morrison and Joan Pearce for their wonderful leadership this year as the co-captains. Because the team is unable to practice together, the job of co-captain is anything but easy. I would like to thank them for their organization, support and smiles.



Senior Laura Morrison proudly displaying her ribbons. Photo courtesy of Jennifer Aber.



Members of the 'E' Team take a break during a show. Photo courtesy of Jennifer Aber.