

Salem Athletics: Get Involved

contributed by Coach McEwen

Over the past 4 years, we have consistently had about 25% of the traditional student body involved in the athletic program here at Salem. Why? I think because our athletic program offers a variety of ways for students to get in shape and the capability for physical and mental challenges through constructive exercise. They also provide a great social outlet for the students, and many life-long friendships have been formed among athletes. Sports affords students the opportunity to relieve stress and tension from their academic loads. We have also found that, on the whole, most athletes do better academically during their season because they must learn to budget their class work with practice and game schedules.

We try to offer something for everyone: Volleyball, Field Hockey, Cross Country, Swimming in the fall, Soccer and Tennis in the spring, and an Equestrian Team that competes over both semesters. For those students who want to participate in sports without the "competitive" nature, the Salem Recreation Association, of which each student is automatically a member, offers intramural sports such as Flag Football, Volleyball, Badminton, Softball and others throughout the year. We need Executive Board members and dorm representatives, so we're hoping for a lot of student involvement.

All in all, whether you are highly competitive or "laid back" in nature, Salem College Athletics has something for you.

Important Dates

Volleyball -Wed, Aug.29
3:00pm Old Gym

Field Hockey -Wed, Aug.29
3:00pm, Hockey Field

Cross Country-Thur,
Aug. 30 4:00pm-Pool
Lobby

Swim Team-Mon, Sept.10
3:00pm-Pool

Tennis Team Mon, Sept.3
6:30pm Pool Lobby

SRA-Tues., Sept.4, 6:30pm
Refectory

Lifeguard Mtg.-Thur., Aug
30 6:30pm-Pool w/ bath-
ing suit!

Lehman Hall: What Goes On In There ?

adapted by Karen L. Elsey
and Kathryn White

At one time Lehman Hall housed senior students. Now, however, some different residents have moved in. Within those four walls are a multitude of resources and caring people waiting for you.

The Office of the Dean of Students is located on the left as you walk in the front door. There you will find Dean Virginia Johnson (D.J.). An appointment would be nice, but she has never turned anyone away yet. Years of experience have prepared her for just about anything. Her office is open to all students for assistance with problems or concerns pertaining to life beyond the classroom.

Debbie Cates is a woman with a long

title (Assistant Dean of Students for Student Activities and Residential Life), but we know her as simply 'The Dean of Fun.' You can always find her on the move arranging movies of the week, helping CAC, planning a trip, or just listening to student concerns.

Neville Watkins also lives in Lehman Hall. She is a one woman force to be dealt with. As Director of Financial Aid, Neville is responsible for distributing student grants, workstudy, scholarships, and loans. She is well known for her ability to find a way to finance your education. She is also a great listener.

The Learning Resource Center/Counseling Center is the domain of Ty Rice. He is always ready to help you out in a confidential manner. Ty offers

individualized and self-paced programs which teach study skills to maximize the learning potential and academic performance of students. In other words, if you have a problem with academics or personal issues, he is your man!

Sarah Albritton just had a baby boy. Thomas Wellington Albritton (Wells) has little to do with her title but everything to do with the person! She is in charge of the Career Center and is able to assist students in career planning, interview skills, job placement, etc. In the Career Reading Room are papers galore about what to do with your life.

And last but certainly not least is Becky Pack-Moxley. It has been rumored that she is the one that really runs the place. If Becky doesn't know it, no one does.

Ropes Course : Making Memories

by Allison Burkette
The Salemite

I was stuck halfway through a tire suspended ten feet above ground, my umbros were falling off, and my underwear was following closely behind... Amidst my struggling efforts to pull myself through the tire and fall to the ground I asked myself, "Why am I here and what am I doing?" The obvious answers would have been to tell me that I was there because someone had pushed me through this tire and what I was doing was feeling like a total idiot. The not-so-obvious answer was that I was at the ropes course at Guilford College, sweating out one of the Hall Advisor training activities. For one day, the hall advisors, dorm presidents, and RHDs of each dorm endured a ropes course that seemed faintly reminiscent of marine boot camp. We walked blindfolded through the woods, we fell backwards into the arms of our Hall Councils, we tried to tightrope walk on cables strung between trees, and one group managed to drag every member of their Hall



Council over a twelve-foot wall. By the end of the day, we were all hot, wet (it rained), sweaty, dirty, and very, very tired.

The next day, despite sore and aching muscles, we looked at our fellow hall advisors in a new light. We had learned trust, respect, and had become much

closer (after everyone has seen your underwear, closeness follows right along). The pain and hardship was worth it. Even the embarrassment seemed worthwhile. The only question left to ask is - "Hall Advisor or marine?" - you decide.