Cagers split four, up record

by Vickie Blankenship

With an overall record of 9-10 and a conference record of 7-5, the Elon Fighting Christian Cagers are struggling to pull up their record. The Cagers split four games this past week but managed to up their conference wins.

Coach Bill Morningstars'

Cagers defeated Guilford 61-55, and Pfeiffer 64-46, and lost to Belmont Abbey 55-65, and Catawba 46-58.

Drew VanHorn continues to be the main play-maker for the Cagers and is averaging 10 points a game. Steve Martinelli is averaging 9 points a game and Lee Allison is averaging 15 points a game. Lee Allison and David Mantiply are the teams leading rebounders and inside stregth.

The Cagers will see some more action on their home court Feb. 9 against Pembroke State University immediately following the Golden Girls game at 5:30.

Scoreboard Basketball [Mens'] Elon 55

Belmont Abbey 65 Elon 70

Pfeiffer 64 Elon 46

Catawba 58 Elon 61

Guilford 55 Basketball [Womens'] **Elon** 101

University of Richmond 60 Elon 88 Pfeiffer 83

Elon 94 Catawba 57

Coach Mary Jackson has set the first softball meeting for Feb. 11 at 7 p.m. in the Jordan Gym classroom. If

you want to try out for this year's softball team, please try to attend this important

by Vicki Blankenship Men's Basketball Feb. 9 Pembroke State University, home Belmont Abbey, home Feb. 14 Women's Basketball N.C. A&T State Univ., away Feb. 8 Feb. 9 Pembroke State Univ., home Feb. 12 Wake Forest Univ., away Longwood College, home [7 p.m.] Feb. 8 Conference Tourney at Pfeiffer Feb. 16

Golden Girls with 20-2 records

The Golden Girls Basketball team is continuing their victorious season with three more wins from the past week. The women's team now has a 20-2 record overall and a 8-1 record in the Carolinas Conference stand-

Coach Mary Jackson is very proud of this year's tough and aggressive team. Leading the Golden girls has been sophomore Vanessa Corbett, junior Lou Williamson, and freshman Nuggie

na Corbett goes up for a shot against two Lenoir Rhyne ders. Assistant Coach Lyn Briggs stands in the background with hopes that the basket will be scored. Photo

Dixon. Vanessa Corbett has been the rebounding strength on the defensive and offensive boards and has been averaging close to 23 points a game. Lou Williamson and Nuggie Dixon combine together to set up most of the fast breaks and steals for the Golden Girls and also many outside shots against the zone defenses the team goes up against. Lou Williamson averages 14 points a game, while Nuggie Dixon averages 25 points a game.
The Golden Girls have had

recent wins over University Richmond, 101-60, Pfeiffer, 88-83, and Catawba, 94-57. The Golden Girls will travel to NC A&T State
University Feb. 8 and will
return to their home court Feb. 9 to play a conference game against Pembroke State University at Alamance Gym at 5:30 p.m.

from 7 Sign

The 4-foot by 4-foot sign was valued at \$1,000. it was just erected in December. (Reprinted from the Burlington Daily Times-News.)

are many things one can do that burn off calories but does not involve running Elon's All-Americans named

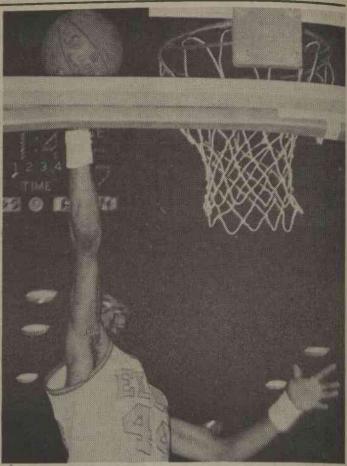
be gruelling or boring. There

Elon's two latest All-Amerithe St. Louis Cardinals orcans, outfielder Phil Basker-

ville and defensive back Bryan Burney, were pre-

sented their All-American awards during halftime of the men's Pfeiffer game Thurday night. Phil is now with ganization and was Elon's first All-American in baseball in 25 years.

Bryan, a senior, was voted to the first team college division CoSIDA Academic All-American football team this past fall.



Lee Allison goes up for a fast-break layup against a Lenoir Rhyne College defender trying to tie the score before the half-time buzzer sounds. Photo by John Hurd.

Exercise is good, healthful

endlessly around a track, or worse in place. Jumping rope

for 10 minutes is excellent for

the legs and circulation and

is equivalent to jogging one

mile. Hip walks are especially

slimming, and even fun when

done to music with a friend.

Running up the three flights

of steps to the dorm room is

not much, but it helps to keep

Exercises should be per-

formed daily, from one half

hour to an hour. If a day is

missed, do not abandon ship.

Less damage is done when

one session instead of the

entire program is missed.

your legs in shape.

The importance of being fit is not debated, but still there are those of us who remain flabby. Liking your own body helps a peson to look better, and more importantly, feel better, which promotes self-confidence. It improves emotional attitudes and slows down premature aging. On top of this, being at the desired weight lowers the risk of heart attacks, insures better circulation and reduces tension and stress, two deadly killers of today's busy, busy society. Being slimmer actually saves about 30 percent on clothing.

An important part of good health and slim bodies is exercise. Like dieting, exercising is adapted to suit the individual's particular problem. Workouts are geared for different areas of the body, such as the thighs, waist, hips and buttocks. Leg lifts, an exercise that can easily be done at home, tones the thighs and slims the stomach. Exercise does not have to

On an effective reducing program, losses of two to three pounds a week can be expected. At this rate, it is less likely that the unwanted flab will reappear. Once in shape, do not stop exercising and watching what you eat. The result? A longer and happier life with everything to gain- except fat.

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