

Gaining Respect: Salem Field Hockey

by Patrice Mitchell

Salem College Athletes are a tough breed. They realize the many obstacles they must climb each season even before the whistle blows for the first game to begin. Many of the teams Salem faces offer athletic scholarships, which in itself is a huge disadvantage for Salem, but also many of the players are playing that particular sport for the first time and must learn the rules of the game. This year's field hockey team was no exception to the rule of sports-Salem College style. Salem College women exemplify what dedication and giving one hundred percent in practice means. Unfortunately, the team seems to improve throughout the season, but when the team

appears to be at a peak the season comes to an abrupt end. This is only the fourth year of field hockey at Salem.

The field hockey players dedicated two hours of their college lives every day with shin guards in place, mouth pieces firmly gripped, and water bottles close by. The rigorous practice sessions paid off. Although the field hockey team did not capture more wins, their opponents did not take them lightly.

"We showed improvement throughout the season. The number of goals we allowed a team to score was cut by more than a half," adds Coach Richards. Coach Richards was not the only person proud of the team's improvement throughout



the season. Spending time running for perfection across the lawn watching your classmates depart from the pit on their way to the mall or watching cars drive by on the other side of the gates, perhaps on their way to "I Can't Believe It's Yogart." Seemed worth it to gain respect from their opponents. "It felt good to hear the other team tell you how much better you've improved. We improved a lot which should help us next year," comments sophomore Katy Glenn.

The highlights of the season was

a 3-2 victory over Randolph Macon in the driving rain. Despite not having many wins, the teams should feel good about their efforts. The team only loses co-captains Beth Barksdale and Kay Costenbader to graduation, and Tijne Van Drempt from the Netherlands. Kay Costenbader is the first player to play all four years. Thirteen out of sixteen players return next year to, as Beth Barksdale puts it, "graze the green pastures with their shin guards up and mouth pieces in."



Exercise! It's Good For You?

by Mary Poole

Well, yes, and no. Recent studies are indicating that "overexercising" may actually do the body more harm than good.

Studies conducted at Loma Linda University seem to have confirmed what many doctors have theorized-people who over-extend themselves through exercise actually have a decreased amount of immuned systems functioning than those who exercise moderately or not at all.

Of course, the extent one must push oneself to reach the "overexercise" catagory varies dramatically across individuals and is difficult to define. It is still worthwhile to exercise on a regular basis because other studies have shown an increase in killer-all activity which lasts for

approximately 48 hours after moderate activity.

So, think about it, then GO FOR IT!

(excerpted from *Mademoiselle*, Dec. 88, pg 121)

**Everything
your art
desires.**

Artist & Drafting Supplies

Custom Picture Framing

Art Books, Posters & Prints

Lower Level Hanes Mall 765-6054

**KOENIG
& ART
REPORTER**
Where Creative People Shop

The Salemite staff would like to wish everyone a very merry and safe Christmas and New Year!!

RAINBOW NEWS & CAFE

Open: Mon-Fri 9am-9pm

Sat 10am-9pm Sun 10am-6pm

The corner of Broad St. and Brookstown

10% Off Any Sandwich of Your Choice with this Coupon and a SALEM I.D.

SUZIE'S DINER

PETERS CREEK PARKWAY

724-0661

OPEN 24 HOURS

"COME STUDY WITH US"