

Heather's Healths Tips How Do You Measure Up?

by Heather Glasscock

When I first decided to do this column, a million ideas raced through my mind. I searched through every current women's magazine and health journal trying to get a grasp on the health issues concerning young women today. In my reading I came across an article in the September 1989 issue of *Self* magazine which I found particularly interesting as well as a little revealing about my own life. The article, by Janice Kaplan, is entitled "Slaves To The Scale -- Why we are still choosing weight over shape as the measure of fitness." She writes that while more and more women are beginning exercise and diet programs, their incentives are not sparked by the beneficial effects on the cardiovascular system, but rather by the reports that exercise "burns calories and increases metabolism." In other words, being thin takes precedence over being physically fit.

This started me thinking about the fall of my freshman year when I started playing soccer here at Salem. With each rigorous practice I felt myself getting into better shape. After about two weeks I could run up the hill from the Pit after playing out on the field for 90 minutes -- and not die of exhaustion! I really felt great, and like any young woman who feels she has successfully beaten the dreaded "Freshman Fifteen," I went straight to the scales to "see" just how "in shape" I really was. To my shock and horror, I saw that I had actually *gained* six pounds! I must have jumped on and off that stupid scale a hundred times before I went back to my room still reeling from the shock. The next day at practice my coach calmly explained to me that during the past few weeks I was replacing fat with muscle and that muscle weighs more than fat. This made me feel a little better, but for the rest of the season I avoided the scale like the plague!

Why should the numbers on a scale be used to measure how good or bad we feel about our level of fitness? Kaplan cites several reasons: to be more attractive, not only to ourselves, but to men; to meet certain societal standards of appearance; and to validate a good self image. All of these are unreasonable goals. Instead, we should enjoy exercise for all the positive effects it has on our bodies. So go ahead and do aerobics with Ashley and Shannon a few nights a week, swim some laps in the pool, take a walk through God's Acre, or take up one of the Fall sports at Salem. And most importantly, be satisfied with the knowledge that you have just done something really good for yourself that cannot possibly be measured in pounds!

Team Saddles Up

by Courtney Nanninga

The Salem College Equestrian Team is "back in the saddle again" this year. This semesters' team is one of biggest we have ever had with many new members from the freshman class. Our co-captains this year are veteran team members Joan Pearce and Laura Morrison.

The team competes in horse shows in the Winston-Salem area. The first show was September 17 at

Sedgefield Stables.

Returning members are Joan Pearce, Laura Morrison, Laura Jennings, Courtney Nanninga, Beth Brown, Aun Sharma, Angela Townsend, Leah Petree, Liz Butler, Karen Lewis, and Elizabeth Elliman.

New members are Melissa Murry, Monica Cowart, Brahan Lauffer, Ashley English, Amy Caterbone, Anne Harvey, Kim Frier, Valerie Wickersham, Hester Havercamp and Jennifer Aber.

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photo by Lesley Stokes

Hockey team begins practice after Coach Mahaffey gives a stern lecture.

Hockey Team Progresses

by Gaither Smoot

The 1989 field hockey team began its season with one full day of competition at Catawba Umpires Clinic. As seen on Saturday, the team has made tremendous progress since last year. This achievement is due to much hard work, time and dedication put forth by the players during pre-season, and also to the superior coaching abilities of Coach Kathy Mahaffey, who is new to Salem this year.

Although Salem lost all three games, the girls showed definite improvement between the first and third game. The scores were as follows: 4 - 0, 3 - 1, 4 - 1. Both of Salem's goals were scored by Junior Katy Glenn.

Casey Hoerner and Heather Inge are the new hockey captains. The first home game was Thursday, September 14 against Lynchburg. There are several rookies and returning players who would appreciate your support.

Salem Set For Success

by Galen Miller

The Salem College Volleyball team opened their season on Thursday, September 14 at Piedmont Bible College. Behind the leadership of team captain Heather Lewisohn and returning juniors Susan Yu and Michelle Swank, the team should have

strength both offensively and defensively.

The team is expecting a successful season because of the maturity and team spirit the players have shown throughout practice. The enthusiasm and the aggressive teamwork should make for an exciting season. Please come out and show your support for the volleyball team.

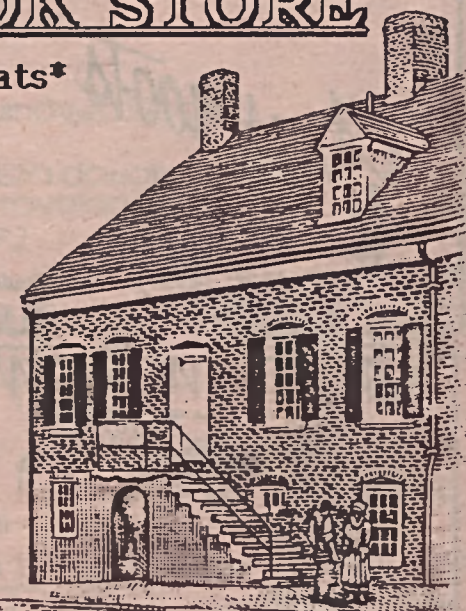
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