

September 31, 1993

# Slow Start no Handicap To Cross Country Team

by Valerie Schlatter

After an uncertain beginning, the Salem College Cross Country Team is gearing up for the 1993 season.

At the start of the semester only five runners had signed up, which is the minimum number of participants required for a team to compete. Fortunately the team gained two more runners, and with experience and practice they will be ready for competition.

Coached by Mrs. Karen Hixson, the team consists of three returning runners and four new faces. Senior Ashley Houston and sophomores Emily Todd and Gretchen Illig (captain) are returning for their second year. While sophomore Valerie Schlatter and freshmen Marlene Aguirre, Erin Britton and Catherine Wolfe are new to the team.

During the Belle Invitational Meet the team placed 3rd out of five

teams, with Illig and Aguirre finishing among the top 12 runners.

"I'm real pleased with our team. They all have great attitudes and work very hard," says Hixson.

You can support the Salem Cross country team at the following meets:

September 25: Greensboro Invitational

September 30: Winston-Salem State University Meet

October 9: Belmont Abbey College Invitational



# Field Hockey Team Larger than Usual

by Cindie Burnette

If you ever venture from Salem and pass the lower field around 4:30 in the afternoon, you may notice women running in pleated skirts hitting a small ball with a large stick. With twenty-two people on the team this year, the field hockey team is hard to miss.

The co-captains of the team are senior Allison Bruce and Junior Sarah Woody. With only two seniors and six juniors, the majority of the team consists of freshman.

"There is a good relationship among all the players on the team," says freshman Megan Dubbs. "There is no distinction between upper and lower classman, everyone is treated with equal respect."

The team plays a total of seven games. Their record is 0-4. Junior Emily Estes says, "Our record does

not reflect the way we play in our games or the hard work we put in to every practice. I feel that the improvement we make with each game will help us in our remaining games."

The team has three games remaining—two are at home and one is away.

"As with teams of the past, the skill levels of our players covers a broad spectrum. Over half the team has a year or less experience. Even so, we've proven to be a worthy adversary for the teams we've played to this point. We continue to improve with every practice and hopefully our hard work will pay off when we play Randolph-Macon Women's College and Hollins again," says coach Kelly Carpenter.

The final home game will be at 2:00 on October 3 against Wahington and Lee.



# Volleyball Salem's best ever

by Stephanie Peede and Ikisha McNeill

According to Coach Ellen McEwen this is the best volleyball team Salem has ever had!

With 4 seniors, 1 junior, 6 sophomores, and 11 freshmen, the team is the largest ever at Salem.

Not only is the interest in the team great but there is a lot of new talent, also. "Right now iwhit so many of us we're just getting used to playing together. By mid-season I think we'll be playing great," said McEwen. Returning starters include such

players as Elizabeth Marslender, Jennifer Daily, and co-captain Suzi Russell, Betsy Johnson, and Cary Claton. Unfortunately Clayton will be out until the middle of the season due to a back injury, but the team is anxiously awaiting her return.

The team proved McEwen true to her words by beating Piedmont Bible College during their last game.

Come out and support the team during their next home game October 1 against N.C. Wesleyan and RMWC.

## Medical news briefs:

compiled by Lisa Findlay

\*Late last May, it was decided that a form of premenstrual syndrome called Premenstrual Dysphoric Disorder (pmDD) should be considered an official depressive disorder.

\*Scientists at the University of California, Riverside, have discovered that two neurochemicals, glutamate and neuropeptide Y, can stimulate the urge to eat or over eat. New treatments for eating disorders may follow.

\*A new Pap Test is said to improve its accuracy. The ThinPrep

Processor, an automated device used to prepare slides for Papsmeear screening, has been endorsed by an FDA advisory panel. It could greatly reduce the number of false negative results, which may contain evidence of precancerous conditions of the cervix.

\*In a small study at the University of Pittsburgh, bulimic women increased their food intake by 900 calories a day when their stores of serotonin—a brain chemical that regulates the appetite, mood, and

impulsiveness—were depleted. The irony is that severe dieting may also cause bingeing, because it can lead to a drop in serotonin levels.

\*A University of Utah study revealed that your fat consumption says something about your personality. If you generally eat low-fat foods, others may find you attractive but self-centered and picky. If you eat high-fat foods, others consider you an easy going partner.

-Compiled from the 1993 September issue of *Self*.



compiled by Meredith Roseman

### Local Concert and Music Events for October:

Ziggy's: October 1 - Dave Matthews Band

October 7 - Drivin and Cryin

October 19 - Cracker

October 23 - Seldom SCENE

October 26 - Matthew Sweet

LJVM October 1 - Vince Gill with Patty Loveless

October 2 - Widespread Panic

October 16 - Digable Planets

October 23 - Brooks and Dunn with Aaron Tippin

Rainbow News and Cafe

October 2 - Loungewailer (Las Vegas style rock)

October 6 - Tina Lovings (Acoustic Folk music)

October 9 - Accident-Y- (Original Rock)

Octoberfest at Rainbow News in October 6th!

### Local art galleries and museums:

Sawtooth Center: "Earth Art: National Juried Show" through Oct. 8

The Collective Mind: "Great Garden's" permanent display

Diggs Gallery (WSSU): "Minnie Evans: Artist-A-Retrospective" through

Nov. 6

The Arts Council Boardroom Gallery: Associated Artists of W-S Exhibiting

Members Invitational through Oct. 8

Urban Artware: "Contemporary American Works on Paper" through Oct.

16

Westside Gallery: Featuring jewelry, fiber arts and paintings-permanent

displa

### Salem Lectures Committee presents:

Dr. Bernice Sandler, Scholar-in-Residence on Oct. 5, 6, and 7. Watch for

details to be distributed at a later date.

### HEADACHE STUDY

You may be eligible to participate in a research study evaluating the effectiveness of a pain-relieving medication in treating tension or stress headaches. The study involves evaluating your headache for three hours.

AT HOME

Participants will be COMPENSATED \$30 upon completion of the study.

### ASTHMA STUDY

PRA and a major pharmaceutical company are conducting an investigational drug study on asthma. If you are 12 YEARS OF AGE or older, a nonsmoker and treat your asthma daily, you may be eligible.

•FREE MEDICAL CARE AND STUDY MEDICATION.

•UP TO \$325 PATIENT COMPENSATION.

If you are interested in participating, please call

**659-8394.**

Monday-Friday  
8 A.M.-5 P.M.

Piedmont Research Associates.