

Meredith suffers another loss to Peace this season

MARIA SANTORE
Sports Editor

As the season winds down, Meredith basketball and its fans looked forward to a home battle versus our cross town rivals, Peace College. About a month ago, Meredith lost a hard fought game against the Pacers, 56 -53. Now, Meredith looked for revenge at home and a much needed win.

With the students and faculty showing a strong support for the angels, Meredith hung in there for the first half; each team ending with 32 a piece. However, the second half fell apart with Meredith only racking in 23 more points compared to Peace adding an impressive 41. Although the game will go down as a loss, with

a team of no seniors, the entire team can get another crack at Peace next year. You can guarantee the Angels will have both games marked on their calendars.

Despite the loss, Meredith did have its highlights. All five starters, scored. Plus, Nicole Miller led the team with 16 points. Right behind her, Nicole Hall had 13 points.

If you've missed the chance to see Meredith play this season, you are in luck because they have one more home game left. Tonight, Meredith takes on the Northern Apprentice School at 7pm. Show your support and come to the last game!

YOU DON'T HAVE TO GO FAR TO FIND THE SUN

Spring Break Special

\$19.95
2 Weeks Unlimited

1 Month
Unlimited Tanning
\$29.95
No Coupon Necessary

Offer Good thru March 31, 2005



Oak Park Shopping Center
5206-A Holly Ridge Dr
Raleigh, NC 27612
Phone: 781-4064

Meredith offers Martial Arts Class

ROBIN GARY
Staff Writer

Last year after witnessing a Tae Kwon Do exhibition in the Weatherspoon gymnasium, Dr. Melinda Campbell, department head of Meredith's Health, Exercise & Sport Science, realized that she had the solution to something she had long been considering. Campbell wanted to expand the Martial Arts curriculum at Meredith. Up until that point, the only martial art offered at Meredith was karate, which has proved to be a popular class. Campbell said, "I knew there was an interest in our students wanting to explore martial arts. I wanted to try Tae Kwon Do. . . It's your non-traditional type of activity that people don't always think about. We wanted to provide some diversity in our program. This gave us that opportunity."

Enter Master Jun Lee, who holds a seventh degree Black Belt in Tae Kwon Do and is one of the top ten

martial arts Leaders in the USA. When Campbell approached him with the idea of bringing his program to Meredith, he agreed to share his knowledge and expertise.

Tae Kwon Do is a 2,000-year old martial art form that originated in Korea. "Tae" means "foot," "Kwon" translates as "hand" and "Do" literally means "the way." There are many different forms of Tae Kwon Do. Lee said, ". . . it's practiced in 170 countries by about 10 million people. . . [the form learned] depends on the instructor."

What Lee is teaching at Meredith is not just a form of self-defense, but a way of life. He said, "Tae Kwon Do is a tool. It teaches skills to fight, skills to survive physically and mentally, a way to overcome adversities. . . also physical benefits by helping you to get physically fit and to reduce stress."

Taylor Newberry, a senior at Meredith, is enjoying her experience in the class. She said, "I'm learn-

ing physical and mental control as well as self-defense. . . It's fun, a good time but intense. I wish they had offered this earlier because it's something I would continue with." Newberry encourages other students to take the class. She said, "Meredith is fortunate to have Master Lee. It's a great opportunity. . . women can do it too!" Enrollment has been good

in the class so far. Campbell would like to eventually have a second level class for those who want to continue in Tae Kwon Do. Currently the goal is to establish a solid beginning class. Campbell encourages students to take the Tae Kwon Do class, "Expand your horizons. Look at opportunities that martial arts can bring. Consider taking something that will be

of benefit to you, of value to you. Enhance your understanding of another culture. Immerse yourself in a different way of thinking and at the same time, build confidence in yourself."

As you consider your schedule for next semester, make sure you think about taking advantage of this unique experience.

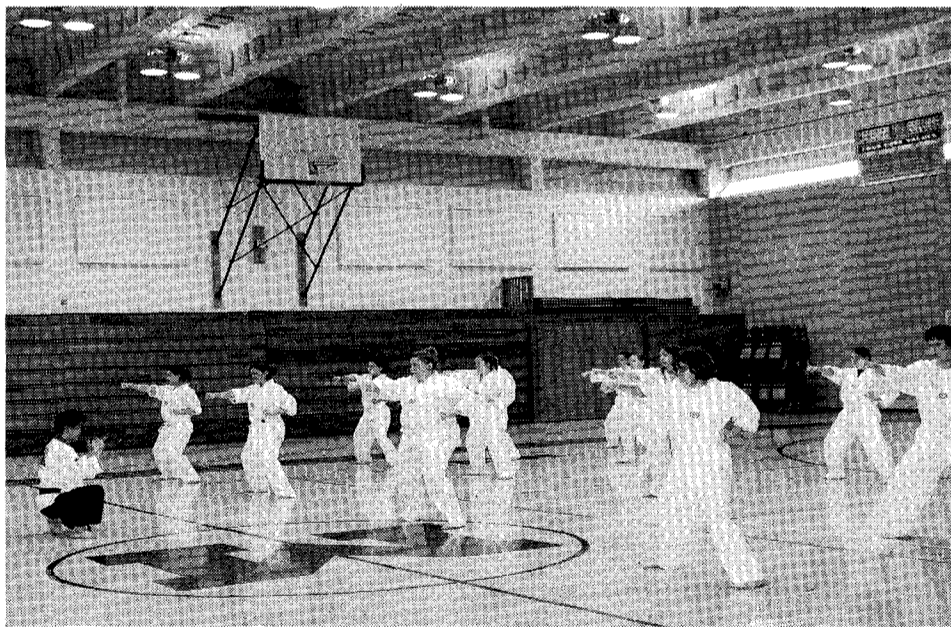


Photo courtesy of Melinda Campbell

Master Jun Lee's Tae Kwon Do class training in Weatherspoon