

Micro Switch Girls Win 34, Lose 12 In Area Softball League Races



MICRO SWITCH CHAMPIONSHIP softball team was coached by John Hough (pictured

above) and J.D. Thomason.

The Microswitch Mars Hill Girls 13- to 15-year-old softball team has now compiled a record of 34 wins and 12 losses. The team completed its participation in two leagues by winning the North Buncombe League and sharing the regular season championship with Marshall-Walnut in the Weaverville League.

The team surged to the top in the Weaverville League by putting together a string of seven straight victories in the last seven games. They beat Greater Ivey 10-0 on July 16, behind the four hits of Denise Thomason; won over Marshall-Walnut 7-3 on July 19, supported by a home run by Maria Reese; came from behind to edge the Weaverville Green Hornets on July 23 to win 12-10, getting three hits by Denise, Marla, Pam English, and Teresa Norris; took revenge for a previous loss by beating the Weaverville O'Jays 11-1 on July 30, behind the three hits of Teresa, Rachel Ammons, and Robin Hough, plus home runs by Karen Brown, Pam, and Marla; won 8-5 on Aug. 2 over Erwin, the only other team to have beaten them in the regular season, with three hits each - including a home run by both Pam and Karen; and then beat David Auto Haus twice 9-0 on Aug. 2 and 6-5 on Aug. 3.

hits and Pam English hitting a home run.

In the fourth game of the day for Mars Hill, the Marshall-Walnut team beat them for the championship, 10-7. The game was hotly contested, with Marshall-Walnut taking a 6-0 lead. Mars Hill rallied to make it 6-5 and later 8-7. Marshall-Walnut made it 10-7 in the bottom of the sixth and retired Mars Hill with the bases loaded in the seventh. Pam English had four hits including a double and a home run, while Maria Reese had three hits each for the winners. Both teams are scheduled to play in the Marshall Lions Club Tournament.

For the season, Denise Thomason leads the team with a .661 batting average, while Kim Gibson is second with .627 and Deanna Fox is third at .594. Marla Reese leads in home runs with 17 while Pam English has 12 doubles and 9 triples to lead in those categories. Robin Hough has a

19-6 pitching record, while Robbin Anderson is 14-5.

Players not previously mentioned include: Sherry Hoglan, Kellye Smith, Nancy

Holcombe, Jill Brown, Amy Knisley, Brenda Chandler, Debbie Willis, Nancy Peebles, Karlynn Ammons, and Gimmi Worley.

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Bill Powell
Bill Powell, Your Pharmacist.

Red Oak Softball Tournament

The Red Oak Boosters' Club has announced that its Invitational Softball Tournament will begin Aug. 30. Both men's and women's teams are invited. For information call Ralph Baldwin at 649-2968; Robert Price at 645-6060; or Franklin Briggs at 645-6673, after 7 p.m.

B & S of Greenville, Tenn., is sponsoring a slow-pitch, double elimination softball tournament at Hardin Park on Aug. 31 through Sept. 2. Entry fee is \$50. Call Bob Shipley at 615/638-8545 or the Recreation Department at 615/638-3143 for information.

Mormons Post Two New Missionaries

The South Carolina Columbia Mission of the Church of Jesus Christ of Latter-Day Saints has assigned two new missionaries to the Asheville area, including Marshall and surrounding towns. They are the Elders Reed L. Swallow and Todd M. Bowen, both currently living in Asheville.

Elder Swallow of Richland, Wash., served previously for four months at the Worldwide Church in Savannah, Ga., and is in his 10th month of missionary service. He has also served in the Waynesville area for five months. He said, "It's great to be back in the mountains."

Elder Bowen of Fresno, Calif., is new in the mission field; this is his first assignment since leaving the missionary training center in Provo, Utah, a few weeks ago.

Those interested in inviting the missionaries to their homes may contact them at 64 Virginia Ave., W. Asheville, or call 253-8391.

Robinson Is Named Coach At Pembroke

Linda Robinson of Mars Hill has been named women's basketball and softball coach at Pembroke State University and began her duties Thursday.

Robinson, 23, graduated cum laude with a B.S. in physical education from Mars Hill College in 1978 and earned her M.A. from Appalachian State in 1979.

"I am pleased to have the opportunity to be a part of women's athletics and the athletic department at Pembroke State," said Robinson. "It is a pleasure to join PSU's fine faculty and administration."

Robinson comes to Pembroke State with plenty of basketball experience. At Mars Hill, she was selected as the top woman college basketball athlete for the state of North Carolina in 1977 and was awarded the prestigious June P. Galloway Scholarship Award by the NCAIAW (North Carolina Association of Intercollegiate Athletics for Women). The award is based on the playing ability and leadership by an individual, a community and institution. She was also the first female athlete to make the all-state basketball team all four years in college as selected by the

Greensboro Daily News. She was Mars Hill's captain in her junior and senior years and had a career average of 18 points and nine rebounds per game.

"We're delighted to have such a fine person and one with such a good knowledge of basketball for our new coach," said Ann Webb, coordinate of women's athletics at PSU.

Robinson also will be a lecturer in the physical education department.

"One of my goals is to help Pembroke State University's

women's basketball team advance to the AIAW playoffs next season," Robinson said. "After I get to know the players, see what their goals are, and we set our goals for the coming year, I don't see any reason why women's basketball at Pembroke State will not have another fine year in 1979-80.

"It's like a dream come true to have the opportunity to be the head of PSU's women's cage team. Ever since I first went to college, I knew I wanted to coach and teach and that's where I set my goals."

Football Injuries

It's that time of year again; the annual fall rites of the American male. The game of running, jumping, tackling, falling, bruises, cuts, sprains, pains - collectively known as football - is played everywhere by everybody from "peewees" to "pros."

While most of the injuries aren't serious there are some things you can do to help protect yourself and make your participation in the game more enjoyable.

A thorough physical ex-

amination is a must before preparing to go out for football to make sure there is no physical condition that could prove harmful. That is to protect your health.

Second, proper physical conditioning, getting in shape, hardens the body and allows you to play longer without tiring, helping to prevent injury. Coaches and team physicians agree that many injuries occur when a player is tiring and less alert. A minimum of three weeks exercising and conditioning is recommended prior to the first game of the season.

Third, precautions should be taken against the extreme heat of the early days of practice, usually during the "dog days" of August. Many teams now schedule their hot weather workouts in the early morning and late afternoon to avoid the hottest time of the day. Water should always be available during these sessions because it is necessary to replace the body fluids lost through sweating. Salt is also important to replace, either through salt tablets or by salting food heavily during meals.

One of the most important reasons these precautions are necessary is to prevent heat stroke which can be extremely dangerous. Heat stroke occurs when the body's cooling mechanism, the evaporation of sweat from the skin, ceases to function. When this occurs, the body temperature can rise as much as 7.4 degrees (from a normal of 98.6 to 106) in 20 minutes and can cause kidney, liver, or brain damage.

Football can be an enjoyable game but proper conditioning is important to enjoy the game to its fullest.

Madison High Band Boosters

The Madison High School Band Boosters will hold their first meeting this year on Aug. 28 at 7:30 p.m. in the high school cafeteria. All parents of new band members are urged to attend.

Hot Springs Voter Registration

Carol E. Anderson will serve as assistant registrar for voters and will have registration books available from 9 a.m. until 5 p.m. in Hot Springs. He will also register voters by appointment through Sept. 3.



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