

News

GWU fair promotes healthy lifestyle

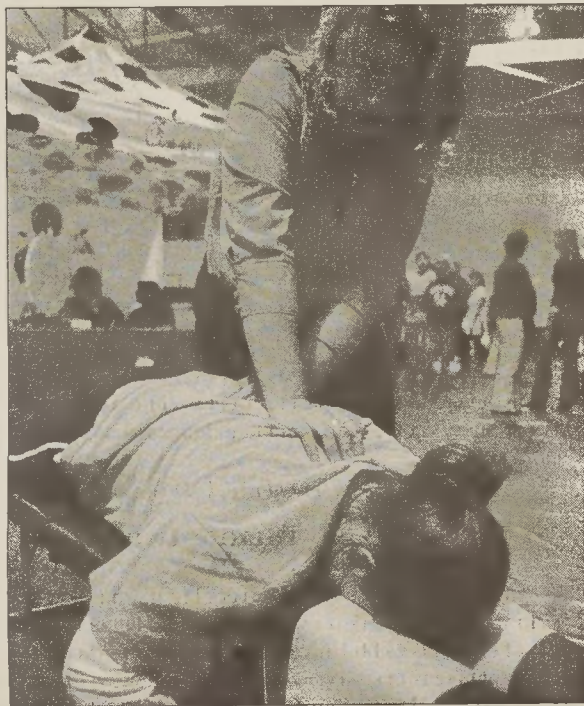


Photo by Christina Tyler

A chiropractor checks the alignment of a Gardner-Webb student's back at the Health Fair held in Bost gym on Tuesday.

Katie Main
Pilot Staff

Seeking to promote different types of health on campus, the Suttle Wellness

Center sponsored the ninth annual Health Fair on Feb. 3.

Held in Bost Gym from 12-5 p.m., the fair featured

booths with information on spiritual, psychological as well as physical health.

"We try to include all the different types of health," said Sandy Hammett, assistant director of student activities.

Representatives from the wellness center, campus ministries and Gardner-Webb's counseling center spent the afternoon distributing health-related information to students.

They were joined by doctors, chiropractors, massage therapists and health food store owners from the area.

Marketing representatives from Shelby's Chic-fil-A made an appearance.

"We are the healthiest fast food restaurant," said Jani Divers, Chic-fil-A's unit marketing director. "You can eat conveniently but still eat healthy."

Linda Price, owner of L. Incredible Edibles, Inc. in Shelby, said the health fair

was an opportunity to "get information into people's hands" concerning nutrition. Price opened the health food store in 1988 "out of necessity."

"There are so many people in the community willing to take time to come and help with the fair."

— Rachel Carreras

"We service people who can't find food to eat -- people with certain diseases and health problems," she said. The store also sells vitamins, herbs and a line of skin care called derma E.

Sophomore Rachel Carreras, who works in the Suttle Wellness Center, has helped organize the fair for two years.

"There are so many people in the community will-

ing to take time to come and help with the fair," she said.

Throughout the day, doctors and chiropractors gave free medical screenings.

Students had the opportunity to have their vision, blood pressure, posture, bone density and blood sugar evaluated by local professionals. Free massages were also available.

"We even have a sauna guy," Hammett said.

Several health teachers gave extra credit to students who attended. Prize drawings were held for those who filled out surveys, asked questions of the professionals present and even for those who merely showed up.

"I came because they had Chic-fil-A, and I got two sandwiches and a cow that I traded for waffle fries," freshman Eric Proctor said, "But I found out that I have perfect posture, too."

NEWS IN BRIEF ▼

Running Club to host trail run

Gardner-Webb's Running Club, started by senior John Olson in 2002, will host the third "Race for Recycling" on March 20, 2004. The club hopes to raise funds for recycling on GWU's campus. Taking place at the Broad River Greenway, the trail adventures include a kids run at 7:30 a.m., a 1.5 mile walk at 7:45 a.m. and a five mile run at 8 a.m. The last two events have involved an average of 50 participants each.

"We hope to increase the number of participants this year by adding the 1.5 mile walk," said Olson.

Each event's course is set on trails adjacent to the Broad River. There will be food, prizes and music at the finish line. Top three male and female participants receive cash prizes of \$75, \$50 and \$25, respectively. Other prizes include gift certificates from various businesses.

The title sponsor of the event is Cleveland Physical Therapy Associates, located in Shelby and Boiling Springs. Other sponsors include Running Times, Runner's World, Carolina Trophies and Road ID.

Olson, along with Kelly Brame, director of leadership and volunteerism at GWU, is researching the various options for recycling on campus.

"We are looking for volunteers and participants to help with the race and the recycling process," said Olson. "We would like to get the whole campus involved in any way possible."

For more information or to register for the race, contact John Olson at (704)46-4587 or visit <http://raceforrecycling.tripod.com>.

- Sarah Olimb

GWU and YMCA join hands

On Feb. 12, Kenneth Gladish, chief executive officer of YMCA of the USA, will join Gardner-Webb President Frank Campbell enact a partnership between GWU and YMCA to establish the GWU student YMCA, which will train students for careers in the non-profit world, specifically YMCA. The event will take place at 11 a.m. in O.Max Gardner Hall.

In the 1970s, Gladish began his career as the assistant director for youth and community programs at the North Suburban YMCA in Chicago. He has also been on the boards of the three local YMCAs and the National Board from 1977 to 1983. He also served as a delegate to the YMCA World Alliance Executive Committee in Geneva, Switzerland.

The event will include a formal signing of the agreement between these two organizations as well as a reception for national and regional YMCA leaders, GWU administrators, media and local elected officials.

This event marks the first signing of an agreement in 50 years between the YMCA and a university. The program developed by GWU will be a model for other universities.

For more information on this new program at GWU, contact Matt Webber, director of university communications, at (704)406-4637. To contact the Cleveland County YMCA, contact Cameron Corder at (704)484-9622.

- Sarah Olimb