

Canadian bike champion

Karen Strong is a 23 year old bike rider from St. Catherines, Ontario, Canada. She was in training here at NC Wesleyan the last two weeks of March. Karen is now the best female cyclist in Canada; her goal is to become the best in the world. The Decree was able to find out what it is like to be a superstar in the cycling world.

Decree. Karen, when and why did you start riding?

Strong. I started riding in 1974 during my first year at college. Sports were always a big part of my life. I really wanted to excell in some sport and cycling became the answer.

Decree. You said sports have always been a big part of your life. What sports have you played?

Strong. In high school I played everything a girl could play: softball, basketball, track and field, and cross-country. There were about 3,000 students at my high school and I got the best athlete of the year. It was a big honor.

Decree. Getting back to your cycling, what have been some of your big accomplishments?

Strong. Well, winning at home in Canada, is always a big thrill. But, you'll find the best female bikers in Holland and Russia, so that's where victory is the sweetest. In 1976 World Competition I placed third in the Pursuit.

Decree. Do you have any special diet or curfew that you keep when in training and during the season?

Strong. Ha-Ha. I try to go to bed by 10:00 every night and I do try to watch what I eat and drink, but everybody slips. I love cokes and a good dark beer is nice every once in a while. I also work at a Fish 'n Chips and

find myself snacking too much.

Decree. I've noticed bikers get many bad injuries from falls has anything ever happened to you?

Strong. As a matter of fact, I did take pretty bad fall once and ruined the tendons in both of my knees. I had to see a specialist from England for two weeks. She would dig her fingers underneath my kneecaps and rub and pull the tendons very hard. Now I do it myself at night and before races.

Decree. That sounds very painful. Have you ever thought about quitting?

Strong. Oh sure, many times, but I want to be the best. Winning is the only thing, and quitting is the easy way out.

Decree. You have a very positive attitude.

Strong. You've got to. Winning the psychological battle is 90 per cent of the game.

Decree. What do you want to do after you've finished your racing career?

Strong. I haven't really thought about it. Women are able to stay in better shape much longer than men. There is a lady in England who is 40 years old and is still racing and winning. As for the future, I hope to be able to open a bicycle shop.

Decree. Karen, thank you for your time and let me finish with one last question. I heard this is your first trip to America.

Strong. Yes it is.

Decree. Do you like it?

Strong. It seems to be a very nice place. The people are very nice and helpful. I hope I can come back next year.

Mike Haskins

Foundations crack

Since the advent of the E.R.A. bill, there has arisen an argument by many women that such a bill is a threat to their femininity. They feel secure in the structured roles that society has given to both women and men, and that these roles must exist as they are, to make for a harmonious world. I cannot help but feel that these women are kidding themselves. It's all very well and good that these women believe that they are secure, but what is to happen when their trusted foundations crack, and they find themselves alone, without resources, without a future, and without their security. What about the many women who want an alternative to such shallow security, who want to be successful and independent. E.R.A. wants the best for both groups of women. It will not standardize women, but simply offer options and alternatives to the limitations that women suffer today. E.R.A.'s purpose is not to turn the tables on women and men and their traditional roles, but to help both sexes reach their highest potential. E.R.A. is a tool to be used if necessary, or to be left alone if preferred. It is no

"Pandora's Box," but rather a treasure chest with a key available to each and every woman who chooses to open it.

Jan Wilson

'DREAM' PLANTS

Hallucinogenic plants have been used by man for thousands of years, probably since he began gathering plants for food, says Dr. Richard Evans Schultes, world-renowned botanist.

Ben Gregory

Wesleyan's trainer

At 10 o'clock last night this reporter was lucky enough to get an interview with one of the most important people on North Carolina Wesleyan's campus. His name is Ben Gregory and he is the trainer here at school. Last night he answered a few questions for me.

Q. Ben, where did you attend school and how did you become interested in the training part of physical education?

A. Well, I started being a trainer at John Marshall High School in Richmond, Va., in the eleventh grade. Then I attended Randolph Macon College on a full scholarship with the understanding I would take medical training classes at the Medical College of Virginia in the summer. After my sophomore year I transferred to Wesleyan to finish my undergraduate work and work as a trainer. I also have a masters in Physical Education from East Carolina University.

Q. With all of that training, have you ever thought about medical school?

A. Oh yes, but that's about all I've done. I'm very happy in the educational field and I'm trying to work my way up in it. Plus—I really don't care for hospitals.

Q. Have you ever done any training work for anyone else beside those two colleges?

A. Yes Mike, I was fortunate to have been able to work with the Atlanta and Richmond Braves baseball teams and the Washington Redskins football team.

Q. Getting back to your job, Wesleyan seems to have more casualties than Nash General Hospital. You almost have to be a doctor. How many people do you see a year?

A. There's no way of knowing. Just tonight, between 6:30 and 10:00 p.m., I've seen eight people. By the way, I get off at 5:00.

Q. How much did you save the school in medical bills by helping those people tonight?

A. About \$200.

Q. Ben, what's the most unusual injury you have ever seen?

A. Well, a few that you couldn't print in the newspaper. They happened when I was with Henrico's Rescue Squad,



but, at Wesleyan, we've had some bad knee injuries.

Q. How much money do you have to work with a year, and is it enough?

A. We get about \$600 a year. It's not enough; but for a school of our size, we have some of the best facilities around. I believe a good training room is as important as a good library on a college campus. They are both necessary.

Q. Ben, if you had the money, what would be the next thing you would buy for the training room?

A. A sosalator, to help treat bruises and sprains. It works by applying heat.

The students here at Wesleyan are mighty fortunate to have a person of Ben Gregory's caliber at our school. With his help the college is able to save a great deal of money; plus, help many students. Thank you for your time; and just one more question.

Q. What does the future look like for Ben Gregory?

A. As I said before Mike, I'm very pleased being in the education field; and I hope I can continue working in it.

Bridge is willing

There are many religious rock groups around today but few can match the talented group Bridge. We here at Wesleyan have been fortunate enough to have this outstanding group here twice this year. Mary Lou Brewer, lead vocalist, said, "We love playing here at Wesleyan. You people are very receptive. We've played in front of audiences as big as four or five thousand; but you people here are great."

Bridge is John Emert, conga drums and vocals; Carol Emert, lead vocals; Mary Lou Brewer, vocals and flute; Alan Brewer, Skip Anderson, Ken Marshall,

guitar; and Mark Moffet, drums. These people vary in age from 21 to 32. They have put together three albums and are hoping very much a forth will be coming out soon.

The group travels all around the country playing at colleges and coffee houses. They allow themselves twenty to forty dollars apiece every month as spending money; however, all of their room and board charges are taken care of separately.

"We've been playing together for about six years," Mary Lou Brewer commented, "and if the Lord is willing, we'll keep playing as long as we can."

Wesleyan College Theatre

Presents

NOEL COWARD'S

Blithe Spirit

April 26, 27, 28, 29, 30

And

May 3, 4, 5, 6, 7

D. S. Coltrane Theatre
Curtain 8:00 P.M.

For Reservations Call 442-7121

Are You Mad?

If you are upset with Wesleyan, or just upset in general then yell:

"I'm mad as hell and I'm not going to take this anymore!" out your window at midnight tonight.