

Wesleyan students help Upward Bound

"Daisies bloom where they find room..." At North Carolina Wesleyan, Project Upward Bound provides room for the growth and development of as many as fifty young people from high schools in the surrounding area who have the potential to go on to college.

The students in Upward Bound come from many different backgrounds; they come from tobacco farms, from city dwellings, from foreign countries, and from just outside our serpentine wall. They are student government association presidents, athletes, future nurses, confident seniors and insecure sophomores; they are dreamers and realists. The thing they have in common is their desire to do

better, to grow to their potential.

Recently seven North Carolina Wesleyan students made a commitment to these young people. Craig McLean, Joe Williams, Cindy Johnson, and Margie Lindsey are spending their Saturday mornings tutoring the Upward Bound students in grammar and composition skills. Rebecca Walker is responsible for sharpening the math abilities of the participants and she depends on Valerie Holland and Bonnie Rainey for assistance. In addition to these seven students, several others have volunteered to help on an as-needed basis. All of these students are working to make Upward Bound a worthwhile program for the students who participate.

HELP NEEDED!!

Wesleyan's annual prospective student visitation weekend is scheduled for March 3-4-5. About 50 students have already requested to attend and more requests are expected.

WE NEED YOUR HELP TO MAKE THIS WEEKEND A SUCCESS. Those willing to help during the weekend by providing a place for a visitor to stay overnight, helping with registration or campus tours, or in any other way, are en-

couraged to notify Jimmy Saunders or the admissions office as soon as possible.

Also, a bus caravan of about 70 students will be at Wesleyan from about 11:30 to 3:00 on Tuesday March 7th. These students are from various schools throughout the eastern half of North Carolina and will be visiting Methodist College and Louisburg College following their stop at Wesleyan.

Petteway writes

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changes involves the administration officers of the College and frequently members of the Board of Trustees. Input and recommendations from many sources are considered.

4. Why were students not able to get any answers from you on this issue?

A. A demonstration does not lend itself to communication. Generally, personnel matters are kept confidential as a matter of policy. Many students have received answers from me.

The place and time for this is during office hours in my office. Probably it is best for student concerns to be channeled through the Student Life Office.

5. Would you rather not become involved in this controversy? Why?

A. There is really no controversy in my mind. There is a great deal of misinformation and many rumors. These are damaging to everyone and to this College.

Can't get a buzz

Since I started school here in September, I had made an amazing discovery: North Carolina beer is very weak. As you can probably tell by reading my first sentence, I am from Virginia. I have been an avid beer drinker for three years and I have frequented many bars, both in Virginia and North Carolina.

In North Carolina it is illegal to sell beer with an alcohol content over 3.2 percent. This ridiculous law presents many problems. Who wants to have to buy two six-packs just to catch a buzz? Maybe its alright for those who are used to it, but I'm used to getting dizzy off four or five brews. The reason is simple. Beer can be bought in Virginia with 6.4 percent

alcohol. It doesn't take a mathematician to figure it out. Beer in Virginia is sometimes twice as strong as beer in North Carolina!

As I stated earlier, I have spent quite a few nights in bars and pubs on the East Coast. I consider an enjoyable night to be listening to a live band, dancing with my chick, and drinking about six cool ones.

Here in Rocky Mount, I have been to such places as the Colony House, The Rainbow Club, and Mack's. After almost drowning myself by drinking beer, all I felt was a little hunger. Even the happy hour did not quench my thirst. Not only is this a waste of time, but a waste of

money also. If you stay in a bar two or three hours and spend ten dollars, you have the right to get loosened up a little.

Another big different is the taste. Virginia beer has a nice, smooth taste, and can be drunk easily. North Carolina beer, on the other hand, has a harsh taste. Sometimes you have to hold your breath to get it down. This makes it very hard to "chug" the beer, because it doesn't flow smoothly.

I'm sure there are people who disagree with me on this subject, but I will stick to Virginia beer until there is absolute proof that there is no different in Virginia beer and North Carolina beer.

Cycling: an active sport

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roughly 55 minutes. The last type of racing is road race. Road races vary in distance, and the length of the circuit also differs. The 1976 professional road race, held in Ostuni, Italy, was 288 km. (approx. 170 miles). The winner was under 7½ hours! Sometimes road races cover one big loop for the entire distance of the race.

A second phase of the sport is track racing. Track racing entails racing on Velodromes. The track bike differs from the road bike in several ways. The track bike does not have any brakes. It has a fixed cog on the rear wheel that prevents the rider from coasting, so you are able to slow down by easing up on the pedals. The tires used in competition on Velodromes are lighter than those used in road racing. Because of the smooth surface found on Velodromes, tires can weigh between 100 and 220 grams. If a particular event is short, riders may use up to 180 pounds of pressure. Because less components are used on the track bike, it is about five pounds lighter than a road bike.

Track events are generally much shorter than road events. They are a test of speed rather than endurance. Matched sprinting is probably the most familiar track event to you. The riders play a "cat and mouse" game for two laps. Many times the riders will balance their bikes and come to a complete stop. The last lap is usually "eyeballs out." The last 200 meters is the time that is recorded. Many people as me "what's the farthest you've ever been on your bike?" I tell them and they are astonished. The fact that I've ridden 280 miles in 24 hours means very little to me. I am much more proud of my 200 meter time of 12.0 seconds. Olympic class sprinters can reach top speeds of over 45 mph! Other events on the track include the pursuit, the team pursuit, and the

kilometer time-trial. The "kilo" is said to be the toughest event in cycling. The Trexlertown Velodrome, in Pennsylvania's Lehigh Valley, has the best program of racing of the dozen or so Velodromes in the U.S. Every Friday night, throughout the summer, the Trexlertown Velodrome draws the biggest crowds and always brings in

Olympic and World class riders.

Generally a track rider is built much more heavier than a road rider. A good hill climber usually has a very thin physique, while a sprinter usually has very big legs.

Most races held in the U.S. are sanctioned by the United States Cycling Federation. In order to participate in these races, one must hold a U.S.C.F. license. A license costs around \$12. Although it is an amateur sport, riders are allowed to receive prizes for their placings. Riders can sell their prizes and use that money to support their racing.

The majority of riders in the U.S. belong to a team. Teams consist of riders that ride for the same sponsor. The riders wear the sponsors name on their jerseys for advertising. If a corporation or business sponsors a well known rider, then sometimes they can benefit tremendously through the media. However, a team does not have to have a sponsor.

College racing is not a very "large scale" yet. There are very few College races each year. Southern California and the Northeastern part of the Country are about the only two locations where College racing exists. Nevertheless, College racers can display their school's name on their jerseys in U.S.C.F. events. The three of us at Wesleyan ride for three different clubs.

Depending upon the type of racing one specializes in, a rider trains between 5,000 miles to 10,000 miles a season. The racing season for most riders starts in January. Club training rides take place during cold weather. The first real races don't occur until around March. We (the riders here) will race for the first time this year against competition March 4th and 5th. March 4th being a 18 mile two man team time-trial in Red Oak, N.C. the next day is a 32 mile road race in Gold Rock, N.C. During the peak of the season, the racing will turn up North. This year Milwaukee, Wisconsin will host the National Championships. Most riders start easing off in their training around October. Because cycling is such a vigorous sport, a rider does not race all year-round. The racer needs time to rest his

legs. A rest is a good mental break also. During the off-season, a rider may take up other sports, such as weight lifting, cross-country skiing, speed skating, and running. Almost any sport that keeps you fit is very good.

The competitive cyclist must be able to discipline himself in order to be able to ride every day. A nutritionally balanced diet is very important while racing. Some riders take vitamins to supplement their diet. Personally, I take vitamin C, vitamin E, B-complex, lecithin, gensing root, and kelp, just to name a few. Plenty of rest is essential when you are putting in a lot of miles. A successful rider must learn to motivate himself; he can't count on others to do it.

I trust this article has greatly enriched your knowledge of cycling. Furthermore, I hope I have erased the impression you may have had that cycling "is just a bunch of kids on 10 speeds." If you watch any of the weeknight races this Spring (April 19, 26, May 3, and 10) I'm sure you will find the sport exciting and fast.

Back the Bishops Honored

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than 1,000 institutions of higher learning in all 50 states, the District of Columbia and several foreign nations.

Outstanding students have been honored in the annual directory since it was first published in 1934.

Students named this year from North Carolina Wesleyan College, Rocky Mount, N.C. are: Leannette Bishop, Vickie Lynn Brickhouse, Steven William Bryant, Joseph Stephen Cahoon, Robert Curtis Friese, Frederick Alexander Frohbose, Stanley Oladippo Jarrett, Amelia Leigh Johnson, Karen Hicks Leonard, Winston Albright Moss, Jr., Gary Lynn Myers, Joe Allen Shearin, Charles Clifton Sullivan, Teresa Ann Taylor, Rebecca Lynne Walker, Bertha Lee Walters, and Anne Bunn Wilson.

The Decree

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