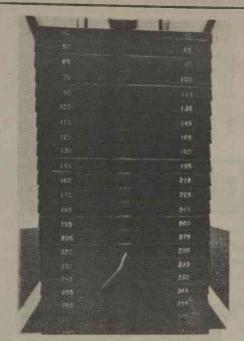
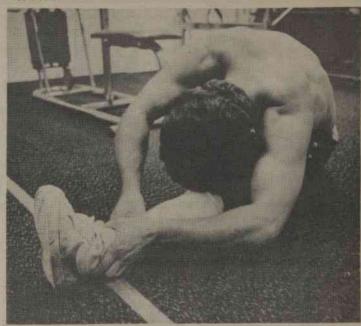


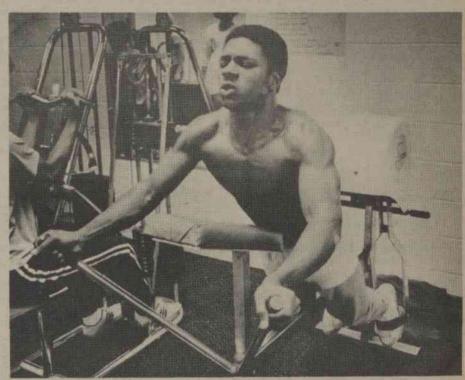
pressing 250 lbs. in the lordan gym. Over \$3,000 lity and equipment.



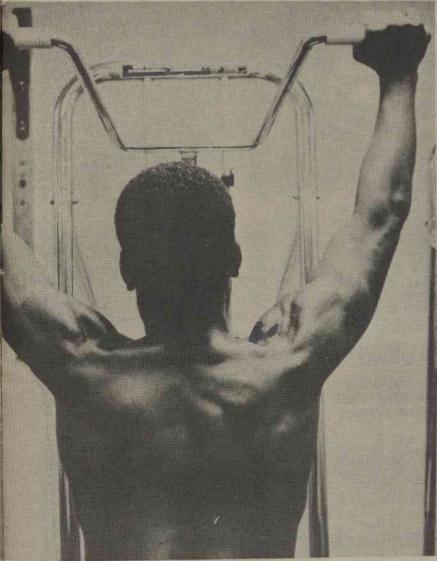
Here are some of the weights used by the lifters on the wall press. Set for well over 200 lbs., they should give a good stretching to any muscles applied to them.



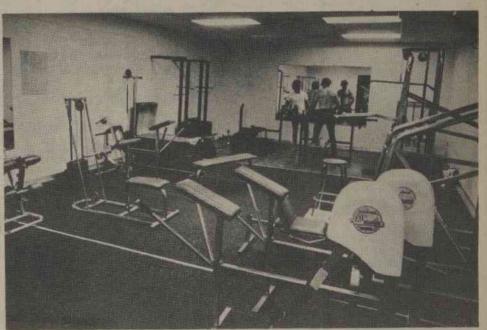
As this athlete loosens up for a session of 'pumping iron,' we can see the new carpet and some of the new equipment that has been purchased for the weight room.



Ricky Shoffer works out on the 'Real Runner.' This machine resists the pedaling motion of the feet, as in pedaling a bicycle uphili. From Ricky's expression, he must have gone quite a distance already.



we see Ricky Shoffert, this time on the "lat machine." efully, it won't put as great a strain on him as the "real ler."



An overall view of the renovated weight room. Here we can see the new carpet and equipment. Also, according to Coach Jay Ferguson, in charge of the weight room, \$1000 worth of loose weights have been bought.