

The Foothills View

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BOILING SPRINGS NC

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Fitness Trail Opens To Boiling Springs Residents

—With the assistance of a Wells Fargo grant, Gardner-Webb College has established a fitness gamefield that will help promote physical fitness within the community as well as within the college's physical education program.

The 1.2 mile fitness trail features 20 exercise stations that provide warm up, conditioning and cool down activities. The exercise, which are designed for use by beginners as well as advanced athletes, help improve cardiovascular fitness, muscle strength and flexibility.

"Gardner-Webb students and the community both will benefit from the gamefield," says Dr. Robert Blackburn, chairman of Gardner-Webb's department of health education and physical education.

"Our purpose is to get people to take better care of themselves through a regular exercise program. We don't want physical fitness to be a mental torture, we want it to be fun so people will continue to exercise."

The fitness trail, which runs along Stadium Drive, beginning and ending just north of the college's Lutz-Yelton Convocation Center, will become a regular part of fitness training in all Gardner-Webb freshman physical education classes. It will also be available for regular use by the general public as well.

The self-guided gamefield is planned so that each participant can follow the exercise program



Gardner-Webb College physical education students Allyssa Harris (left) and Michele Hamby stretch their hamstring muscles during a warm-up exercise on the college's

fitness gamefield. This is just one of 20 exercise stations along the 1.2 mile jogging trail that provides warm-up, conditioning and cool-down activities.

at the appropriate fitness level.

Instructions are displayed for beginning, intermediate and advanced use of the facilities. Each participant can follow his or her own routine, starting as slowly or as strenuously as desired.

In addition to the illustrations and explanations on the proper use of each exercise event, the gamefield signs also have instructions on how to measure and tract heart rates, providing participants with important physiological feedback.

According to Blackburn, the new facility ties in with the college's existing cardiovascular health program.

Designated as a Heart Health Education Training Center by the American Heart Association, Gardner-Webb has included heart health care materials in its health education curriculum.

The college has also established a heart health resource center which displays heart health materials and emphasizes the im-

portance of heart health education in relationship to a comprehensive health education program.

"With the gamefield, we can now put heart health care theory into practice," says Blackburn.

Gardner-Webb is a liberal arts college affiliated with the Baptist State Convention of N.C., offering associate, bachelor and master's degrees. The college is noted for its independence of federal funding.

'Dogs Running For Championship

Boiling Spring, N.C. The Runnin' Bulldogs of Gardner-Webb should be the pre-season favorite to be the champion of the NAIA North Carolina District 26 this 1983-84 basketball season.

The Bulldogs, coached by Jim Wiles, went 24-8 a year ago and six out of the top eight players will be returning to this year's squad.

Coach Wiles also enjoyed a good recruiting year as four outstanding young men have joined the team.

NAIA First Team All-American Eddie Wilkins returns for his senior season. Wilkins, 6-10, 215 pounds, dominated in the inside last season as he averaged 24.8 points per game. The Cartersville, Georgia product also averaged 10.6 rebounds a game. Wilkins was one of the two juniors that made the 10-man First Team All-American squad and looks to be a sure thing to repeat as All-American again this season. Wilkins only needs 600 points to become the leading all-time scorer in the history of Gardner-Webb basketball. He should surpass that total sometime in February in 1984.

Dean Johnson returns for his senior season and will run the show as starting point guard. The 6-2, 185 pounder averaged 11.4 points per game. Johnson, from Sumter, South Carolina,

also averaged 4 rebounds a game last season.

Sophomore Ben Davis returns after having an excellent freshman year at his wing position. Davis from Clio, South Carolina, averaged 14 points per game and 5 rebounds a game.

Rick Kinney will return at post, playing the inside game with Wilkins. This 6-6, 195 pound junior averaged 9.1 points per game and 6.2 rebounds a game during the 1982-83 season.

Senior Vince Jackson returns as a strong back-up for Wilkins at the post position. Sophomore Matt Gibson returns and will back Johnson at point guard. Junior Ron Hargrave returns and will be right behind Kinney at a wing. Sophomore Ron Greens also returns at a wing spot.

Four outstanding freshmen have chosen Gardner-Webb and they are Duvall McCleskey (6-6, 185 lbs. from Cass H.S. in Georgia), Gady Martin (6-6, 185 lbs. from Cedar Shoals H.S. in Georgia), Aaron Patterson (6-0, 160 lbs. from R.S. Central H.S. in N.C.), and Cliff Rush (6-4, 180 lbs. from Riverside H.S. in S.C.). Tom Bridges, a freshman from Fayetteville, N.C. and Roger Norris, a junior from Connelly Springs N.C. round out the 15-man squad.

Even Turkeys Would Have Liked First Thanksgiving Meal

Whatever else Thanksgiving Day symbolizes, for many people today it brings thoughts of family get-togethers and feasting, plus maybe parades and football games on television.

The first Thanksgiving Day was, however, set aside to celebrate a plentiful corn crop.

The winter of 1621 had been so severe that nearly half of the New England colonists had died, while the American Indians, as well as they could, helped the Pilgrims survive the bitter

winter. When a bountiful corn crop came along, it was a real life-saver and something to celebrate.

Corn has been around for a long time. Archeological evidence found in Peru suggests that popcorn was the first variety to be cultivated. It was grown, along with other kinds, as early as 2000 B.C.

Corn is the only important cereal native to the New World. It was taken back to Europe by Columbus and by other Spanish

explorers and is now grown in ever agricultural region of the world.

The Indians taught the colonists practical facts about corn: to plant it in hills and to interplant with beans and squash.

Even without a knowledge of food chemistry, the Indians managed a well-balanced diet. Corn supplies carbohydrates, protein and some fat. Beans were a major source of protein, supplying amino acids in which corn is deficient. Squash adds the ad-

ditional calories needed as well as vitamin A, and squash seeds contain wholesome fat lacking in a diet of corn and beans alone.

What modern nutritionists and gourmets have discovered is that corn is at its best when eaten as soon as it is picked. Husking immediately after picking can aid in slowing deterioration of flavor for up to 12 hours, but the sooner cooked, the better the taste.

The Indians of the 1600s practiced efficient farming, and no

part of the corn plant was wasted. The husks were used to create baskets, rugs and toys, and the cobs made good kindling. Even today cobs are used in some places in the smoking of hams and other meats.

Among some Indians, corn was legal tender. In South America religious ceremonies developed around corn, and the corn symbol was employed in the decoration of pottery and sculpture.

Corn has been used by man

for a long, long time. It is a very efficient crop, yielding about three times more per acre than wheat. We eat it and feed it to our animals, who transform it into meat, milk and eggs, so that even today it remains a symbol of the harvest. Everywhere in the world, a good corn crop is a reason for giving thanks.

For more information about corn, or for more about the origins of other crops, call, write or visit the N.C. Botanical Garden at the University of North Carolina at Chapel Hill.

Which Way To The Revolution



This suspect-looking gathering, which stopped traffic Tuesday at the Webb Road - Beaver Dam Church Road junction, turned out to be innocents out play-acting in Earl Owensby's car (and foot) chase epic, "Chain Gang," scheduled for release to Movie theatres in April.

DAR Meets At Church

The Flint Hills Chapter, NSDAR met for the regular monthly meeting on Tuesday evening in the fellowship hall of the First United Methodist Church in Boiling Springs. Mrs. Joe Kendrick, led the Ritual, Miss Barnette Hunt directed the singing in the National Anthem, accompanied by Mrs. James Padgett at the piano. Mrs. Hal Dedmon read the President Generals message, Mrs. E.C. Willingham, Jr. have the National Defence Report, and Mrs. John L. McSwain gave a review of the service for veteran patientism reading a list of items needed for the V.A. Hospitals.

Mrs. Robert F. Sweezy, regent, presided over the business, and gave the program, "Independence Was Stabilized Through The Signing of the Treaty of Paris". Mrs. McSwain, Treaty of Paris chairman, assisted Mrs. Sweezy



Tell Me Pretty Maiden

Are there anymore at home like you? There are a few, kind sir, say these demure little charmers. And, as is

always the way with kittens, it seems, any day now there are apt to be still more. These little sisters have captured

the hearts and hearths of new households. But there ever will be plenty to go around.