



TREE PLANTING AT NORTH SCHOOL — Members of Town and Country Garden Club planted a flowering pink dogwood tree Wednesday at North School. From left, Luther Whitener of the maintenance staff, Steve

Ingram, fifth grader in Mrs. Carroll's class, Principal Richard Greene, and Johnny Foster, fifth grader in Mrs. Carroll's Class. Standing, at right, is Mrs. Jim Potter, representing the sponsoring club.

Carowinds Park Opens Saturday

The Carowinds theme park will begin its 1978 operating season when it opens for spring weekends on Sat., Mar. 25.

Carowinds General Manager T. Lewis Hooper stated that the park will be open from 10 a. m. til 10 p. m. on Saturdays and 10 a. m. til 8 p. m. on Sundays from March 25 to June 5. The park will also be open from 10 a. m. til 8 p. m. on the following spring Mondays: March 27, May 29 and June 5.

The daily summer operating schedule will begin on June 10 and continue through August 20. Hooper stressed that the park will be closed on all Fridays during the summer with the exception of July 7.

In the fall, Carowinds will be open weekends from Aug. 26 to Oct. 15.

According to Hooper, the admission ticket into Carowinds in 1978 will be \$7.50 with children three years and under admitted free. Special rates are available for groups of 25 or more when reservations are made in advance.

In addition to the already existing rides, shops, shows and attractions at the 73-acre park, Hooper reported that \$2.1 million has been invested in Carowinds since last summer.

"We have done our best to insure that every guest's visit to Carowinds is an enjoyable one," said Hooper describing the 1978 expansion program. "We have added more shade, more parking, more eating facilities and have significantly increased the total capacity of the park."

Hooper pointed out that a new entrance has been added to the rear of the park to make entering and leaving Carowinds easier, safer and quicker on busy days.

Other additions include a new fast food restaurant that will seat over 200 guests under shade, more shade at the existing restaurants, two new air conditioned games buildings, a new group sales outing structure and two new trains for the Thunder Road roller coaster that will increase the capacity of that ride from 1,800 to 2,800 people an hour.

The outdoor Paladium amphitheater has also been expanded to seat 10,000 instead of 7,500 guests. Groups that have been booked into the Paladium for April are: April 8 — Waylon Jennings and Jessi Colter; April 15 — Tavares; April 22 — The Dick Clark Show featuring Dion, Freddie Cannon and Joey Dee and The Starlighters; and April 29 — England Dan and John Ford Coley.

The Paladium shows will be at 2 and 6 p. m. during April with the exception of Waylon Jennings who will have one show only at 6 p. m.

Groups that are scheduled to appear in the Paladium at later dates include Johnny Cash, Lou Rawls, The Spinners, Pablo Cruise, The Charlie Daniels Band, Kenny Rogers, Frankie Valli, The Sylvers, K. C. and the Sunshine Band, Leo Sayer, Kris Kristofferson and Rita Coolidge, Neil Sedaka and The Captain and Tennille.

There will be a \$2 admission charge into all Paladium shows.

The Carowinds theme park is located on the North Carolina-South Carolina border 10 miles south of Charlotte on I-77.



FOURTH GRADERS DISPLAY BASKETS — Fourth graders in Susan White's class at Bethware School designed their own Easter baskets from plastic milk cartons, trimming with felt, ribbon, and other materials to win prizes in a contest sponsored by grade parents.

Mrs. William Anthony, project chairman, presented ribbons to these students for creative baskets: Front row, Teresa Shirkey, best all around; Gina Stone, prettiest; Back row, from left, Sophia Crank, most unusual; Terry Connor, most original; Scott Canipe, funniest.

Human Performance Lab

BOILING SPRINGS — The Gardner-Webb College health and physical education department has set up a new human performance laboratory.

The lab is designed to enable the physical education instructors to determine precisely the level of physical fitness of an individual. From that point, an individualized program to increase physical fitness of the student can be planned and implemented.

"What we're really

doing is test measuring the cardio-vascular fitness level of an individual," stated Dr. David Gardner, a G-W assistant professor in health and physical education. "We can build a program for students to help them achieve their optimum level of physical fitness," he said. "Stress testing basically provides a more scientific approach in exercise prescription. We have to identify areas of proficiencies and deficiencies," remarked Dave.

The physical education department has a new bicycle ergometer, heartrate meter and a skinfold caliper. The bicycle ergometer is a stationary bike that enables the instructor to adjust the workload for a person to pedal against and determine the speed. With the heartrate meter hooked up to the subject, you can have the subject work so that he elevates his heartrate to the maximum for level for his age. "We can find out how long it takes to get an individual to the maximum level, plug this into a formula and determine the level of fitness," noted Dr. Gardner.

"To obtain any cardio-vascular benefit from any exercise you have to get the heart rate up to a certain level and keep it at that level for an extended period of time, say six or seven minutes. Then enough exercise has been completed to benefit the individual," affirmed David.

"Sustaining the maximum heart rate over an extended period of time produces a training effect," he said. "You're increasing the strength of the heart and lungs. You are increasing the ability of the heart and lungs to deliver a maximum of oxygenated blood to the muscle cells."

The skinfold caliper is a very simple measuring instrument. By measuring skinfolds at certain places on the body, the instructor can determine what percentage of the total body weight is fat as opposed to lean muscle. This, along with the bicycle ergometer, helps give a total fitness profile on the individual.

Looking into the future, Dr. Gardner sees the possibility of acquiring more sophisticated equipment. The more immediate possibility is a conditioning program for the College family, but, with the right equipment, Gardner-Webb could even be the sight of a cardiac rehabilitation center. Such a center would require "a lot more equipment and personnel," says Dave. "There is one in Charlotte and one in Asheville, but none around here."

KINGS MOUNTAIN MOTOR INN

I-85 at York Road

MONDAY THROUGH SATURDAY NIGHTS

STEAK SPECIALS

7 CHOICES OF STEAK

NONE HIGHER THAN \$3.99

also

TUESDAY NIGHT BUFFET

5-10 p. m.

\$2.95

OPEN FOR BREAKFAST AT 6 A. M.

HOMEMADE BISCUITS

LION'S SHARE OF

BARGAINS

At The

**MUSIC
BOX**

Dixie Village Shopping Center
Gastonia, N. C.
Phone 864-2076

★RECORDS ★TAPES

★POSTERS ★ACCESSORIES

★JEWELRY

Joanne, Sandy And Bill Young

STORE HOURS:

Monday 10-8;

Tuesday & Wednesday 10-8;

Thursday through Saturday 10-8

HILDA MOSS TAX SERVICE

I OFFER YOU EXPERIENCED,
REASONABLE SERVICE

Seven years EXPERIENCE in tax preparation.
Individual, Business, Farm, Partnership.

REASONABLE charges on every return.
Hours: Monday-Friday 9-6; Saturday 9-1; Others
Hours By Appointment. Phone 739-3896.

804 West Gold Street

BOOKKEEPING SERVICE AVAILABLE



DOWNTOWN KINGS MOUNTAIN

EASTER FASHIONS

FOR BOYS

THREE PIECE VESTED
SUITS

SIZES 2-4T, 4-7, 8-20

REGULAR

\$24.00

\$28.00

\$36.00

\$40.00

SALE

\$22.00

\$24.00

\$32.50

\$37.50



FOR GIRLS

DRESSES

6 MONTHS TO 18 MONTHS,

2-4T, 4-6X, 7-14

\$9.95

\$27.00

WHITE CAPES

\$5.95 - \$6.95

