

TREE PLANTING AT NORTH - 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.

Human Performance Lab

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

enable the physical education instructors to eetermine 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.

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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 The lab is designed to 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

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.

"To obtain any cardiovascular 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.

Gardner.

"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."

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 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."

Carowinds Park

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 mission charge into all 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 guests' 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

Other additions include a new fast food restaurant that will seat over 200 The skinfold caliper is a guests under shade, more very simple measuring shade at the existing 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 immediate possibility is a guests. Groups that have conditioning program for been booked into the the College family, but, 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.

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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

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.

There will be a \$2 ad-Paladium shows.

Tennille.

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. Size 1

Chev

Fran



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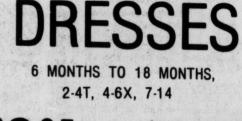


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