

# McCarthyism

By Terry McCarthy

While there are many pleasant aspects to living off campus, one of the great stumbling blocks for many students seems to be cooking and the preparation of meals. After a hard day of classes, labs, lectures, and tests, the last thing a student wants to do is slave over a stove in order to eat. Some avoid this chore by heating a can of assorted processed "garbage," while others take the hamburger and pizza route. These methods of eating are not only expensive, but high in calories and low in nutrition. Even when a student is willing to take the time to cook, he must overcome skyrocketing prices and a tight college budget. In order to stretch one's budget, it is a wise idea to stick with the inexpensive cuts of meat such as chicken or ground beef. In order to avoid the monotony of hamburgers and meatballs that people make out of ground beef, here are a few tasty recipes that can be made with some effort and a minimal expense. There may be a few ingredients that you do not have, but it will be worth the money to buy them so that you can spice up many other dishes.

## THREE-CHEESE MEATLOAF

### ingredients:

- bread crumbs
- 2 lbs. ground beef
- 1 large onion
- clove of garlic
- 1 T. salt
- pepper
- 2 eggs beaten
- 2 or 3 slices of bread soaked in ¼ cup milk
- 2 cups spinach (canned or frozen)
- 2½ cups Parmesan cheese
- ½ lbs. Swiss cheese
- ½ lbs. Mozzarella cheese

### method:

- 1.) Grease a 13x9x2" pan and coat with a layer of bread crumbs;
- 2.) Combine onion, garlic, spinach, Parmesan cheese, salt, pepper, eggs, bread, and ground beef. Divide the mixture into three even parts;
- 3.) Spread 1/3 of mixture in pan making sure that the meat mixture touches all sides and corners;
- 4.) Layer mozzarella cheese on top of the first layer of meat;
- 5.) Spread second 1/3 of meat mixture on top of the cheese;
- 6.) Layer the Swiss cheese on top of the meat mixture;



7.) Spread the final 1/3 of the meat mixture on the Swiss Cheese and sprinkle with bread crumbs;

8.) Bake at 350 for one hour. (SERVES 4 to 6 PEOPLE)  
If you are looking for something to do with hamburger that does not require as much work, there are other uses for it that you may not have thought of. If you enjoy stew, there is a product out on the market called "Soup Starter" that is tasty and easy to make. Just add a pound of ground beef to the "Soup Starter" and let it simmer for 90 minutes. It's not as good as grandma makes but it is very simple to prepare and very inexpensive.

If you enjoy Chinese food, buy a can of meatless chow mein, a can of Chinese fancy vegetables, and a can of chow mein noodles (La Choy makes all three for about 60 cents a can) and add a pound of ground beef that has been cooked thoroughly. It's an excellent meal for under \$1 per serving.

# Talent night highlights campus students

By Kelly A. Yale

Talented Highacres students entertained their fellow Penn Staters in a coffeehouse "Talent Night" sponsored by the Student Union Board (SUB). The Commons housed the event which took place on January 20.

The variety of acts ranged from comedian Bob Tier to rock and Jazz bands.

Paul McKenna and Victor Piccone joined together for an electric and acoustic guitar duet, performing an original jazz composition.

John Cox strummed the guitar while singing original folk-style tunes as those of various artists, including the Grateful Dead and the Moody Blues.

Jim Bagley, assisted by Pete "Otis" Gallagher and Kevin Gaughin, presented a unique act billed as "Short Shit and the Doo-Dahs." The "Doo-dahs" performed original arrangements to "My Girlfriend's Back," "Kronies," and "Salamander World."

Several other acts were presented throughout the evening, and a wide variety of talent was displayed.

Admission was free, and SUB provided refreshments for the audience.

## Technical crew - small but hard working

By Tim Swarr

It happens once or twice a month, maybe more. The Commons, during the daylight hours, is a place where students gather to grab a bite to eat, study, or just to fraternize with their friends. Later, as if magically transformed, it becomes an intimate theatre, a petite auditorium, or a small club for a band and dance troupe.

The wizards responsible for these changes are simply referred to as the "technical crew." Their leader is Sophomore Bob Tier. Assisting Bob are Ron Sawyer, who provides the muscle, and Bill Kistler, who, with a major in electrical engineering, is in charge of the lighting. Freshman George Puhak and Ron Emerich add their aid wherever necessary. Bob and his crew get help and cooperation from Mr. Joseph Marchetti, Assistant Dean of Student Affairs, and their advisor Cy Falatko, Residence Hall Coordinator.

The technical crew first appeared this year when Mr. Marchetti asked Bob, as president of the Drama Club, to help him out with setting up for the cultural events that are held at the Highacres Campus throughout the school year.

Most of the work the crew does is connected to the cultural events and any other function that is held on campus. They put together the stage and clear the Commons for seating.

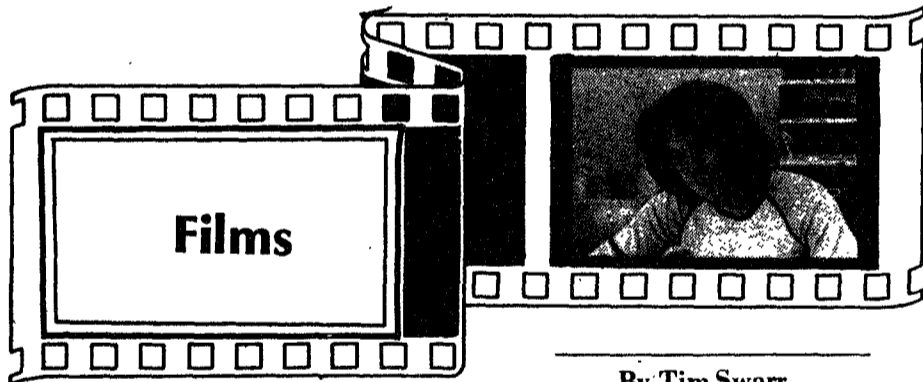
The lighting is also set up and coordinated by the crew. During the performance, they help to run the lights.

There is a lot of hard work and time involved with the job, but it does not go without rewards. Most important, there is the experience the crew gets in the technical areas of sound and lighting.

Bob Tier said that the aspect of the job he enjoys most is when he meets and talks with the performers he works with.

Members of the crew have become acquainted with people from all over the country from a hypnotist to members of a Jazz ensemble and dance troupe from the Washington D.C. area. Bob was quick to point out the pleasure of meeting the female members of the troupe!

Mr. Marchetti is quick to point out too, that the crew is a small but hard working group, but he and Bob are always looking for more people who are willing to help them — especially freshmen who will be able to continue the functions of this organization through next year.



By Tim Swarr

Now that the Christmas season is over and we are a month into the new year, many big holiday-season films are continuing to be successful.

Theatres are filled with big name and big budget offerings that Hollywood hopes will make this winter season as profitable as its summer season.

Here is a run-down of some of the films that are showing throughout area theatres. Many will be worth looking into if you can tear yourself away from all of the studying you are doing.

The blockbuster of the season is unquestionably "Reds." Warren Beatty produced, helped write, directed, and starred in this three-and-a-half hour (with an intermission) epic which covers the life of American journalist John Reed, the only American to be buried within the Kremlin walls. Beatty plays Reed as the film

follows his life over to Russia where he witnesses the Bolshevik Revolution. Diane Keaton plays Louise Bryant, Reed's lover, who accompanies him. Jack Nicholson, Gene Hackman, Maureen Stapleton and even novelist Jerry Kosinski have small but powerful roles.

Jane Fonda and Kris Kristofferson star in "Rollover," a sensual romance that takes place against the backdrop of the world of high-finance.

Jane Fonda is also starring with Katherine Hepburn and Jane's father Henry Fonda in "On Golden Pond." Hepburn and Fonda play a couple trying to face the isolation of old age. Henry Fonda plays the role of his life in what unfortunately may be his last role for the silver screen.

E.L. Doctorow's best-selling novel "Ragtime" also came to the screen over the recent holi-

day season. James Cagney comes out of retirement to play a police commissioner.

Richard Dreyfuss plays a young sculptor paralyzed from the neck down who wants to be released from the hospital to die in Brian Clark's "Whose Life Is It Anyway," a film based on a popular Broadway play.

Walter Matthau and Jack Lemmon are teamed together in the black comedy "Buddy Buddy" directed by Hollywood cynic Billy Wilder.

Director Arthur Penn (Bonnie and Clyde) and Screenwriter Steve Tesich (Breaking Away) team up to bring you "Four Friends," the story of three guys and a girl and their entangled relationships.

These are a few of the many movies that are being shown throughout the area. I strongly recommend you see the movies of your choice.