

Hot Spots in Erie

Nautilus Fitness and Racquet Club



Nautilus Fitness and Racquet Club is located on West 15th Street.

PHOTO BY KELLY WALSH

by Karl Benacci
features editor

all unhealthy woes.

Nautilus is located on 2312 West 15th Street, in the Good Life Mall.

What appeals to many of the members of Nautilus is the fitness equipment, which is of excellent quality, and easy to use.

A majority of the equipment is in an open area, surrounded by a running track, however, there is also a weight room in the rear of the building, which is a popular meeting place

for the avid weight lifters.

If an individual has a question about an exercise, or how to use a machine, one can ask one of the friendly staff members, who often roam the facility, making sure that equipment is clean, and in working order.

Nautilus also has a pool, which is used for water aerobics classes and lane swimming. After a member is done swimming, one can relax in the hot tub, or in the sauna.

Also, the club has many racquetball courts, which are home to scrimmages and league plays.

Lastly, members can enjoy everything from aerobics to karate classes, with a vast selection of skill levels.

Keeping in shape is a rewarding experience, and for many of the members at Nautilus, it's also enjoyable, which makes Nautilus Fitness and Racquet Club a definite *Hot Spot* in Erie.

Recipes for You!

Hash browns with the works

Ingredients:

- 1 box frozen hash browns
- 1/4 C. diced yellow onion (sauteed)
- 1/3 C. diced lean ham (sauteed)
- 1/4 C. diced fresh tomatoes
- 1 slice of American cheese
- Sliced Jalapeno peppers (to taste)
- 1/3 C. chile with beans (heated)



Preparation:

- Prepare hash browns as directed on box
- Add diced onions, diced ham pieces, diced tomatoes, and place one slice of American cheese on top of all.
- Sprinkle Jalapeno pepper slices on top of cheese and spoon chili on top of all.
- Let simmer on medium heat until cheese has melted and all has heated through. With a large spatula place hash browns on serving dish and enjoy. This is a meal in itself and a great idea for dinner.

(And if you screw up or if this is too complicated, remember: McDonald's serves hashbrowns until 10:30 a.m. Monday thru Saturday and until 11 a.m. on Sunday).

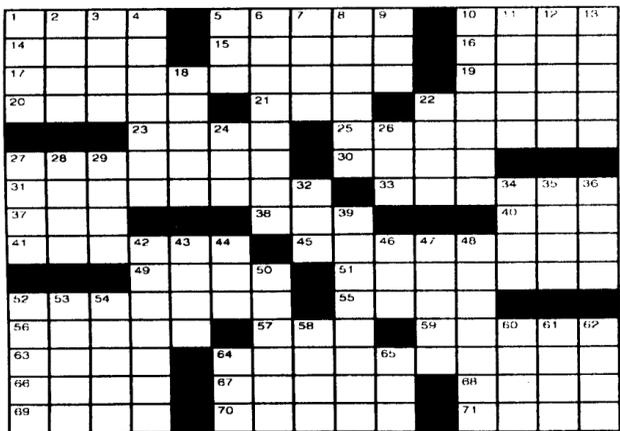
We want your recipes!

Send your submissions to behrcoll5@aol.com.

And don't cop out and raid your mom's recipe box. We want recipes from college students, for college students!

Crossword

- ACROSS**
- 1 Urge forward
 - 5 Pet cat
 - 10 Rich soil
 - 14 Wander about
 - 15 Accustom to hardship
 - 16 "La Douce"
 - 17 Former confidential matter
 - 19 Sound of disapproval
 - 20 Deserve
 - 21 Storm center
 - 22 William and Sean
 - 23 Sleeper's letters
 - 25 Science of animals
 - 27 Word-for-word
 - 30 Let up
 - 31 Bit of precipitation
 - 33 Felt hat with a brim
 - 37 Gov. tax collector
 - 38 College cheer
 - 40 Adult males
 - 41 Catch
 - 45 Dangling thread
 - 49 Discharge
 - 51 Not skillful with tools
 - 52 Scottish music maker
 - 55 Sharp taste
 - 56 Oscar, for one
 - 57 Fish eggs
 - 59 Anaconda or copperhead
 - 63 Strong wind
 - 64 Avoid jail
 - 66 Periods
 - 67 Financier John Jacob
 - 68 Father
 - 69 Fewer
 - 70 Gravelly
 - 71 Narrative story
- DOWN**
- 1 High school dance
 - 2 Strong cord
 - 3 Finished
 - 4 Frequenter
 - 5 Even score
 - 6 Forebear
 - 7 Inter
 - 8 Puff of air
 - 9 So far
 - 10 Printed lies
 - 11 University of Maine town
 - 12 Surrounded by
 - 13 Weighty
 - 18 Stand-in
 - 22 Dissimulation
 - 24 Make a miscalculation
 - 26 Fellow with two left feet
 - 27 Runny French cheese
 - 28 Tall tale
 - 29 High school subj.
 - 32 Buddy
 - 34 Sign of things to come
 - 35 Tear apart
 - 36 Raggedy doll
 - 39 Roof
 - 42 Stifle
 - 43 Surrounded by
 - 44 Apple seed



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Solutions

- 46 Yoko
- 47 Command to be quiet
- 48 Intensely sincere
- 50 Actress Wright
- 52 Round roll
- 53 Knowledgeable
- 54 Festive events
- 58 Horse food
- 60 Operatic song
- 61 Actor Malden
- 62 Fencing sword
- 64 Saloon
- 65 Attempt

Great idea, but no money?



Student Activity Fee may have some options for you.

Don't miss an opportunity to program!

- 1st Proposal Deadline:** Thursday, September 6th by 5 p.m.
- Subsequent Fall deadlines:** Thursday, September 27th by 5 p.m.
- Thursday, November 1st by 5 p.m.
- Thursday, November 29th by 5 p.m.

Proposals can be picked up at the RUB Information Desk, Office of Student Activities, Office of Student Affairs, Student Government Association Office, or at the SAF online webpage: www.pseric.psu.edu/activity/saf/index.htm.

Completed proposals must be turned into the Office of Student Affairs (Reed 115) by the above deadlines.

The SAF Committee meetings are open to the public. You are invited to attend if you wish to discuss your proposal submission or to answer any questions from the Committee.

- Meeting Dates:** Monday, September 10th 3 to 5 p.m. Reed 112
- Monday, October 1st 3 to 5 p.m. Reed 114
- Monday, November 5th 3 to 5 p.m. Reed 112
- Monday, December 3rd 3 to 5 p.m. Reed 112

Questions?

Contact Ken Miller or Brandi Hovis.
Ken Miller: 898-6111 (kenmiller@psu.edu)
Brandi Hovis: 898-6220 (SGA Office)



ATTENTION ERIE COMMUNITY STUDENTS:

Local company is currently sponsoring special Fall Work Program. Excellent starting pay and scholarships available. No experience necessary. Gain quality resume experience. Can lead to career position. Call Meghan 10-6 p.m. 814-836-8970. workforstudents.com