

AREA STATISTICIANS ATTEND CONFERENCE HERE

A conference on Pennsylvania Statistics was held last week at Capitol Campus. Jointly sponsored by Capitol and the Harrisburg Chapter of the American Statistical Association, the program centered on the application of statistics to public problems.

The morning session featured statisticians from various state agencies who reported on applications of farm data for local use, projections dealing with crime, punishment and correctional institutions, and the use of statistics in analyzing school building costs.

Dr. Fred C. Leone, Executive Director of the American Statistical Association, was the featured luncheon speaker. In addition to describing various projects and analyses, he emphasized the importance of collecting meaningful data which can be used for practical purposes.

The conference concluded with a panel discussion on improving state statistics. Representatives from the Governor's Office of Administration, the Department of Education, the Bureau of Employment Security and Penn State's Capitol Campus were panel participants. Program coordinators were Drs. Ken Masters and Roger Saylor.

ANCIENT SCIENCE OF SOUL TRAVEL

by Christine Heuer

ECKANKAR, the Ancient Science of Soul Travel, is becoming increasingly popular among colleges and universities across the country. This is primarily due to the failure of educational and religious institutions to satisfactorily answer the questions of "Who am I," "Why am I here" and "What is life really all about?"

Those who have found ECKANKAR know that these questions are easily answered as one learns to rise above his daily problems in Soul Travel. He begins to experience the reality of Soul and True Being and consequently enjoys a life of freedom beyond the limitations of time, space, matter and energy.

But this freedom can only be recognized with the guidance of a spiritual traveler; one who has traveled the worlds beyond and knows of the dangers involved. This spiritual traveler is Darwin Gross, the present living ECK master. He is the one among many in an unbroken chain of masters since the beginning of time. His purpose is not one of social reform but solely to lead souls back to the source from which they came.

Through the guidance of the living ECK master, one proves

through his own experience, existence beyond the physical body.

On Saturday, May 5, at 7:30 p.m. a movie on the living ECK master will be shown at the Holiday West in Mechanicsburg. All those interested in the realms beyond, of True Beingness and unlimited freedom, are invited to attend.

Football tickets to be mailed at main campus

We have been informed by Richard Lucas, Business Manager of Athletics at main campus, that the ticket applications for the 1973 football season will be mailed directly to the home address of all full-time students enrolled at capitol campus.

The mailing of these forms will be conducted during the week of April 30 - May 4, 1973.

In the event that a full-time student does not receive an application, please contact Richard Lucas, 237 Recreation Building, University Park, Pennsylvania, 16802.

Movie Reviews

"Soylent Green" and "Scorpio" were two movies different in their subject matter, although "Scorpio" was a more exciting action picture. A person's attraction to either will depend on the type of film that person enjoys.

"Soylent Green" is about the effects of over-population and a change in the climate in the year 2022. It is presented against the background of a murder investigation conducted by Charlton Heston, who is the star of the movie.

"Scorpio" is about a man who is being hunted by the CIA because it suspects him of being a double agent. The climax comes when the man selected to kill the "agent" is the CIA's James Bond type agent who was trained by the man being hunted.

PHOEBE'S PHOODS quality not quantity

don't give me that "i can't cook (i don't have time) that's why i don't eat right" crap.

you don't have to eat a full meal three times a day, as the rumor has it. many have been the days we've all skipped meals for one reason or another. but what quality food did we drop into our gullet to replace the meal? was it soda instead of juice? cafein instead of boullion? or junk food instead of meats and fruit?

if you can't cook every night of the week, get it together with a soup or stew and refrigerate or freeze the leftovers. they're great for lunch or supper (or dinner-depending upon where you're from), sometimes cheaper and always better than store-bought stuff.

nuts and seeds are a high energy (which is kind of a nice way of saying "full of calories"), high protein food which can contain b vitamins and vitamin e. fresh fruits are high in natural energy, easy to digest. sugars and minerals- just make sure you wash them- vitamine a,c. raw vegies contain minerals and vitamins, in the form of a salad or just a plain ol' broccoli tree.

yogurt is great for protein (one oz. of dairy protein= one oz. meat protein) and b vitamins and vitamin d. dairy products- cheese 'n cream cheese make good snacks 'n sandwiches; b vitamins, vitamin d.

whole grain cereals (without preservatives) contain 30 to 50 percent protein (and that's a lot compared to white bread); carbohydrates and b vitamins.

nut butters- peanut butter, cashew butter, almond butter and sesame tahini all make good sandwich spreads that are high in protein, vitamin e and b vitamins.

variation of a grilled cheese sandwich

1. slowly melt over a low flame about one-third part cream cheese to two-thirds of any other cheese your little heart desires (or your big refrigerator holds.)

2. stir to get lumps out and to keep from burning.

3. meanwhile, back at the toaster, your whole grain bread should be toasted filling the kitchen with the aroma of freshly melted cheese and freshly burned toast.

4. pour cheese on bread, eat. good huh?

peanut butter sesame tahini

1. one cup peanuts (any nut or seed); ¼ cup cold pressed oil (some nuts take more).

2. put oil in blender.

3. slowly pour in nuts.

4. easy, huh.

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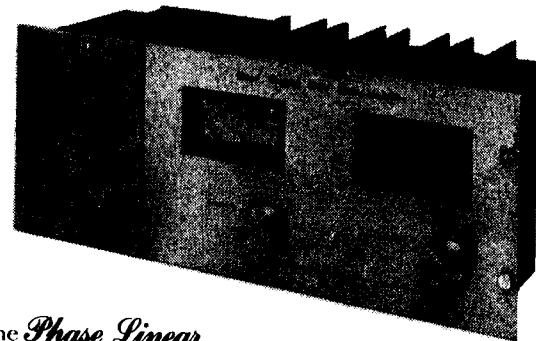
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Heindel re-elected

Dr. Richard H. Heindel, Dean of Faculty, has been re-elected to a four-year term as Trustee of the Society for the Advancement of Education.

A major activity of the Society is the publication of INTELLECT, formerly called SCHOOL AND SOCIETY.

Classified Ads

LOST: One earring, gold colored, round and fairly large. Lost in vicinity of second floor. Contact 944-1939.

WANTED: Tutoring for a nine year-old student in language and reading. Contact Jean Rush at 944-6820.
