

RECREATION-ATHLETICS

Recreation/Athletics Buildings room is open Monday thru Friday from 8 a.m. to 10 p.m. and Saturday and Sunday from 2 p.m. to 10 p.m. for your convenience.

There is a Weight Room which provides weights, barbells, jump ropes and a universal gym for keeping physically fit.

Also, the Fitness Room is equipped with rowing machines, wrestling wheel, stall bars, chinning bar, mini gym, and chest pulley weights. There is a ping pong table set up in the Fitness Room -- so, challenge your partner -- stop by and enjoy a fast game of ping pong. You may also want to spend some time using the shoulder wheel or the wrist wheel.

The Mat Room may be used for your own free exercise time. Shower rooms are available for your convenience.

The Equipment Room stores various items which are available to you for check out upon presentation of your ID card. Items include: tennis racquets and balls; softball bats and balls; footballs; volley balls; basket balls; golf clubs; bicycles; medicine balls; Everything is for use by male and female -- no discrimination between the sexes. Come on out girls and do your thing too!!

SLIMNASTICS

Classes are held every Tuesday evening, beginning at 7:30 in the Mat Room, Rec/Ath. Bldg. This program is available to all campus personnel and there is no registration fee.

SOCCER CLUB

The Soccer Club will hold a meeting Thursday, February 21 at 4:30 p.m. in the Recreation / Athletics Building. PLEASE PLAN TO ATTEND ! This is a very important meeting.

MARTIAL ARTS

Are now being held every Monday and Thursday evenings from 7:30 p.m. to 9 p.m. in the Rec/Ath. Bldg.

BASEBALL CLUB:

The Baseball club will meet on Wednesday, February 27 at 2:00 p.m. in the Recreation / Athletics Building. Everyone interested in joining the baseball team should be present at this time. Also, the club fee is \$5.00 will be payable at this meeting.

JUDO CLUB

Meets every Wednesday afternoon at 1 p.m. in the Rec/Ath. Bldg.

IM Basketball

WEDS. FEB. 13:
Crimson Tide - 40
Brotherhood - 34

Foul Balls - 28
Space Cowboys - 12

THURS. FEB. 14:
Fac-Staff - 32
P.S.E.A. - 25

Rat Patrol - 39
Little Rascals - 21

Meat City - 41
Boeshore's Spacemen - 37

EX G.I.'s - 62
P.S.E.A. - 58

Group therapy - 34
Fac-Staff - 27

Meat City - 27
Easy Rollers - 26

TEAM STANDINGS TO DATE:

Foul Balls	7	0
Brotherhood	7	1
Meat City	6	2
Crimson Tide	5	2
Rat Patrol	4	2
Boeshore's Spacemen	4	3
Group Therapy	4	4
Space Cowboys	3	5
Little Rascals	3	5
Easy Rollers	3	5
Fac-Staff	2	6
EX G.I.'s	1	7
P.S.E.A.	0	7

BOWLING

Six members of the Capitol Campus Bowling League attended the Association of College Union Tournament, Region 4, College Park, Maryland with Mr. Reuben M. Smitley on Friday and Saturday,

Feb. 8 & 9. Those attending were: RON SCHEIB, MURRAY SHARP, MIKE ZAYAKOSKY, PAUL HEINTZMAN, JOHN YEE and JIM HERBST. Following are the results of the bowling tournament:

Total for all 3 events for individuals

	Team Doubles	Indiv	
Murray Sharp	499	508	490 = 1497
Mike Zayakosky	479	549	462 = 1490
Paul Heintzman	529	501	444 = 1474
John Yee	567	525	443 = 1535
Jim Herbst	544	570	530 = 1644
Ron Scheib		520	

High Individual Games

John Yee	214
Jim Herbst	212, 200

BOWLING RESULTS - Wednesday Feb. 13, '74

TEAM	WON	LOST	PERCENTAGE
1. Keglers	17	7	.700
2. No Names	16	8	.667
3. "IT"!	15	9	.625
4. New Names	14	10	.583
5. Kozaks	12	12	.500
6. Remainders	11 1/2	12 1/2	.460
7. XGI's	11 1/2	12 1/2	.460
8. NADS	11	13	.458
9. Leftovers	10	14	.417
10. ITE	9	15	.375
11. Spoilers	9	11	.450
12. Dinkledorfs	4	16	.200

- No Names (3) - NADS (1)
- New Names (4) - "IT"! (0)
- Remainders (2 1/2) - XGI'S (1 1/2)
- Kozaks (1) - ITE (3)
- Keglers (3) - Leftovers (1)
- Dinkledorfs - Spoilers

500 CLUB (MEN)

J. Pruzinsky (No Names) 506
M. Sharp (No Names) 536
F. Golembeski (NADS) 536
B. Nyszczot (New Names) 534
R. Szczvrowski (XGI'S) 527
J. Herbst (Keglers) 530

200 CLUB

J. Pruzinsky 202
B. Nyszczot 212

MEN'S INDIVIDUALS

H.A. Jim Herbst 185
H.S. Mike Vitale 557
H.G. Brent Cohen 234

WOMEN'S INDIVIDUALS

H.A. Barb Keeler 129
H.S. Trudy Drake 480
H.G. Phyllis Mashman 160

Make-up week MUST be made up no later than the Eighth Week (February 27, 1974)

engineering

our greatest energy resource

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acceptance will come but there are signs that it will occur in the late 1970's. For already some firms are building apartments with solar systems for recycling sewage and water and a few schools are employing solar energy.

Reprinted, with permission, from The Washington Post.

National Engineers Week

By Sarah Booth Conroy

Some engineers have said for years that if you could insulate your house well enough, you could heat it with the BTUs generated by the children running up and down the stairs.

The National Bureau of Standards Center for Building Technology in Gaithersburg, Maryland, hasn't tried to document this maxim, but it has run a series of tests on a 1,200 square-foot, four-bedroom house to document all the other old tried-and-true cliches.

The NBS research documented what everybody who cares has known all along: proper insulation and weather stripping can save up to 55 percent on heating costs.

However, testing in the NBS environmental chamber made the facts seem so strong. Dr. James Hill, the Center for Building Technology's mechanical engineer, who conducted the tests was inspired to spend Thanksgiving Day beefing up insulation in his own attic to six inches. The tests also helped settle a long-standing argument among experts: Does it save fuel to set back the thermostat when you go to bed at night, or does the extra heat needed in the morning negate the saving?

According to Dr. Hill, the tests showed that in an uninsulated house, the largest percentage of heat loss is through the roof, walls and what NBS calls "infiltration," but which most people would think of as drafts. When a house is properly insulated, infiltration becomes the biggest factor in residual heat loss.

Dr. Roberts said windows are

a major factor with large glass areas accounting for 20 to 30 percent of the energy load because single pane glass transmits heat (summer and winter) at five to ten times the rate of well-insulated walls.

"The way in which a building is oriented can have a major effect on cooling requirements," Roberts also said. "Considering a long narrow building with windows over 50 percent of its area, placement with concern for solar heating can reduce the cooling load by 30 percent... Even as simple a thing as using trees for shade can reduce energy requirements by a significant degree."

Dr. Roberts said his test house results showed that not only should the basic shell be well insulated, but the hot water system water pipes and air conditioning ducts as well. "Reducing the heat transmission of present buildings by 10 percent and of all new buildings by 50 percent could save up to \$100 billion in fuel costs over the next 20 years.

Lights and appliances use a great deal of energy, Dr. Roberts also noted. "Studies made by NBS and others show that for the same size house with the same appliances, the energy consumption of one could be twice that of the other because of the way lights and appliances are used and in the way doors, windows and heating and cooling equipment are operated."

Reprinted from the Washington Post.

National Engineers Week

University Park, Dec. -- The "energy crisis" is helping engineering graduates to receive more and higher paying jobs, says Dr. Nunzio J. Palladino, dean of the College of Engineering at The Pennsylvania State University.

"Engineering skills are vital if we are to find a way out of the maze of problems which has been created by the energy shortage," he says.

And this helps to explain why job offers for engineering graduates are skyrocketing.

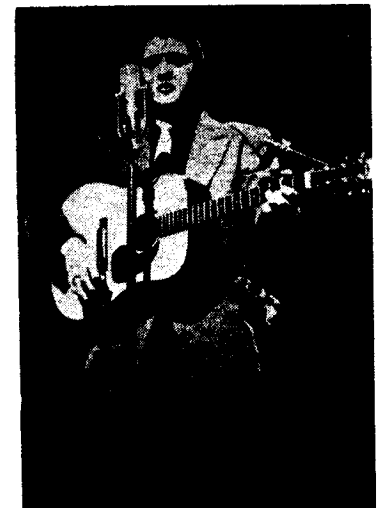
A survey by the College

Placement Council shows that employment offers for males with a bachelor's degree in engineering jumped by 83 percent during 1972-73, while women received 94 percent more offers than in 1971-72.

Despite the larger number of graduates in 1972-73 who wanted jobs, reports John Alden, executive secretary of the Engineering Manpower Commission of the Engineers' Joint Council, the recruiting competition was stronger and there were more than enough job openings for engineering graduates seeking employment. Also, further demand by employers resulted in a wider range of choice for the most sought-after graduates, Alden says.

Women in engineering seem to be doing quite well, according to surveys, and the College Placement Council reports that the average salary offer for women, \$936 per month, was slightly higher than for men, \$929 per month, in competition areas such as engineering, but was lower than men's in other areas.

"Not only is there more acceptance of women as engineers today, but there has also been a change in women, themselves," says Dean Palladino. "There're becoming less timid about entering what has for a long time been considered a man's profession."



Remember When...

READER CLASSIFIEDS

For Sale

FOR SALE: One Dunlop Gold Seal 560-14 White-wall tires. Also tail light lenses for Pre 1970 MGB. RCA two speed Portable Tape Recorder for \$20. See A. Frame at 825 B. Nelson Ave.

Expert auto repairs. All makes and models, foreign and domestic. Expert motorcycle repairs, also. All work guaranteed. Contact Ed at 846B Kirtland Ave. in the Heights, or call 944-0532, reasonable prices.

Capitol Campus Chess Club meets Wednesday noons in the Gallery/Lounge. Everyone: Faculty, staff, students are invited to learn to play. Play to Learn.

12' x 70' mobile home - three bed - can be had by taking over payments - \$102.00 a month. No furniture. Must be removed from the premises. Call 534-2046 after 4:00 p.m.

Wanted

WANTED: Believers in Satanism. "Serious" - no fakes. Contact Carl 944-1556. Witches need not answer.

HEADS WANTED - If you are interested in meeting with other beings from the same planet or just want to rap, come to the Head Shop meeting at the Middle Earth every Monday night at 7:30.

Students for Student Security Force - Male or Female - Must be over 18 (no Problem) and have driver's license (Pa. preferred). Apply with Peg O'Hara in Placement Building or call 787-7734. Operation starts this Spring Term.

Services

Radio - TV repairs, will make house calls, guarantee service, very reasonable. Call John at 944-3078 or 925 B Flickenger.

Rug shampoos for rent - special discounts to Penn State students; with ID! Call 944-4262 ask for Tom.

Personals

Nice to have you back. Thanks.

How is the gas in Rhode Island and who said that you are not much of a Valentine?

Don't forget to buy another can of whipped cream - wrong?

Two women looking for peace of mind - contact Lisa and Charlie in W-104.

Welcome back - friend.

Bold hair cut looks just fine.

C.C. Reader people are crazy!

Two days is such a long time and I still did not get any sleep.

Just how can I tell you?

Wanted a burnt cookie from C.M.

Wanted one female--must cook, sew, clean, and appreciate a warm bed. Call third floor Church. Ask for room 302.

Lost and Found

Check it out in 114.
