

## Rec/Ath Programs

### Announced

The following programs are being offered in Recreation - Athletics for the Fall Term. Anyone interested, stop by the Rec-Ath Building, or call 787-7751.

#### SLIMNASTICS:

The YWCA began Slimnastics classes Tuesday, October 8th, at 7:30 p.m. in the Recreation - Athletics Building. This program is available to all campus students, faculty and staff. There is no charge for this program.

#### DIET CLASS:

This is a new program, being offered for the first time on campus. It will consist of a 10 weeks course for \$18.00. The main purpose of this class will be to teach muscle toning exercises and liberal realistic balanced diets. All Campus personnel are invited to join--MALE & FEMALE!!!! For further information call 787-7751 or 232-4614. LOOKING FORWARD TO SEEING LESS OF YOU!!!

#### CHEERLEADERS:

We are again in need of a good squad of cheerleaders. Anyone interested, please stop by the Recreation - Athletics Building or call Iris Prager, 787-7729.

The following Club Sports are in the process of forming for the Fall Term. If you are interested in any of the following stop by the Rec-Ath Building or call 787-7751:

GOLF; SOCCER; CROSS COUNTRY; WRESTLING  
VARSITY BASKETBALL:

Members are needed for the 1974-75 season. Try-outs will be held within the next few weeks. If you are interested, please stop by or call 787-7751. A scrimmage game is scheduled with York Campus on November 12th. Interested persons meet Monday, Oct. 14 at 7:00 p.m. in the Rec-Ath Bldg.

**PLEASE NOTE:** All Club Team and Varsity members must have physicals prior to participation in any game!!! Please stop by the nurses station as soon as possible to have this done. Preliminary physicals will be given on Mondays, Wednesdays and Thursdays; the Doctor will be in on Tuesdays and Fridays to complete your physical. The preliminary physicals are Very Important!!! They save you and the Doctor a lot of time on the days he is on Campus!

#### ARCHERY:

Archery will be offered for the Fall Term 1974, depending upon response.

Plans are being made to offer instruction in the following activities: Marksmanship; Fencing; Judo.

For further information, contact the Recreation - Athletics Building.

#### BUILDING HOURS:

Recreation-Athletics Building: Monday thru Friday - 8:00 a.m. to 9:00 p.m. and Saturday & Sunday - 3:00 p.m. to 9:00 p.m.

Base Gym: Monday thru Friday - 6:00 p.m. to 9:00 p.m. and Sat & Sun. - 4:00 p.m. to 9:00 p.m.

## University-Wide COP

By Patricia Gross

UNIVERSITY PARK (APS)  
-- The Council of Presidents (COP) is defunct, but the Council of Branch Campus Student Governments is alive and well.

COP reorganized last spring term at the recommendations of a task force implemented to study the existing organization. The task force sighted lack of leadership pattern, limited intra-council communications, no plans for continuity and low attendance at meetings as the major reasons for the changes included in their report, which was presented to the Council in April.

The task force devised an organization comprised of the following: Student Government president from each campus, a Council Chairperson and a Council Coordinator. The new organization, the Council of Branch Campus Student Governments, would act as the official representative voice of students attending commonwealth campuses.

Mike Cassidy from Altoona Campus is this year's Council Chairperson. He will preside at all Council meetings, establish and appoint committees and serve as liaison between member campuses and between the Council and other University organizations and offices.

To increase the effectiveness of intra-council communications, a University Park student, Bob DeWitt, was chosen as this year's Council Coordinator. He must attend all Council meetings and act as parliamentarian, but he is not a voting member of the Council.

DeWitt will maintain an office at University Park in which he will conduct all Council communications, prepare and distribute an agenda for all meetings and record and publish the proceedings for Council meetings.

DeWitt will receive a stipend of \$225 per term for his services. Each campus will be assessed a fee of approximately \$64 per year to finance the Coordinator's stipend and office supplies.

In another move to unify the Council, it was decided that all meetings of the Council will be held at University Park. The first meeting of the term was Oct. 5 in the recreation lounge of the Pollock Union Building. All meetings are open to the public.

## Natural Health Secrets

### Good Eating?

By Ronnie Wer

Since the purpose of this paper is to inform and hopefully entertain I have decided to write this column. The purpose of this column will be to help you to live longer and more economically in these days of inflation. Each series of articles will contain information on natural ways of living and-or economical but delicious natural food recipes. To start things properly I shall at this time give you The Ten Commandment of Good Health and Long Life:

1. Thou shalt prefer protein foods that are the staff of life, the rebuilders of cells and tissue and regenerators of the organic processes.
2. Thou shalt avoid starches and fats for they shorten life and rob thee of vigor and vitality.
3. Thou shalt curtail the demons of intemperate drink and smoke.
4. Thou shalt be active in the sport of thy choice, resolving to devote time to physical activity every day of the week, including the Sabbath day.
5. Thou shalt exercise and strengthen thy lungs that purify thy blood with nature's elixir --- oxygen.
6. Thou shalt conquer worry, arch enemy of body and mind.
7. Thou shalt partake of vitamins in foods or in pill form for they are the spark of life.
8. Thou shalt visit thy physician and dentist twice a year and abide by their counsel.
9. Thou shalt give thy body rest thru sleep and relaxation so that nature may repair the day's strain and stress.
10. Thou shalt do everything in moderation, eat, drink, work and love.

## Ode to a

### VD Germ



by Romeo Trajanus

Spiral shaped, sometimes round,  
You measure your victims pound-by-pound.  
And as the population continues a-growin',  
The harvest you reap,  
you are always a-sowin'.

A pieceful creature, who just loves lovin',  
Your best friends (when you need them),  
are always there comin';  
But though in ounces we may you measure,  
We can't count the pain you bring after pleasure.

And though you're hated  
by with whomever you spend time,  
Your situation calls to mind this little rime:  
Your biggest enemy isn't Matt Dillon,  
'Cause you can only be shot by Penecillin

(If VD is for everyone...  
why not spread it around?)

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