

SGA Junior Election Results

STUDENT GOVERNMENT ASSOCIATION
November 1, 1974

Business	
++ Paul Mathis	78
+ Chester Gregoreski	68
Paul Bailie	23
Fred Clark	1
Elementary Education	
++ Bette Karp	37
Nancy Hughey	1
Math-Sci.	
Stewart Marks	1
Henry Marquiss	1
Humanities	
++ Steve De Frank	25
Eileen Hogg	1
Ed Thomas	1
Howard Grey	1
Engineering	
++ Richard Laychock	62
+ Daniel Martin	57
+ Jorn Jensen	37
Scott Deardorff	29
Lew Ruffing	11
Mark Warchol	8
Rodney Metzger	1
George Peterson	1
Soc. Sc.	
++ Robert Bayer	119
+ Donald Gibson	50
Eileen Hogg	1
Ed Thomas	1

++ Division Senator
+ Senator-at-Large

OFFICIAL ELECTIONS RETURN
371 Ballots Cast
29 Disqualified
8 Void
334 Accepted

THE ELECTIONS-SCREENING COMMITTEE
A SUBSIDIARY OF THE S.G.A.

Natural Health Secrets Good Eating

What is good eating? Good eating is to being properly nourished. To do this, we must have well-balanced meals. We must use those foods that supply our body with all the necessary elements in easily digestible form and exclude all those foods that are incomplete, inadequate, deprived of essential nutrient values, and overtax our digestive and eliminative organs. We must have proteins or tissue-building foods, carbohydrates or sugars and starches, which provide our body with fuel and energy. And we must have the protective foods, the foods that supply us with an abundance of minerals, vitamins, and enzymes. In general we get proteins from meat, fish, eggs, milk, cheese, soybeans, nuts, and in lesser amounts, fruits and vegetables; for carbohydrates: bread, cereals, corn, potatoes, all the root vegetables such as carrots, beets, parsnips, as well as a great variety of fruits and berries; and for minerals, vitamins, and enzymes; cabbage, carrots, beets, celery, parsnips, spinach, kale, escarole, dandelion, watercress, broccoli, chicory, green peas, Swiss chard, and peppers, as well as all other green and root vegetables. To help you have better nutrition, go to a good "Health Food Store" and buy the following: (Make sure all are ORGANIC and not synthetic).

1. Vitamin-Mineral Tablets
2. Vitamin B-complex Tablets
3. Vitamin C Tablets
4. Vitamin E Tablets
5. Multi-Mineral Tablets

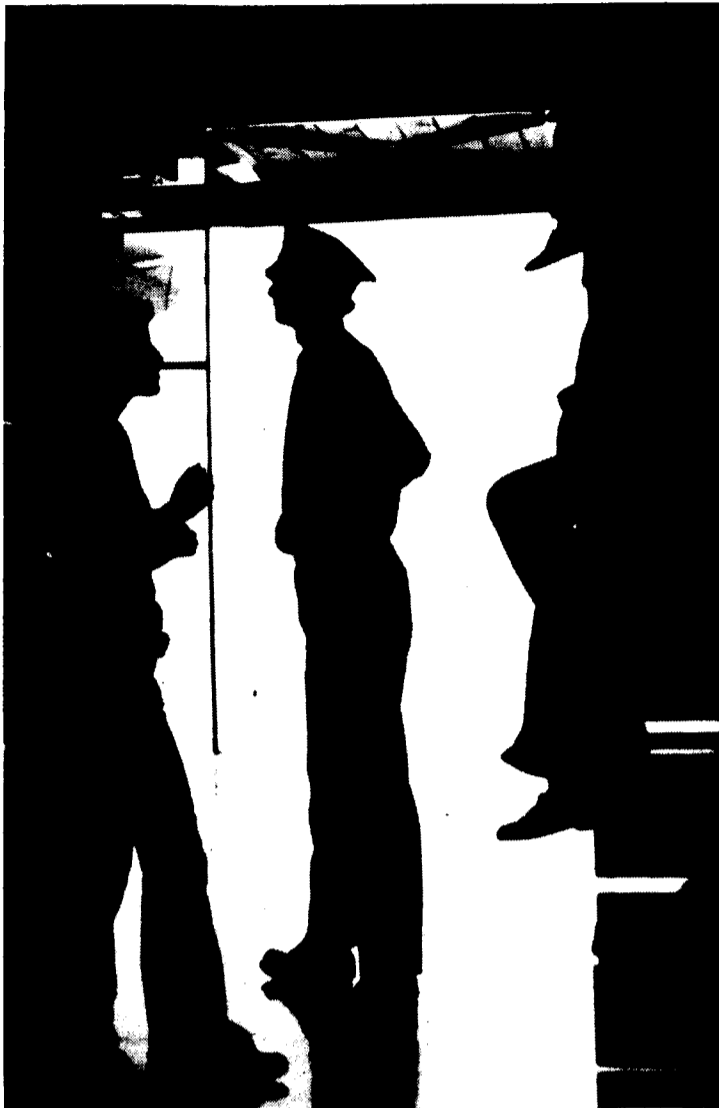
(TAKE ONLY ONE TABLET OF EACH IN THE MORNING)
Add the above to your daily diet and you cannot go wrong.



SUNNY SOUTH . . . We've had snow and seasonal record temperatures in some sections of the country, but no bother to pretty Nancy Faircloth. She lives at Daytona Beach, Fla., and likes to spend afternoons at the city marina.

ALL-U DAY

Photographs by Prouser



Security guard stands vigil at Loggins-Messina concert on All-U Day.



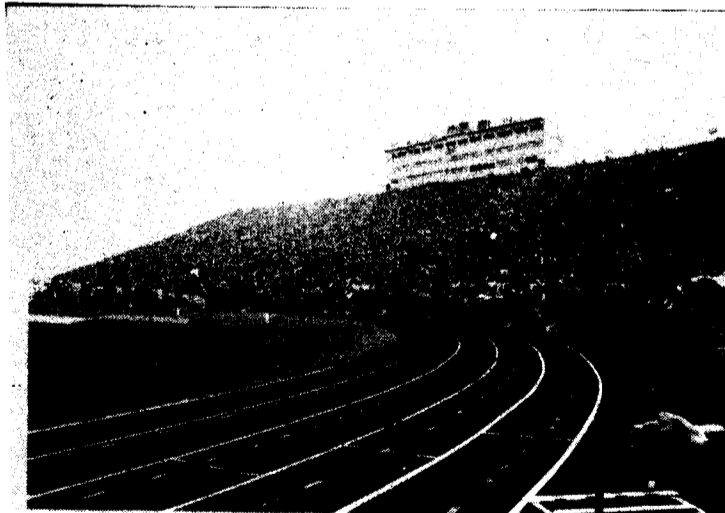
Dr. Oswald, President of Penn State University, arrives for Maryland football game on All-U day.



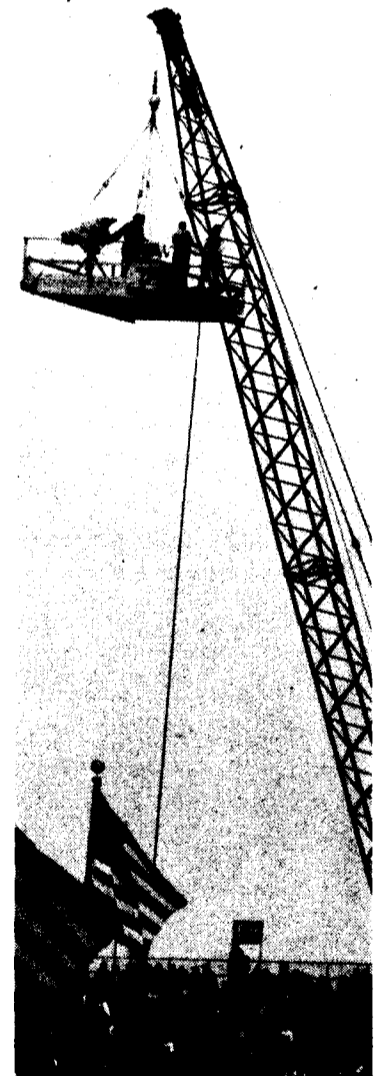
Nittany Lion takes a Magic Carpet Ride after Penn State's first touchdown on All-U day against Maryland.



Photographers cover action as Penn State drives against Maryland on All-U Day.



Over 60,000 fans packed Beaver Stadium as Penn State stopped Maryland's win streak in a 24-17 thriller on All-U Day.



ABC Sports' camera is perched high above Beaver Stadium televising PSU-Maryland football game.

Hermitage

This poem was written after I asked a friend to select a topic that would be appropriate. He responded, "There ain't no broads at Capitol Campus." Perhaps this will address itself to that particular problem.

It's looking for a soft expression,
The smile that turns the ice to dew,
The yearning for a tender touch,
The warmth and glow of female hue.

It begins, the deep depression,
When things we were accustomed to,
Now are clouds at which we clutch,
And yesterdays, our thoughts pursue.

Yet life is but a quiet procession,
And this hermitage just a passin' thru,
For while today is what we touch,
Tomorrow's the place we're destined to.

Evans