

Recreation/Athletics

YOGA CLASSES

A six week course in Kripula Hatha Yoga is being offered to the students-faculty-staff of Capitol Campus. It will cover many postures (including the 12 basic ones), breathing & relaxation techniques, and short discussions on other aspects of yoga, such as diet. The fee will be a sliding scale, depending on the number of people who enroll. For a minimum of 10 people it would cost \$25 each; for 12 people, \$22 ea.; for 15 people, \$18 ea., etc. down to only \$15 each for a maximum of 20 people. The course will begin on Thursday, Oct. 13 from 7 to 9 p.m. in the mat area of the multi-purpose room, upper level, and will continue through Nov. 17. If interested, please call 787-7751, or stop by the Rec-Ath Office to sign up. The instructor for this course is Ms. Marylou O'Keefe and she can be contacted at 367-1222 (Elizabethtown).

RACKETBALL LEAGUE:

Racketball is fast becoming the most popular recreational activity at Capitol as 24 entries registered for the IM League. According to Bud Smitley, Rec-Ath. Coordinator, the league will be divided into 2 divisions, playing a round robin schedule. At the completion of the schedule, the top 4 players in each division will play a single elimination tournament to determine the league championship.

MARTIAL ARTS

Martial Arts classes will once again be offered to all students-faculty-staff for the fall term. The instructor will again be Mr. Charles Cavrich, a very qualified instructor. Martial Arts is basic instruction in the arts of judo, karate, and self defense. Classes will begin Monday, Oct. 3, 7:30 to 9:30 p.m. in the mat area of the multi-purpose room, upper level, and will be held every Monday evening throughout the term. The fee is \$10 per person. A ghi is available for check out upon payment of fee.

BASKETBALL

The first varsity basketball meeting will be held on Monday, Oct. 3, at 3:30 p.m. in the new gymnasium located on the lower level of the new multi-purpose building. All persons interested in trying out for this sport are urged to attend. Pre-season practices will be held from 4 to 5:30 p.m. on the following dates: Wed. Oct. 5; Fri. Oct. 7; Mon. Oct. 10; Wed. Oct. 12; and Fri. Oct. 14.

FLAG FOOTBALL

The flag football season gets under way this week. Schedules and rules are available at the Rec-Ath Office. Games will be played on "C" field located next to Main Building. Ten teams are entered and they are: 69'ers, C-Dogs, Valiant Bros., Doughboys, The Droids, TKD, X.G.I.'s, Joint Effort, Bushwackers, and Brotherhood.

SOCCKER The soccer season has now begun—don't forget to come out and support your team. They like to know you care!! Come out and cheer them on!

CROSS-COUNTRY

The cross-country team lost it's first match at Philadelphia Bible College with a score of 18 to 44. The best times for Capitol Campus were performed by Dan Connelly with 34:27 and John Berchick with 35:16 on the 5 mile course.

SOFTBALL

Due to lack of interest, the proposed softball program for fall has been cancelled.

There will be an organizational meeting of the Capitol Campus Chess Club, Tuesday, Oct. 4, 2 p.m. in the Gallery Lounge. All members of the campus community, chess players and those interested in learning, are invited. If you cannot attend this meeting, but you are interested, please leave a message in The Chess Club mail box in Student Activities.

Racketball Courts

Racketball courts in the Multi-Purpose Bldg. are available through reservation. You may stop by the Rec/Ath office, Room 121 or call 787-7751 to reserve a court. There is a one hour limit for playing time.

Notes And Stuff

FROM: Marjorie Siegel, Philip Morris Incorporated, 100 Park Avenue, New York, New York 10017

NEW YORK, N.Y., Sept., 1977--Philip Morris Incorporated has announced its ninth annual Marketing-Communications Competition for College Students. The purpose of the competition is to provide students with a practical and realistic business project, bringing them into direct contact with the business community.

A \$1,000 grant will be awarded to the winning entries at both the undergraduate and graduate level; runners-up will receive \$500 grants, and other finalists in the undergraduate and graduate categories will receive special merit awards. Entries may deal with any aspect of the broad areas of marketing-communications related to Philip Morris Incorporated, its operating companies or any of its non-tobacco products.

Student chapters of professional societies, regular classes or ad hoc committees of no less than five students at the undergraduate level and no less than two at the graduate level under the counsel of full-time faculty members may submit proposals.

A distinguished committee of marketing-communications experts will judge selected entries. They are: Eugene H. Kummel, chairman of the

board, McCann Erickson; Mary Wells Lawrence, chairman of the board, Wells, Rich, Greene; Arjay Miller, dean, Stanford University Graduate School of Business; William Ruder, president, Ruder & Finn; and James C. Bowling, senior vice president, Philip Morris Incorporated.

In addition to the grants, two student representatives and the faculty advisor from each of the winning and runner-up committees will be invited to be Philip Morris's guests at corporate headquarters in New York or at another corporate location to discuss their proposals with Philip Morris executives.

For additional information, please contact Marketing-Communications Competition, Philip Morris Incorporated, 100 Park Avenue, New York, New York 10017

Capitol Campus is offering a workshop entitled "Time Management New Tool for Secretaries," according to Ron Melchiorre, Area Director for Continuing Education at Capitol Campus.

For further information contact the Office of Continuing Education, Penn State Capitol Campus, Middletown, Pa. 17057 or phone (717) 787-7753.

Most employers think twice about hiring people with criminal records.

Phone fraud will result in a criminal record.

Think twice.



Bell of Pennsylvania



"I FIGURED THAT IT'S TIME TO START CHECKING-OUT THE JOB SITUATION SINCE I'M GRADUATING TOMORROW!"

ATTENTION 10th + 11th TERMERS! NOW IS THE TIME TO GET OVER TO THE PLACEMENT OFFICE! MOST OF THE BEST JOB OFFERS ARE TENDERED AND ACCEPTED MONTHS BEFORE GRADUATION! **MORAL** THE EARLY BIRD CATCHES THE WORM!!