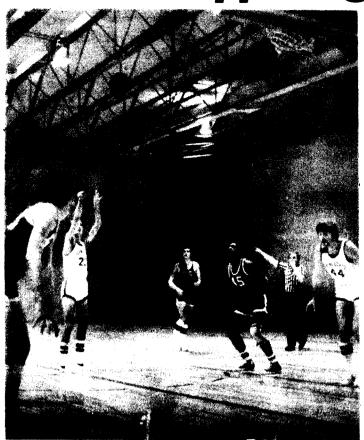
## C.C. Reader January 12, 1978 What's Happening In Recreation And Athletics



(ABOVE) Ed McKeown (20), sinks a foul shot for Capitol. (BELOW RIGHT) Rick Klotz(41) goes up for a jump ball against a York College defender.





### **Multi-Purpose Building**

Hours for Winter Term 1978: Monday thru Friday: 8:00 a.m. to 9:30 p.m.; Saturday & Sunday: 1:00 p.m. to 8:00 p.m.

All racketball courts must be reserved and playing time must be limited to one (1) hour. Reservations can be made by calling 787-7751, or stopping by the Rec /Ath Office, Room 121.

The Multi-Purpose Room (Upper Level) has a lot to offer all students, faculty, and staff at Capitol. In addition to the two (2) universal gyms there are the horizontal ladder. collegiate climbing rope, indoor bicycle, double twister, treadmill, real runner, rowing. machines, weights and barbells, etc. During the short time our new building has been open there has been a very open disregard for new equipment. We would like to ask you, Please!!!....Take care of this fine facility--Please replace the weights and barbells in the racks provided for them. Do not walk away from weight lifting area and let weights and barbells scattered everywhere! Do not take the weight lifting

equipment on the wrestling mats or into the dance area (mirrored section)! Remember-the facilities are for your use-help to make them last a long, long time!!

The following equipment can be checked out for student, faculty, staff use: racquetball racquets, basketballs, volleyballs, table tennis equipment, and jumping ropes. The following facilities are available also: Multi-Purpose room, which includes weight area, wrestling area, gymnasium, and racquetball courts.

Also--a reminder, the students, faculty, staff of Capitol Campus are permitted two (2) guests with a valid Penn State ID card. It is requested that all guests sign the "GUEST LOG" available in room 121.

#### IM Wrestling Tournament

Plans are being made to conduct an intramural wrestling tournament during the month of February. Anyone interested should register at the Rec /Ath Office, Room 120 or 121, in the Multi-Purpose Building.



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IM Basketball

Anyone desiring to enter a team in intramural basketball must submit a team roster to the Rec /Ath Office no later than Friday, January 13th, at 4:30 P.M.

There will be a meeting of anyone interested in officiating intramural basketball on Friday, January 13th, at 4:00 P.M. in the Rec /Ath Office, Room 120.

#### **Intramural Volleyball**

Rosters for IM volleyball must be submitted to the Rec / Ath Office no later than 4:30 P.M., Friday, January 13th.

#### Varsity Basketball

The Capitol Campus cagers played their first game for the Winter Term on Saturday, Jan. 7, in the new gymnasium! They scored their fourth victory by defeating Steven's State Technical School 60 to 54. Virgil Jules scored a total of 19 points, Bob Cara 6, Kris Elish 8, Terryl Ferrell 9, Ed McKeown 2, Rich Klotz 8, Bob Reynolds 8! Keep up the good work team!

Thursday, January 12th, at 8:00 P.M. Capitol Campus will host the team from Lancaster Bible College. Be sure to be here to cheer the team on to another victory! They need your support!

#### Women's Basketball

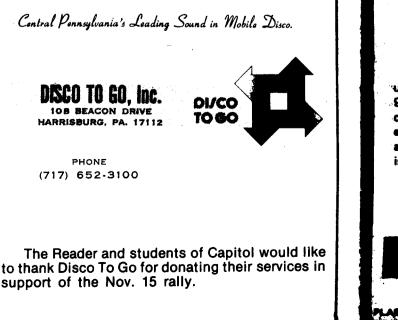
The women's basketball team has organized & are ready for action! They will play on their home court Thursday, Jan. 12 at 6:00 P.M. versus Charlie's Angels, a team from the Harrisburg area. Do not let this hard working team down--Be at the gym on this day & help cheer them on!

If there are any women on campus interested in becoming a part of the basketball team, it is not too late--Stop by the Rec / Ath Office for further details, or call 787-7751. The women's programs that we try to organize at Capitol are only as successful as you make them!!

Cheerleaders

The cheerleaders were present for the first home game of this season and they looked very impressive! Their enthusiam indicates a very good year for Capitol Campus cheerleaders! Keep up the good work, ladies and don't lose that spirit! A great big thank you to Evelyn Thomas for organizing this group.





# Can You Book With Just One Hand?

Your time is valuable. You can make it more valuable by studying in a doner chair at Sera-Tec. The 90 minutes you spend at your derm or apartment could be spent making a donation of plasme that can earn from \$60 to \$100 per month. The contour chairs are confortable, the lighting is excellent, the "work" is effortless and the lives you save are irreplaceble.

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