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Phone: 944-0741

closed Monday
Tue. thru Thur. 11 a.m. - 12 midnight
Fri. - Sat. 11 a.m. - 1 a.m.
Sun. 1 p.m. - 9 p.m.

AS YOU LIKE IT



MADE FROM SCRATCH

ATTENTION EVERYONE:

If you are interested in helping out in the Spring Concert and especially in the area of Crowd Control, please contact:

Phillip Geigert 944-0355
Mark Viehman 944-9106
Dave Gadd 944-4178

We need at least 60 people to effectively carry out our objective.

If you want additional information stop down at the round table in the main lobby between 1:30 - 3:00 on Mon., Tues., Thurs., or Fri.

Jump Rope

Want to get trim for the bathing suit season? Try jumping rope. It is an exercise that can be done just about anywhere. The benefits are: Stronger wrists and ankles. Trimmer thighs, hips and legs. Improved balance and coordination. In terms of overall exercise for the cardiovascular system, jumping rope for 15 minutes is equal to: three sets of tennis (singles), running one mile in eight minutes, bicycling three miles in nine minutes, walking two miles in 20 minutes.

Recreation And Athletics

CAMPUS BASEBALL TEAM

The Capitol Campus baseball team defeated Messiah College in a Doubleheader on Saturday, April 8. Gary Connors was the winning pitcher in the first game, with a home run scored by Steve Scandura, and the winning run was brought in by Frank Zeak. Gary Owens was the winning pitcher in the second game, with a save by Gary Connors, and the winning run was brought in by Paul Arbuckle. As evidenced by the wins, the team as a whole played excellent offensive and defensive baseball. Three cheers for the baseball team. Cheers for the coach Terry Eberle. The next home baseball game will be played on Tuesday, April 18, at 3p.m. when Capitol Campus meets Ogontz Campus. On Saturday, April 22, at 1p.m. a doubleheader with Lincoln University will be played at home. All home games are played on the Little Hollywood Baseball Field in Lower Swatara Township.

There will be a brief meeting for those interested in running Cross Country next fall on Monday April 24th, in the gym at 3:30.

The Annual PSPE Bathtub Race will be held at 3 p.m. on Wednesday, May 10. Pick up the rules and an application in Room W-261. Enter your tub and win some of the suds!

TENNIS

The Capitol Campus tennis team has several home matches scheduled for April. On Saturday, April 22, at 1:30p.m. they will host Eastern College; on Monday, April 24, at 3p.m. they will meet Millersville College; and on Tuesday, April 25, at 3p.m. they will host the Berks County Campus team.

IM SOFTBALL

The deadline for submitting softball team rosters is Thursday, April 13. Games will be scheduled for the next week. All schedules, standing board, and any pertinent information will be posted by the recreation athletics offices, lower level, Multi-Purpose Building. Team Rosters are unlimited and the team fee is \$10.

BUILDING HOURS

Effective Monday, April 17 - The building hours for use of the Multi-Purpose facilities will be from 8a.m. to 9p.m. Monday thru Friday. The students on duty will begin making their rounds through the building at 8:30p.m. to alert all those in the building that they have 1/2 hour in which to change apparel, shower, etc.

VARSITY BOWLING TEAM

The varsity bowling team has a home game scheduled with Drexel University on Saturday, April 22, at 1p.m. All home bowling games are played at the Middletown Bowling Lanes. Stop by and support your campus bowling team.

Hours Cut

Due to the loss of one student employee in the Department of Safety and Security, our evening business hours will be limited to Tuesday and Wednesday evenings from 5 p.m. to 9 p.m.

Note

The Central Heating Plant will be shut down from June 11th to June 18th for annual maintenance. There will be no domestic hot water available in the Main Building, Dormitories, and Student Center during the shut down.

CPR Course

The response to the C.P.R. training course offered April 25-28 was very good, as a result of this another course will be opened May 2 & 4th and May 3 & 5th from 2 to 4 p.m. in Rm. #212. If you are interested please contact Mrs. Kresge, W102, before April 20th. The classes are limited to 6 persons per class.

If you would prefer taking a course in the evening please contact Mrs. Petrosino in W102.



CLASSIFIEDS

Reader classifieds are published free as a service to the students of Capitol Campus. Classifieds should be left at the Reader office (W-129) or in the mailbox in the S.G.A. office (W-110).

ROOMATE Wanted immediately for a two-bedroom apt. located in Highspire—only two minutes away, dishwasher, washer and dryer. Cheap and convenient!! Phone 939-1080.

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