

PEOPLE & LIFESTYLES

Punch Of The Living Dead

Spring and summer tend to make free spirits a bit freer, a phenomena wich frequently culminates in a lot of parties and picnics. Food plays an important part in these gatherings, but since man cannot live by bread alone, we must have drink, too.

And, oh, what drink we shall have! Imagine a chilled bowl of rosy effervescence brimming with fresh fruit and absolutely rife with alcohol.

This delightful and remarkably effective beverage is most deserved of the name "punch", as it has the capability of knocking overindulgers on their you-know-whats.

But don't let this warning disillusion you. This punch is easy to concoct and your guests will love it.

PUNCH OF THE LIVING DEAD (makes approx. 1 1/4 gallons)

Mix in a large bowl:

1 quart grapefruit or pineapple juice
1 quart orange juice
Juice of two limes
Juice of one lemon
1 quart Seven-Up
1/2 cup grenadine
1 fifth "151" rum or 2 fifths white rum

Add:

4 sliced oranges
2 sliced limes or lemons
1 eight oz. jar drained meraschino cherries
1 medium peeled, chunked fresh pineapple

Before serving add a block of ice.



Outdoor Club Raft Trip

BY SUSIE MURPHY

The Outdoor Club sponsored their annual whitewater raft trip down the Youghiogheny River near Pittsburgh the weekend of May 13 and 14. Seven Capitol Campus students paddled the exciting seven and one-half mile trip down the

river on a rubber raft. Each raft, with a crew of four, navigated through the rapids, whirlpools, and around the boulders. We almost lost one when he fell in, but luckily he bobbed back up and was pulled safely back into the raft.

The river was high—so high

that only one-half inch more rain and all trips down the river would have been cancelled. They camped in the rain all weekend and the raft trip Saturday was cold and wet, due not only to the river, but also to the rain. But it dampened only the bodies, not the spirits.

Paella My Way

BY ANDY ARCE

Paella (Spanish or Valencian Rice)
8 servings

It is in the part of Spain where rice grows that the most interesting rice dishes are to be found and from where they originate—along the coast between Alicante and Valencia. The famous Paella or Valencian rice is a dish which can range from the most luxurious meal garnished with every type of chicken and seafood, to the poor man's staple-making use of scraps of food of every description. The Spaniards, have discovered that rice

There are many variations of this dish for no two people ever turn out an identical paella. The following recipe is my version adapted for ordinary kitchens since the original paella is cooked over a charcoal fire with a paellero (the cooking vessel which gives the dish its name). In this case, an ordinary lidded cassarole dish or a very large frying pan will suffice.

1 tender chicken (cut into 6 or 8 pieces)
1 doz. snails or clams
1 doz. mussels
1 small tin of artichoke hearts
1 pint prawns or shrimps
1 pound cooked white fish (haddock, flounder or perch)
1 pound rice (long grain)
2 garlic cloves, chopped
2 onions chopped
4 tomatoes chopped
1 small can (3 1/2-4 ozs.) of tomatoe paste
1 can of small early peas
2 pints of water (2 cups for every cup of rice)
olive oil
8 to 10 ozs. of garlic sausage (chorizo) (sliced)

1 small can of black olives (pitted)
1 tbsp saffron (2 if you are Spanish)
1 small tin of pimentos
1 small tin or jar of sweet peppers
2 or 3 bay leaves
oregano
black pepper (ground)
2 cubes of chicken bouillion
white wine (dry)

Heat about 1/2 pint of olive oil in a paellero or large frying pan. Add the chopped garlic and cook the chicken slowly, basting all the time until golden.

Add the onions, garlic, black pepper, bay leaves and oregano. Add the rice and cook for about 15 minutes over a low flame. By this time the rice will have turned slightly golden. Then add the tomatoes and tomatoe paste and stir briskly so the ingredients are evenly distributed.

Add the 2 pints of boiling water into which the saffron and bouillion cubes have been dissolved. Then immediately add the garlic sausage, sweet peppers, early peas, and the artichoke hearts. Stir again to combine ingredients. Before the rice is dissolved add the snails or clams, mussels, shrimp or prawn, the black olives and the white fish and stir slightly. Then garnish the dish, while it is still cooking, with the pimentos. You may want to add the black olives at this point instead of earlier. Don't stir in the pimentos. Cover the pan and cook over a low heat until the rice is dissolved (about 15 minutes). When the rice is almost finished add 1/2 to 3/4 cup of dry white wine and heat for 3 to 5 minutes. Serve immediately.

Spring Concert Thank-Yous

On Saturday, May 20, the 8th annual Capitol Campus Spring Concert took place. From the size and reaction of the crowd and the amount of trash remaining, the concert can be considered a success. The groundwork for this success lies with the people who made the concert happen. Now that the concert is a thing of the past we, the Concert Committee, would like to thank those people who made it possible.

We extend special thanks to:

Dr. James South and

Roberta McLeod for giving us the opportunity to hold the concert.

Mr. Donald Patterson, Mrs. Jean Kresge, and Mrs. Bonnie Petrosio for their outstanding work in W.H.O.

Mr. Jim Paul and the Security Force for their extreme patience, cooperation and hard work in providing security and direction.

Mr. James Rorabaugh, Mr. Joe Kemp, Mr. George Brown and Mr. Mike Dabrishus for their equipment, experience and time.

We would also like to thank Slow Joe Krow, Another Beginning, Hit and Run, Small Axe, Oz and Still on the Hill for their performances; McDonald's for their food; SGA for the initial money to run the concert; and all the organizations who donated money in order to keep the concert going.

We express our deepest appreciation to the chairpersons of the various subcommittees: Carolyn, John and Rich of WHO; Mark, Phil and Dave of Crowd Control; Joe, Diane and Paul with Traffic; Carl, Bill and Mark in Music; Kathy with Cleanup; Joyce, Kathy and Linda with Publicity; Steve and Kim with Supplies; Joe, Ken and Tom of the Stage Crew; and Chet and Mike, our MC's.

We would also like to thank those students who volunteered to walk around, direct traffic, provide first aid and pick up trash. You people made the concert work especially those who worked more than their two hours. Special thanks to all those who helped clean up on Sunday.

If anyone has been omitted, we are sorry we forgot you but let it be known that we appreciate your efforts as much as those we mentioned.

Finally, thanks to everyone who helped. We could not have done it without you.

Millicent Lavelle, Chairperson
Catherine Adair, Bus. Mgr.

UPTIGHT ABOUT FINALS?

RELAX! COME SEE

THE
EMIGRANT'S DAUGHTER

and

THE BOOK AGENT

ONE NIGHT ONLY!

June 5, 1978

8:15 P.M. in the auditorium

FREE ADMISSION!