

Lifestyles

Racquetball Craze

By Lyda Baker

Smash!
The ball leaves the racquet.
Fast. Hard.

It slams low in to the front wall. Springin off, it flys back, skimming inches above the floor.

A lunge to the side. Knees hit. Elbows hit. There is no

return. A game is won.

Action is racquetball. And racquetball is in full swing at Capitol Campus.

Eighty-nine hours a week the four courts in the Multi-Purpose Building are in use.

Students hungry for the challenge of the game schedule the courts a week in advance.

However, aside from the challenge, the continuous sprinting, the opponent dodging and the sweating, swaeting, sweating also offer a sure way to keep in shape.

The game provides a terrific release from hours of researching and studying and writing.

Challenge Court

Capitol Campus's number four court presents a unique situation. This is the challenge court.

The day's first winner on the court continues playing until he is beaten by a challenger.

The new winner then becomes the challenged player until he is also defeated. The games continue to rotate in this way all day.

If a student needs a racquet, racquets can be rented from the Recreation/Athletic Department for a 25 cent charge.

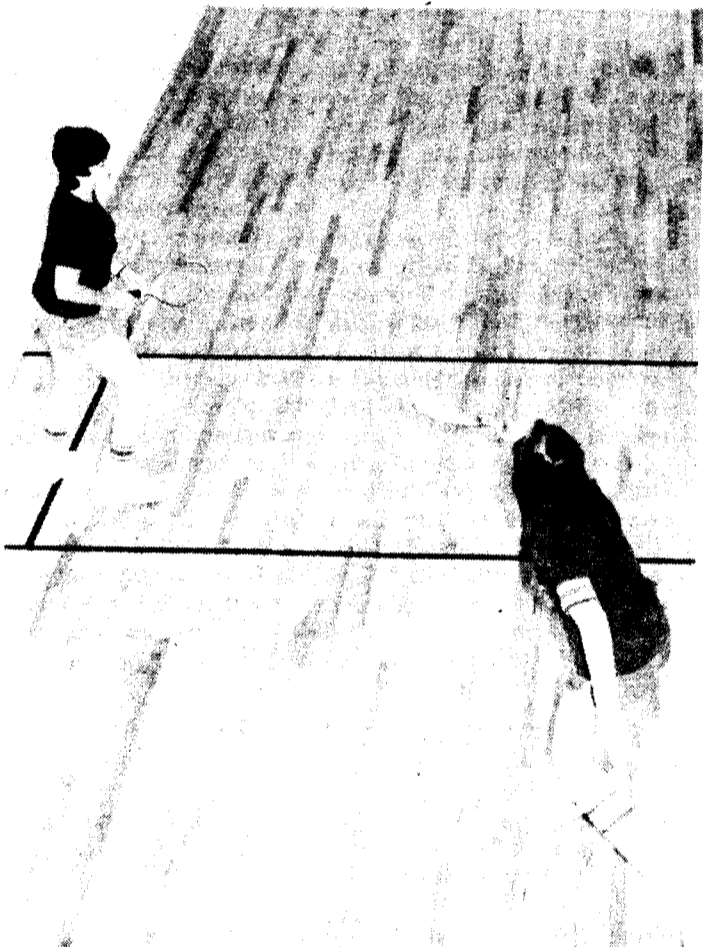
The money collected from the racquets is then used to buy new racquets when they are needed.

Players must supply their own racquetballs. However, the Recreation/Athletic Department is in the process of obtaining racquetballs for rent also.

Whether a person is a serious jock or a once-in-awhile athlete, racquetball is the sport they are turning to.

The popularity of the game at Capitol Campus is also a reflection of the national and even international racquetball trend.

Yes. Capitol Campus students are sweating in vogue with the rest of the world.



Connie Schlegel (background) and Debbie Fryckland warm up before they start their match. Both girls just recently started playing racquetball.



Life-Saving Manikins

Asmund Laerdo, immobilized by panic and ignorance, watched his daughter Anne die.

She was a victim of accidental suffocation. Determined that others should not have to experience the same horrors of inadequacy, Asmund Laerdol began to manufacture manikins for teaching cardiopulmonary resuscitation, (CPR). Today, there are thousands of "Resusci-Anne" manikins for the training of basic CPR.

A \$1,274 grant from the Pennsylvania State University Office of Gifts and Endowment has enabled Capitol Campus to purchase four manikins for basic CPR training. Classes

in CPR and the Heimlick Maneuver for choking victims will be offered every Wednesday afternoon, 2-4 p.m., and every Wednesday evening, 7-9 p.m. Sanctioned by the American Heart Association and instructed by Nurses Jean Kresge and Bonnie Patrosino, the classes will include films, slides and practical experience.

More than 13,000 Americans will die suddenly this month. If someone performs CPR, those victims' chances of surviving will increase greatly. Stop by the Nurses' Office, W102, and sign up for a class. You may be able to save a life.

The Heights Of Living

By Mike Cocciardi

You know, I just don't understand why some people think that living in a house with three other roommates is so tough. I did find it quite simply a matter of being able to communicate with each other. Now once in awhile you do have a slight misunderstanding, I mean after all just because Warren drank my Biology experiment thinking it was a glass of Hi-C and Bob forgot to tell us that he sleepwalks on Thursday nights, there is really no cause to lose one's patience or understanding.

Tom, on the other hand, is a pretty sensible guy even though there was that time he used the tide I left in the measuring cup for my laundry

as sugar for his cornflakes, but at least he didn't have to brush his teeth for a week.

We were so glad to get our phone in last week. As a matter of fact, the first call we got was from Warren's mother who told us she was coming up for a visit tonight. I guess Warren didn't see the note on the bulletin board we left because she was so mad at finding Warren sitting in his chair, an empty case at his side and a smile on his face that she...well, I don't want to get into details but this one case of beer we didn't get the refund money on.

Another thing I've learned is that women make a lot more out of housework than its really worth. Take the cooking and the dishes for instance, Bob is a

tremendous cook, that is if toenail clippings in your chili doesn't bother you. Tom's a pretty good guy when it comes to doing the dishes but I wish he'd put the used toilet paper down the hopper when he's through.

As I said before, however, you must have the patience to listen before speaking or commenting on another person. I kind of wish we could have learned this a bit earlier at the time of my parents visit. They decided to surprise me and came to our house at about 11:00 at night knocking on the door and asking "Does Michael C. Live Here," unfortunately one of my well-wishing roomies said "Yeah, just leave him on the front door."



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