

Film Maker Wants Change

by jeff drinnan

"We are disgraceful as a nation in making original American films," said Richard Kaplan, writer, teacher and academy award-winning filmmaker. Kaplan made this indictment at a lecture on Tuesday, May 15, in the auditorium.

The main aspect of Kaplan's appearance was the showing of his recent film "A Look at Liv: Norway's Liv Ullmann/Liv Ullmann's Norway." Kaplan said it could be "translated as a look at life."

The film explored the life of Liv Ullmann, a Norwegian actress. Her personal life, the way she works with producers, directors and other people and life in Norway was depicted. Also in the film was an interview with Ingmar Bergman. Bergman spoke of the fine chemistry between Ullmann and himself in making movies. Kaplan favors visual essays and other experimental films. "I would like to see things made out of the main-

stream." He believes there is a need for innovation and diversity.

In making films and television productions, "commerce, technology, and artistry" are the three elements of importance, he said. In today's television, Kaplan noted commerce and technology are the overriding factors. If profit only is at the bottom line, we will not get the necessary changes, he said.

Tune in to Music

by adrienne zedaker

On Thursday, May 31, 1979 at 2 o'clock p.m., the Capitol Campus of Penn State University will present "A Return to Music," a choral and instrumental ensemble program. Under the direction of Dr. William Mahar, the 29 member chorus will render contemporary songs such as "Yesterday," "Both Sides Now," and "Bridge Over Troubled Water," as well as several other compositions. The Ensemble's numbers al-

so include "Traces," and "Free Spirit." The Ensemble will also accompany the chorus on several songs. Included in the program is a separate madrigal choir comprised of members of the general chorus. This ten member group has practised additional hours outside of regular chorus rehearsals in order to present their numbers.

A "Return to Music" is the first major performance

of any campus organization in at least eight years. Chorus and Ensemble members are principally from Business, Engineering Technology, and Humanities curricula, and represent the spectrum of students at Capitol Campus. Participation in "A Return to Music" partially satisfies the requirements for Music 302. Chorus is open to any student for credit, or just for enjoyment.

Free food! Cheeses, fresh vegetables, chips and dip, gallons of punch!

Free Tarnhelms! Poems; photographs, drawings! Thirty-two pages! Front Cover! Back Cover!

Free admittance to the Tarnhelm reception, June 5, from 1 to 4 p.m. in the Gallery Lounge.

Everybody is invited to pick up a copy of the 1979 Tarnhelm, the Capitol Campus literary magazine, one week from Tuesday.

Free yourself from classes, papers, and finals. For a free Tarnhelm, free fancies and fantasies.



Do you realize it is 3 a.m.?

photo by bob foster

Lou's Corner

The best things in life are practically free!

To treat your poor old feet to a regular foot bath is one of them--cheap luxury!

All the walkers, riders, runners, tennis players, baseball players, to name but a few feet users, will be emerging from their winter huts. So now is the time to get a regular foot soak started.

Choose an evening when you are relaxing, looking at TV, reading a book or conversing with friends. Have a foot party!

Take a bucket or dish pan, fill it with warm, not hot, water, add two tablespoons of salt, and gently lower your feet into the water. Don't hurry it! Soak at least for ten minutes and up to a half-an-hour. Hot water can be added to keep the water at a pleasant temperature.

The salt water will get rid of all foot odors, and clean out blisters if there are any.

When your patience is exhausted, pat feet dry with a soft cotton towel, and powder the feet with baby powder--particularly between the toes.

To massage the feet with your hands, pretend you are putting a pair of gloves on your feet, massaging upwards to the leg. Massage each toe separately, until they tingle. Massage right up to the ankle. Cut the nails straight across the toe, do not dig as this can cause infection.

If the skin is infected with athlete's foot fungus, put on a medicated powder. Foot soaking once or twice a week will keep the feet in good shape, free from odor and infections. When finished, rest both feet for a few minutes before putting on white cotton socks.

If athlete's foot disorder persists see a doctor. time, be old-fashioned and have a foot bath! You'll be surprised how relaxing and luxurious it feels.



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