

CAMPUS

CAMPUS CAPSULES

A "STUDY BREAKOUT" eased final exam frustration at Greensboro College (NC) last December. Members of the campus activities board decorated the student center with a jailhouse theme. Students enjoyed games involving pinatas, Nerfbats, rubber darts, punching bags and pillows, while downing three-foot subs provided by the food service.

EDUCATION MEANS "TRAINING" for some students at the U. of Minnesota. Every day as many as 150 students cross the Chicago Northwestern railroad yard near campus. Since the railroad could be legally liable for injuries to trespassers, a trainmaster has threatened legal action. The misdemeanor could result in a \$700 fine and 90 days in jail. But students like the shortcut and the thrill. "It's kind of a challenge getting across the tracks before a train comes," said one student.

Around campus

"GOT TO GET DOWN TO IT." The 20th anniversary of the killing of 4 students at Kent State U. will pass this year without a memorial. Unless the recent episode of NBC's "Third Degree," featuring two survivors of the Ohio National Guard rampage, succeeds in raising money. Memorial or not, plans continue for a two-day remembrance to take place May 3-4. Suggested speakers: Tom Cruise and Ron Kovic, of Born on the 4th of July fame.

Good ideas

BEACH BUMS THEY AIN'T at Northwestern College (IA). 136 students, or over 13 % of the student body, spent their spring breaks working at 8 different sites, including Project Hospitality--a program to help the homeless on Staten Island--and two Mexican orphanages. Even more remarkable, student volunteers paid their own expenses for the trips.

STUDENTS HIT THE STREETS. More than 800 students from the U. of California-Los Angeles and other campuses gathered on the UCLA campus before heading out "Into the Streets." A central component of the Campus Outreach Opportunity League (COOL), "Into the Streets" sent the students to 30 sites and projects in the community where the students did volunteer work for a day.

Greek life

FIRSTMADD, THEN SADD, NOW BADD for "Brothers Against Drunk Driving," a fraternity service at the U. of Kansas. The group is most noted for its "Secure Cab" program, which provides free rides home to frat members too intoxicated to drive. Bill Zimmerman, Sigama Nu's president, said use of Secure Cab has picked up since March 1989. His brothers "don't use it as much as they should," he adds.

SPORTS

Getting Fit

Sue "LEGS" Hoover
Capital Times Sports

Who would have guessed that beneath the humble exterior of Ray Acri, a senior business major at PSH, there is the strength and agility of a power lifting champion? Acri took second place in the Central Pennsylvania Open Power Lifting Championship in his class in October of 1989, lifting a total of 1,155 pounds. "It's individual and you can do your own thing. It's all up to you when you do well," says Acri.

Contenders at the Open Power Lifting Championship compete in three areas: the squat, the bench, and the dead lift. The best lift of three attempts is tallied to produce an overall score. Each lift is judged by three judges who look at form as well as weight, and at least two judges must agree to accept the lift. The American Drug Free Lifting Association sponsored the meets.

Acri trains four to five days a week for about two hours a day. Besides training, he plays first base and right field for the PSH baseball team. "Baseball is just a hobby," Acri said. "I like it, but it's not the thing I do best." When not training for meets, Acri also likes to box and run, but he concentrates

mainly on lifting about one month prior to a meet.

"I look forward to lifting everyday. On my days off I concentrate about going in and lifting," Acri said. He says that you just have to set time aside for working out and make it a part of your life.

Acri is training for the North American Power Lifting Championships to be held in Wilkes Barre, PA on April 28. Although Acri believes in himself and carries most of the burden, he says that he owes a great deal to his training partner, Wayne Holmberg, an Electrical Engineering Senior. Holmberg will also be competing in the April 28th meet. "A good training partner is very important to me," insists Acri. "He's a big factor in how well I'm going to do." Acri attributes some of his previous success to Holmberg, and looks forward to competing in the North American meet because of the stronger competition.

Eventually Acri wants to go into body building and incorporate it with power lifting. He says he will be able to devote more time to this goal after graduation, and is already coordinating his work schedule to fit his work-out schedule.

JOIN OUR TEAM

PERMANENT PART-TIME POSITIONS

Work one of these shifts:

MON. THRU FRI.

LOADER/
UNLOADER

12:00 Noon - 4:00 P.M.
5:00 P.M. - 9:00 P.M.
10:30 P.M. - 2:30 A.M.

Paid Vacations & Holidays

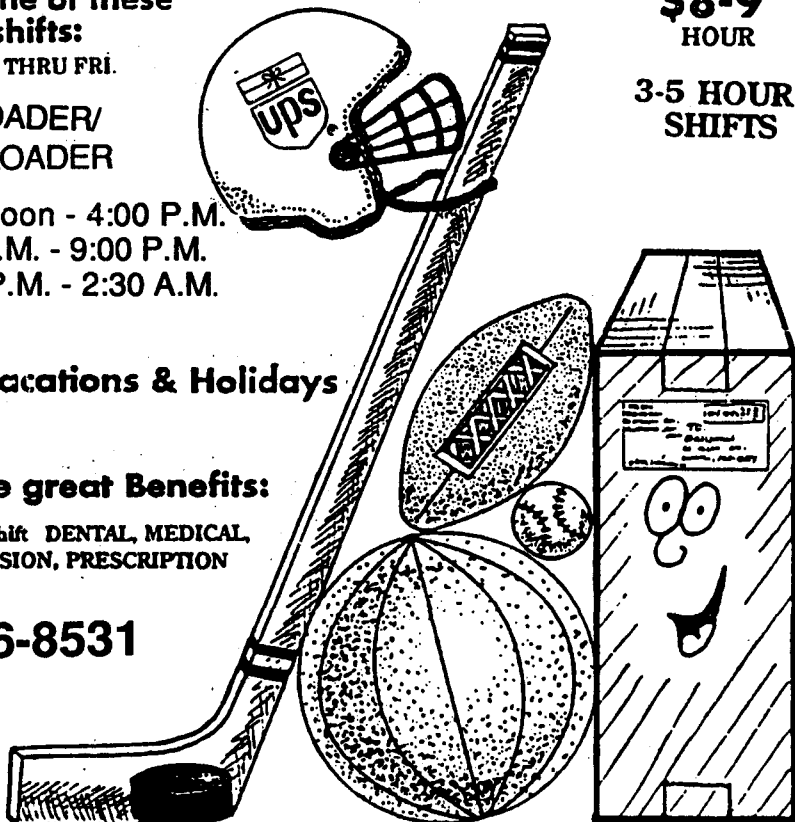
Receive great Benefits:

On any shift DENTAL, MEDICAL,
VISION, PRESCRIPTION

986-8531

\$8-9
HOUR

3-5 HOUR
SHIFTS



Ahead of the Rest in Service and Careers



United Parcel Service

Central Pennsylvania District
821 South 19th Street, Harrisburg, PA 17104

ALWAYS AN EQUAL OPPORTUNITY EMPLOYER M/F/H/V

Cap. Times Sports

Baseball from 8

Pitcher and infielder, Eddie Miller, has adjusted to the shortstop position and his ability to get on base is always a needed asset. John White at the DH spot and outfielder Scott Richenbach round out the juniors who will be returning

next season.

If the Lions can continue to build upon the strong junior nucleus next season and fill the voids left by the departure of the Brothers Nye and "Tank" Petrucci, they could be on the road to success rather than the emergency room.

Rambles from 8

the winners were the Kamikazes. Congrats to you wild and crazy volleyball players. Thanks to all who braved the muck to have a little fun... Who would like to see Charles Barkley and Bill Lambier duke it out on pay-per-view TV? I think it has possibilities. The cut the two would get would help them pay-off their fines from their last skirmish... Hi Beach. There I said it... Did everyone read the piece on PSH

baseball by "fast Eddie"? Check it out!... Thanks. One final item goes out to all my loyal readers. I thank you for reading this some-what zany column. It has been fun, but I think I hear the fat lady singing in the distance. That means it's all over. Take it easy, stay cool, and always remember to ramble with the punches...

Later!
Hank

S&B

GENERAL CONTRACTOR

PAINTING-REMODELING

REPAIRS

STORAGE METAL BUILDING

FREE ESTIMATES 944-6949

DJ EVERY WED.



DAILY
LUNCH & DINNER
SPECIALS

1115 W. HARRISBURG PIKE
MIDDLETOWN 944-4895