

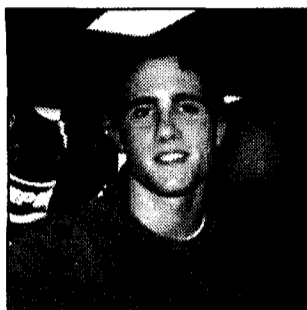
“The politically incorrect mind wants to know: Do you wear boxers/briefs/thongs or granny panties?”

By Deborah Glass
Capital Times Staff Writer



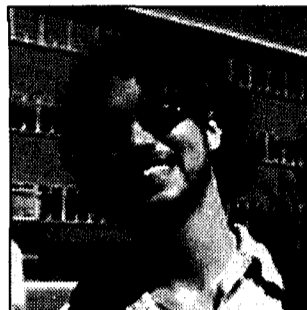
Danica Shomper
Marketing & Finance

Thongs are it! Panty lines are better left unrevealed.



Kevin Forbes
General Studies

Boxers, I've always worn them and I like the space.



Matthew Popik
Humanities

Boxers, they come in fun colors and designs so you can match them with your socks.



Photo not available

Todd Miller
Psychology

None, I enjoy unfettered freedom and I am a very clean individual.



Holly Addlesberger
Applied Behavioral Science

Thongs -- No underwear line.



Bryan O'Neil
Psychology

Tommy Hil, preferably.

Students! **Celebrate** **Penn State Nite** Every Wednesday **at Shane's** **FLIGHT DECK**

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Trail to Fitness

Penn State Harrisburg Creates Fitness Trail

By Jaclyn A. Talarico
Capital Times Staff Writer

Athletic enthusiasts, and those of us who aspire to be, will be happy to know that Penn State Harrisburg now has a fitness/walking trail.

Starting at the Capital Union Building, the trail covers a distance of three miles. Approximately one-third of the trail is paved. The remaining parts of the trail include grassy hills, woodchip-covered paths, bridges and steps. The trail was designed with walking in mind, but runners are more than welcome.

Bud Smitley, coordinator of Recreation/Athletics/Fitness at PSH, said that in designing the trail he aimed for a challenging course that offered an aerobic workout. He also hoped that by offering an alternative to students and faculty members, more people would be motivated to exercise.

Construction of the fitness/walking trail began last May after the Dauphin County Conservation District approved the building of bridges across local streams. An independent contractor was hired to design and build the three bridges and two sets of steps on the trail. Smitley and PSH maintenance staff cleared the trail of poison and underbrush and distributed woodchips over areas of the trail that might get muddy.

More than half of the \$3,500 spent to construct the trail was funded by student activity fees. The Recreation Department's budget covered the remainder of the cost.

Smitley has many plans for the fitness/walking trail. In the near future he will put up directional signs to mark the path. He will also mark the presence of any groundhog holes with flags so they will not become a hazard.

Within the next year, Smitley hopes to promote cross-training by adding 13 fitness stations along a one-mile section of the trail. These fitness stations will include such equipment as pull-up bars and sit-up benches.

Smitley wants anyone using PSH's fitness/walking trail to keep the following suggestions in mind: wear comfortable shoes and clothing because the trail is more challenging than walking on paved roads; allow time for completing the trail before dark; and exercise with a friend. Not only is exercise more fun with a friend, it is safer. As an additional safety precaution, note where the two call boxes are located on the trail.

Maps of the fitness/walking trail will be available soon at the Capital Union Building.