



Photo by Steven Shearer

Andres Gutierrez, Pam Mehler, Rebecca Swab-Hudson, Alison Angelo and Jackie Talarico "reach for the sky" during the exercise program.

Student Test Drives CUB Exercise Program

By Jacyln Talarico
Capital Times Staff Writer

My muscles ache. My hamstrings, calves, triceps, and various other muscles I didn't even know I had, hurt. I am sore, but I feel good about myself. Why?

Well, yesterday I went for the first time to a fitness class offered here at PSH, and I got quite a workout. Along with other health conscious individuals, I made my way through a low-impact workout that included stretching, weight training and numerous types of isometric exercises. It was a challenging workout, but I actually enjoyed it.

Andres Gutierrez is the instructor of this class. He led our class with patience and enthusiasm. He was not only concerned with challenging us, he was concerned with motivating us. His enthusiastic demeanor encouraged us (at least me) to keep going. He ardently said, "You can do it," and I believed him.

Pam Mehler, a PSH staff member, is a regular at Gutierrez's class. She states, "I like to work out and keep in shape." Gutierrez's class is a convenient and fun place to do just that.

Gutierrez has been teaching fitness, aerobic and martial arts classes for several years. He incorporates many of the countless exercise techniques he knows into the class he teaches here at PSH. He believes it is important to have a variety of exercises in any workout routine. Both the body and mind will benefit from a change in method. His fitness class has done such exercises as cardio-kickboxing, weight training, aerobics and stretching. They have even gone for a walk on PSH's fitness trail.

"I will push people as hard as they want to be pushed, and then a little harder."

Gutierrez is flexible and believes in catering to the needs and wants of the people in his class. If his class wants to do aerobics, he will lead an aerobics class. If his class would rather learn stretching techniques, he might devote the entire class time to stretching. He will let the people in his class decide what they want to focus on, and then he will offer an appropriate, but challenging, workout. He states, "I will push people as hard as they want to be pushed, and then a little harder."

Overall, he wants everyone to remember, "We are here to have fun."

His fitness class is offered Monday and Wednesday evenings from 5:15 to 6 p.m., in the Capital Union Building. Classes are free to all PSH students, staff and faculty members, as well as all Penn State Alumni Association members. Registration is not required. For more information, call the Recreation/Athletics Department at 948-6266.



Photo by Steven Shearer

Talarico and Angelo perform the "pushin' up daisys" workout with the rest of the class.

From Beer to . . . Beer? The Can-paign Continues

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participate in Can-paign 2000 and he recruited the members of Club 831A. Club 831A is a tight group of friends who enjoy beverages from aluminum cans, play Tony Hawk's Pro Skater I & II, and just enjoy each other's company. Club 831A is also active in such PSH intermural sports as softball and touch football.

Can-paign 2000 has brought another form of entertainment to Club 831A. "The best part of saving aluminum cans is smashing them in the driveway," says Matt 'Lapinski' Williams. Coach added that "we usually don't let him help because he hurts himself."

Johnny 'K-Rock' Kowker feels that this program is a good thing for the club. He says, "It's about time we lift Club 831A out of lethargy and prove to the world that we have a purpose." And a damn good purpose the club has in Can-paign 2000.

When interviewed, other Club 831A members expressed their support of the Can-paign. Mike Hartley commented on the recycling aspect of the operation. "There should be more programs that give incentives for helping the environment." Jason 'J' Anthony feels that Can-paign 2000 is, "a rewarding program that directly benefits the cause and the people involved." Anthony 'Chipper' Chuplis

enthusiastically supports the new recycling program. "Saving cans gives us another reason to drink more beer."

The Can-paign has brought new importance to drinking. Aluminum is currently selling for only about 30 cents a pound, so a lot of beer must be consumed to meet the club's goals. Coach realizes there may be some pressure to perform, but he feels the club is ready for it. "It takes a lot of dedication. It's hard work, but someone's got to do it."

Ultimately, the club hopes to sell enough aluminum to provide a great night of drinking. Hence the title of this article, "From Beer to . . . Beer."

All the beer purchased will, of course, be in aluminum cans, creating a "never ending cycle of beer." The club hopes to get '80s Mullet band Ratt to participate in the festivities. The club as a whole believes that Ratt rules, and they feel there is no better band to help them celebrate. They wanna party with Ratt. And Coach is sure that "if we all do our part, we will get rewarded."

Even if you are not a member of Club 831A, you are encouraged to participate in such reward programs. If you have questions concerning Club 831A's Can-paign 2000, their website is <http://www.clik.to/831A> Ratt and Roll!

Fund-raiser Supports Son

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developed in one piece and needed to be separated. Then, at 14 months of age, Brandon lost his dad. Despite these hardships, Paula reports that Brandon is a happy child who loves to play outside and figure out how things work. Like father, like son; perhaps Brandon is a budding engineer in the making!

The student chapter of IEEE at PSH is conducting a fund-raising sub sale to commemorate Kevin's commitment to IEEE and to help his young family. All proceeds from the sub sale will be used to establish a trust fund for Brandon's college education. IEEE is selling ham, turkey and Italian subs. For information on ordering subs or to contribute to this great cause, please e-mail Stefani Mastandrea at sam379@psu.edu.

831A Rocks

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organized, unofficial club on campus. In addition to the ever-popular parties, they have two intramural sports teams, a Web site, top-ten lists, recycling campaigns, a campus lecture circuit and, now, a contest.

Five of the men have stopped shaving and are getting scruffier by the day. Each vows to last the longest and bets are rolling in on who will earn the title.

The Club 831A crew, comprised of 12 men and four women, found their leader in Corey Metz, aka "Coach," a senior in the MET program. All members are students and most reside in Meade Heights. According to club member John Kowker, the shave-off will continue until the final contestant caves and shaves. They are prepared to continue into the spring semester and beyond.

Kerry Monaco, a *Capital Times* staff member and one of four female 831A members, reports that pressure from girlfriends and employers is building.