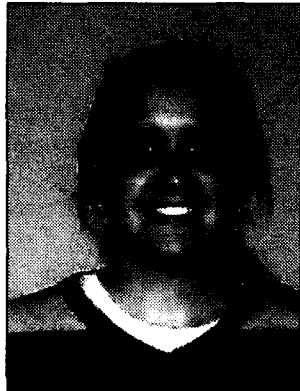
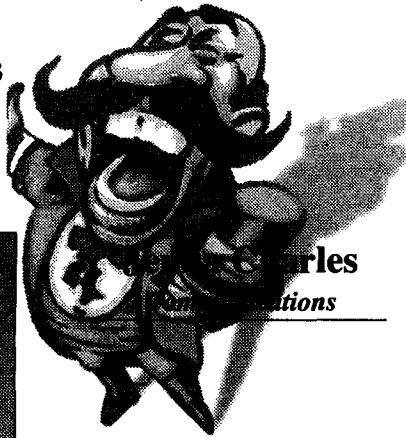




"What improvements or changes would you make to school?"



"Actually meeting my advisor would be nice."

Kelly Moore

Psychology



"The hours of the library and gym being open on the weekends. The hours don't help people who live on campus."

Mario Dieudonne

Information Sciences and Technology



"Prices of food- it's really expensive. I live on campus and I don't have a car. They need a place to buy things on campus. Also, socially, too many people hide in their rooms like hermits."

Quyen Do

Information Sciences and Technology



"The cafeteria should be open on the weekends. It shouldn't close as early during the week."

Tan Weer

Information Sciences and Technology



"Make the parking free. Also free printing for IST students."

Students ask for gym improvements

By **KATHRYN HERR**
Staff Reporter

As the seasons change and the temperature drops students are forced indoors for their exercise needs. Long cross-country runs will soon come to an end and the treadmill will have to suffice during the cold winter months.

Around campus more and more students are heading to the cardio and weight lifting gyms in the Capital Union Building for indoor exercise. As attendance grows at the gym the hours also increase.

However, with the increased use of the facilities, many feel cramped during their daily workouts. "The gym is too small and a larger workout area would really help," said Jovon Hill, a communications student.

There is a room specially designed for cardio workouts, equipped with treadmills, Stairmasters, a rowing machine, and stationary bicycles. On the second floor the old basketball court has been converted into a weight lifting room. The room was constructed by blocking off half of the court, and laying down mats underneath the weight lifting equipment.

There are several machines for lifting and conditioning along with free weights. The other half of the court is used as an aerobic area. A mat for floor exercises covers the gym floor, and mirrors line the walls.

The campus owns several exercise balls, medicine balls, and aerobic steppers for member use, however, they are kept in a closet and many do not know about them.

"If we have exercise balls they need to get them out for us to use" said Kristy Berwanger, an elementary education student.

When asked what could be done to improve the gym, everyone had a suggestion. "We need a squat rack for free weights in the gym," said Anthony Ferraro, mechanical engineering technology.

Jamie Nace, elementary education, said the gym needs air conditioning or at least a ventilation system for the smell and heat to escape.

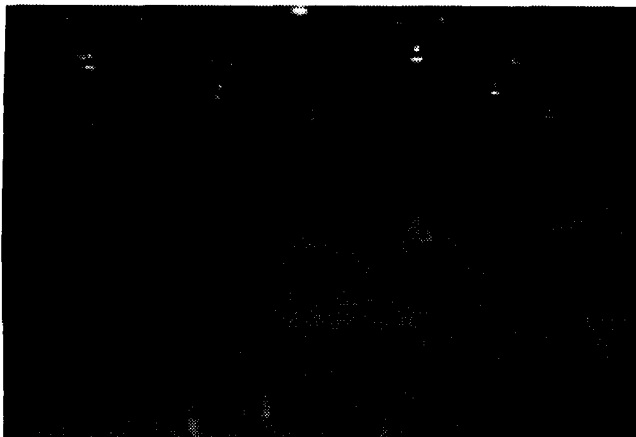
The students will be happy to find at least one improvement in the gym in the next week or two.

"We do have one new piece of equipment coming in a few days to replace a twenty year old machine," said Bud Smitley, the athletics director at Penn State Harrisburg.

With the exception of the new machine, no plans for improving the gym exist. At one time a bid was entered, along with the bid for the new pool area, for additional gym space with updated equipment. However, the bid was not accepted by the campus.

"The gym is in good shape for what we have to operate with," said Smitley.

Later down the road improvements may gradually be made to the gym and equipment will be replaced as needed.



The Capital Union Building gym is often used for pick-up basketball or volleyball games during the cold winter months

photos by Marko Primorac

The weight room includes many pieces of old equipment. By the end of the week a machine with 20 years of use will be replaced.

