



Campus Weight and Fitness Room Could Be Exactly What You Need

by Jennifer Darr

Hey, boys and girls, trash your Holiday Spa memberships and head over to the PUS Delco campus weight room! Right under your noses lies a fully equipped weight room. If you have never seen it, go on over to the Commons Building and take a peek around.

You can use the machines at your own pace, or Barbara Rostick, the campus physical trainer, can set up an individual training program that suits you. The weight room is cost-free to students and

is quite convenient.

Among the many machines that the weight room has to offer are treadmills, life cycles, air dynes, a bio cycle, turbo cycles, an upper cycle, a stairmaster, and a versa climber. Polaris machines for almost every muscle in the body are located around the room, and a separate room is set aside solely for free weights. Use of the tennis, basketball, and volleyball courts is also available.

So what do students think about it? According to PSU weight room regular Don Forcey, "The aspects I find ap-

pealing about the weight room are that it doesn't cost anything, and it is never crowded."

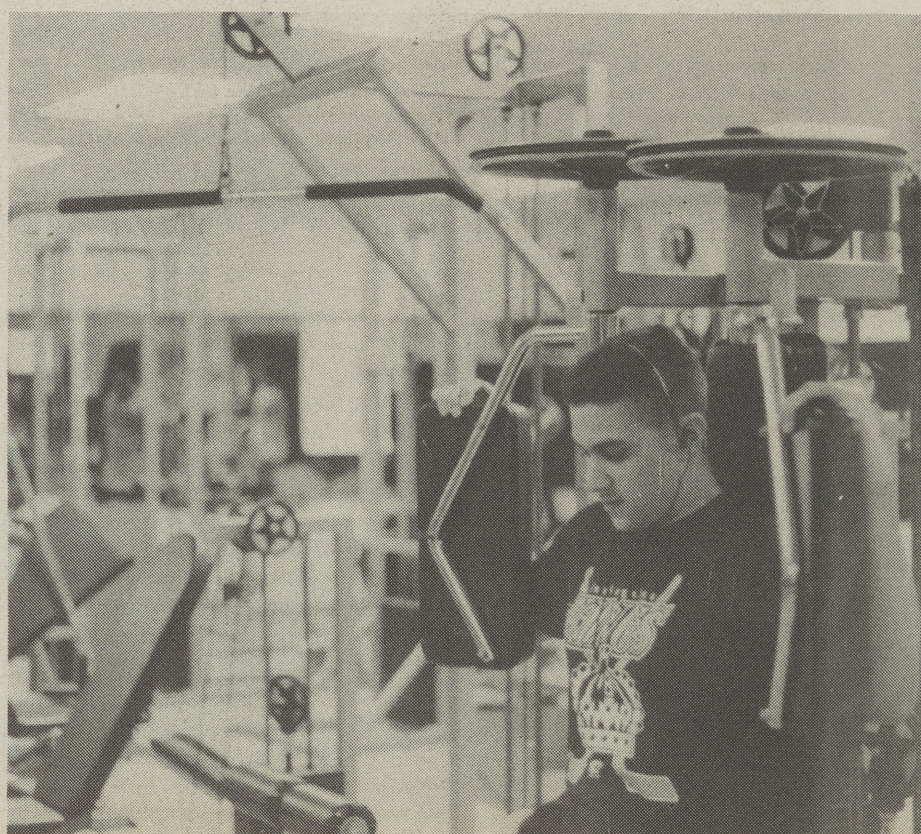
Use of the facilities was recently offered to area Penn State Alumni and their families at a \$10-month rate of \$90 for a single membership and \$130 for a family membership.

So, kids, take it from the Lion's mouth and use the weight room!!! Just another tid bit: the weight room is open Monday through Friday, 11:00 to 4:00, and Tuesday, Wednesday, and Thursday nights from 7:00 to 9:00.

Delco Sports In The Month Ahead

Date	Day	Sport	Time	Opponent	Place
Sept. 22	Sat.	Baseball	1:00	Berks	A
Sept. 22	Sat.	M. Tennis	1:00	York	A
Sept. 22	Sat.	W. Volleyball	1:00	Ogontz	A
Sept. 22	Sat.	Soccer	1:00	Scranton	A
Sept. 25	Tues.	W. Volleyball	7:00	Hazleton	A
Sept. 26	Wed.	Soccer	4:00	Wilkes Barre	H
Sept. 27	Thurs.	W. Volleyball	6:30	D.C.C.C.	H
Sept. 27	Thurs.	Baseball	3:30	Haverford	H
Sept. 29	Sat.	Tennis	1:00	Ogontz	H
Sept. 29	Sat.	W. Volleyball	1:00	York	H
Sept. 29	Sat.	Soccer	1:00	Ogontz	A
Oct. 1	Mon.	W. Volleyball	6:30	Bucks C.C.C.	H
Oct. 2	Tues.	Baseball	1:00	Phila. C.C.	A
Oct. 2	Tues.	Soccer	3:00	Mont Alto	A
Oct. 2	Tues.	W. Volleyball	7:00	Schuylkill	A
Oct. 4	Thurs.	Soccer	4:00	D.C.C.C.	H
Oct. 4	Thurs.	W. Volleyball	7:00	Mont Alto	H
Oct. 6	Sat.	Baseball	1:00	Mont. C.C.C.	H
Oct. 8	Mon.	W. Volleyball	7:00	Phila. C.C.	A
Oct. 10	Wed.	Soccer	4:00	Hazleton	H
Oct. 10	Wed.	W. Volleyball	6:00	Berks	A
Oct. 13	Sat.	W. Volleyball	1:00	Scranton	A
Oct. 13	Sat.	Soccer	1:00	Berks	A
Oct. 15	Mon.	Soccer	4:00	Widener J.V.	H

Come Out and Support Your Teams!



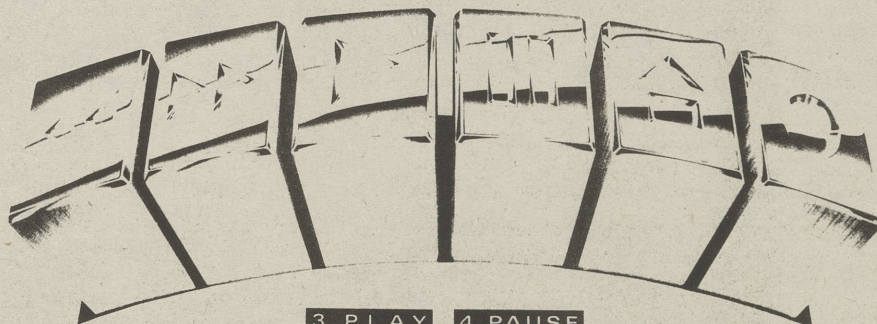
Ed Brown works out frequently at Delco's weight room in the Commons Building.

Photo by: Tom Scott

Recycle



IF YOU WANT TO PLAY DAT MUSIC YOU GOTTA PUSH THE RIGHT BUTTONS.



1. REWIND

to just a few years ago. Manufacturers of digital audio tape (DAT) recorders and the recording industry are at loggerheads over this new technology. DAT's sound is sensational and its cassette format is convenient, but the recording industry is concerned over DAT's ability to make superior copies.

2. FAST FORWARD

A compromise! The electronics manufacturers and the record companies have agreed to draft a law setting a new standard for DATs. The DAT Bill will allow direct digital taping from CDs, but not digital copies of the copies.

The Digital Audio Tape Act of 1990, H.R. 4096/S. 2356—companion bills introduced in the U.S. Congress.

3. PLAY

A glitch! Some music publishers and the Songwriters Guild break with the record companies and oppose the DAT Bill unless consumers are forced to pay a **royalty tax** on blank tape and recorders.

4. PAUSE

this illogical, negative noise! We've heard this song before. The same wolf-crying about new technology that's been around since the introduction of audio cassettes and video recorders.

5. EJECT

your support for the DAT Bill. Congress will pass the DAT Bill—without any **royalty tax**—only if it hears from you. Send us this coupon TODAY.

RECORD my support for the DAT bill and against any royalty tax on blank tape or recorders.

Name _____
 Address _____
 City _____
 State _____ Zip _____

Area Code Telephone Number
 Mail to: HRRC, Box 33705,
 1745 19th St. NW,
 Washington, DC 20033
 For faster action, call us! 1-800-282-TAPE.

THE DAT BILL. NOW'S THE TIME.

Home Recording Rights Coalition A coalition of consumers, retailers and manufacturers of recording products dedicated to preserving your right to use these products free of private taxes or government interference.