

Home service to aid elderly, handicapped

By TRACY EDWARDS
Collegian Staff Writer

The Centre County Home Health Service is starting a new Registry Employment Service that will enable students and people in the community to make some money while helping elderly or handicapped people to remain living independently in their homes, the program's manager said.

The home health service, 221 W. High St., Bellefonte, is accepting applications for positions of companions, aides or nurses. Elderly or handicapped people desiring services are matched with the aides or companions available at the hours the service is needed, Peppi Hoffman, manager of direct services, said.

"We act as a vehicle to match persons needing employees and people providing the services," Hoffman said.

People can work in the employer's home anywhere from a few hours a week to 24-hour service.

Working in home health care is good experience for students in any health or related field, she said.

"Doing the real thing takes more imagination than what is learned from text books," Hoffman said.

Students involved in the registry program are helping the community and gaining experience in a health field, as well as earning wages, she said. The service is accepting an unlimited number of applications.

A companion may do routine tasks such as cook meals or run errands.

Faculty encouraged to voice opinion on aid cuts

By BRIAN E. BOWERS
Collegian Staff Writer

University faculty members concerned about proposed reductions in federal student aid are encouraged to make their voices heard in Washington by writing to their congressmen, said the chairman of the external affairs committee of the University Faculty Senate at Tuesday's senate meeting.

Arthur O. Lewis Jr. said faculty members should write to members of the Pennsylvania congressional delegation explaining the impact that financial aid reductions would have on the University. Student aid makes an important contribution to both the University and the state, and faculty members should consider taking some form of action to make their thoughts heard in Washington, Lewis said.

"We do believe... that it is our responsibility as representatives of the Penn State faculty to consider these matters as they influence what we are trying to do in this university," a report by the external affairs committee of the report said about 80 percent of the

University's students receive federal aid. It also said that for every dollar invested in higher education by public and private sources, \$1.70 is returned to the Pennsylvania economy. In addition, higher education accounts for one in every 27 jobs in the state.

The report said faculty members should take action as private citizens, not as a faculty body.

Nancy Fischer, senate chairman, said the faculty senate will not voice an opinion on the issue because the senate is not designed to deal with political matters. However, she said individual faculty members should consider writing.

Because the congressmen would probably be more impressed with the amount of mail than who it came from, faculty members should not use University stationery, she said. Letters should be written from a personal point of view.

In other business, the senate heard a report on the status of the Educational Opportunity Experimental Program — a program established in 1972 to enable students to attend the University who would not otherwise be admissible by

regular admission standards.

The program provides counseling, tutoring and learning skills workshops, according to the report.

In 1981, 366 students were admitted into the program, the report said.

The senate also heard a report on students with basic skills deficiencies, which include math, English and reading.

The undergraduate instruction committee recommended that each department include a computer skills course in its curriculum. However, it did not recommend that a course requirement be established in the baccalaureate degree requirements.

The senate passed legislation proposed by the special committee on Computer and Information Systems stating that planning for future computer needs should begin as soon as possible with close faculty involvement and leadership. Access to computer systems by all University faculty was also recommended.

Temporary professional titles for research-rank faculty who profess are intended to recognize and encourage teaching contributions," the report said.

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Nutrition programs emphasize intelligent dieting

By STELLA TSAI
Collegian Staff Writer

Penn State dieters, take heart. March is National Nutrition Month and it has been saturated with programs and displays that emphasize intelligent diet strategies.

"We want to promote better awareness of personal nutrition," Martha Harveyweber, registered dietitian and graduate student at the Nutrition Counseling Service at Ritzmaur Health Center said.

"During National Nutrition Month we

will be calling attention to the available individualized diet counseling at the Nutrition Clinic and Counseling Center," Harveyweber said.

"(National Nutrition Month) allows us to give University students and the community sound nutritional information and to dispel some myths about nutrition," said Barb Trimmer, the Student Dietetic Association's National Nutrition Month chairman.

Dieters who took such non-medically backed regimens as grapefruit, magnesium and low-carbohydrate or other

fad diets should abandon these tactics in favor of nutrition counseling, she said.

Nutrition expert opinions on fat diets may be obtained at a dieting information table that will be in the HUB Gallery lounge between March 22 and 23, Trimmer said.

Also, students who want personal nutritional guidance may arrange for individualized counseling with registered dietitians, Harveyweber said.

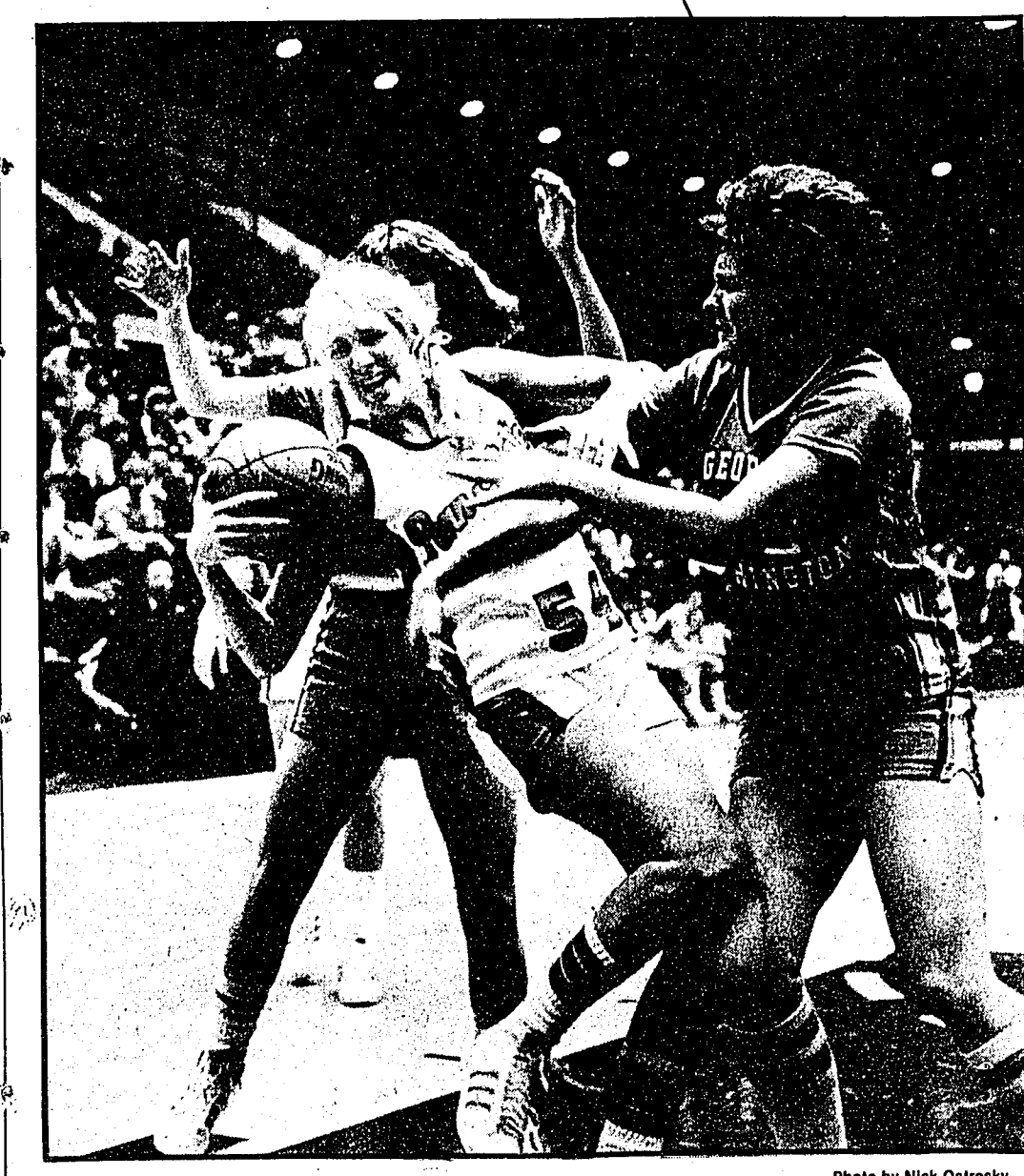
Bulimia, the gorge-purge syndrome upon which some people depend for weight control, will be discussed by Celia

Cenue, counselor at Counseling and Psychological Services at a panel discussion on March 27, Trimmer said.

Dr. Helen Wright, nutrition professor, and Steve Huber, manager of Nautilus Human Performance Center, 134 Foster Ave., will speak on weight loss through exercise, complementing the nutrition program, she said.

"We want to see everybody with questions on what constitutes a healthy diet," Harveyweber said.

The American Dietetic Association sponsors National Nutrition Month.



George Washington was one of the 23 teams center Cheryl Ellison (54) and the women's basketball team beat this year. And the 23s record the 12th-ranked Lady Lions finished their season with over break was good enough to get them a bid to the women's first NCAA tournament. Penn State meets Clemson in a first-round game at 7:30 tomorrow night in Rec Hall.

Lady Lions NCAA-bound

Prepare for first-round clash against Clemson

By GREG LODER
Collegian Sports Writer

After the women's basketball team finished the grueling second half of its season, which included four games against Top 20 teams, the Lady Lions received a gift over the phone.

The gift, which the team already knows about, will be a first-round game against Clemson (20-11) in the National Collegiate Athletic Association tournament and will be unwrapped at 7:30 tomorrow night in Rec Hall.

This is the first year the NCAA has sponsored a postseason tournament for women in Division I, and the Lady Lions are affiliated with the NCAA. In previous years, Penn State competed in the Association for Intercollegiate Athletics for Women championships.

But to call this bid to a postseason tournament a "gift" is really unfair. A "reward" is more appropriate for the Lady Lions, who finished with a 23-5 season and a No. 12 national ranking.

Although Penn State, which is seeded fourth in the Midwest region, won its last two games against Montclair State and the University of D.C., Lady Lion coach Rene Portland and forward Louise Leimkuhler both agreed that the game against No. 7 Rutgers, which Penn State won 86-76, insured the first-round game on their home court.

"We had come so close to Cheyney and South Carolina," Portland said, "but playing the big teams close is not the same as winning."

The Lady Lions lost to Cheyney by eight points and South Carolina by a point at home.

"(The Rutgers game) was a decisive win, and there was not a question in anyone's mind," Portland said. "It was the highlight of the season and let the team believe it could beat a big team."

"We knew the Rutgers game secured it for us," Leimkuhler said.

Portland said the team's goal was to get one

of the 16 at-large bids, which would give Penn State a first-round game at home.

"Our major concern was to get the home court for the first round," Portland said. "Playing at home makes us better than the other team."

If all goes well tomorrow night, Penn State would play a second-round game in Knoxville, Tenn., against the winner of the Southern California State game. Southern Cal is the first seed in the Midwest region, followed by Memphis State and Tennessee.

In the first round against the Lady Tigers, Penn State will have to contend with the leading scorer in the country, Barbara Kennedy, who averages more than 28 points a game.

Portland is optimistic about the team's chance of winning the region and said most of the teams in the region are like Penn State.

"We can play with anyone in this region," Portland said. "We match up size-wise with every team."

"We are pretty confident, and once we realize we are playing in the NCAA tournament, and if we can win the first round, anything can happen from there."

"I think the bracket is to our advantage," Leimkuhler said. "We are a lot alike (the other teams)."

The Lady Lions have not played for almost two weeks, since their 102-68 demolition of the University of D.C.

Leimkuhler said the two-week layoff has been beneficial to the team.

"We have had some good practices," Leimkuhler said. "We have had nothing on our mind but basketball."

The term break was also a time for the Lady Lions to nurse a few injuries, mainly the hyperextended knee Cheryl Ellison suffered in the George Washington game.

Ellison, however, was able to return against

the University of D.C., playing 26 minutes and hauling down a team-leading 11 rebounds.

"I played pretty well," Ellison said. "The knee is still sore, but I have to wrap it up before I play."

Ellison is not the only one on the Penn State team who has to wrap up her knee. Five of the 10 players on the team have at least one knee in a brace. Portland said she hopes the team can stay in one piece through the playoffs.

"Knock on wood. We are all glued together well," Portland said.

With Ellison sidelined, the Lady Lions have had to rely on 6'3 freshman center Kahodejah Herbert, who has impressed Portland and many others. In the Rutgers game, Herbert scored a career-high 21 points to lead the team.

Portland said both freshmen Herbert and Stacey Dean have been very important inspirations for the rest of the team.

"Without Cheryl, we have had to depend a lot on Kahodejah," Portland said. "Her and Stacey are the new winning part of the team, which is what we recruited them for. We have also received a lot of consistency from some of the others."

The consistency Portland speaks of has mainly been established by Leimkuhler and leading scorer Carol Walderman. The two have both led the team in scoring throughout the season, especially in the big games. Walderman is averaging 18.7 points a game and is followed by Leimkuhler's 12 points a game.

LADY LION NOTES — Tickets for tomorrow's game are \$4 for adults and \$2 for students and are available at the athletic ticket office in 227 Rec Hall. Because the game is part of the NCAA tournament, students will not be admitted free with an I.D. Walderman's 18.3 average career points per game is the highest in Penn State history. The Lady Lions' offense is ranked ninth in the country.

sports

NCAA wrestling: Penn State sends six grapplers to national tourney



Heidi Anderson

By KEITH GROLLER
Collegian Sports Writer

The world didn't exactly come to an end for the women's gymnastics team this week, but the Lady Lions may have been a bit dazed after experiencing what could be called the "Utah Effect."

The effect is created when several of the country's "star" gymnasts align themselves on one team and then rip the opposition apart with a flood of flawless performances. Such was the case Monday night when the top-ranked Utah exercised champion reyo ed to post a 9.70 in the floor, a 9.6 on the beam and a 9.55 on the uneven bars.

The team competed against Utah and Oregon State without steady Joanne Beltz, who had the flu. Beltz had been a key figure in the Lady Lions 141.38-139.80 win over Utah State Saturday. The junior hit a career-high 9.30 on the beam and hit a 9.65 on the floor, despite tendonitis in the right knee.

Due to a pinched nerve in his right shoulder, 126-pound Scott Lynch did not wrestle as much as DeStefanis, but like his teammate he won the league championship. Lynch looked very impressive in thumping Lock Haven Mike Millward 12-2 in the finals, and he Bruns a narrow 141.70-140.75 win and the Lady Lions' winning streak at 21 straight meets.

Penn State rebounded the following night to defeat USC 142.25-141.50 and then defeated Utah State 141.39-139.80 Saturday.

instep she sustained two nights earlier and hit her top all-around effort of the season to edge Utah's Megan McCunniff. McCunniff had a score of 37.90.

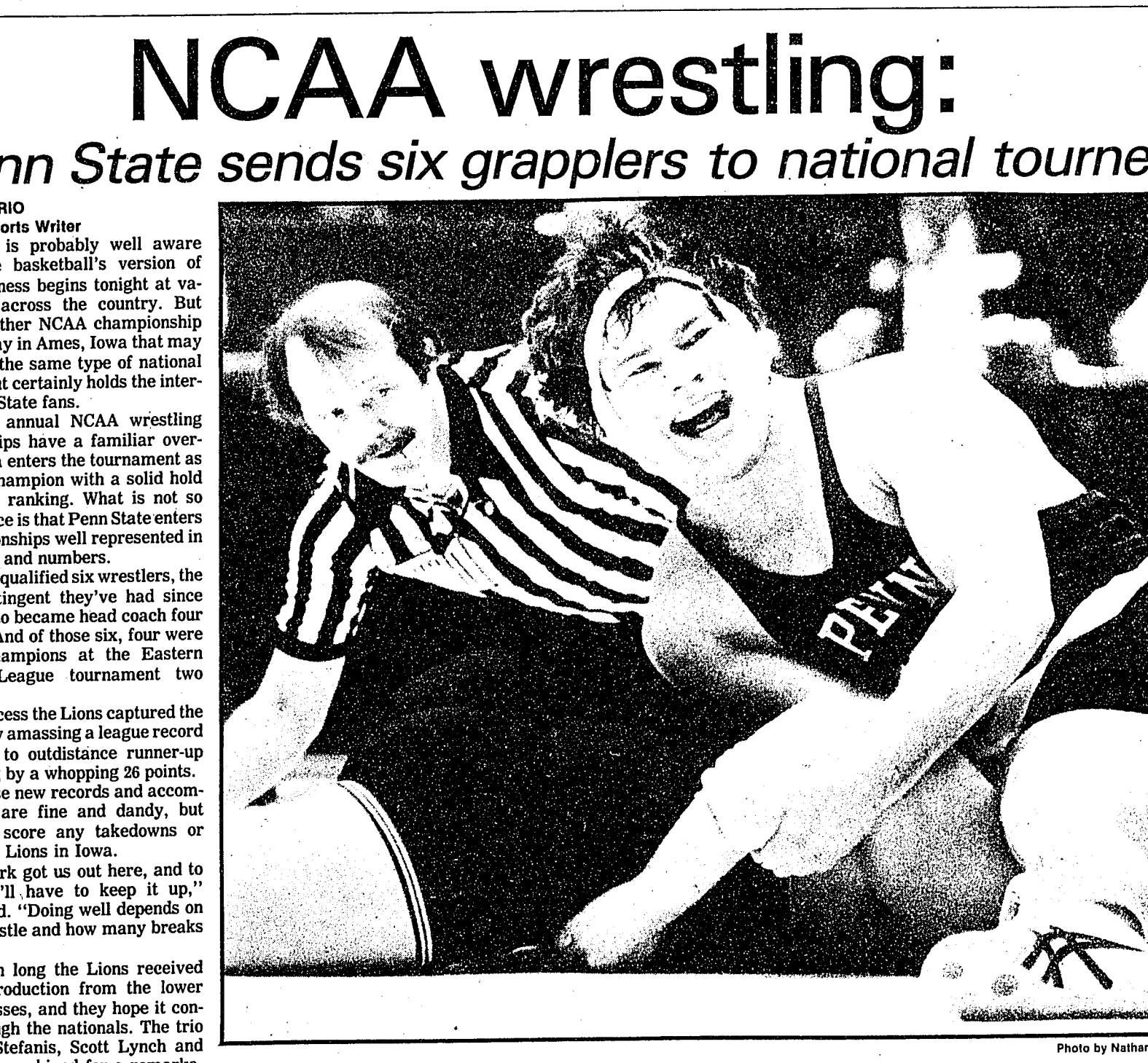
"It was nice to have a good performance in Utah after a some 'bad' nights," Anderson said. "The injury was pretty much healed against Utah since I had two days to recover."

Anderson received the injury when she fell off the beam while performing a backspring lay-out in the warmup against Utah State. But the defending national floor exercise champion reyo ed to post a 9.70 in the floor, a 9.6 on the beam and a 9.55 on the uneven bars.

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Heavyweight Steve Setter was one of four Lion wrestlers who won individual titles at the Eastern Wrestling League championships held two weeks ago in Rec Hall. Penn State also won the EWL team title and will send a total of six wrestlers to the NCAA tournament, which starts today in Ames, Iowa.

By LEE DEORHO
Collegian Sports Writer

Everyone is probably well aware that college basketball's version of March Madness begins tonight at various sites across the country. But there is another NCAA championship opening today in Ames, Iowa that may not receive the same type of national attention, but certainly holds the interest of Penn State fans.

The 52nd annual NCAA wrestling championships have a fantastic record: 98.4 points to outdistance runner-up Bloomsburg by a whopping 26 points.

All of these new records and accomplishments are fine and dandy, but they won't score any takedowns or falls for the Lions in Iowa.

"Hard work got us out here, and to do well we'll have to keep it up," Lorenzo said. "Doing well depends on how we wrestle and how many breaks we get."

All season long the Lions received excellent production from the lower weight classes, and they hope it continues through the nationals. The trio of Carl DeStefanis, Scott Lynch and Bill Marino combined for a remarkable 71-16-2 record.

DeStefanis, at 113, was in the EWL's toughest weight class, but the sparkplug from Bayville, N.Y. exploded on his way to the league title. In the semifinals, he knocked off defending champion Todd Cummings of Bloomsburg, 6-4, and then disposed of Clarion's Jamey Kasser in the finals, 14-4.

"Carl had just a fantastic year," Lorenzo said. "He's very capable of placing (at nationals). A lot depends on how he draws."

DeStefanis, who is expected to be seeded anywhere from sixth to 12th, has faced some of the nation's best wrestlers this year aside from those at EWL.

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He couldn't practice the way he normally would," Lorenzo said. "He's been doing a lot of conditioning work. The last time he had wrestled hard was in the EWL finals. If he was healthy, he'd have one of the better chances on the team to do well."

If Lynch is not 100 percent, the Lions are hoping NCAA newcomers Mark Johnson and Eric Brugel can pick up the slack.

Marino, a 194-pound junior from Willow Grove, battled back from a severe hyperextension of his left elbow to place second in the EWL tournament. Bloomsburg's Don Reese became the league's first-ever four-time champion when he dished Marino, 8-4.

Brugel also finished second in the EWL tournament, losing to Pittsburg's Jeff Jelic 5-2 after defeating Lock Haven's Doug Buckwalter 16-13 in overtime in the semifinals.

Brugel, only a freshman, is an excellent example of the type of team Penn State is. Among the six Lions making the trip to Ames, there is a freshman,

three sophomores, a junior and a senior.

"We know we're young, but we have quality kids, kids who are very capable," Lorenzo said. "Some kids are a little more experienced and mature, and are more used to getting under the gun. But we're a good young team and we came out here to wrestle."

The Lions' most experienced wrestler is 167-pound senior John Hanrahan.

This season Hanrahan won his second consecutive EWL title, and posted a 28-6 overall record. His 4-1 decision over Cleveland State's Mark Johnson in the finals made him the first Penn State wrestler ever to hit the century mark in career victories.

Of Hanrahan's six losses, five were to wrestlers who will be seeded ahead of him. The fact that Penn State had a tough schedule is certain to help not only Hanrahan, but the entire team.

"It's a big plus. We might have lost, but it gave us a chance to face good competition," Lorenzo said. "Since we wrestled a lot of these guys, we know what to expect."

A wrestler who did not get the opportunity to face the heavy part of the Lions' schedule is heavyweight Steve Setter. Because of his obligation to football, Setter wrestled only 13 matches. But he certainly made good use of them, winning every one en route to his second EWL crown in two years.

Last year as a freshman, Setter finished sixth nationally, but is unlikely to be seeded much higher than that this year.

"Steve will be seeded sixth or seventh, mainly because of his lack of matches," Lorenzo said. "There are also a lot of guys returning from last year that will be ahead of Steve."

Most of the returning place-winners come from schools like Iowa, Iowa State, Oklahoma and Oklahoma State. Iowa and Iowa State have qualified all 10 of their wrestlers while Oklahoma has nine and Oklahoma State eight.

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