

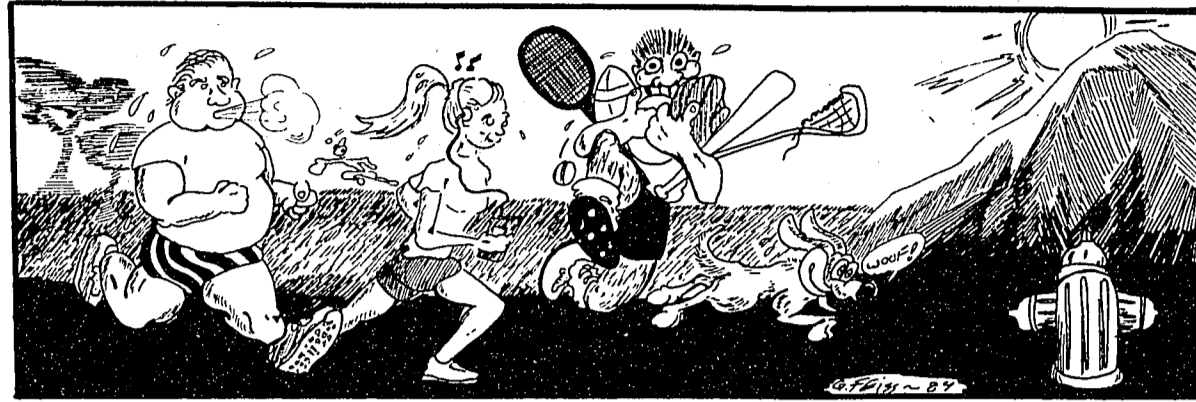
Fair weather athletes:

Moderation is important after a sedentary winter

By KIM AJECK
Collegian Staff Writer

With warm weather making its annual comeback, the director of athletic training education warns fair weather athletes about jumping into a heavy workout.

John Powell stressed that moderation, professional guidance, proper warm-up and equipment are important considerations for spring athletes resuming activities abandoned during winter.



People who have not exercised since fall must realize their level of cardiovascular fitness, strength and flexibility has regressed and must be built up again, Powell said.

Powell recommends a year-round regimen of exercise, such as cross-country skiing or riding an exercise bike, to avoid this problem.

"Some moderation in your activities can save you a lot of discomfort

and agony. The longer the layoff, the longer the moderation period must be," he said.

If a person pushes himself too hard his attitude might falter or he may be too sore to continue, Powell said.

Powell urges all first-time joggers and overweight people to con-

sult a physician before running.

John Lucas, professor of physical education and former University track coach, adds that summer joggers must take precautions against the heat. He said it is better to jog before 9 a.m. on days when it is going to be very hot.

"Drink a half pint of liquid one to

one-and-a-half hours before you run, and always wear a hat," he added.

Lucas suggests running on the golf course, the trails behind the Rec Hall, the Intramural Building or on the roads in town.

GSA discusses merger of grad school offices

By KIM BOWER
Collegian Staff Writer

The associate dean for graduate programs told the Graduate Student Association last night that a committee has sent two recommendations to University President Bryce Jordan concerning the merger of two graduate school offices.

Robert Carrubba said the implementation committee for the merger of the offices of dean of the graduate school and the vice president for research has prepared an announcement for the availability of the combined positions and also a structure for the formation of the search and screening committee that will recommend candidates to Jordan.

Also at the meeting, William Rothwell, executive director of the alumni association council, encouraged graduate students to join the Alumni Association after graduation. The alumni feel like the caretakers of the University, he said.

Universities are judged by their graduate schools and by the success of their alumni, he added.

Jordan is in the process of starting a major fundraising campaign for the University, and hopes to make the University one of the top ten public universities in the country, Rothwell said.

THE PRESIDENT'S FRESHMAN AWARD

This award is presented annually to those undergraduate degree candidates who have carried a full-time credit load at The Pennsylvania State University and earned a 4.00 (A) semester average for the first semester of their freshman year of study. Awards will be presented at the Honors Convocation, Sunday, April 29 at 2:00 p.m. in Eisenhower Auditorium.



Note: During the transition from terms to semesters, award criteria have been adjusted to accommodate students affected by both systems.

- Min Soo M. Ahn, New York, NY, Behrend, Liberal Arts
- Lynn A. Almony, Zionsville, PA, University Park, Education
- John F. Amrhein, Bethel Park, PA, McKeesport, Agriculture
- Joseph P. Amrhein, Bethel Park, PA, McKeesport, Engineering
- Daniel E. Anderson, Pottsville, PA, Schuylkill, Computer Science (2YR)
- Edmund A. Antolick, Drums, PA, Hazleton, Liberal Arts
- William P. Apollo, Shamokin, PA, Hazleton, Science
- Robert Harshbarger, Beaver, PA, Beaver, Engineering
- Ruggin L. Haskill, Carlisle, PA, Mont Alto, Engineering
- Lisa M. Heene, Sinking Spring, PA, University Park, Education
- Kevin E. Helde, Latrobe, PA, Fayette, Electrical Engr. Tech. (2 YR)
- Jeffrey T. Helvey, Upper Merion, PA, University Park, Engineering
- Charles R. Hilland, Mount Pleasant, PA, Fayette, Electrical Engr. Tech. (2 YR)
- James A. Holwarth, Pittsburgh, PA, University Park, Science
- John E. Hershey, Hanover, PA, University Park, Science
- Brian L. Hiker, Littlestown, PA, York, Earth and Mineral Sciences
- Charles R. Hilland, Mount Pleasant, PA, Fayette, Electrical Engr. Tech. (2 YR)
- Mark S. Hoer, Pittsburgh, PA, New Kensington, Science
- James A. Holwarth, Pittsburgh, PA, McKeesport, Science
- Thomas K. Horn, Chambersburg, PA, University Park, Health, Phys. Ed. & Rec.
- Michael S. Justice, Tompa, PA, University Park, Engineering
- Mark Hudak, Uniontown, PA, Fayette, Human Development
- Timothy J. Ilyes, York, PA, York, Engineering
- Robert F. Johnson, Murrysville, PA, University Park, Science
- Lois K. Justice, Tompa, PA, University Park, Science
- James J. Karchner, Middleburg, PA, University Park, Business Administration
- Linda L. Keller, Harrisburg, PA, Schuylkill, Engineering
- Andrea M. Kelly, Tunkhannock, PA, Schuylkill, Science
- Brian A. Kelly, Seltzer, PA, University Park, Business Administration
- Earl A. Kemford, Pottsville, PA, University Park, Science
- Joseph Kernen, Hatboro, PA, University Park, Liberal Arts
- Deborah A. Kessler, Baden, PA, Beaver, Human Development
- Barry C. Kessler, Reading, PA, Berks, Engineering
- Kristina M. Kessler, Latrobe, PA, University Park, Science
- Crystal G. Keiser, Derry, PA, Schuylkill, Agriculture
- Brian M. Kilcommons, Saylorsburg, PA, Hazleton, Letters, Arts & Sciences (2YR)
- Dorothy Kincock, Bethlehem, PA, University Park, Liberal Arts
- Robert P. King, Doylestown, PA, University Park, Liberal Arts
- Deborah A. Kessler, Baden, PA, Beaver, Science
- Annette T. Kirk, Clearfield, PA, DuBois, Business Administration (2YR)
- Shawn A. Klaber, Dover, PA, York, Business Administration
- Karl A. Kline, Reinholds, PA, University Park, Arts and Architecture
- James L. Klueber, Pittsburgh, PA, University Park, Engineering
- Valerie J. Knight, Newcastle, PA, Beaver, Computer Science (2YR)
- Maria A. Kolenda, Levittown, PA, University Park, Engineering
- Paul Kominsky, West Hazleton, PA, Hazleton, Engineering
- Amy S. Krieger, Berks, PA, New Kensington, Human Development
- Annette M. Kutz, Monaca, PA, Beaver, Science
- Amy B. Kyper, Huntingdon, PA, University Park, Business Administration
- John A. La Rock, Sugarloaf, PA, Hazleton, Engineering
- Joseph W. Lazaro, Crozet Hill, PA, University Park, Liberal Arts
- Christine L. Leonard, Wayne, PA, University Park, Business Administration
- Kenneth A. Levandoski, Ephrata, PA, University Park, Science
- Cynthia J. Lewis, Harrisville, PA, University Park, Education
- Joseph M. Light, Lebanon, PA, University Park, Education
- Susan E. Lloyd, Allentown, PA, University Park, Business Administration
- Diana T. Loch, Pittsburgh, PA, University Park, Liberal Arts
- Brian T. Long, Ambler, PA, University Park, Agriculture
- Karen A. Lucas, Elizabethtown, PA, University Park, Business Administration
- Gregory D. Malton, Clearfield, PA, Altoona, Science
- Frank S. Mallis, Northampton, PA, University Park, Engineering
- Mark T. Mallinger, Erie, PA, University Park, Engineering
- Karen A. Lucas, Elizabethtown, PA, University Park, Business Administration
- Lori B. Marhart, Newfoundland, PA, Worthington Scranton, Education
- Diane M. Marasovits, Northampton, PA, University Park, Liberal Arts
- Cheryl A. Marks, Maury, OH, Shenango Valley, Education
- John T. Marzetti, Ridgway, PA, University Park, Liberal Arts
- Maria A. Marzellek, Pittsburgh, PA, Beaver, Agriculture
- Ronald A. Martonik, Wilcox, PA, DuBois, Engineering
- Terry L. Mathews, Westford, PA, University Park, Science
- Bernard A. Matto, Murrysville, PA, New Kensington, Engineering
- Gregory D. Masner, Jenkintown, PA, Ogontz, Division of Undergrad. Studies
- Matthew McCarter, Doylestown, PA, University Park, Liberal Arts
- Kathleen E. McClure, Warriors Mark, PA, University Park, Science
- Jane A. McDowell, Pittsburgh, PA, Altoona, Science
- Shella L. McGovern, Philadelphia, PA, University Park, Business Administration
- Bryant R. McGuire, Lower Merion, PA, University Park, Engineering
- Martina R. McKee, Theopolis, PA, Worthington Scranton, Liberal Arts
- Alan C. McIntyre, Murrysville, PA, University Park, Engineering
- Rita McMillan, Philadelphia, PA, Delaware County, Human Development
- John P. Mackey, Penryn, PA, University Park, Earth and Mineral Sciences
- Frank C. MacNeil, Pittsburgh, PA, University Park, Business Administration
- Catherine I. Merriam, York, PA, York, Liberal Arts
- Dennis G. Merryfield, Temple, PA, Berks, Liberal Arts
- Hal J. Messer, Reading, PA, University Park, Science
- Mark E. Miller, York, PA, York, Liberal Arts
- Michael K. Miller, Seltzer, PA, University Park, Business Administration
- Suzanne M. Miller, Aston, PA, University Park, Business Administration
- Vicki D. Miller, Huntingdon, PA, University Park, Liberal Arts
- Eleanor S. Mitchell, Clearfield, PA, DuBois, Business Administration (2YR)
- Wendy J. Mitchell, Hershey, PA, University Park, Arts and Architecture
- Joseph M. Mockaitis, Harrisburg, PA, University Park, Science
- Michael W. Modzeleski, Pittsburgh, PA, University Park, Business Administration
- George L. Mott, Ambridge, PA, Beaver, Business Administration
- Gregory J. Moyard, Grove City, PA, University Park, Liberal Arts
- David C. Nauss, New Cumberland, PA, University Park, Science
- Sharon L. Neff, Pittsburgh, PA, McKeesport, Business Administration
- Cynthia J. Nicewicz, Shelton, CT, University Park, Business Administration
- Barbara A. Nonnenmacher, Honesdale, PA, University Park, Education
- Megan A. O'Matz, Bethel Park, PA, University Park, Liberal Arts
- Brooke D. Ollinger, Lancaster, PA, Mont Alto, Liberal Arts
- Kristin Olson, W. Sande Mole, Rye, MA, University Park, Liberal Arts
- John Orr, Boothwyn, PA, University Park, Engineering
- Albert Osman, DuBois, PA, DuBois, Mechanical Engr. Tech. (2YR)
- Robert C. Paff, Bath, PA, Hazleton, Engineering
- Brian M. Palmer, Hazleton, PA, Hazleton, Science
- Gary G. Parker, Shavertown, PA, Wilkes-Barre, Business Administration
- John E. Paul, Kane, PA, University Park, Engineering
- John R. Penrod, Johnstown, PA, University Park, Engineering
- Dawn Peugh, Liberty, PA, Hazleton, Business Administration
- Joseph P. Pioli, Montoursville, PA, University Park, Liberal Arts
- Martha E. Planalis, West Hazleton, PA, Hazleton, Engineering
- Linda A. Polchik, Freeport, PA, Hazleton, Education
- Terry Quier, Allentown, PA, Altoona, Engineering
- Donald D. Ranocchia, Moscow, PA, University Park, Engineering
- Christopher M. Razawich, West Wyoming, PA, University Park, Business Administration
- David R. Reile, Allentown, PA, University Park, Engineering
- Charles E. Richards, Hermitage, PA, Shenango Valley, Business Administration (2 yrs.)
- Darlene M. Rizzardi, Minersville, PA, Schuylkill, Liberal Arts
- Stephen M. Robinson, Pittsburgh, PA, University Park, Business Administration
- Anne Rocklath, West Lawn, PA, University Park, Engineering
- Teri L. Roscosky, Pittsburgh, PA, University Park, Business Administration
- William G. Ross, Fredonia, PA, Shenango Valley, Business Administration (2YR)
- Steven J. Rothsching, St. Davids, PA, Ogontz, Liberal Arts
- Michael J. Roush, Harrisburg, PA, University Park, Engineering
- Karen A. Rowder, Johnstown, PA, University Park, Business Administration
- Elizabeth M. Rowan, Shillington, PA, Schuylkill, Computer Science (2YR)
- Joel R. Ruth, Stratsburg, PA, Berks, Science
- Paul G. Ryan, Glarks Summit, PA, University Park, Engineering
- Lisa A. Sarsky, Drums, PA, Hazleton, Business Administration (2YR)
- David T. Sawyer, Stratford, NJ, University Park, Science
- Scott A. Schanzenbach, Coppenburg, PA, University Park, Liberal Arts
- Richard C. Schmidt, Pittsburgh, PA, University Park, Engineering
- Laurel A. Schreiber, St. Marys, PA, DuBois, Business Administration (2YR)
- Thomas E. Schrum, Derry, PA, University Park, Engineering
- Frank M. Schurer, State College, PA, University Park, Liberal Arts
- Lisa D. Schuler, State College, PA, University Park, Business Administration
- Hayden R. Schwenk, Muncy, PA, University Park, Liberal Arts
- Ronald L. Seely, Canton, PA, Hazleton, Liberal Arts
- Robert D. Segan, Huntingdon Valley, PA, Ogontz, Science
- Carl G. Seitzler, Allentown, PA, Beaver, Science
- Nita M. Settina, Westford, PA, University Park, Liberal Arts
- Steven C. Severini, Murrysville, PA, University Park, Engineering
- Scott A. Shaw, Irwin, PA, McKeesport, Engineering
- Karen B. Shaver, State College, PA, University Park, Engineering
- William B. Shukla, Six Mile Run, PA, Altoona, Science
- Ooday B. Shukla, Easton, PA, Allentown, Engineering
- Andy H. Shyban, Pittsburgh, PA, University Park, Science
- Martin S. Siegfried, Hilltown, PA, University Park, Engineering
- Allen W. Sim, West Chester, PA, Delaware County, Division of Undergrad. Studies
- Kathryn A. Smith, Swarthmore, PA, University Park, Business Administration
- Wendy S. Smith, Monaca, PA, University Park, Liberal Arts
- Todd S. Sneider, Langhorne, PA, University Park, Liberal Arts
- Erik J. Sontheimer, Pittsburgh, PA, University Park, Science
- Terry J. Spore, Montrose, PA, Wilkes-Barre, Science
- Mary E. Sperry, Harrisburg, PA, University Park, Liberal Arts
- Lee K. Stang, Meshoppen, PA, Wilkes-Barre, Telecommunications Tech. (2YR)
- Melissa A. Stephens, Mercer, PA, University Park, Business Administration
- Eileen M. Stepielni, Moscow, PA, Worthington Scranton, Letters, Arts & Sciences (2YR)
- Angelina T. Stopp, Pottsville, PA, Schuylkill, Human Development
- Diane L. Sugar, Wellsville, PA, University Park, Liberal Arts
- Lisa V. Tabak, Harrisville, PA, Mont Alto, Science
- Matthew J. Tarratt, Dalton, PA, Wilkes-Barre, Engineering
- Robert M. Tevelson, Philadelphia, PA, Ogontz, Earth and Mineral Science
- Lisa M. Theiss, Pittston, PA, Worthington Scranton, Business Administration
- Brian K. Thompson, Pittsburgh, PA, McKeesport, Science
- Theodore F. Timshenka, Freeport, PA, University Park, Engineering
- Michael J. Toth, Tamaqua, PA, Hazleton, Electrical Engr. Tech. (2 YR)
- Stephen F. Tracey, Philadelphia, PA, University Park, Business Administration
- Karen B. Tucker, Spring Mills, PA, University Park, Liberal Arts
- Susan A. Urbanik, Gibsonia, PA, New Kensington, Business Administration
- Vidhya Veerappan, Altoona, PA, Altoona, Science
- Christina M. Velti, Brockway, PA, DuBois, Business Administration (2YR)
- James D. Veenesky, Ebensburg, PA, Altoona, Business Administration
- Lisa C. Verno, West Chester, PA, University Park, Science
- Diana L. Wake, Mt. Holly Springs, PA, University Park, Science
- Robert F. Walls, Hermitage, PA, Shenango Valley, Business Administration
- Donald T. Walters, Lehighton, PA, Hazleton, Engineering
- William E. Waltz, Harrisburg, PA, University Park, Engineering
- Theodore W. Wawro, Pittsburgh, PA, McKeesport, Division of Undergrad. Studies
- Darren R. Weaver, Kempton, PA, University Park, Engineering
- Denise E. Welst, Philadelphia, PA, University Park, Science
- Michele M. Wengert, Myrstown, PA, University Park, Business Administration
- Alan C. Wilton, York, PA, University Park, Liberal Arts
- Thomas C. Winkif, Northampton, PA, Ogontz, Science
- Todd M. Wolfe, Wayne, NJ, University Park, Business Administration
- Dawn P. Wooley, Brick, NJ, University Park, Science
- Martin York, Kittanning, PA, New Kensington, Business Administration
- Beth A. Yeager, Sharon, PA, Shenango Valley, Liberal Arts
- Susan M. Yeager, Shamokin, PA, Altoona, Human Development
- Mary Yodanis, Harrisburg, PA, Hazleton, Division of Undergrad. Studies
- Phillip S. Yost, Pottsville, PA, Schuylkill, Letters, Arts & Sciences (2 YR)
- Robert A. Zak, Grafton, VA, University Park, Engineering
- Douglas B. Zalk, Glassport, PA, McKeesport, Engineering
- Kristen A. Zaitzinger, Towanda, PA, University Park, Liberal Arts
- Sally A. Zimmerman, Oakdale, PA, Beaver, Engineering

The Fun Is For Everyone!
GREEK WEEK '84

—TONIGHT—
5:30 Chariot Races
E. Fairmount Ave.
7:30-9:30 Skits
HUB Ballroom

VOLUNTEER
Support
March of Dimes

Give to
Save Babies

USG Dept. of Student Programs for International Awareness

NORTHERN IRELAND presents NORTHERN IRELAND

HURST HANNUM
International Human Rights
Lawyer; Board of Directors,
Amnesty International
USA

"International Human Rights Perspective;
Sovereignty and Self-Determination"

Tonight • 7:30 p.m. • HUB Assembly Room

A WORD ABOUT THE FREE U

The Free University is a cooperative learning network. Our goal is to facilitate the free exchange of skills and ideas. We will provide equal access to all people, to information, ideas and skills. We will provide a place for people to get together with others who have complementary desires.

Our catalog, which is available at the beginning of each semester, lists the courses which will be sponsored for the semester. We also publish a supplemental catalog about the way through the semester. Although these courses are our primary means of achieving our goals, we also sponsor activities, films, seminars and other activities.

If you are interested in initiating a free university course, or in becoming involved in our organizational staff, please join by 2:00 pm, or call at 893-0018. Your course invited to attend our staff meetings at 8:00 p.m. in our office at 223 Mill on Monday nights. To attend a free U course, please consult our current catalog.

ALL STUDENTS MUST ADVANCE REGISTER FOR FALL SEMESTER 1984 BEFORE MONDAY, APRIL 16, 1984

STUDENTS WHO PLAN TO RETURN TO UNIVERSITY PARK FOR FALL SEMESTER 1984 MUST FILE A REGISTRATION SCAN FORM WITH THE REGISTRAR BY MONDAY, APRIL 16, 1984. FAILURE TO DO SO WILL RESULT IN BEING REQUIRED TO REGISTER LATE (AFTER FALL CLASSES BEGIN) AND BE SUBJECT TO THE \$10 LATE FEE.

OFFICE OF THE UNIVERSITY REGISTRAR

Future topics will include Gay Rights, Women's Rights, Apartheid, and Rights of the Handicapped

USG Presents
A CROSS-CULTURE DIALOGUE PROGRAM
Will Be Held
— TONIGHT —
8:00 p.m. 124 Sackett Bldg.
TOPIC:
ETHNIC INSENSITIVITY
Moderated by Harry Hamilton
****EVERYONE WELCOME!**

AIM HIGH

Take Control
We're looking for people who can take control of the skies as pilots in the U.S. Air Force. It's a challenging and exciting career with great advantages such as 30 days of vacation with pay each year and complete medical care. Plus, the opportunity to serve your country. Talk to an Air Force recruiter today.

Your local recruiter is TSgt Dana McCollum and you can reach him at 237-7741

FORGE
A great way of life

ATTENTION BUSINESS STUDENTS!

Apply now to be a 1984-85 Undergraduate Student Adviser

Applications are available in Room 101 BAB Return Application to Room 101 BAB by Friday, April 20th

THE OFFICIAL PENN STATE CLASS RING
by Josten's

OUR MESSAGE IS PLAIN AND SIMPLE
ORDER NOW! SAVE \$50
A \$50.00 DEPOSIT IS ALL IT TAKES

FREE OPTIONS
LIFETIME GUARANTEE

THE CLASS RING EXPERTS
moyer jewelers
Corner of College and Allen
Downtown State College

EXPERIENCE IT!
CARIBBEAN EXPERIENCE
DINNER and ENTERTAINMENT

SUNDAY APRIL 15
6:00 pm
HUB BALLROOM
\$5.00 ADULT \$2.50 CHILD
DINNER WILL BE SERVED AT 6
music by **MARYLAND PACESETTERS**

FOR INFORMATION CALL 865-3776 or 234-2615