



Behrend Basketball players held a basketball clinic for Diehl School students as part of Behrend's Adopt-A-School Program. The clinic was held January 30. Bob Minford is pictured here with a group of Diehl students. (Photo By Marybeth Zawistoski).

Hop A Bike To Florida

Tired of the mush and slush of an Erie winter? Just plain tired? Then boost your energy and your outlook by joining the Health Advisory Board's 500-mile Bike Club. If you can do the miles on the stationary bikes in Erie Hall, you can pedal your imagination to the sunny shores of Florida or go to Carolina in your mind.

It's easy to start biking your way to aerobic success. Simply sign your name and the number of miles you ride each day on the Bike Club poster in the weight room. And away you go.

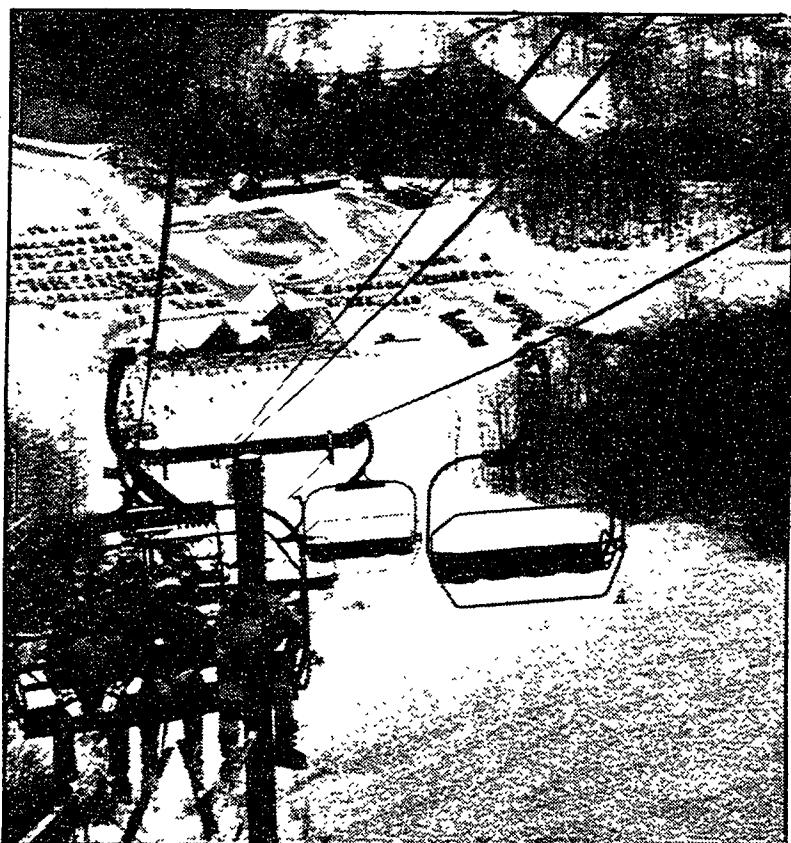
Once you get started, you'll find that riding the stationary bikes is one of the easiest and simplest forms of aerobic exercise available. But when you're riding, don't forget to monitor your target pulse range and maintain that rate for 20

minutes.

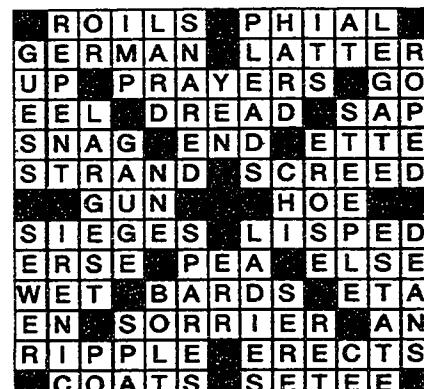
To determine your target pulse range, the formula is: $220 - \text{Age} \times 75\%$. For example, if you're 20 years old, subtract 20 from 220 and multiply by 75 percent. You'll find that your target pulse is 150 beats per minute, plus or minus 10 percent.

Once you're an experienced stationary biker, you'll know just how fast you have to pedal to reach and maintain your target pulse. Note: As always, if you have a health problem, check with your health care provider before beginning any new exercise program.

For more information about the 500-Mile Bike Club, call Patty McMahon at the Health Center, ext. 6217.



Members of the Behrend Ski Club enjoy the ride up Bear Mountain at Killington, Vermont. The group made the trip over winter break. (Photo by Rick Brooks)



CONGRATULATIONS New Members of the Lion Ambassadors

Elizabeth Buck
Steven Campbell
Angela Carone
Kimberley Clemons
Karen Courtney
Dana Fletcher
Darrell Freund
Michelle Grasmick
Gary Lemanski

Susan McFalls
Heather McKinley
Kerri Miller
Charlene Shoemaker
Ala Stanford
Matthew Stebick
Kathleen Stoupis
William Vahey
Stan Washington, Jr.

- From the 1988 Members -

Michelle Bambauer
Shirley Connor
Joe Cunningham
Joye Dado
Patrick Espin
Shawn Fleming

Jeffrey Grant
Larry Laconi
Susan Lavery
Roma Mehta
Kim Robertson
Brent Vernon

Building Lifelong Involvement in Penn State - Behrend

Calendar Discouraged

Administrators at Louisiana College have halted sales of a fundraising calendar featuring campus students in bathing suits, fearing it was giving the Baptist school a "playboy" image.

Aimed at raising money for the college's chorus, the "Men of Louisiana College" calendar, which even campus President Robert L. Lynn characterized as "about as scintillating as a Sears catalog," was tame enough that the local Alexandria Daily Town Talk published a photo from it.

However the photo, which was of a male student in a hot tub with two female classmates, generated complaints.

"I thought it was in very poor taste for a Christian college," said Rev. Charles Hutzler, pastor of the Alpine Baptist Church. "I was outraged. It makes us look like we're liberal or something."

Lynn decided to halt sales of the calendar after others advised him it could give the 800-student college, which is supported by the Louisiana Baptist Convention, a playboy image.

Such images can be troublesome at schools funded by the Southern Baptist Convention. After Playboy magazine determined that Mercer University, a Baptist campus, was among the top "party schools" in the nation in 1987,

literalists in the Georgia Baptist Convention mounted an ultimately unsuccessful campaign to replace Mercer's trustees with more conservative church members.

Calendars have caused troubles at other campuses, but usually for different reasons.

Penn State University, for example, banned a "Women of Lion Country" calendar from its bookstore after students objected it was offensive to women.

Calendars featuring photos of nude or semi-nude classmates provoked angry protests at the universities of Illinois and Texas-Austin, respectively, during the 1987-88 school year, but they stayed on sale.

More recently, Ohio State officials yanked a similarly racy "Men of the Scarlet and Gray" from its campus stores because it used OSU's logos, emblems and trademarks without permission. Only 23 Louisiana College calendars were sold when Lynn banned them, but students seemed to agree with their president's view of its modesty.

Kandy Key, one of the women in the hot tub picture, said her mother and members of her church teased her about the photo, "but basically they didn't see anything wrong with it."