

LHS Studies Energy Crisis

To help meet the nation's energy crisis, Lock Haven State is studying ways of reducing its use of fuel, energy, and other materials.

A College-wide Committee on the Conservation of Institutional Resources recently submitted its recommendations to Dr. Russell Milliken, administrative vice president. The recommendations covered conservation of electricity, fuel oil and heat, water, and paper. Other areas where expences could be reduced were in the use of college vehicles, maintenance, and vandalism.

The committee, consisting of equal numbers of faculty, administrators, students, and maintenance staff, felt there is a need to make people aware of the energy crisis and suggested methods of publicizing the need for conservation.

To conserve electricity, the committee recommended

~VOTE~ FOR THE BEST

by John Vukovic

Around campus recently one sees "VOTE ACTIVE" or "ELECT THE LOYAL OPPOSITION" or "WRITE IN". Well, when you vote, you do not have to vote a straight slate; you CAN split the parties and vote for the candidates of your choice---and come up with a composite ticket comprised of the Best of Both!

The Election Ballot will have the names of the candidates to vote for, and you vote by picking (or writing in) the NAMES of the people that you want for YOUR student government.

such measures as removing unneeded light bulbs in lounges, classrooms, and stairwells, placing "turn off" signs by light switches, consolidating evening meetings in one building, and installing mercury vapor lights in Thomas Field House.

To conserve fuel, the college should set all building thermostats at 68 degrees and reduce this an additional five degrees at night.

ORCHESTRA HOLIDAY

The Lock Haven State College-Community Orchestra will present a holiday concert in Price Auditorium at 8:00 p.m. on Tuesday, November 13.

Under the direction of Robert Lynch, the orchestra will open with "Themes from Brahms Symphony No. 1," featuring Louis Lantz on trumpet and Sandra Berkebile on flute. Following Buxtehude's "Chaconne in E Minor," the orchestra will play six sections from Handel's "Water Music Suite."

Other works on the program are "Lo, How a a Rose E'er Blooming" and Cacavas' "Matador." Selections from the stage musical "Hair" will feature

To conserve paper, the committee recommended that used paper be recycled for memo pads, and that both front and back of a sheet be used for mimeographed items instead of two sheets.

In addition to numerous other conservation recommendations, the committee has requested the Pa. Power Light Co. to survey the college's electrical usage and suggest means for further reduction of power consumption.

PRESENTS SHOW

Eugenia Matz on violin, Gladwin Yenner on percussion, and Zane Kaufman on string bass.

Special guests at the concert will be the Community Chorus, which will sing several holiday selections. The Community Chorus, also directed by Mr. Lynch, will sing "All Through the Night", "Glory to God in the Highest", "In These Delightful, Pleasant Groves", the Southern folk song "Charlottown", "A-Caroling We Go", and "In Peace and Joy I Now Depart".

The concert is sponsored by the Lock Haven Music Club and the college's Office of Development. This concert is open to the public without charge.

There seems to be some confusion as to what constitutes registration for a course. It appears that some students report to registration, recieve a card from the card bank, and then after a change of mind, decide they do not wish to enroll in that particular course. So it seems a very simple matter to tear up the card, or not turn it in, and no one will be the wiser, NOT SO ! Once a card has been pulled from the card bank and is processed, the student is enrolled and cannot withdraw without processing a dropadd card. In order to avoid receiving a failing grade for a course you have never attended, make sure you process a drop-add for that course.

BOOTERS IN NCAA

For the first time the Lock Haven State soccer team has been selected for the regional NCAA Division II playoffs. An announcement was made today by LHS Athletic Director Stan Daley.

Teams picked for the New Jersey-Pennsylvania -Delaware region were East Stroudsburg State, seeded number one; Elizabethtown College, No.2; Muhlenberg Collese, No.3, and Lock Haven, No. 4.

In first round competition Lock Haven will play at East Stroudsburg on Wednesday, Nov. 14 at 1:30 p.m. Ticket prices for the game will be \$2 for adults and \$1 for college students.

PLAYOFFS

During the regular season the Warriors defeated the Bald Eagles, 2-1 at Lock Haven.

Lock Haven under head coach Karl Hermann and assistant, Mike Parker posted a 9/3 record to set a new one season win mark this year during regular season action.

EDITORIAL

The SCC Election. Two weeks ago few people realized what it was or that it was coming up. The boycott and demonstration were the only topics of conversation and anyway, there was only one slate, the Active Slate, nominated for the Executive Committee offices.

Last Thursday, with the emergence of a write-in slate, the Loyal Opposition, campaign issues began to evolve, but not from the members of either slate. People, who have no direct connection with those running for office, have created issues and are presenting nonfactual information to members of the LH student body.

Just for the record, there are no campaign issues. Neither slate as a slate has taken a stand on any issue concerning the Student Cooperative Council, its duties or its relationship to other organizations on campus.

Since there are no issues, we should be concerned with the individuals running for office. The qualifications of the candidates should be considered most carefully because of the responsibility these people will have to the college and to each student.

The SCC Executive Board Election is not a popularity contest. It is a chance to elect the people best qualified to run our student government. Consider each candidate and the office they are running for and evaluate them through their qualifications. Most importantly, vote!

MOTHER / DAUGHTER TEAM TO SPEAK

The Women's Dorm Council will present the second program of Women's Week, On Tuesday, Nov. 13 at 8:00 in Ulmer Planetarium.

Lollie and Jeanne Hirsch are a mother/daughter team who first put together a women's magazine in 1969. They have been speaking on various aspects of the Women's Movement four years, this past year specifically on GYNECOLOGICAL SELF HELP.

Their presentation is patterned after that of the originators of the Gynecological Self Help Clinic concepts, Carol Downer and Lorraine Rothman. With the Feminist Women's Health Center in Los Angeles, Ms. Downer & Ms. Rothman developed

methods by which women can learn about themselves physically and originated new techniques with which women can regain control of the reproductive cycle and themselves.

Throughout the history of the world, in all the cultures of the world, women traditionally took care of themselves and each other, gynecologically. It wasn't until approximately 150 years ago, in technological Western Society, that the male usurped the field of gynecology. Today, the female is anaesthetized for child delivery and the obstetrician takes credit for having delivered and given birth.

Women have no choice in the decision making which concerns them. There are stiff quotas on women entering the medical profession and, where paramedic training is being made available to men with little education (military veterans), women must have college degrees to qualify.

The main thrust of the lecture Tuesday night is to emphasize the fact that women who are menstruating, women terminating a pregnancy, women in child delivery and women in menopause are normal, healthy, functioning women who do not need elaborate drug programs and surgery. The lecture stresses that sick women should seek medical help and points out that educated women can make the medical profession more responsive to the specific needs of modern women. With slides, a film, exchange between mother, and audience, Lolly and Jeanne's presentation is educational.

The lecture is for women only.

Any group requesting posters or tickets must submit its order at least one week in advance of date needed. No work will be guaranteed if requested later than this. Payment required.

STUDENTS CHEER SUSPLEVIEW RESIDENTS

by Donna Leggett

We grow old... We grow old... And who cares? 48 students at LHS express their concern weekly for the institutionalized individual.

A program to help the residents of the Susqueview home for the elderly has been in existance at LHS for three years. Initially, the program's purpose was to give field experience for Social Work majors. But this year an invitation was extended to any interested student who wanted to participate in the program.

These students are assigned to visit specific residents in the home for one hour each week. Too frequently, elderly people have no interests and no visitors, causing them to feel isolated and abanodonned. The volunteers of the program strive to enrich their lives by showing consistent warmth and affection to them.

A student's visit might often involve; listening to the resident reminisce on the past, reading or writing for them, or playing checkers and card games. They also encourage the resident to engage in various craft activities such as; knitting, crocheting, and other projects. Another objective is to take

the residents to selected college and community events. For the past two years, all physically able residents have attended the Aqua Fins show.

The major event of the program during the fall semester is the Christmas party which is held at the home each year. The purpose of the party is to communicate

DEAR EDITOR ... I hadn't

To the Editor:

Over the past week there has been much concern over the relocation of the stereo into the SCC office. I hadn't realized the discontent that this would cause when I authorized the move, but I will take full responsibility for that decision.

Fortunately, some good has come of this situation. Now all those people that didn't know the stereo existed are aware of its presence and maybe it will get more use than it did in the past.

It is now back at its previous residence.

Sincerely, J. Douglas Dows, Pres. Student Cooperative Council to the residents the respect that the campus and community has for them. The students work on committees about eight weeks prior to the party to raise funds. In doing so, they approach campus organizationa, faculty members, and merchants of the Lock Haven area and request donations.

The students spend much of their time making stockings, cookies, and decorations for the event. On the evening of the party Mr. a nd Mrs. Santa Claus present each individual with a gift. Last year in addition, they gave \$100 to the Susqueview library fund. A large print Bible, and a poinsetta were also presented.

Although volunteer work is gratifying for the students several difficulties do exist. There is a great n eed to involve students in more social gatherings and holiday events for the home, which time doesn't permit. The program is also hindered by the limited transportation and the lack of resourses.

"The program gives the student a rewarding experience and direct insight into what an institution is like," commented Dolores Lynch, advisor and founder of the program.

STONY
CREEK
RUNS
THROUGH
THE
WHAVEN

by Joyce Yoteoski Kathy Scully

A Stony Creek in Lock Haven? Yes, it's true. A trio of guys who call themselves Stony Creek, gave a concert in Ulmer Planetarium on Thursday, November 8.

The group consists of John Strum, from Holley, Pa., who plays guitar and bass; Hank Soto, originally from Germany, but now the New York city area, plays the electric guitar; and Michael Roden from London England,

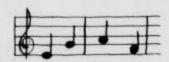
Lock Haven State College also plays the guitar and bass.

The group, formerly Wilkinson, Strum, and Roden, broke up this past summer. Hank Soto, a friend of Strum and Roden, began playing with them and the trio formed Stony Creek in mid August.

The name Stony Creek was taken from a small town near Lake George. The group lives there now and they play at the Stony Creek Inn. They have played at colleges and bars in Altoona and Mt.

Aloyisis.

The group features mostly folk music, but they also play contemporary and traditional music as well. Stony Creek's next appearances will be in Shippensburg, Juliate, and Harrisburg.



SOLDIST CONCERT FEATURED VARIETY

by Bill McComas

Last Wednesday night, the LHS audeince was treated to the second annual Soloist concert, in Price Auditorium. The concert, an idea of director Gary Renzelman, included members of the College Choir, Singers, and of Prof. Renzelmans applied voice classes. It offered, as the saying goes, something for everyone.

John Rose opened the program with three traditional unaccompanied ballads and mining songes, and recieved a well deserved round of applause. Tony Smith sang her version of "Nobody Knows the Trouble I've Seen" and was followed by Sue Devling singing two traditional songs in the original Spanish.

David Kelly recieved a good response as he performed "Old Mother Hubbard" to a Handel-like accompiment. He kept a straight face throughout the work even though everyone in the audience was having quite a laugh.

Broadway musicals were well represented in the program also. Julie Gambo from the College Singers performed "If He Walked Into My Life" from the show "Mame", and from the musical "Fiddler on the Roof" were the songs "Matchmaker" done by Debbie Russo, and "Sunrise, Sunset" by Carolyn Bair both members of the Singers. The final musical number was "Corner of the Sky" from "Pippin" done by Sue Keefer with guitar accompianment by Eric Sunberg.

Perhaps the highlight of the entire concert were original songs by Clare Gebhart. These selections, "Old Man" and "Just For Today" were written, sung and played by Clare who did an excellent job for her premire performance. James Taylor fans also had a moment of glory because three of his best known work were included in the concert. First

Ken Bowley did "Carolina in my Mind" and at the end of the program Ernie Naylor sang "Fire and Rain". Finally in excellent harmony, Ernie and Carolyn Bair closed the show with "Long Ago and Far Away" with guitar work on these numbers by Bill McComas.

Plans are being made for another soloist concert next semester. If you were unable to attend this one, there will be another chance to see a show that truely had something for everyone.

There will be an important meeting of the English/Communications Club on Tuesday Nov. 13 at 1 P.M. in Bentley Hall Lounge. Everyone please attend!

DEAR EDITOR ...

To the Editor:

I wish to thank the SCC Executive Committee for returning our Stereo to the music room in the PUB. Once again I (and many other students) can enjoy the music when we come down to study in the PUB.

One student in Twenty-four Hundred

There will be a CEC meeting on Tuesday, Nov. 13, 1973 in Himes 111 at 6:30. The annual Christmas party will be discussed. All active members and interested students are urged to attend.

UNWANTED PREGNANCY? AMERICAN FAMILY PLANNING IS A HOSPITAL - AFFILIATED ORGANIZA TION OFFERING YOU ALL ALTERNATIVES TO AN UNWANTED PREGNANCY. FOR INFORMATION IN YOUR AREA CALL: Call (215) 449-2006 AMERICAN FAMILY PLANNING A Medical Service to Help You

Hi Fi Shov **High Fidelity** C I p **Equipment Display** A 0 n Bentley Hall Lounge SF OR Thursday, Nov. 15 ٨ From 10:30 p.m. - 4:30 p.m. r T e Equipment and Personnel from d E N 906 Penn St. THE STEREO HOUSE I Ь Williamsport T y Questions answered on Complete Systems Y Components, prices, etc.

Harriers Ended Season at Millersville

by Lloyd Peters

The LHSC Cross
Country team ended its
season at Millersville State
College Saturday, November
3, by placing ninth in the
Pa. State College Conference
Cross Country Championships. Freshman dominated
Edinboro State College ran
away with the team championships by placing four
men in the top ten.

The Bald Eagles brilliant distance runner, Mike Gaige, ran a fantastic race finishing second to Millersville States All-American Jeff Bradley. The home course advantage for Bradley was just too much for Gaige. He ran 26:21 to Bradley's 26:03.

The 80 plus runners from twelve State Colleges in Pennsylvania started the

AMBDA

Lambda Chi Alpha

again swept championship

for the 1973 Intramural foot-

ball season by defeating

Beach House on Sunday by

30 yard thoucdown pass from

Chip Snare to Bill Hatalski.

Later in the game Beach

House posed a serious scor-

ing threat but they were

stopped on a fine intercep-

tion by Ken Gibson which

Lambda Chi Alpha

The score came on a

a score of 6-10.

CHAMPS FOR

4.92 mile course with Bradley immediately taking the lead. Bradley's first mile of 4:28 was too quick for Gaige who was back in second at 4:35.

After the first mile Bradley slowly increased his lead until the 4.5 mile mark when Gaige and Slippery Rock junior Jeff Carr pulled up on him slightly. Carr took over second place at about the four mile mark but Gaige refused to fold. With 330 yards to go his tremendous finishing kick allowed him to sprint past Carr.

Junior Bill 'Dutch' Landis ran one of his strongest races ever finishing 29th in 27:39. His time of 1:18 behind Gaige represented the closest distance he has finished behind Gaige.

ALPHR SECOND YEAR

seven interceptions for the day.

Sunday's defensive effort typlified Lambda Chi Alpha's play throughout the entire season, as the defense allowed only 7 points while the offensive squad scored 115 points. This brings Lambda Chi Alpha's record to 15-0 marking up 234 points for Lambda Chi Alpha and 25 for the opposing teams. giving Lambda Chi a succesful two year championship.

LH head coach Jim Dolan felt his team had a shot at eighth place in the team standings but California State ran an exceptionally strong race to beat LHS by four points.

Doaln had many words of praise for his number one runner Mike Gaige. "Mike ran a tremendous race. I thought he had a good chance at beating Bradley but the home course advantage was too much," he stated.

Concerning the Bald Eagle harriers efforts over the total season Dolan said, "The season went as I expected it to go. I coached a great bunch of guys who were very dedicated and liked to run. They showed consistent improvement throughout the season and gave their best efforts. A coach can't ask for much more than that."

By placing second in the Conference Meet Gaige qualified for the NCAA-Division III National Championship Meet which was held this Saturday, November 10 in Wheaton, Illinois.

LHS finishers at Millers-

ville and their times:	
2. Mike Gaige	26:21
29. Bill Landis	27:39
45. Eric Burkert	28:07
62. Ed Fraass	29:50
63. Dennis Harmon	29:58
69. Bob Sellers	30:29
70. Dean Walize	30:50

Attention Women: For the week of Nov. 12 all soccer Intramurals will be played Tues. Thru Fri. Please check the schedule immediately. Questions? Call Barb or Judy Rm 426 McEntire.



CLASSIFIEDS

Handsome senior athletically inclined desires the company of an attractive fun-loving Lock Haven co-ed. for Sarurday evening Nov. 17th. Interested parties write 38 Susquehanna Avenue giving personal qualifications.

Susquehanna T.V. cable contact for sale (\$8.00); Call 748-7707 between 9 and 5 Mon. through Fri.

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