

Hank's pen rambles

Hank Rappold
Capital Times Sports Editor

Editors note: In the last Hank's Pen Rambles I picked the Cubs and A's to be in the series. Well, I was wrong! It's the A's and the Giants, and I have no pick this time. So there, this time I can't be wrong, only silent.

A peek at sports.....

Job changes? Some say that Davey Johnson, manager of the NY Mets, was fired by the Mets, the Mets tend to differ... Back to Philly and the Flyers, they, like the Sixers, are speaking of moving from the Spectrum but to Camden? Come on, anywhere but there!... The Birds of Baltimore, most improved team of the year? From last to second, 30+ more wins, sounds like a shoe-in to me... Still baseball, the Phillies once again had a stronghold on the N.L. East basement again. Is next year their year?... Bo Jackson is back to his hobby. With baseball over he has reported back to the Raiders to pursue his hobby of football. What a hobby!... A football equation, one Herschel equals twelve players? Sound good to you? It must to Minnesota, they now have Walker and Dallas has five new starters, plus seven possible draft picks... Ice

hockey now, Wayne Gretzky is now the all-time NHL points leader. He broke Gordie Howe's total in less than half the games... Penn State Football has won four in a row and is now ranked 14th but here comes Notre Dame, Alabama, Pitt, West Virginia and, of course, Maryland. The fun is about to start... Boxing, D. J. Jazzy Jeff thinks he can beat Mike Tyson... Around the racetrack, Emerson Fittipaldi won the Indy Car Championship for 1989 becoming only the second person to win both the Indy Car and the Formula 1 championship. Mario Andretti was the other to do so... Battle of the Bay, the 1989 World Series between the Oakland A's and the San Francisco Giants was put on hold due to the quake of '89. It is to resume soon... The Flyers have finally signed hold-out goalie Ron Hextall. Can he help the once Broad Street Bullies out of their early season slump? Is he as good as he thinks he is?... More ice news, Gordie Howe is considering coming out of retirement to play a game in Jan. of 1990. He wants to be the only man to play in the 40's, 50's, 60's, 70's(am I there yet?), 80's and the 90's. Bad time for a comeback. Gordie will be taking a lot from the game that he once gave so much class to.



photo by Denina C. Benson

The cheerleaders give a yell at the alumni soccer game.

Cheerleaders lift school's spirits

Mary Jane Thompson
Capital Times Staff

"Explode - ignite - the Lions' team is dynamite!" echoes from the gym at least twice a week. This is the sound of a Penn State Harrisburg cheerleaders' practice.

No one can say the PSH cheerleaders lack enthusiasm or dedication, at least not lately.

Over the past few years, the squad has grown from five to thirteen. They've added stunts, two male cheerleaders and a mascot.

One reason for the change is the dedication of the two co-captains, Vicki Cuscino and Melissa Bitting, who are veteran cheerleaders.

Vicki Cuscino has cheered since she was in eighth grade. Over the years, both co-captains have learned stunts and participated in competitions.

The co-captains have made some changes. "We've improved the constitution," said Cuscino, "there are many more rules to follow." "We've extended the practices and meet more often," added Bitting. The squad practices for two and half hours twice a week.

Once in a while, they will even practice all day on Saturday. This is one sign of the dedication of the squad.

Another sign of their dedication is the money that comes out of their own pockets. "Each girl spent about 110 dollars on shoes, tights, socks, turtle-necks and jackets this year," said Cuscino.

The squad finds cheering challenging. "It's just as demanding as a sport," said Andrea Rotolo. "You have to be in shape physically and mentally," added Lisa Roberson.

Even though the squad is looking better than ever, problems still remain. In the beginning of the semester, the squad had one concern, they lacked an advisor. Recently, a volunteer came forward, Marcie Boyer, a psychiatric nurse. "She still has to be approved by Janet Widoff and University Park," said Cuscino. Without an advisor the squad is not allowed to do flips or high-risk stunts.

Some of the stunts the squad has planned for this year include a hanging pyramid and a falling pyramid. These stunts can be seen at a soccer game or basketball game.

Join the *Capital Times* Staff

Any student interested in reporting, photography, graphics, advertising, or just helping out, should come to the staff meeting on Thursday, October 25 at 12:30 p.m. in Olmsted, room W337.



photo by Richard Chlavetta

The Nittany Lion gets into the spirit of PSH soccer.

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Smoking is O-U-T!!

Subject: "Great American Smoke Out"

When: Thursday, November 16, 1989

Facts: -Sponsored by American Cancer Society

-Promoted by Cheerleaders and Health Services at PSH

-To encourage smokers to give up cigarettes and other tobacco for 24 hours

-This is the 13th year of the smoke-out

-To help at least one in every five smokers (20%) give up cigarettes for 24 hours, which may result in complete abstinence

At Penn State Harrisburg on November 16th:

1. Tables will be set up in lobby by Lions' Den.
2. Video of smokers who quit will be shown.
3. Literature, pins, buttons, posters, etc., will be distributed.
4. Cheerleaders will "adopt" smokers (see contract).
5. Candy and gum will be distributed.
6. Nittany Lion will help by distributing candy and buttons.
7. Contest: Guess how many match sticks are in the fish bowl.

To participate, you must give cigarettes/tobacco to at Alfred's Victorian Restaurant (\$15 value), a cookbook (value \$10), and an Alfred's hat!