



Photo By. Sue Hoover

## Woman's volleyball

**Hank Rappold**  
Capital Times Sports  
Editor

For the past few weekends the Penn State-Harrisburg Athletic Association has been sponsoring a slew of volleyball tournaments in the CUB. These tournaments are used to raise money for the Association and attract many volleyball teams from all over the area.

The most recent tournament weekend was Jan. 20-21 and was split into men on Saturday and women on Sunday. Saturday brought in 15 gung-ho male volleyball teams, while Sunday saw 16 determined female squads take the court in over 12 hours of non-stop volleyball action.

Teams came armed with beach chairs, blankets, books and coolers for camping out in the CUB's lobby awaiting their turn in the action. The Association was ready to feed these volleyball fanatics. A concession stand manned by campus athletes was set-up and cold soda, hot dogs and candy was sold to help replenish the players.

The Association uses the money raised in these events to fund projects and activities they have planned to help out PSH's athletic teams. Things like the Spring Athletic banquet or purchasing an ice machine are paid for through fundraisers like this.

## Quick Skiing tricks

**Christopher Burns**  
Capital Times Staff

Bend those knees. Keep that pressure on the front of your boots.

Most of us who ski have heard those famous words at least once in our lives. The problem is, if your shins hurt like hell, what do you do?

I have spent a good bit of time finding little tricks that made skiing painless. The one trick I found to work for sore, burised shins was to rap an Ace Bandage around your shins for extra padding.

First start with a three foot peice of Ace bandage and begin rapping from the ankle up. This way the bulk of the bandage will be at the point where your ski boots rub against your shin. You should keep the rap as smooth as possible. Any wrinkles will cause discomfort as the day goes on.

Equipment is becoming very sophisticated and the lack of keeping your bindings clean is the leading

cause of most injuries.

If you consider all the dirt and road grime your equipment collects when traveling on the top of your car, it's surprising bindings work at all.

Fear not, there are some simple preventitive measures you can do at home to keep your bindings working properly.

Before getting your skis out for the day take a quick look to see if there are not any little rocks or sand wedged in between the moving peices. If there is, clean those out with some water and a tooth brush. Then spray some sort of a spray lubricant onto all moving parts to help reduce friction. This will assure your bindings will function properly when you need them to.

Untill next time, keep those ski tips up.

# Hank's pen rambles

**Hank Rappold**  
Capital Times Sports  
Editor

With this column it has become my custom to ramble on about recent happenings in sports. That is not going to change, not even with all the New Year's resolutions I made this year. So let's go and take a trip with my magical pen...

Penn State football is no longer an orphan among major college football. The program, along with the rest of the athletic department, will be joining the Big-10 conference. Making it the Big-10 plus 1 More conference.

Penn State football by the end of the decade will be playing the likes of Michigan, Ohio State, Michigan State and for the rights to play in the Rose Bowl. Will Joe-Pa stay around long enough to play in this conference? Or will he retire in a few years like he said he will?

The joining of this conference means that the basketball team will be leaving the Atlantic-10 and heading west to play some of the major powerhouses in college basketball. This comes at time when the basketball program is growing out from beneath the shadows of football at Penn State. Will the roundball program suffer? At first it might but after awhile Penn State basketball will bounce back. The new conference should help Penn State in recruiting some of the top players in the conference. What does this all mean to athletics at Penn State-Harrisburg? Absolutely nothing! But it will give Penn State fans more reasons and chances to cheer...

More on Penn State and its football team. How about that Holiday Bowl? Who were those guys in the PSU uniforms? Aliens from outerspace perhaps? It had to be. 50 points from Penn State? This year? The same year when all they could do against Maryland was a tie. It probaly was a fluke, yeah that's it, a fluke...

Have you ever heard that

old things never die but just fade away. Well that used to be true. Now it still might be true except in the world of sports. With sporting events such as: the Cooney-Foreman(cough, YAWN) fight; or the Senior Baseball Leauge; or even the PSH alumni basketball game, one might believe that old age doesn't mean a thing in sports. Recently, the Cooney-Foreman fight took place in grand old Atlantic City. These 2 guys have a combined age of 74 years and an average age of 37 years. Did that stop them? No! Should it have stop them? Yes! Still they fought on for 2 rounds. Foreman stopped Cooney in the second round before age put an end to them both, which was only a matter of time. Next on the hit parade might be Larry Holmes and George Foreman. That is if the price is right.

Senior Baseball's only requirement is that you are over 35. Catchers can be 31 to apply. Now I like this idea. These guys can still play ball. Have you ever seen the Cracker Jack Classic? Now for 3 months of the year these heroes from the past are able to put on their spikes and once again spit into their mitts. These guys are playing for fun and that is what baseball is all about. Baseball isn't about \$3.2 million a year nor is it about charging a hero worshipping-wide eyed little boy \$15 for your signature. Just having fun, what a concept!

More guys who were playing for fun were the PSH alumni basketball players on Jan. 13. For the eleventh straight year alumni basketball players returned to Capital campus and took the floor. This year 29 players returned and played odd year graduates against the even year grads. Cheering the players on were their wives and children and the current PSH cheerleading squad.

The fans were not to be let down and were given an

Hank's Pen cont on pg. 11

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