

Late goal throttles Lions' playoff hopes

Mike Givler
Capital Times Staff

The Penn State Harrisburg soccer team came into the month of October with a 2-2 record and still having a good shot at the playoffs.

The top four teams in the district with a .500 or better winning percentage advance to the playoffs.

The Lions started October in a bit of a slump because they had lost their last two contests. Here's a recap of the remaining games.

Goucher hands Lions third straight loss

OCT. 3--The Lions (2-3), whose morale was still down after their 1-0 defeat at Lancaster Bible, played a lackluster game and fell to Goucher 2-1.

Coach Mark Ashley said this game was not one of their best performances.

"We didn't play well," Ashley said, "and we didn't work as a team. Goucher was a team we could have beaten."

The lone Lion goal came from the foot of mid-fielder Dennis Butler. Ashley said Butler was one of the bright spots.

"Butler distributed the ball and saw the whole field well," Ashley said.

Ashley also said that another bright spot was Vere Wheatland who took control of the Lion defense that was playing against an offensive-minded Goucher team.

Lions claim forfeit

OCT. 8--The Lions (3-3) traveled to Washington Bible and picked up an easy win in a scheduling mix up.

Ashley said he was glad to pick up the win, but he added that the Lions morale was still down and he wished they had



Photo by Mike Givler

Soccer players from Penn State Harrisburg and Misericordia vie for possession of the ball. The Lions lost to Misericordia 4 to 5.

played after making the long drive to the nation's capital.

Second half outburst sparks Lions

OCT. 12--After trailing 3-0 to Beaver after the first 15 minutes, the Lions (4-3) scored six second-half goals for a 7-3 victory. Lion Fran Cutter accounted for the only first-half Lion goal by put a penalty kick into the nets, making the score 3-1, but Ashley was still very unhappy.

"We came out flat after our long trip to Washington," Ashley said, "and we played the worst 20 minutes I have ever seen at Harrisburg."

Ashley said he "rallied the troops" at halftime and it showed with strong, passing-controlled soccer.

"We took total control in the second half and tired out the Beaver defense," Ashley said. He added that the Lions outshot their opponents 28-12.

Cutter ended the game with three goals

and an assist, while Jim Deffenbaugh netted a pair of second-half goals. Mike Lee had a goal and an assist and Tom Werner also chipped in with a goal. Dan Rosseljong and Butler also had assists.

Lions fall to Holy Family

OCT. 15--Holy Family, the two-time defending District 19 champs and this year's favorite, played good, controlled passing and gave the Lions (4-4) a 3-0 defeat.

Ashley was very pleased after the Lions played to a 0-0 first-half stand-off and was encouraged to see the Lions rise to Holy Family's level of play.

"This was the best half of soccer the Lions have played all year," Ashley said.

Holy Family got the momentum in the second half on a goal that was scored on a questionable call. Then trailing 1-0, the Lions started to press, knowing they needed to win one of their two remaining games to make the playoffs.

"It was a well-played game," Ashley said. "We played competitively and I am not ashamed of our performance."

Lions playoff chances are "blown" in season finale

OCT. 19--Misericordia scored the only goal of the game in the last twenty seconds on a disputed call that ended the Lions' (4-5) playoff hopes.

The Lions needed to pick up a win in Misericordia to finish over .500 and qualify for the post-season.

The game was emotionally played due to the playoff implications and the fact that it was Misericordia's homecoming.

With a half minute remaining in the game, neither team had found the back of

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Schick 3-on-3 registration

Penn State Harrisburg is once again participating in the Schick Super Hoops 3-on-3 basketball tournament. The tournament consists of half-court games played by two teams of three players each.

Undergraduate and graduate students are eligible to play. However, former members of college varsity basketball teams and any students regularly practicing with the team are ineligible.

The winner of the PSH

tournament will advance to the regional tournament on Feb. 8 at the University of Pennsylvania.

All participants will receive Schick razors and the winners and runners up will receive T-shirts and a gym bag from Schick.

Entries will be accepted until Thursday, Nov. 14 at 5 p.m. and registration can be found in the Capital Union Building. For more information contact Denise Keary at 948-6268.

CUB aerobics classes dance way to fitness

Angela West
Capital Times Staff

Since the second week of school, students have gathered in the Capital Union Building for a reason other than playing basketball, racquetball or lifting weights.

They gather to exercise. But not just any exercise: aerobics.

Every Monday and Wednesday from 5 to 6 p.m., the low-impact aerobics class works up a sweat to get in shape.

"I think it's great," said Patie Brace, a senior elementary education major. "It should be more than twice a week."

High-impact aerobics are also offered

on Tuesdays and Thursdays in the CUB from 9 to 10 p.m. Aerobics classes run for six weeks each semester.

"The purpose of the program is to provide students and staff with the opportunity to engage in a physical outlet," said Denise Keary, Penn State Harrisburg recreation specialist.

Students say aerobics help to relieve stress, increase muscle tone, flexibility and to build endurance.

"I come to aerobics to help relieve stress from my busy schedule," said elementary education major Kim Gaskins.

Aerobics can also help teach different forms of self-defense techniques, according to some students.

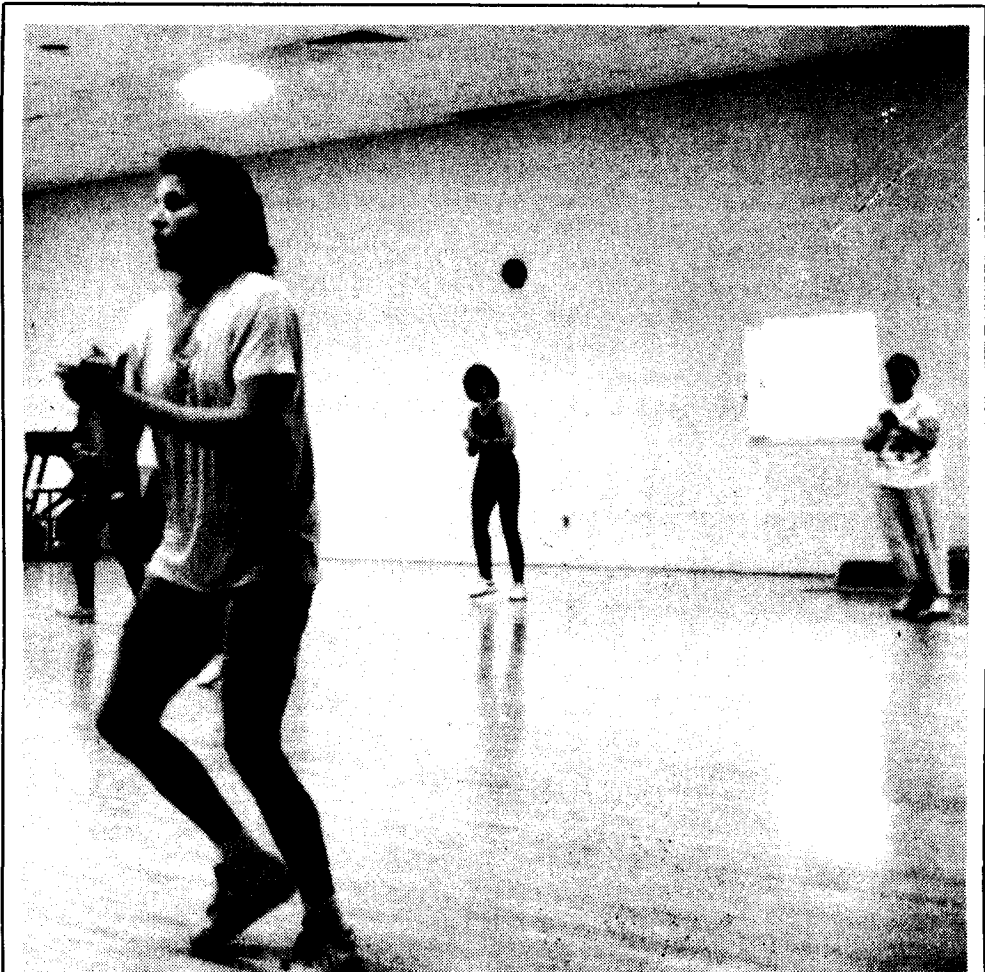


Photo by T.J. Brightman

Denise Keary leads a class of low-impact aerobics in the CUB.

Nickki Walker, a junior business administration major, said the program has helped her learn "self defense techniques

and to keep myself healthy."

Aerobics is not for everyone, but if you try it you might like it.