

# Intramural Sports to Commence Soon at PSH

**By Barry J. Hicks**  
Capital Times Staff Writer

Classes at Penn State Harrisburg started only three weeks ago and already the mumbling of disgruntled students with nothing to do fills the hallways.

It's no secret that outside of class, there isn't much to do in Middletown, Pennsylvania. The Capital Campus' Recreation/Athletics Department hopes to change some of that by offering Intramural sports programs as early as September 13.

Three Intramural activities are being offered for the fall semester: co-ed softball, touch football, and co-ed racquetball.

Students interested in participating in any of these events can pick up an Official Entry Form from the Recreation/Athletics office in room 122 of the Capital Union Building.

On the entry form, list the names of your team members along with any times that your team would not be available, and arrangements will be made if possible. Each team must name a team captain who will report to all captains' meetings.

Once the schedule is completed, it is the team captain's responsibility to pick it up from the Recreation/Athletics office.

Team members are also reminded to frequently check the Intramural Bulletin Board outside the Recre-

ation/Athletics office for team standings and schedule changes. The Tentative Intramural Schedule reads as follows:

#### *Co-ed Softball*

Entry Deadline: September 9  
Captain's Meeting: September 9  
Play Begins: September 13

#### *Touch Football*

Entry Deadline: October 11  
Captain's Meeting: October 11  
Play begins: October 18

#### *Co-ed Racquetball*

Entry Deadline: October 22  
Captain's Meeting: N/A at this time  
Play begins: October 25

Jeremiah Sensenig, a Communications major, participated in intramural football, basketball, and volleyball last year.

"I look forward to the upcoming intramural football season. It's really competitive and gives students something to do after class," Sensenig said.

Bud Smitley, Recreation/Athletics Coordinator at Penn State Harrisburg, encourages all PSH students interested in the intramural activities to participate.

"There will be a champion declared for each intramural activity, but remember, win or lose, the most important thing is to have fun," he commented. Further questions re-

garding intramural activities can be directed to Bud Smitley at 948-6267, or Marilyn Demey, Staff Assistant, at 948-6266.

Aside from the intramural sports programs being offered at the Penn State Harrisburg campus, the Capital Union Building is open to any student who wants to work out in the weight room, fitness room, gymnasium, or racquetball courts.

The CUB is open Monday through Thursday from 10 a.m. to 10 p.m., Friday from 8 a.m. to 5 p.m., and Saturday and Sunday from 1 p.m. to 6 p.m. A valid PSU Student Identification Card is required to use the CUB facilities.

## Show Your Body the Whey to Go

**By Brad Clements**  
Capital Times Staff Writer

Recently, I've been approached by fitness enthusiasts asking what protein supplements, if any would be most beneficial to their work out regimens. The first point I always stress is that it is essential to get good clean

sources of protein in one's diet. It doesn't matter if you're trying to bulk up or lean down, just as long as you're getting protein in your system. After all, muscle is essentially made up of protein, so you really wouldn't want to jeopardize losing all that hard earned muscle tone.

People tend to ask why I take so many protein supplements, i.e. protein drinks. It really comes down to a matter of convenience. I mean, with the busy schedule I lead it's hard to sit down, make and consume a meal every few hours. A protein drink is fast, convenient and a definite guar-

antee that I receive a "meal" with quality vitamins and minerals. This is very important, for both your exercise program and when the wear and tear of the semester is bearing down on you.

There are many different types of protein sources available to you. Eggs, dairy products, beef, fish and poultry are excellent choices. Like the many varieties of protein sources I've just mentioned, there are also a number of protein supplements to choose from, such as soy, whey and egg. Of the three, whey protein is said to be the best because of its superior biological value; meaning it may yield more usable grams of amino acids. Basically, your body is able to synthesize whey protein more efficiently than the other forms of proteins available. Another attractive aspect of whey protein is that it contains very low lactose levels, that is a milk sugar that upsets many people's stomachs.

The most convenient times to take a protein supplement would be in the morning with a carbohydrate source, such as wheat toast or fruit. By doing this you put a halt to the catabolic tailspin your body had gone through during the latter stages of your sleep cycle. After workouts, taking a protein supplement with a carbohydrate source would also be beneficial. Again, this allows your body to re-

cover and grow.

About an hour before you call it a day is another convenient time to consume a protein supplement. However, make sure not to consume more than five grams of carbohydrates during this period. Excess carbohydrates taken in the evening have no way of being worked off, unless you plan on engaging in extra curricular activities. Otherwise, the carbohydrates just sit there and collect as fat.

All right, you might be wondering which whey protein supplements are available and which are the best. You can find quality sources of whey protein at any fine health food store, such as GNC and Vitamin World. A few of the top line sellers are Designer Protein, Protein Plus by Metrx, Optimum Nutrition Whey, Pure Whey by Champion Nutrition, and Super Whey Fuel by Twinlab. All are reputable brand names that supply 18 to 50 grams of protein that yield 15 to 30 servings and range between \$16 to \$38, depending on the size.

When doing the math this figures out to an investment of a little over a dollar a day. One pays roughly a couple of dollars more for fast food, food that supplies very little nutritional value. When it comes down to it, you really can't put a price on a healthy body. You only have it once, so treat it right.

## Your Horoscope

**By Amanda Fry**  
Capital Times Staff Writer

Virgo (August 23- September 23): You are worrying about a situation. Instead, try thinking all your options through and go with the best one. It may not be the easiest decision, but it is one you need to make.

Libra (September 24- October 23): Someone new finds you very charming. Be yourself, they will like you better that way. But avoid being overly flirtatious. You might not feel the same about them in a week.

Scorpio (October 24- November 22): A situation will occur that angers you- don't lose your temper! Compulsive accusations will surely escalate things. Take a deep breath and think before speaking.

Sagittarius (November 23- December 21): A friend tells you something in strictest confidence knowing their secret is safe with you. Give them your attention and support. When you need them, they will return the favor.

Capricorn (December 22- January 20): Although you may feel you are right in a matter, listen to other opinions. Their ideas have merit and may help your cause. Considering another point of view gives you perspective.

Aquarius (January 21- February 19): Your lack of feeling toward a loved one causes them concern. Open up instead of pushing them away and express how you feel. You will both benefit by speaking your heart.

Pisces (February 20- March 20): Although it may not seem possible, in light of recent events, things are looking up. You suffered a set back but you have gained a new perspective. The confidence you have gained will be useful.

Aries (March 21- April 20): You are presented with a challenge in the coming week. Listen to your instincts and take the time to think out your options. Don't make an impulsive decision - you will be glad that you didn't.

Taurus (April 21- May 21): You may be feeling a little possessive

of your love interest. Loosen up, you need not feel so insecure. Talk it over with them and you will be surprised how much better you will feel.

Gemini (May 22- June 21): You are enthusiastic about a new activity - stick with it. Don't quickly become pessimistic and leave it by the way side, see it through. Otherwise, you might find yourself overwhelmed by unfinished projects.

Cancer (June 22- July 22): In regards to a current relationship it may be more one-sided than you think. You have a tendency to mistake your fantasy for reality. Don't be afraid to acknowledge the relationship is not working. You have not failed, you have learned a valuable lesson.

Leo (July 23- August 22): Your pessimism may have negative consequences. Face it, things don't always go as you want them to. Take a positive approach, others will benefit from it - you might be surprised by the results.

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