

# Lollipop Gang Wins Battle for Capital College Softball Title

By Barry J. Hicks  
Capital Times Staff Writer

Penn State Harrisburg's Lollipop Gang came from behind to defeat Penn State Schuylkill's Avengers 24-11 Oct. 14 at PSH's A Field. The win completes an undefeated season and the Lollipop Gang becomes the First Annual Capital College Intramural Softball Champions.

PSS started the scoring with a controversial first inning three-run home run. The game was stopped for five minutes as umpires gathered to decide whether the ball was fair, foul, or a ground rule double.

Later in the inning, another home run gave The Avengers a 6-0 lead.

PSH came back strong in the bottom half of the inning with a couple of RBI doubles and a three-run home run of their own to take an 8-6 lead.

A key double play turn in the top half of the second left PSS scoreless. This opened the door for The Lollipop Gang to add to their lead with a couple of sacrifice flies in the bottom half of the inning to make the score 10-6.

In the third inning, The Avengers showed signs of life as they clawed their way back into the game with a two-run double and a sacrifice fly. This cut

PSH's lead to 10-9, but PSS would never tie the game.

In a sign of school unity, Penn State Harrisburg's fans sang the Chordettes' Lollipop in the stands, and The Lollipop Gang opened the floodgates. They scored in each of the remaining innings including a five-run fourth and a six-run sixth.

A stellar team defensive performance by the Lollipop Gang held PSS to only two runs in the remaining four innings to capture the First Annual Capital College Intramural Softball Championship.

Bud Smitley, Coordinator of Recreation/Athletics at PSH, said, "Although there was a winner declared in this game, the most important thing was everyone involved in the game, players and fans alike, appeared to have a good time. That was the overall intent of playing the game."

Following the game, members of each team and the umpires met in the Capital Union Building for a pizza party.

Three other Intramural Championship games between the two campuses are scheduled: two-hand touch football (held at PSH), basketball (held at PSS), and volleyball (held at PSS.)

## ACUI Tournaments Start in November

By Barry J. Hicks  
Capital Times Staff Writer

The Association of College Union Tournaments has designated November as Association of College Union Invitational (ACUI) tournament month throughout Region 4.

The local tournaments are for PSH students only. The winners of these tournaments are eligible to compete in the ACUI Region 4 tournaments held at University Park from Feb. 4 to 6, 2000.

The activities for November are as follows:

- Chess
- Table Tennis (Singles-Men)
- Bowling
- Table Tennis (Singles-Women)
- Spades (Doubles)
- Table Tennis (Doubles-Men)
- Billiards (Nine Ball-Men)
- Table Tennis (Doubles-Women)
- Billiards (Nine Ball-Women)

Sign-up sheets are available in the Recreation/Athletics office, room 122 of the Capital Union Building.

There will be a meeting on Oct. 21 at 7 p.m. to explain the tournaments in greater detail and discuss the rules for each activity.

For additional information, contact Recreations/Athletic Coordinator Bud Smitley at 948-6267 or 948-6266.

## Greatest Golf Moments Of The 20th Century

By Peter Kessler  
North American Precis Syndicate

What was the greatest, most exciting golf moment you've ever seen? Was it Jack at Augusta in 1986 or Nancy Lopez winning five in a row in her rookie year?

The Golf Channel knows you have strong opinions about the order of the greatest moments of the 20th century and offers a list of 36 nominees from which you can vote for nine. Here are a few great memories:

1950—Hogan wins U.S. Open after near-fatal accident. He wasn't expected to play world class golf ever again following his 1949 near-fatal car accident, but less than a year later, Ben Hogan was preparing for the majors. The final full-blooded one iron to the 72nd green at the 1950 Open at Merion epitomizes The Hawk at the height of his considerable powers. The final par earned Hogan a three-way playoff, which he won with a one-under par 69.

1975—Nicklaus beats Miller and Weiskopf to win Masters. In 1975, Jack Nicklaus was at the peak of his power—as a shot-maker, as a supreme manager of both the golf course and of his emotions. When Miller and Weiskopf missed birdie tries at the home hole, the Golden Bear slipped into his fifth green jacket.

1978—Rookie Nancy Lopez wins 5 in a row—The amazing

thing was that she just kept playing her game. There had never been a female Arnold Palmer. They shouted for her, adored her and smiled. And she won all the awards, made all her putts and through one glorious stretch in the year of 1978, she won five consecutive tournaments.

1997—Tiger Woods wins Masters by 12 shots. A Masters practice round with Tiger Woods convinced Arnie and Jack that their combined 10 green jackets were not beyond Tiger's ultimate reach. So, when Tiger won the '97 Masters as a rookie by 12 shots—with no 3 putts, an opening nine 40, and an 18-under par total to break by one shot the mark set by Jack 32 years before, we were gently reminded that Arnie and Jack knew the game and they knew their man.

The Golf Channel will present the "Greatest Golf Moments of the 20th Century" during two special programs airing on Nov. 21 and 22.

The 18 winning "moments" presented will be selected by The Golf Channel viewers, who may vote through TGC's web site, [www.thegolfchannel.com](http://www.thegolfchannel.com).

Those who vote will automatically enter a national sweepstakes, and are eligible to win a Special Edition Century 2000 by Buick, golf trips and other golf prizes.

## Multivitamins and You

By Brad Clements  
Capital Times Staff Writer

In today's world where everything is go, go, go, many people do not have the time to sit down and eat well-balanced meals - meals that contain quality vitamins and minerals. Enter the multi-vitamin.

Vitamins are essential to life. They serve many functions such as contributing to good health by assisting in the biochemical processes that release energy from digested food.

Minerals are another important micronutrient to consume. Every living cell on this planet depends on minerals for proper structure and function.

Minerals are utilized in the formation of blood and bone, and the

regulation of muscle tone and healthy nerve function. Like vitamins, minerals also assist the body in performing its functions.

Vitamins and minerals are considered micronutrients because the body needs them in relatively small amounts compared to nutrients such as proteins and water.

Although needed in smaller quantities, it is important to ensure one is getting enough of them. Fatigue and sicknesses, such as colds, could be a sign an individual isn't getting their proper amount of vitamins and minerals.

As a college student, keeping late hours and eating unhealthy is sometimes a prerequisite, so, a multi-vitamin could be beneficial.

If one is dieting, a multi-vita-

min can be useful as well. The reason is that calories are restricted in diets, so are the intake of sufficient amounts of vitamins and minerals.

A multi-vitamin ensures that an individual is getting an accurate amount of the nutrients he or she needs.

Most health food and drug stores carry multi-vitamins. GNC's brand of Mega Men for men and Ultra Mega Woman, for, of course, women are reputable and affordable forms of multi-vitamins.

It would be a good idea to do some price and ingredient comparisons of supplements. Remember, always consult a physician before engaging in any supplement program.

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