

# Menhardt Continues . . .

University Park, PA. — "Linebacker" may be the position most often associated with Penn State football, but that doesn't diminish the importance of Nittany Lion placekickers in the last decade.

Recent NCAA statistics indicated that Lion placekickers averaged 1.06 field goals per game in the 1970s — third-highest in college football — and senior Herb Menhardt and junior Brian Franco are maintaining that pace this fall.

Tradition is what attracted Menhardt to Penn State and he hasn't disappointed Penn State's kicking fans, who watched Alberto Vitiello, Chris Bahr and Matt Bahr in the 1970's.

"I liked Penn State's tradition of kickers," the senior from Flourtown, Pa. explains. "It was the same situation as the linebackers. I knew I might not play right away, but I knew I would get a chance."

Menhardt played briefly his freshman year of 1976, missing his only try. Last year as the regular kicker, he booted 14 of 20 field goal tries and hit on all 28 extra point attempts. Menhardt has hit on four of five attempts this fall, missing a 32-yarder last week, ending his streak at a school-record 12 consecutive successful tries over a two-year period.

His first two years at Penn State, Menhardt split duties between football and soccer. That followed a Lion tradition, because Vitiello and the Bahr brothers all lettered in soccer. Menhardt was an outstanding soccer player, reaching the final Olympic tryout camp in 1979 before breaking his arm the first day of practice. Now he's turned his attention strictly to football.

"I came into this season with more confidence than I had last year," Menhardt says. "I geared all my attention to football."

Off the field, Menhardt also is learning to direct his concentration on his kicking.

"What I do requires a great deal of mental preparation," Menhardt explains. "I don't lift weights and I don't need to worry about the physical side of the game. To be a successful kicker, you have to remain mentally tough."

To accomplish that level of mental performance, Menhardt has been involved in a program of "performance enhancement and stress management."

"The program provides me with the procedures to learn the skills that direct my physiological functioning properly," he says. "I've learned how to relax and concentrate effectively."

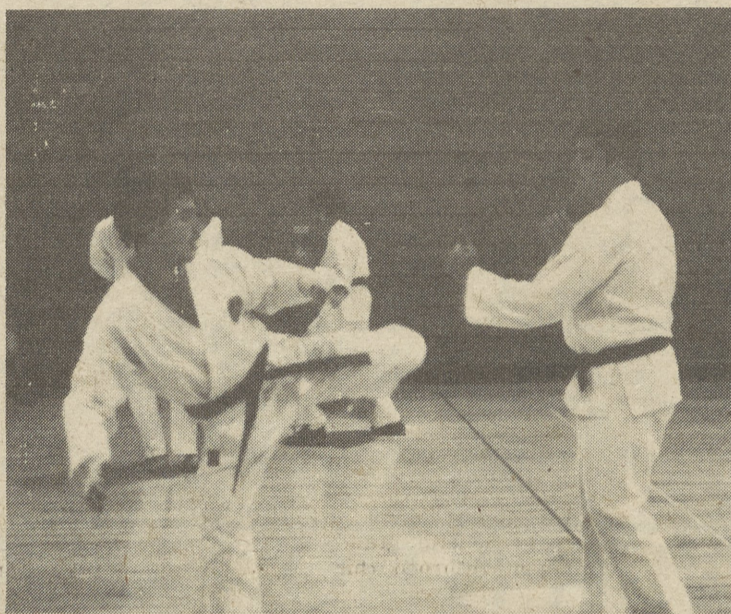
"This training goes far beyond mental training; it concentrates on increasing peripheral vision, balance functions, response time, along with other performance-related skills," Menhardt explains.

It's a program that has enabled Menhardt to become one of the country's top placekickers and part of Penn State's placekicking tradition.



Scott Torrens (in white) against Hazelton

— Photo by Andrew Parke



Kevin Crane spars against Mark Nucifora

Photo by Charles Roseberry

## Karate Club Demonstration

The Delaware County Campus Karate Club had a demonstration on Sept. 20 at the Marple Newtown High School. The demonstration was in conjunction with the Haverford Community Hospital Health Awareness Weekend. The club's advisor Stephen Scissione, a 4th Dan or Degree Black Belt, led the members in showing the spectators, the blocks, punches, and kicks which are the beginning study of Tae Kwon Do Korean Karate.

For a member to advance

in karate, they must take a belt test. The belt test consists of kata's, a choreographed movements arranged in an order. The kata's are also a form of shadow boxing. In Tae Kwon Do, the belt order is white, yellow, green, purple, brown, and black. The eight upper belt students of the club are Kevin Crane president, Mark Nucifora, Paula Coppock, Steve Pitts, Harry Lowery, Chuck Jackson, Kevin Lohr, Jack Pietesky (Alumni).

Kevin Crane demonstrated a kata using nanchukas, also called sticks. Nanchukas are between 12 and 16 inches long pieces of oak and 1½ inches in diameter.

Harry Lowery attempted to break 4 pieces of 1 inch pine (12 inches by 10 inches). Harry had never tried to break this before, nevertheless he accomplished this feat with ease by using a knife edge attack to break the board.

Paula Coppock was challenged to break two boards using a middle-target, front kick. Her attempt was successful.

Later, Steve Scissione broke two boards with an elbow strike and in the same move broke three boards using the heel of his hand.

The Club has about twenty-five active members. They work out Monday, Wednesday and Friday at fourth period and starting November, will be working out at the Delaware County Juvenile Detention Center Gym. New members are welcome.

## SOCCER SHOTS

by Charles Roseberry

The P.S.U. Delco Campus team had a great opening game against Philadelphia Community College, on Sept. 17. Delco Campus scored the first point on a booter from Khajog Panossian with an assist from Adarian Eaton early in the 2nd half.

P.C.C. scored to tie the game up 1-1 late in the second half. Time ran out of the second half with the game still tied. Delco's Bill Wilson scored in the second period of overtime. Delco Campus won 2-1. Delco had 17 shots while P.C.C. had 26.

In the second game against P.S.U. Schuylkill on Sept. 20, P.S.U. Delco's Scott Torens scored the first goal. The second goal scored was by Adrian Eaton assisted by Bill Wilson. The game was 2-0 at halftime. Savag Panossian scored the third goal and the fourth goal was scored by Bill Wilson. Delco had 30 shots while Schuylkill had only 6. Delco won the first conference game 4-0.

P.S.U. Delco Campus played the third game against Swarthmore on Sept. 24. Swarthmore scored on a miss directed kick by one of our Delco players.

P.S.U. Delco scored its first goal at 35:15 of the second half. The goal was scored by Khajog Panossian on a long distance shot from the left side. At 40:15, Jay Brown scored while in short range to lead Delco to win 2-0. Bryan Feeley was the winning goalie. Delco outshot Swarthmore 17-15. Delco also led in corner kicks 6-2.

On September 26, P.S.U. Delco Campus took on Delaware Community College.

D.C.C. went on the move to get the first goal of the first half; however, Delco's, Scott Torens scored on a penalty kick to tie the score 1-1. D.C.C. scored once more. Midway thru the second half, PSU Delco's, Savag Panossian scored on a penalty kick to tie the score 2-2, going into the second half.

In the third half, D.C.C. scored, but Delco's Savag Panossian scored to even up the score 3-3, taking the score into overtime. D.C.C. scored in the first overtime period, and Delco's Ron Frank scored on an assist from Khajog Panossian late in the second period overtime. The game ended with the score tied 4-4.

P.S.U. Delco Campus played Brandywine Junior College on October 1, at the new Widener University. Savag Panossian scored on assist from Scott Torens at 9 minutes and 10 seconds of the first half. At 41 minutes, Adrian Eaton scored on assist from Karsten Bugler. P.S.U. Delco went into the half 2-0.

In the second half Savag Panossian scored on assist from his brother Khajog Panossian. P.S.U. Delco Campus won the game 3-0. Delco lead in corner kicks 8 to 2, and Delco lead in shots 16-9. Goalie Brian Feeley turned in an outstanding performance with fourteen saves.

### Other Scores:

PSU Del. Co. 4  
Hazelton 1

PSU Del. Co. 2  
Northeastern 1

PSU Del. Co. 1  
Ogontz 4

Next Game:  
Oct. 18 - York Campus - 1:00

## Basketball News

### WOMEN'S

Anyone interested in joining the women's team should see Mrs. Monico at the P.E. building. There are many positions on the team to be filled.

### MEN'S

All interested candidates should see Coach Case as soon as possible. Practice starts November 3rd, from 3 until 5 everyday.

Also, all those interested in joining, should pick-up a player information sheet and return it. Sports Medical Exam Cards are available from Coach Case and must be returned before the first day of practice.

There are 21 games scheduled and of the 21, 14 are Conference Games. These include the possibility of participation in the Conference Post-Season Tournament. Games begin December 7th and conclude on February 14th.

## CLASSIFIED ADS

### Help Wanted

Addressers wanted immediately! Work at home — no experience necessary — excellent pay.

Write: National Service  
9041 Mansfield  
Suite 2004  
Shreveport, La. 71118

**FREE KITTENS AVAILABLE!** Cuddly, adorable and playful kittens. Need good, loving owners. Contact Jane Cooper, 314 Main Building, if interested.

**WANTED:** Experienced person with chainsaw to cut down some small dead trees. Fee negotiable. See Jane Cooper, room 314 Main Building.

**WANTED:** Mature Woman, with extremely high standards of living. Must be able to cope with the daily tensions of my relationship. If interested call "Billy Dee" 358-2020 between 4 p.m. to midnight.

**TO S\*C\*** — Don't go too far and especially, don't stay too long.

Signed,  
Especially Yours

**Dear Jack,**  
Jill has a sense of adventure and wants to have some fun; especially the week of the 22nd.

Love Always,  
Jill

**To "Cutie"**  
I'm impressed by your TERRIFIC playing. Keep it up!

... A Side Line Fan ...

**Hi! Rondereno,** Thanks for that beautiful message. I am looking forward to sharing a most beautiful year at Delco with you.

Love,  
Angie

**To Bam-Bam:**  
Loving and Missing you. Hurry Back!

Love, Pebbles

**Hey** — In need of carpet cleaning, painting work, grout, tiling, etc.? Contact "The Pro's Unlimited" c/o Reggie Locust at MA3-3015. Very Reasonable.\*\*\*

Andy Parke  
Freelance Photography  
Weddings, all occasions  
696-8813

For All Those Interested: Klub McNasty Incorporated is giving a Pre-Halloween dance on October 25th. For More Information, contact Reno at 626-4598.

**Wanted:** 2 BDR. Apt. in Media for November 1. Willing to work out a reasonable price. Call Wally at 474-5055 or Ron at 626-4598.

**To All Secretaries:**  
Thanks for your services!  
—Lynn