

# SPORTS

## A Step Back In Time Meet Marcel Carter: A Popular Inspiring Delco Student

(The following article was written, but never published, in December 1991, before Marcel Carter died of bone cancer.)

By Andre Smith

Marty Carter is a student studying social work in the Liberal arts program. A student here at Penn State Delco for one and a half years, Marty is a sophomore who has a history of working with the public. "My Father owns a barbecue grill in West Philly where I work, cooking and feeding the less fortunate. I enjoy dealing with people; I just want to give back to the community, something to uplift the black ghetto."

In Marty's free time he enjoys



Marcel Carter

Photo by: WES TOMLINSON

watching television and playing basketball or Nintendo. He credited most of his current success to his family, stating, "A family is the backbone of who you are; they help determine whether you are a success or failure."

From his family, Marty has many hopes and dreams. "Someday, if all goes right, I plan to be a prominent black leader who will abolish all

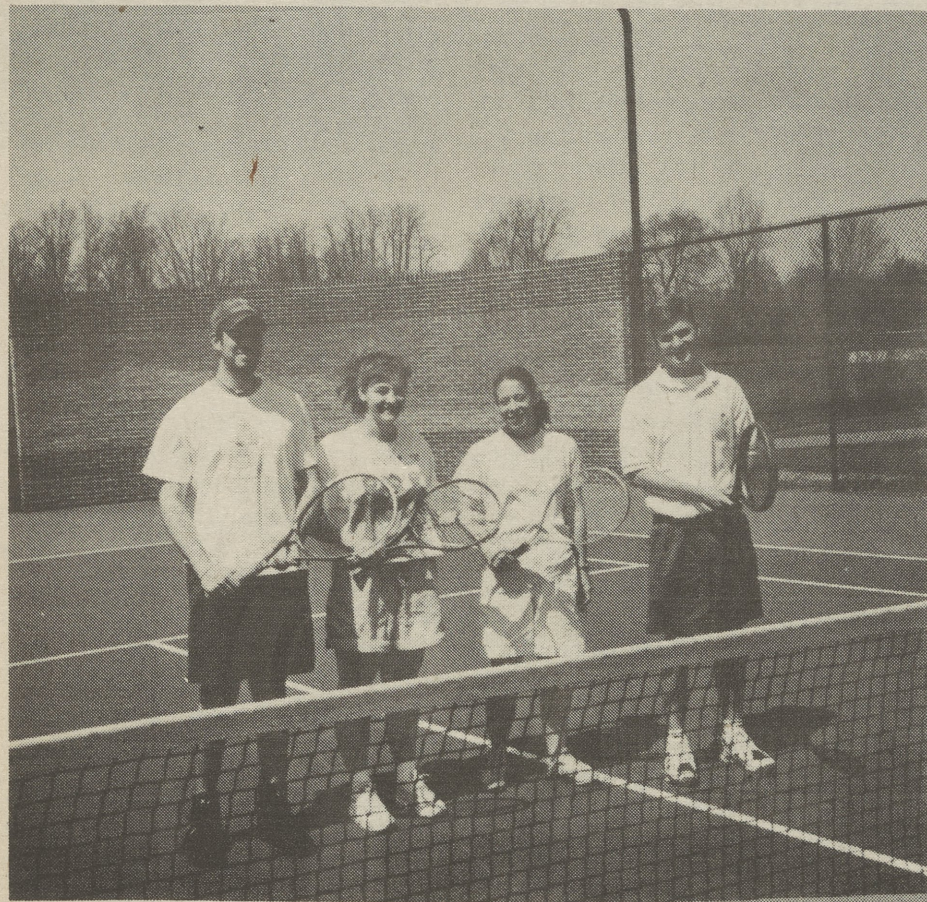
forms of racism from this planet."

His opinion on the recent Clarence vs. Hill case: "I believe Hill was flat out wrong. Resurfacing an alleged incident that took place ten years ago is very ironic now that Clarence is being nominated for the Supreme Court. My own personal intuition tells me there were bribes being taken in by her (Hill)."

What would he be doing today if he were not attending Penn State? "Working," he replied. "I could not see myself doing nothing at all, just letting my life crumble away. My folks didn't raise me for that. Through hard work, dedication, and love for his family, my father taught me the essentials of life. My grandfather also influenced me by his intelligence and business smarts. I guess I would consider both of them my role models because I want to be like them in every human aspect."

Marty Carter is a young man who has not forsaken the less fortunate and the little people throughout his hobbled community. Very inquisitive about his surrounding environments, he offers support and caring to anyone in need, regardless of race or sex. It is obvious that Marty is respected and admired by many students.

Frequently looked upon as a leader, Marty accepts the challenge of all discouraging obstacles. Nine times out of ten, one can find Marty in the main student lounge where he has taken a special liking to just sitting around, easing all the pains of his hectic city life. Giving advice or making people laugh, it's no wonder Marty is a popular student on campus with whom everyone wants to be friends. Marty Carter is truly a heroic person who continues the long tradition of exceptional Penn State Delco students.



Students Nicky Viscusi, Kim Baker, Jen Jaworski and John Smith (left to right) prepare for tennis doubles during their ESACT class.

Photo by: WES TOMLINSON



Streaks (top photo) beat Penn State Delco (bottom photo) 55-53 in the wheelchair basketball game on April 20.

Photo by: WES TOMLINSON

## Powerlifting Is Hard Work But Delco Sophomore Loves it!

By Jennifer Holland

Among the many talented and active students at Penn State Delaware County Campus is an interesting sophomore, Matt Grosso.

Matt is a weight lifter. He first started lifting around the age of 14. He says, "I was always tall and thin. I started lifting and reading magazines about weight lifting because I was tired of being skinny. I always admired Arnold Schwarzenegger because of his appearance!"

Grosso entered his first competition in his junior year of high school at Glen Mills. He quotes, "I was very inexperienced and didn't do particularly well. However, it was definitely a learning experience."

For the past two years, Matt has entered powerlifting competitions at Upper Perkiomen High School. He took second place both years. This competition consists of three events, which include squatting, bench pressing, and deadlift. Each athlete has only three attempts at each event.

According to Grosso, he gets both nervous and excited during competition. He says, "I get very anxious and try to mentally prepare myself. In my mind, I go through the lifts and picture them. Right before the actual lift, I'm like a mad man. I have so much adrenaline. My heart pounds, and this is when I release all my energy."

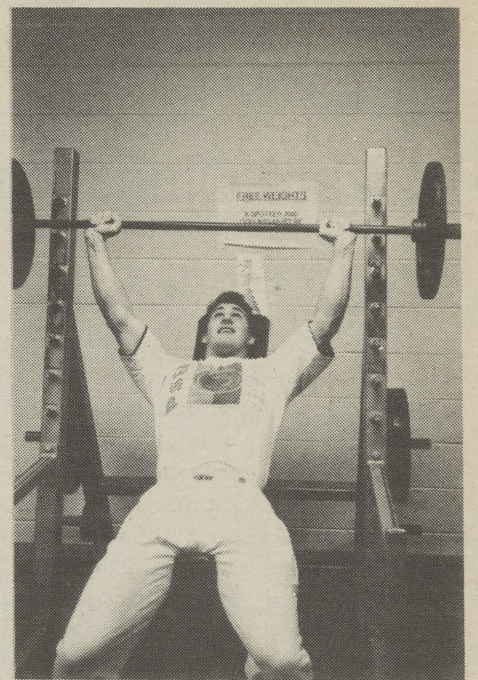
Grosso's weight lifting routine is a combination of powerlifting and body building. He explains, "I lift for size, strength, and symmetry."

This 230 pound athlete currently works out five to six days each week, between one to two hours per day. When Matt first started, he could bench press a little over 100 lbs. Now he can bench press up to 375 lbs. He also squats at 560 lbs. and deadlifts at 530 lbs.

Matt works out at Mass Production Gym in Aston. He enters competitions with friends at the gym. The two main competitions Matt has entered are run by the American Drug

Free Powerlifting Association and the United States Powerlifting Federation.

When asked about his future plans, Grosso explains, "I want to become as successful as possible. If I could, I would prefer to be a



Matt Grosso, Penn State Delco Weightlifter

Photo by: WES TOMLINSON

professional bodybuilder. He adds, "However, I feel that this is just a dream. I probably won't really know if I even have a shot until I develop more. Right now, I do it for myself. I just love the way I feel after I work out."

Matt is a physical therapy major. He says his interest in working out and having a healthy attitude pushed him toward this field of study.

Not only is Matt a strong athlete, he is a smart one as well. He explains, "I see a lot of people not training properly. I think people waste a lot of time. They should learn to train smart and to train hard."

Obviously, Grosso is quite serious with his training. He quotes, "The only way you're going to make the gains you want is to train with intensity and knowledge."