

Dozier doubtful for East Carolina

By CHRIS LINDSLEY
Collegian Sports Writer

Lion tailback D.J. Dozier will probably not play Saturday against East Carolina because of the hamstring pull he sustained against Temple, Head Coach Joe Paterno said yesterday.

Dozier, who picked up 81 yards on 13 carries before going out, would be replaced by David Clark, who had 61 yards on 16 carries against the Owls.

The 6-1, 210 pound tailback from Virginia Beach, Va., was just one of many Lions injured against Temple, but Paterno said defensive end Bob White (knee), defensive tackle Tim Johnson (leg), Hero Michael Zordich

(knee) and offensive guard Mitch Ferotte (shoulder) have a "reasonable chance" of playing against East Carolina. Although both White and Johnson were taken off the field on a stretcher, Paterno said he was not presciently pessimistic, and that the injuries perhaps looked more serious to the fans than they actually were.

As for the status of Dozier, Paterno said: "He's doubtful," adding "if we don't have him for the next ballgame it will really hurt us."

But Paterno expressed faith that Clark and reserve backs Kevin Woods and Blair Thomas could pick up the slack.

Stickwomen edge James Madison

By TODD SHERMAN
Collegian Sports Writer

Sophomore back Miriam Geller took a pass from junior Harry McCarthy and fired the winning goal with just 37 seconds remaining as the field hockey team edged a tough James Madison squad 2-1 yesterday at Lady Lion Field.

The goal was Geller's second of the season, and it capped a see-saw second half in which Penn State regained the momentum with five minutes to play.

"We took a lot of shots today but they weren't going in," Geller said. "I was having trouble today with popping the ball up but that one went right in. It felt great. I was getting tired, and I was thinking 'no over time, and I was thinking 'no over time."

The Lady Lions (4-2) have had trouble scoring goals despite outshooting their opponents and the drought continued against James Madison (0-3). Penn State fired 27 shots on goal to the Dutchesses' 15 and dominated the first half. But Coach Gillian Rattray's squad could manage only a 1-0 halftime lead on McCarthy's goal off a corner penalty 20 minutes into the game. Freshman forward Shari Fribula got the assist.

The Lady Lions' offense was operating without last year's leading scorer Alia Hughes, who is out with a leg injury. "We miss Alia on that forward line, there is no doubt about it," Rattray said. "We missed that spark that she gives us, especially today at the beginning of the game and I think it would have made a lot of difference."

Rattray said her team might have taken James Madison lightly. "I think we thought it would be too easy, because after absolutely dominating that first half, we let the pace drop and we thought 'we can have this game any time we want it,' and that is what it looked like out there."

"We also missed so many shots. We took 15 shots in the first half and only got a 1-0 lead and you cannot afford to do that."

"And they (James Madison) were good; they came back in the second half and they rescued us, which is what we needed. The minute they pressured we lifted our game as well."

Team captain Lorraine Razzi gave credit to the Dutchesses, who took charge of the game at the start of the second half and scored five minutes into the period to tie the game, 1-1. "They are not the type of team that is going to sit back and take it," Razzi said. "I'm sure they went back and managed only a 1-0 halftime lead on McCarthy's goal off a corner penalty 20 minutes into the game. Freshman forward Shari Fribula got the assist. The Lady Lions' offense was operating without last year's leading scorer Alia Hughes, who is out with a leg injury. "We miss Alia on that forward line, there is no doubt about it," Rattray said. "We missed that spark that she gives us, especially today at the beginning of the game and I think it would have made a lot of difference."



Penn State's Tami Worley (15) and James Madison's Felice Moody, left, eye the loose ball during yesterday's game at Lady Lion Field. Miriam Geller scored for the Lady Lions in the closing minute of the game to lift the field hockey team past the Dutchesses 2-1.

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"I had a tough time at West Point," said Anderson. "I think it was my junior year, we had a football team that was ranked No. 2 in the country and we went to West Point. They beat us up there and I dropped the winning touchdown pass in the end zone."

Anderson said he thought the drop occurred in the third or fourth game of the 1982 season and happened in the game. Dave Baker, sports information director at Penn State, said the play was in the fourth game of the Nittany Lions season, on Oct. 13, but it happened early in the second half. "From a player standpoint, it's not a very pleasant memory," said Anderson.

The win was the second straight for the Lady Lions and Razzi said that when the season started. "This year we've had enough time to get ready," he added. "At this point we don't have any major injuries, and that's an important thing for us."

This fall the team is going to look at each match one at a time. Bortner said. "Our first goal is to beat Pitt on Friday," he said. "Our next goal will be Bloomsburg next Tuesday."

The team is also gearing toward its major tournaments for this season. In two weeks, the team travels to Syracuse to compete against some of the best teams in the Northeast, and in early October the Eastern Championships are held. The team finished fourth in East-ers last year, and its goal this year is to finish in the top three.

Trafford is looking forward to a successful season. "I'm really excited for the season, because I think we have some really good freshmen," he said. "And I'm excited to have Janet and Amy back because I think that will add depth to the team."

Bortner is also optimistic about the upcoming season. "Based on returning players that we have and the new players coming in, I think the outlook is promising," he said.

The team has been practicing now for about a month, starting earlier than usual to try to avoid some of last season's problems. Last spring several players were injured early in the season. "Maybe they didn't have enough time to get ready for the first match," Bortner said. "Maybe we tried to push the team too hard, too soon. This year we wanted to get a good start and really be ready for when the season started."

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Cuadrado puts some muscle into competition

By TIM EYSTER
Collegian Sports Writer

When Gladys Cuadrado was first asked to become a body builder last November, her answer was a flat out "no."

She was a shy person then, as she is now, and she wasn't used to wearing a bikini on stage in front of people. As time went on, however, she changed her mind about body building and last December, she decided to do it competitively. That decision paid off Sept. 7, when Cuadrado won the third annual Keystone State Body Building Contest held in Harrisburg.

The 5-4½, 120-lb. Cuadrado took first place in the 5-9-and-under division, won a pose-down over the champion of the 5-5-and-up division and also won the best posing award. Not bad for someone who has been involved in body building for less than a year.

A senior majoring in health and physical education, Cuadrado was a gymnast at Mastbaum Area Vo-Tech in Philadelphia. Her coach, Marian Goldstine, said this gave the 23-year-old a big boost toward becoming a good body builder.

"The name of the game in body building is building muscle in a feminine form," Goldstine said. "Muscles and controlling your muscles are a core of body building and a core of gymnastics."

"She (Cuadrado) had an athletic frame, feminine but athletic. She was a gymnast, so I saw the potential for being a body builder."

Cuadrado first met Goldstine when she took a weight training and body building class at The Athletic Club in State College. As she lifted weights she decided she liked the results and decided to accept Goldstine's original request for her to take up the sport on a competitive basis.

"Marian said she thought I'd do well," Cuadrado said, adding that she had been missing the type of competition she had received from gymnastics. "I thought I'd try it. It would be a new challenge for me."

After that, Cuadrado began learning the basics of body building and



Female bodybuilder Gladys Cuadrado displays her posing skill during a training session last week at The Athletic Club.

how to exercise and diet for it. In time, she started training for her first contest, the Miss Central Pennsylvania competition held last March in Huntingdon.

She proved to be a good learner, finishing second overall in the competition and first in posing.

When training for a body building contest, Cuadrado must follow a

strict diet, avoiding foods that contain fats, salt or sugar, Goldstine said.

Cuadrado said she eats natural, fat-free foods such as turkey, chicken, veal, potatoes and various fruits and vegetables when training. She added that she began dieting for the Keystone State contest July 7.

When exercising for competition,

Cuadrado said she spends about two hours a day six days a week taking part in aerobics, swimming, running, biking and dance classes in addition to lifting weights and working on her poses.

The biggest danger in body building is working too hard, she said, so it is important to have a game plan when preparing to lift.

Goldstine also said that Cuadrado must develop a good tan for contests because dark skin shows more muscle than light skin.

In competition, Cuadrado typically performs seven different compulsory poses and then uses her best ones for her routine and, if necessary, a 30-second pose-down.

Although the sport's rules have not exactly been agreed upon, judges look for things such as muscle, poise, and prettiness, Goldstine said.

Cuadrado may be shy in the hours leading up to the contest, but Goldstine said her shyness disappears once competition begins.

"When she gets on the stage, there's a whole other kind of person," Goldstine said. "She smiles all the time."

"I'm when I'm on the stage, it's like I'm by myself," Cuadrado added. "It's fun."

Cuadrado's next competition will probably be in April, Goldstine said. She added that Cuadrado cannot diet and train for competition all the time because she would lose too much weight and would be unable to build muscle.

Cuadrado said she now trains four days a week for two to three hours a day, doing some aerobics and developing muscle in different areas of her body. Her goal now is to build more muscle using lower repetitions of higher weights than she does when she is training for competition.

As a form of entertainment, women's body building is very popular, there's a whole other kind of person," Goldstine said. "She smiles all the time."

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Niekro tries again for 300th victory

DETROIT (AP) — As 46-year-old Phil Niekro continues his quest to become only the 18th major league pitcher to win 300 games, one question keeps coming up: "How'd you do it, Phil?"

How did this quiet, unassuming man come out of Ohio in 1959 and go on to pitch 22 big league seasons after spending over five years in the minors?

"I try to take good care of myself," said Niekro, who will go after No. 300 again tonight when his New York Yankees play the Detroit Tigers. "I know what I have to do. I'm pretty selective about what I do and don't do. I

think that's helped some over the years."

Niekro, who failed in his first attempt to win his 300th against the Toronto Blue Jays last Friday, also credits an even disposition for much of his success. He always seems very low key.

"I don't get flustered very easily," the elder Niekro said. "I seldom get upset or anything like that."

"If I lose, I don't let it eat at me after No. 300 again tonight when his New York Yankees play the Detroit Tigers. "I know what I have to do. I'm pretty selective about what I do and don't do. I

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Twins release Howe

MINNEAPOLIS (AP) — Relief pitcher Steve Howe, who missed the Minnesota Twins weekend series in Cleveland because of a recurrence of his cocaine addiction problems, requested and was granted his unconditional release, the Twins said yesterday.

In a prepared statement, the team said: "After meeting with... Twins officials this morning, Steve Howe requested and was granted his unconditional release from the Minnesota Twins. Steve will devote his immediate full attention to complete recovery from his personal problems."

Howe, the 1980 National League Rookie of the Year with the Los Angeles Dodgers, was suspended for the 1984 season by former Commissioner Bowie Kuhn for violation of baseball's drug policies.

He was released by the Dodgers on July 3 after failing to report for a game for the fifth time since 1983. The Twins signed him Aug. 11, at which time Howe said Minnesota's relatively laid-back atmosphere would be better for his recovery.

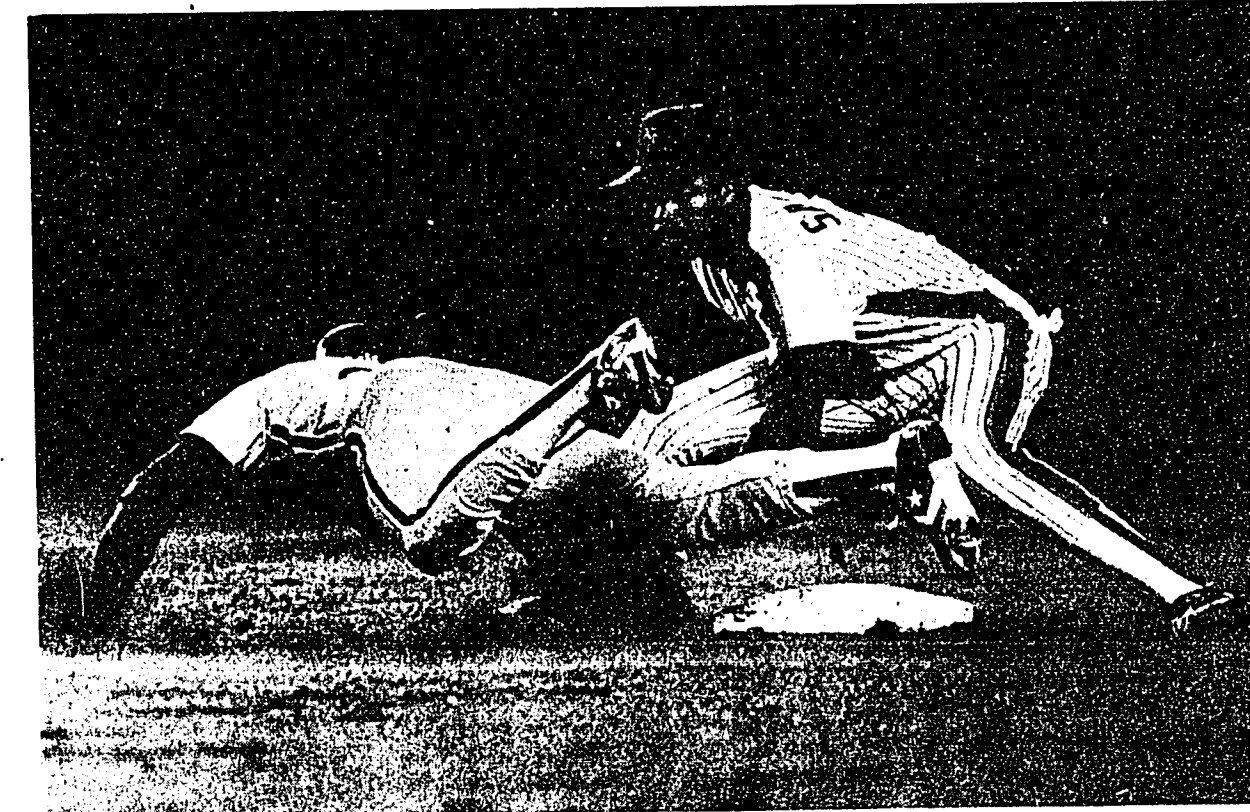
Howe was unavailable for comment yesterday. Tom Meek, the Twins' publicity director, said Howe requested that the Twins not release his unlisted telephone number.

Twins President Howard Fox said Howe's request came after a 1½-hour meeting with Dr. George Mann, the director of the Twins' employee assistance program.

"It was a decision that Steve made after his meeting with Dr. Mann," Fox said, adding that it was possible that Howe could one day return to baseball or even to the Twins.

He said it was highly unlikely that Howe would return this year. "I got the idea that he's going to pursue recovering from his personal problems, and that will take time," Fox said.

Howe, 27, disappeared last Thursday after appearing on ABC-TV's "Nightline" show to discuss drug problems in sports. He asked team officials for permission to report late for Friday's doubleheader against the Indians due to an illness in his wife's family.



Jeff Stone, left, of the Philadelphia Phillies is tagged out at second base by shortstop Rafael Santana of the New York Mets in the third inning of last night's game in New York. The Phillies, behind the pitching of Shane Rawley, beat the Mets 5-1.

Cardinals win to increase lead

PITTSBURGH (AP) — Ozzie Smith hit a three-run homer and Cesar Cedeno and Willie McGee added two-run shots as the St. Louis Cardinals beat the Pittsburgh Pirates 10-4 last night to stretch their lead in the National League East to two games.

Joaquin Andujar, 21-9, scattered 10 hits to win for the first time in five starts as the Cardinals captured their sixth straight game. The New York Mets, meanwhile, fell 5-1 to the Philadelphia Phillies to fall two games back of the Cardinals.

Smith hit his fifth homer of the season, off the left field foul screen, in the second inning after starter Bob Kipper, 0-1, gave up singles to Tito Landrum and Terry Pendleton. It was Smith's 12th career homer in 4,167 at-bats.

Cedeno connected for his eighth of the season against Kipper in the fifth, scoring Tommy Herr, who had singled.

**Phillies 5
Mets 1**
NEW YORK (AP) — Shane Rawley pitched a five-hitter, and Glenn Wilson and Ozzie Virgil II led the Philadelphia Phillies to a 5-1 victory last night over the New York Mets.

Wilson had three hits and scored twice, and Virgil drove in three runs, two with his 19th homer of the season. Rawley, 12-7, struck out three and walked one in his sixth complete game of the season. The only run against

Rawley, 61 since the All-Star break, came in the fourth inning on George Foster's RBI double.

**Red Sox 6
Blue Jays 5**
BOSTON (AP) — Tony Armas drove in three unearned runs with a fifth-inning homer that broke a 3-3 tie and lifted the Boston Red Sox to a 6-5 victory over the Toronto Blue Jays last night.

The Blue Jays maintained their five-game lead in the American League East over the New York Yankees, who lost to the Detroit Tigers. The Yankees' loss cut Toronto's magic number to 14.

Trailing 3-2, Boston put runners on first and second in the fifth on a walk to Dwight Evans and a single by Wade Boggs. After two outs, Rich Gedman ripped a single to right field, scoring Evans with the tying run and sending Boggs to third.

**Tigers 9
Yankees 1**
DETROIT (AP) — Darrell Evans hit two home runs while Kirk Gibson, Nelson Simmons and Lou Whitaker each hit one to support four-hit Dan Petry and Willie Hernandez as the Detroit Tigers beat New York 9-1 last night, extending the Yankees' losing streak to five games.

Netwomen pressed to stay tough

By MARY DEWEES
Collegian Sports Writer

This fall, the women's tennis team will have a tough act to follow.

Last spring's tennis season saw Coach Ian Bortner lead his team dominate the Atlantic 10 Conference, winning the title and taking first place in the Middle States Tournament, while beating some of the best teams in collegiate tennis.

The leadership of co-captains Linda Learmonth and Pam Perrot, who both graduated last semester, was a major key to the team's success in last spring's season.

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The younger team members will also play an important role in determining the success of the fall season. Starting at No. 3 singles will be freshman Darnell Adams with sophomore Kelly Nelson filling the No. 4 spot.

A lot of how we do will depend on how the young players progress for us," Bortner said. "How they do will have a major effect on how successful our season is."

Completing the singles line-up will be Amy Robinson at No. 5 singles and Janet Whiteside at No. 6 singles.

Another key to success will be how much the team improves during the season, Bortner said. One area in which some work will be necessary is the doubles situation. At this point, three combinations "seem to look good so far," he said. Tentative doubles teams will be Walker and Nelson, Whiteside and Robinson, and Adams and Trafford.

The team has been practicing now for about a month, starting earlier than usual to try to avoid some of last season's problems. Last spring several players were injured early in the season.

Anderson wary of West Point

By TOM CANAVAN
EAP Sports Writer

WEST RUTHERFORD, N.J. — Dick Anderson has reason to be apprehensive about playing at West Point and it dates to Oct. 13, 1982 and something he would very much like to forget, a dropped touchdown pass.

Anderson and his Rutgers Scarlet Knights will be in Michie Stadium on Saturday to face the Cadets of Army with both teams coming off impressive season-opening performances.

Rutgers rallied from a 21-point deficit to tie the bone attack rolled 400 yards rushing last week-end in routing Western Michigan 48-6.

"There is no question going up to Army is going to be a real challenge for us," said Anderson, entering his second season as coach at Rutgers. "Just the idea that we are going to West Point to play is a challenge, never mind the football team which is a very good. I think the service academies have something special going for them when they play at home."

A former tight end with Penn State in the early 1960s, Anderson is aware how difficult it can be to play at Michie Stadium.

"I had a tough time at West Point," said Anderson. "I think it was my junior year, we had a football team that was ranked No. 2 in the country and we went to West Point. They beat us up there and I dropped the winning touchdown pass in the end zone."

Anderson said he thought the drop occurred in the third or fourth game of the 1982 season and happened in the game. Dave Baker, sports information director at Penn State, said the play was in the fourth game of the Nittany Lions season, on Oct. 13, but it happened early in the second half. "From a player standpoint, it's not a very pleasant memory," said Anderson.

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