

New captain Lane looks for possible three-peat

By Zack Feldman
COLLEGIAN STAFF WRITER

For both of her first two cross country seasons at Penn State, sophomore Caitlin Lane headed into her first meet of the season trying to help earn a team victory. Penn State won those two meets. And both times, Lane took first place.

Now, Lane hopes Saturday afternoon's race at the Dolan Duals in Lock Haven will be her third consecutive win at the meet. And while Penn State's women's cross country team swept the first seven spots at the Duals last year, Lane said the team is hoping for big output at its first meet of the 2010 season, especially out of herself and fellow captain Kara Millhouse.

"It would be great, but I'm just ready to see how fit I am," Lane said. "I really just want to run faster. I took off a lot of time from my freshman year to last year. So if I can do it again, I would be happy." While facing a competitor such as Lock Haven has given Penn State's men and women runners few challenges, there will be one

on Saturday — running without a head coach for the meet. Coach Beth Alford-Sullivan is in Croatia all weekend after being selected as a United States coach for the International Association of Athletics Federations' Continental Cup. But the runners are confident in their abilities, despite assistant coach John Gondak and director of operators Jess Riden taking over for the meet.

Alford-Sullivan said while the Duals represent a warm-up meet of sorts, the women's team is in the process of filling holes left by Penn State's former 1-2 punch, reigning Big Ten overall champion Bridget Franek and Cheryl Spring. Nobody is expected to immediately fill the shoes of Franek and Spring, Alford-Sullivan said. But she expects all returning members to step up their game to pick up the slack, including a weekly battle for the top spots.



Bridget Franek (5) and Caitlin Lane (far right) compete in the 5,000-meter finals at the Big Ten Championships last spring. Lane and others are trying to fill the void left by Franek, who has graduated.

"I think it's always nice for [Alford-Sullivan] to be there, but we have Gondak and we'll have each other," Lane said. "We all know what to do and we're all prepared."

But while the women's team has enjoyed great success in recent years, including its first-ever Big Ten championship and a team trip to the NCAA national championship last year, the men's team faltered, finishing better than only Purdue at the Big Tens.

Alford-Sullivan said the men's mindset last year hindered their ability to succeed at a high level, although she has seen great dedication this year, especially from lone NCAA nationals representative Vince McNally, as well as new captains, juniors Kyle Dawson and Chris Cipro.

"It's up to them. We have a lineup that if they stay healthy and motivated, they can finish in the upper echelon of the Big Ten," Alford-Sullivan said at Penn State media day. "Last year we felt a lit-

tle bit of a lack of focus, lack of physical and emotional focus and this year they've come in very aggressive." Alford-Sullivan said while the Duals represent a warm-up meet of sorts, the women's team is in the process of filling holes left by Penn State's former 1-2 punch, reigning Big Ten overall champion Bridget Franek and Cheryl Spring. Nobody is expected to immediately fill the shoes of Franek and Spring, Alford-Sullivan said. But she expects all returning members to step up their game to pick up the slack, including a weekly battle for the top spots.

"It's hard to replace those couple of athletes who were mainstay kids for us for the four years they were here, but now the door is wide open," Alford-Sullivan said. "We look at what we had, there was a battle every meet for that second spot. If Cheryl wasn't on her game, someone was stealing that spot."

Alford-Sullivan expects leadership on and off the course from Lane and Millhouse, but she cannot foresee who will end up at the front of the pack for the team.

"They're all training hard and I can't predict, but they're all primed to be that No. 1 dog," Alford-Sullivan said.

"The door's wide open for them."

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CHANGE YOUR LIFE! Free helpline training in return for volunteer commitment. Training topics include active listening, feeling awareness, and problem solving. Deliver appropriate support regarding issues related to emotional well-being, mental health, drug and alcohol, and referrals and connection to community resources. Great on-the-job experience for HDFS, psychology, rehab ed, sociology, business administration or any career in which experience working with varied customer/client population will be critical for employment and success. Volunteer work may lead to part-time paid positions. Applications due Wednesday, September 15th. Call Community Help Center: 237-5855.

CHILD CARE NEEDED. T/Th. 2:45-5:30 PM. for two kids (10 and 5 years old). Home has 3 pets; within walking distance to PSU. Nonsmoker. please, with references. CPR training and own transport a plus. \$10/hr. Please email laura1167@gmail.com.

CHILD CARE/HOUSEHOLD help. Keep an eye on four great kids ages 5-12. Light household help, laundry, etc. Approx. 10 hrs/wk. Very flexible. Own car preferred. Email colleentp@verizon.net if interested.

FEDERAL WORK-STUDY positions available this Fall. Two opportunities available: Office Support Staff and Thrift Store Staff. Flexible scheduling. Do your schoolwork during down times. Computer and internet available. \$10/hour; Work-study grant required. Call Leanne at Community Help Centre: 237-0032.

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NO NIGHTS/NO weekends apply now! Build your resume and earn \$\$\$s. School age child care, State College Schools. Choose your days to work. 2:30-5:30. Ed Ed & HDFS or related field preferred. E-mail resume to: jparth@cdcf.org or call Jody @ 814-238-5105 phone x-1 EOE.

NOW HIRING - LOCAL retailer w/ mail order business seeking FT/PT retail sales and telephone sales representatives. Hunting / dog training knowledge helpful. Apply at Lion Country Supply or email resume to jobs@lionsupply.com

NOW HIRING SERVERS, cooks, and bartenders. Westside Stadium Bar and Grill. Apply in person. 1301 W. College Ave.

PART-TIME AFTER SCHOOL care. Boalsburg House location. Boy (5 yrs.) and Girl (7 yrs.). Tuesday 3 PM-5 PM and Wednesday 3 PM-5:30 PM. Must have reliable car and references. Contact Debra. Cell: 574-4007. Email: rdhebra@hotmail.com

PSUKNOWHOW IS HIRING for note takers and tutors. Pay ranges from \$10 to \$20 hour, flexible hours needed. Contact us at 814-867-1777 or employment@psuknowhow.com

SCYMCA LOOKING FOR swim coaches. Contact Steve 231-0340 or spower@ymcaofcentrecounty.org

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FRIDAY, SEPTEMBER 3RD

Fun Outside: 6 PM () Rally Inside: 7:30 PM

By Jacqueline Bigar

HAPPY BIRTHDAY for Friday, Sept. 3, 2010. This year, you will succeed beyond your expectations. Your circle of friends will expand, adding to the many possibilities. Stay centered and focused on your goals in order to maximize the full power of the planets. You might be better off not spending so much, as you easily can get insecure in this present economy. Yes, stash! You will be happier that way. If you are single, a friendship could evolve into a lot more. This bond could be quite special. If you are attached, your interaction will always need attention, and you bring your unique nurturing qualities. CANCER is always your friend.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-Sad; 1-Difficult

ARIES (March 21-April 19)
*** Know that it is appropriate after a week of running around and hard work to feel sluggish. A side effect might be a lack of patience with those who try to be controlling. Someone who might be difficult could be sorry that he or she crossed your path. Tonight: Homeward bound.

TAURUS (April 20-May 20)
***** Express yourself in ways that do make a difference in how someone might receive your message. Fatigue marks a work-related issue. Perhaps you can counter the effect by a late lunch on an early workday. Tonight: Hang with friends. TGIF.

GEMINI (May 21-June 20)
*** At times, everyone is on the same page. More often, you see power plays, differences of opinion and general differ-

ences. You might be happiest close to home or working from home. Tonight: Squeeze in some shopping that you have been postponing.

CANCER (June 21-July 22)
***** You might wonder why you don't feel like this every day. As the Sun rises, you greet the Moon in your sign. Harness this energy and expect a very dynamic few days. Of course you can! Tonight: The world is your oyster.

LEO (July 23-Aug. 22)
*** You simply need to be less available and more focused. Quiet suits you. Effectively clear out work and/or a project or two. Screen your calls and try being "the silent type." Tonight: You don't need to explain anything.

VIRGO (Aug. 23-Sept. 22)
***** Zero in on your primary goals. You don't want to work all weekend, do you? Someone you know, a child or loved one, might push hard to get you to behave like he or she wants. It is nice to know that you are cared about! Make your own choices. Tonight: Celebrate the weekend.

LIBRA (Sept. 23-Oct. 22)
*** You might have some difficulty leaving work. Knowing that, be wise and complete your work. Consider saying "no" when this person or that person asks for a favor. Remember, you can do nothing if you don't honor yourself first. Tonight: A must appearance.

SCORPIO (Oct. 23-Nov. 21)
***** Honor plans to split and do something very different. Right now many people might think you -- yes, you -- are a space cadet. Certainly, you are not actively listening to them. Be careful, as one of these people might be the boss. Tonight: Follow your imagination.

SAGITTARIUS (Nov. 22-Dec. 21)
***** A conversation needs to be had, with your intensity and caring. Don't allow others to distract you. Your ability to bottom-line a situation proves to be helpful. If you aren't careful, a discussion could evolve into a power play. Tonight: Enjoy a friend's company.

CAPRICORN (Dec. 22-Jan. 19)
***** Defer to others and understand that those around you also need to feel important. You can do that in your customary style when focused. Know that on a professional matter, no one sees eye to eye. Let go and see what happens. Tonight: Find your friends.

AQUARIUS (Jan. 20-Feb. 18)
*** You are among the very few who can accomplish a good day's work. You might be overworking an issue in your head, giving others the impression that you aren't listening. Work on your attentiveness. Tonight: Unwind in your style.

PISCES (Feb. 19-March 20)
***** Don't kid yourself -- you are already out the door mentally and into your weekend. You discover that a lot is happening behind the scenes with a friend. Reconsider your choices. Every so often, revitalizing and questioning your desires is important. You change; they change. Tonight: My, aren't we playful!

BORN TODAY:
Actor Charlie Sheen (1965), actor Alan Ladd (1913), Olympic gold medalist, snowboarder Shaun White (1986)

Jacqueline Bigar is on the Internet at www.jacquelinebigar.com
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SATURDAY @ 10:00AM VS. COLGATE
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