

NEWS IN BRIEF

Students charged with criminal trespass

Four Penn State Greater Allegheny students are incarcerated in Centre County Correctional Facility following their extradition from Pittsburgh on Wednesday, Patton Township Police said.

The four individuals broke into a Patton Township apartment on Sept. 24, police said.

Anthony Biddix and Jemar Bather were charged with criminal trespass, police said. Jabari Lane and Nathan Shelton were charged with criminal trespass and drug law violations, police said.

Man hospitalized after fight

A man was hospitalized following a 1:34 a.m. fight inside Mezzanine, 420 E. College Ave., on Thursday, the State College Police Department said.

Two individuals were fighting inside the nightclub and were ordered by staff to leave the nightclub, police said, though one individual attempted to continue the fight outside.

Police pepper sprayed the individual, who was taken to Mount Nittany Medical Center for treatment, police said.

Disorderly conduct charges against the individual are pending, police said.

Man hospitalized after 'bad acid trip'

An individual under the influence of acid was hospitalized following an incident at the State Theatre, 130 W. College Ave., at 11:25 p.m. on Wednesday, the State College Police Department said.

The man suffered from a "bad acid trip" and attempted to grab a security guard's gun at the venue, police said.

Staff called police and the man was hospitalized, police said, and charges against the man are pending.

Police have suspects in llama killings

GREENSBURG — Police in Pennsylvania believe they have identified two suspects in the killings of two llamas.

The first llama was shot sometime late Sunday in Westmoreland County and another was shot on Monday about 12 miles away. Police told the animals' owners on Thursday that criminal charges were pending. Police wouldn't release details.

The owners of 10-year-old Peaches and 8-year-old Tango said they were told two teenagers were responsible. They said they were happy to learn the news even though it wouldn't bring their longtime family pets back.

POLICE LOG

Theft: A Penn State staff member reported his credit card was taken Wednesday from Davey Laboratory and \$875 worth of unauthorized purchases were charged to his account.

ON THE MENU

Lunch

Pollock, Findlay and West:

Baked potato & cheddar soup, black bean chili, Cuban sandwich, Cuban slaw, hot dog, hot dog bar, rice, teriyaki vegetable stir-fry, french fries, glazed baby carrots, vegetarian baked beans, applesauce, blue butter cream icing, chocolate butter cream icing, chocolate cupcakes, confetti cupcake, fresh baked chocolate chip cookie, vanilla butter cream icing, whipped topping

Correction

An article "How to celebrate Halloween in Centre County" on page 9 of Venues Magazine incorrectly listed an address.

The "Halloween Owls" event will be held at the Ned Smith Center for Nature and Art in Millersburg, Pa.



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Weather: Today: High 51



Tonight: Low 34



Tomorrow: High 56



Extended forecast campusweatherpsu.com
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McGloin

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well in pressure-filled situations and big-time matchups.

"There's not a better game for Matt to have his first start," Paul McGloin said.

Freshman quarterback Rob Bolden, who started the first seven games, suffered a concussion in the second quarter of Penn State's win over Minnesota last Saturday.

McGloin and Newsome played in for him, but Newsome filled on only one drive, in which he had no pass attempts. McGloin went 6-for-13 with 76 yards, two touchdowns and an interception.

He'll transition into an entirely different atmosphere, where a full house is expected during Saturday's matchup. Michigan (5-2, 1-2) is coming off two-straight home losses to Big Ten title contenders Michigan State and Iowa. The Wolverines are also second in the Big Ten in scoring

offense, putting up an average of 36 points per game.

McGloin could be forced into a shootout in just his first collegiate start. McGloin's football coach at West Scranton High School, Mike DeAntona, is confident in his former player, though McGloin's first start will come on a far greater stage than any high school game.

"He played in a lot of big games," DeAntona said. "He never folded under pressure."

Joe Paterno wasn't hopeful about Bolden's status at his Tuesday press conference. Paterno said Bolden still had memory problems after his concussion test Sunday night.

"If you ask me, if we had to make a guess, I'd guess he's not going to make it, but that does not mean that I know what I'm talking about," Paterno said Tuesday. "As I said to most of you, I don't have an MD at the end of my name, and I'm not a psychiatrist."

On Tuesday, McGloin said Bolden had been throwing the ball around

"He played a lot of big games. He never folded under pressure."

Mike DeAntona
West Scranton High School coach

in practice, while he and sophomore Kevin Newsome had been taking first-team reps. Newsome, though, has been dealing with a knee injury.

McGloin wouldn't comment about starting this weekend.

McGloin, along with Bolden and Newsome, was in the mix for the starting spot when the season started. Coaches and players note him for his confidence in the huddle and winning attitude.

"That's something you have to expect to do," McGloin said Tuesday. "In that huddle, you have to be confident."

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Royster

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porous run defense, which is ranked ninth in the Big Ten, giving up 145 yards per game. Penn State's ground game has been disappointing this season but showed significant signs of life late in last week's win at Minnesota. The Nittany Lions pounded out 122 rushing yards in the second half, most of which, however, came from freshman Silas Redd.

Given the importance the offense has placed on running the ball and controlling the clock this week, senior right guard Stefan Wisniewski, who, like Royster, has started the last three seasons, said he's confident this will be the week.

"It's about time, right?" Wisniewski joked. "Geez, we're in game eight here, and I certainly thought we would've had it done earlier."

Most people around Penn State thought so, too. After Royster recorded his second consecutive 1,000-yard campaign last year, he sat just 481 yards from the mark heading into this season.

Aside from a September game against Temple where Royster went for a career-high 184 yards, he hasn't gained more than 62 in a game.

Some of that can be attributed to fewer touches. Against Temple he had 26 carries, but he has just 62 on the rest of the season, for an overall average of 13 per game.

Joe Paterno hasn't been one to praise Royster this season. When asked about what Royster has meant to the program, Paterno gave his shortest response by far of his Tuesday press conference.

"I think he's done a good job," was all the coach said about Royster, who is set to pass the final hurdle at a school steeped in tradition at tailback.

Many, however, have posed the question as to where his talent ranks, pointing to the 12-game schedule as one of the biggest reasons for his breaking the record.

In the offseason, Royster considered leaving for the NFL, but ultimately decided to return to college, a decision he says he hasn't second-guessed once. But Royster still said playing on Sundays has "been my dream since I can remember," and the next few games will likely determine where he lands at the next level.

"It's big," Royster said. "The end of this season could dictate the next five years of my life, and that's motivating, and it just makes me want to go out there and run harder."

As for the record, Wisniewski said

"It's about time, right? Geez, we're in our eighth game here ..."

Stefan Wisniewski
Penn State football right guard

despite all the struggles, it will be a great moment for his teammate.

"I guess you couldn't really pick a better game for it to happen," Wisniewski said. "If it's gonna happen this week — home game, night game, Michigan — we're hoping we're definitely gonna get it done, and do it on a great stage for him."

Senior center Doug Klopacz said the line would take some pride in getting the record for him, albeit later than it expected. He hasn't talked to Royster about the record but said he has a hunch it's weighing on him.

"It's probably something that's hanging in the back of his mind," Klopacz said. "Once he gets this it'll be one less thing to worry about perhaps, and maybe he'll play a little looser or something like that."

Asked if that was true, Royster's response was simple.

"Most definitely," he said.

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Crowds

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a backseat to the Michigan game.

The Shandygaff, 212 E. College Ave., will also host a Halloween-themed night on Sunday, with a costume party starting at 8 p.m.

While other downtown hot spots might not schedule anything special for the weekend, some are still planning to take advantage of the festive

atmosphere. Jennifer Zangrilli, director of operations at Dante's, oversees several bars that have a more laid back atmosphere — like The Deli, The Saloon and Inferno.

She said staff at the bars will be in costume, but that's about as far as her restaurants will go in acknowledgment of the holiday. One reason for that is the stress of Halloween coinciding with a football weekend.

"We've done a few things in the past," she said. "But with so many

people in town, a lot of different kinds of promotions are hard to do."

Jody Alessandrino, director of the Downtown State College Improvement District, said the busy weekend will present a challenge for the "clean team" that picks up after partygoers on weekend nights. "The clean team will be pretty active," he said. "We'll be out at 4 a.m."

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Diet

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illustrates that. Last year, Carpenter was a reserve for the Lions. This year, she's the regular starting setter.

With the increased workload, Carpenter was noticing a drastic change in her health.

She is also hyperglycemic, meaning she has an abnormally high concentration of glucose in her blood. The condition makes her burn calories faster than an average person.

Dr. Clark said Carpenter burns 10 to 15 calories every minute she plays volleyball.

"I was losing a ton of weight, just burning so much off," Carpenter said. "I was eating the same I was last year, so now I have to eat even more."

Now, Carpenter is on a 4,500-calorie-a-day diet. She jokes that she often goes up for fifth servings when she goes to the dining commons for dinner.

"It's as much as I can, whatever I want," Carpenter said. "Chocolate milk to the max. You name it, I have to eat it."

Packing in all of those calories in a one-day period is difficult, Dr. Clark said.

It's not natural for a body to consume that much in such a short span, and the individual is often full and doesn't want to consume any more.

So Carpenter is instructed to eat as many small meals as possible.

Dr. Clark said an athlete like

"It's hard and it sucks sometimes. Sometimes you just don't want to eat. You're just so full. But you have to, because it's your health."

Kristin Carpenter
Women's Volleyball team member

Carpenter should eat six to seven meals a day — snacks before and after each and every meal.

At timeouts or between sets of a match, Carpenter will eat calorie-enriched Powerbars that the team's trainer specially orders online.

At practices, she is not supposed to drink water — just Gatorade, because she needs the calories and electrolytes. And she is told to snack whenever she has a chance.

"It's hard and it sucks sometimes," Carpenter said. "Sometimes you just don't want to eat. You're just so full. But you have to, because it's for your health."

The Lions usually have a team pre-game meal about three hours before a match.

Carpenter said she needs to eat again 30 minutes before a match to be able to maximize her performance.

That secondary pre-game snack is often something such as three chocolate chip cookies, Carpenter said.

McClendon, who is on a similar diet, is often seen walking into the Lions' practice gym snacking on a candy bar — because she needs to.

Compared to her senior year of high school, the amount of time McClendon is playing volleyball in college is doubled if not tripled, and

thus she needs to monitor her nutrition more, Dr. Clark said.

McClendon and Carpenter check in with Dr. Clark to do the "BodPod," a full-body machine that checks metabolism, percentage of body fat and metabolic rate.

Athletes sit in the chamber for about five minutes, which then produces a computerized statistical analysis of the athlete's body composition.

Carpenter has done the BodPod four times since last spring break.

"We're working out a lot, and we sweat a lot, but we still need to gain muscle," McClendon said. "So it's important we follow the guidelines to stay at a good level."

Dr. Clark said McClendon's metabolism works in a way that she gets full very easily.

Healthy foods, such as fruits, vegetables or whole grains, fill her up quickly. So instead, McClendon is encouraged to consume calorie-dense foods such as peanut butter or high-fatty foods like butter.

"It probably sounds silly because the average person is told they shouldn't have that," Dr. Clark said. "But it's actually beneficial for a player like Deja. It will help her maximize her performance."

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Rallies

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ing that cash and airline miles round out his top three.

Without fear, people will become complacent and begin to reason, he joked.

"Rationality gets you the atomic bomb. Fearing the atomic bomb is what kept us safe during the Cold War," Colbert said.

The Rally to Restore Sanity And/Or Fear is just in time for Halloween weekend and Colbert is

encouraging attendees to dress up as their biggest fears for the occasion — for Colbert, that would be a bear.

"Godless killing machines. Gay immigrant bears — is that possible? Canadian bears is the short way of saying that," Colbert said.

Amanda Flanagan said she and some friends are planning on making the drive down to Washington early Saturday morning.

Flanagan (junior-animal sciences) said they are planning on making signs, which is encouraged by Stewart.

Brendan Saller said he is also planning on making signs for the event.

"I've been a fan of Stewart and Colbert for a long time. When I heard that the rally was going to be in a reasonable distance, I thought, 'why not?'" Saller (senior-psychology) said.

Colbert is preparing, too — but not by making signs.

"I'm working out. I'm trying to get totally cut," he said. "I want to be in a unitard for most of the rally."

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