

Mitchell finally returns for Thundering Herd

By GARY FAUBER
for the Daily Telegraph

BECKLEY — A four-tackle night might seem a bit pedestrian to some, but Billy Mitchell's performance was about more than numbers.

"Just to be out there with my teammates again was amazing," the linebacker at Marshall said. "It was an incredible feeling."

Mitchell was making his first appearance of the season after suffering a concussion during spring drills and another in the preseason. He started and made a significant impact in the Thundering Herd's 59-24 win at Southern Miss.

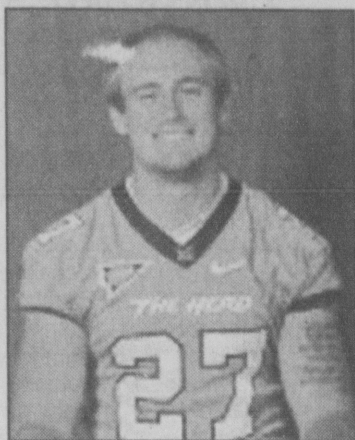
The Navarre, Fla., native took seriously his role as quarterback of the defense.

"I thought I played very well," Mitchell said. "I was helping get guys in the places where they needed to be."

The Herd defense limited the winless Golden Eagles to 331 yards, a season-low. They also had eight tackles for loss, including three sacks, and forced three turnovers.

Mitchell had a hand — literally — in one of the turnovers, and it came at a crucial time.

Marshall was pulling away late in the third quarter, going ahead 45-17 on an 11-yard



Billy Mitchell

Contributed photo

touchdown run by Kevin Grooms. Southern Miss, trying to stay in the game, took the ball to Marshall's 5-yard line on the next series.

Tyre Bracken carried to the 1, but Mitchell stripped the ball away. Armonze Daniel recovered in the end zone for the Herd, ending any hopes of a Golden Eagle comeback.

"They were running an up-tempo offense and had an inside zone," Mitchell explained. "I read it and I wrapped up the running back. I pulled the ball out of his arm and Armonze fell on it. It was an important play for us."

"They were looking to score

and you could feel the air come out of the stadium."

Mitchell's effort was part of the defense's best performance of the season.

"I thought the defense was amazing," he said. "The defensive line was outstanding, the linebackers filled the holes and the corners and safeties were making plays wherever they were needed."

The 6-foot-3, 238-pound former tight end is looking forward to having no limitations the rest of the season.

"I'm full go," Mitchell said. "They took it easy on me during the bye week, but I am ready to go."

"Football is important to him," coach Doc Holliday said before the game. "Billy is one guy who has played a lot for us. To have him back out there, I think is going to help us."

Mitchell will take the field again when the Herd (3-4, 2-1 Conference USA) hosts Central Florida (5-2, 3-0) in a big conference game Saturday. He says nothing the Knights do on offense will take his team by surprise.

"They are very tough and physical," Mitchell said. "They run 21-personnel. They are going to try to run the football. There are no secrets to that offense."

In new era, Penn State proving skeptics wrong

STATE COLLEGE, Pa. (AP) — The new-look Penn State Nittany Lions are getting quite adept at proving skeptics wrong.

Most of them stuck it out this summer after the NCAA announced sanctions so severe, some college football observers opined the program was better off with the so-called "death penalty." About 10 players transferred before preseason practice. Then, an 0-2 start had even the die-hard fans wondering if a feared post-sanctions dry spell had arrived early in Happy Valley.

Not even close.

Penn State football is making headlines again — for what's happening on the field. A five-game winning streak sparked by a fun, unpredictable offense and trademark Linebacker U. defense has propelled the Nittany Lions (5-2, 3-0 Big Ten) into the Leaders Division title race headed into the Saturday evening tilt against unbeaten

No. 9 Ohio State (8-0, 4-0).

Both schools might be ineligible for the overall Big Ten championship because of sanctions, so Saturday night's game has extra juice as a virtual mid-season bowl game in Happy Valley.

"These are the kinds of games you dream of playing ... but we also feel that we worked to get here," running back and senior leader Michael Zordich said. "We've earned this spot."

Perhaps no other team in the history of college football has had to endure the kind of adversity that has swirled around the Nittany Lions the past year.

How the school handled the child sex abuse scandal involving retired assistant coach Jerry Sandusky led to the landmark NCAA penalties in July. About 10 players took advantage of an NCAA waiver for an immediate transfer to another school, most notably tailback Silas Redd (Southern California), receiver Justin

Brown (Oklahoma) and punter-kicker Anthony Fera (Texas).

Then came the 0-2 start, beginning with the 24-14 loss at home to No. 23 Ohio in the season opener. A 17-16 loss a week later to Virginia highlighted how much Fera's defection hurt when current kicker Sam Ficken missed four field goals, including a potential game-winner from 42 as time expired.

They're the kind of close, tough losses that could send teams on a downward spiral.

But on the adversity scale, it turned out to be a blip compared with the off-the-field scrutiny on the program due to a scandal that had nothing to do with the players.

This hardship was just about football, something the Nittany Lions could control.

The defense gets better each week, as does an offense that looks nothing like what the Nittany Lions were known for doing under the late coach Joe Paterno.

Special Report

The Digestion Miracle Pill



If you're tortured by acid reflux, gas, heartburn, indigestion, constipation, diarrhea, stomach pain, bloating, or other digestion problems... now there's good news!

By Kenneth Wesmeyer
Freelance Health Writer

Recently, a leading scientist revealed to the world; a digestion pill, containing an ingredient that could change the lives of millions. If you worry about what you eat or how bad you'll feel afterward... Now your problems may be over at last!



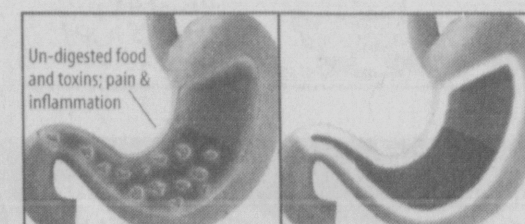
Danish Pharmacist
Dr. Jens Van Nielsen

The ingredient is called *Bee Propolis*. And the results are so spectacular; they've shocked doctors and scientists worldwide. According to Dr. Jens Van Nielsen, a leading medical researcher and widely-respected pharmacist...

"Until now, people relied on products like probiotics and colon cleansers to help deal with digestion pain and discomfort. Unfortunately, they just do part of the job. That's because these remedies take action only 'after' you eat."

Here's How it Works; Bee Propolis is found on the inner walls of a beehive. Its main function is to stop germs and bacteria from weakening the hives cellular structure. It works in your stomach the same way.

Bee Propolis sets up your stomach lining to "search and destroy" bad bacteria before it attacks. So micro-organisms that manage to get through are quickly expelled from your body. Diarrhea, constipation, acid regurgitation, gas and other related disorders seem to disappear. But in truth, they never really get a chance to start. But here's the problem



WITHOUT Gastro Guardian: Bacteria and harmful toxins react with partially-digested food—causing inflamed stomach linings and horrible indigestion pain.

WITH Gastro Guardian: A protective lining on your stomach prevents food from reacting with bacteria and toxins. **NO MORE PAIN!!**

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Bee Propolis is hard to come by and in short supply. But according to folklore, a bountiful supply exists in wild bee hives; somewhere in the South American jungle.

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Gastro Guardian™ contains a whopping 25 mg of a special Bee Propolis blend, the only such formula with Bee Propolis on the market. A 1985 study found that over 94% of people who took 1-2 tablets "experienced fast relief." Even from those with unbearably painful bouts of acid reflux.

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— Mike C., Florida

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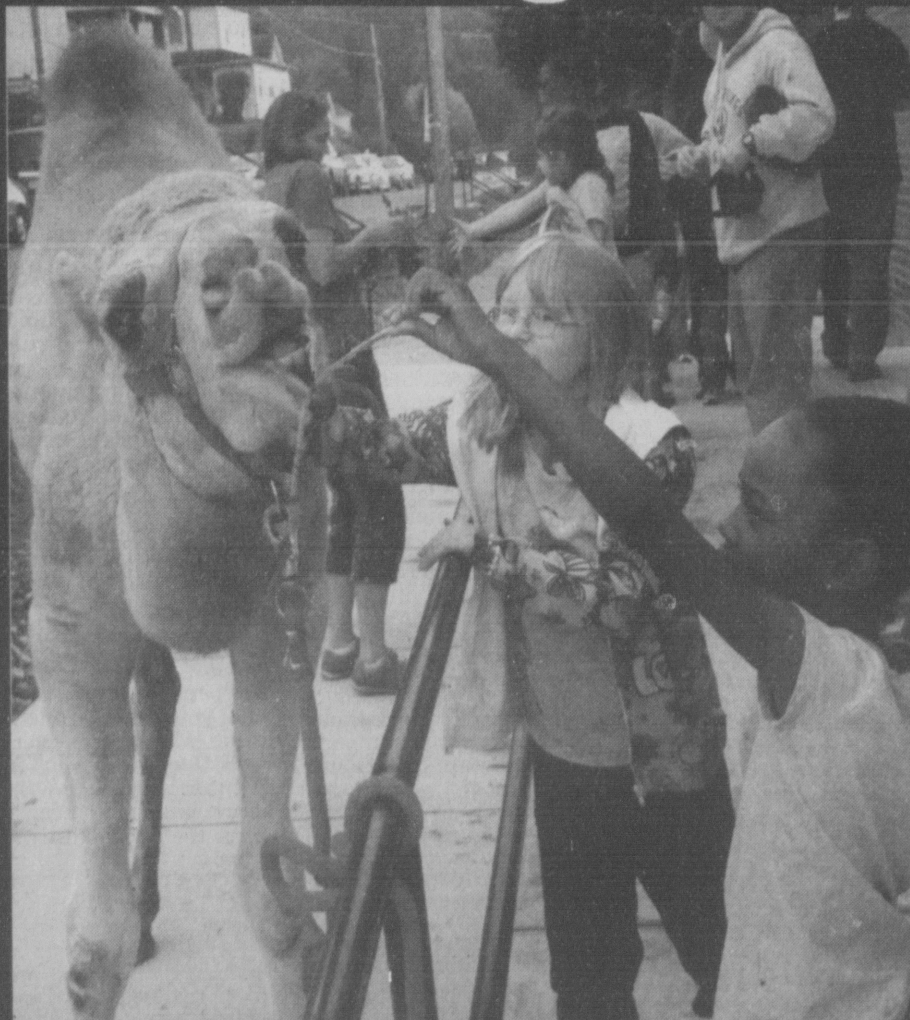
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