

SPORTSNEWS



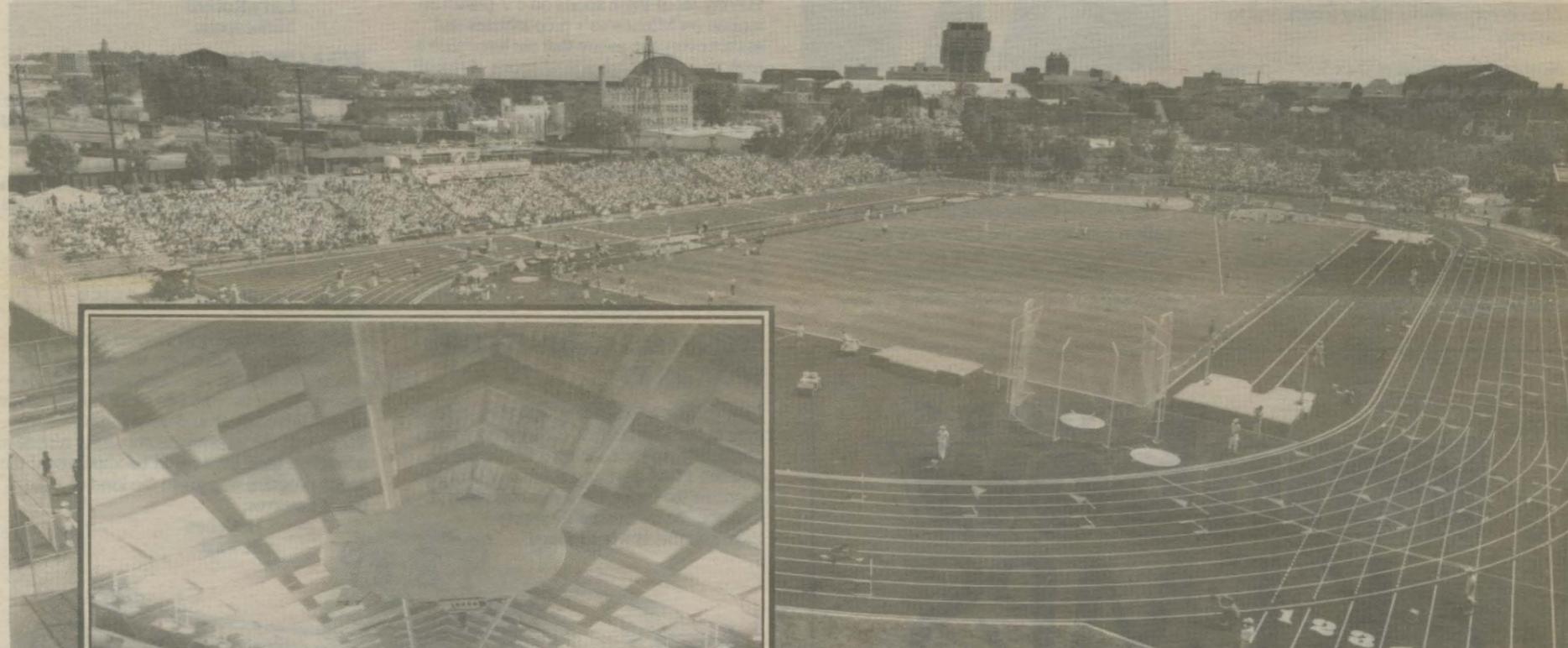
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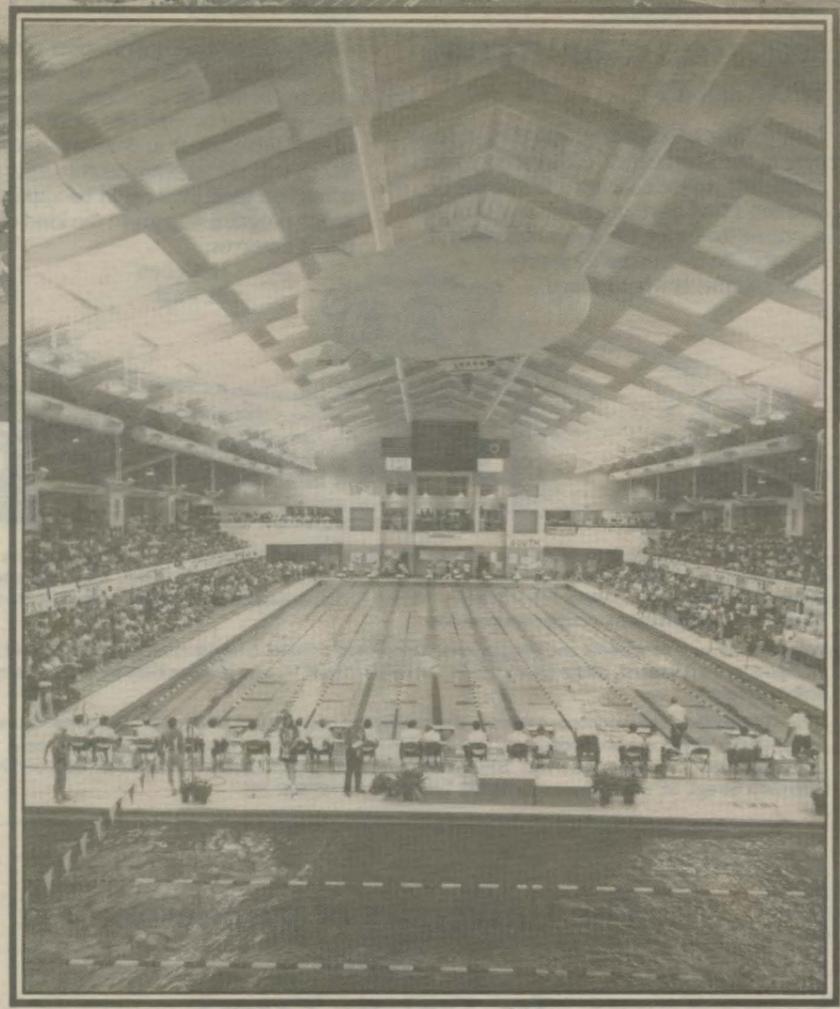
NUMBER 18

**Premier Track & Field Stadium • Aquatic Center Rated Among Best
New & Revamped Facilities by Fall, 1993**

Sports Complex Growing



Bierman Track & Field Stadium



University of Minnesota Aquatic Center

“These new facilities are extremely important to the University of Minnesota. There aren’t a lot of things that can create a sense of community at the University. Athletics can do that.”

—Robert O. Erickson
U of M Vice President

By Jim Mulrooney

The athletic complex at the University of Minnesota (U of M) should rank among the finest in the United States by the fall of 1993.

This presumes completion of the renovation of Williams Arena for men’s basketball, conversion of Mariucci Arena into a sports pavilion, and construction of a new hockey arena.

“These new facilities are extremely important to the University of Minnesota,” said Robert O. Erickson, Senior Vice President for Finance and Operations at the U of M. “There aren’t a lot of things that can create a sense of community at the University. Athletics can do that.”

Erickson indicated that sufficient revenue for the proposed projects will be generated by the athletic buildings themselves (through ticket sales, concessions, parking,

and advertising) and by private donations. “State dollars will not be necessary.”

He emphasized, “The University is and must be cost-sensitive. We will build collegiate facilities which are appropriate and get value for the dollars spent.”

When the new athletic buildings open in about two years, Dan Meinert, Senior Associate Director of Men’s Intercollegiate Athletics, speculated that, “The U of M could compete with our Big Ten counterparts and with other Division I schools in attracting young athletes.”

These facilities would be part of a unique,

Continued on page 2

MEN’S INTERCOLLEGIATE ATHLETICS
516 - 15th Ave. S.E.
Minneapolis, MN 55455

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SPORTS COMPLEX from page 1

*(When the new athletic buildings open)
"The U of M could compete with our Big Ten counterparts and other Division I schools in attracting young athletes."*

—Dan Meinert
Senior Associate Director
Men's Intercollegiate Athletics

compact athletic complex located on the University's urban campus. They would be in addition to the football training site (which has been copied by Notre Dame and other major schools since it opened in 1984) and the outstanding Aquatic Center and Bierman Track & Field Stadium which were completed in time for the Olympic Festival last summer.

"The Festival gave us a chance to showcase our growing athletic complex," Assistant Sports Facilities Director Steve Tollison pointed out. "The U of M represents the whole state, and our facilities should be a matter of pride for all our citizens."

Referring to the technologically-advanced Aquatic Center and Bierman Track, Tollison said, "I think we're ready to proceed into the 21st century without taking a back seat to anybody."

Now considered one of the nation's premier water arenas, the University's Aquatic Center attracted more than 14,000 athletes and 100,000 spectators to special events during its first year.

"We are offered more swimming and diving events than we can handle," noted Aquatics Director Duane Proell.

Future prestigious meets scheduled at the Center include the nationally televised U.S. Open next December, where the world's



Dan Meinert, Senior Associate Director
Men's Intercollegiate Athletics

best swimmers and divers will compete, and the Big Ten Championships next February.

"The Aquatic Center combines with our excellent coaches and the University's excellent academic reputation to help recruit blue chip student-athletes who can perform at a top level right away," Proell concluded.

"I think we're ready to proceed into the 21st century without taking a back seat to anybody."

—Steve Tollison
Assistant Sports Facilities Director

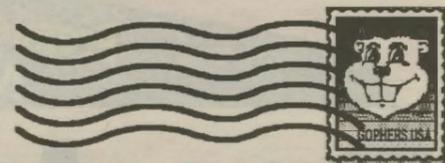
Asked to comment on the new Bierman Stadium, Phil Lundin, Assistant Men's Track & Field Coach, replied, "My reaction is one of awe, because there are few places in the U.S. or the world that offer such amenities in field and running events. It's an athlete's and spectator's delight."

He mentioned the superb qualities of the Bierman complex as a competitive and training site for both track and field athletes.

Lundin especially saluted Men's Head Track & Field Coach Roy Griak for his invaluable input to the designers of the Bierman Track. "Without Roy Griak, we would not have one of the finest facilities in the world. His efforts were crucial."

Campus officials agreed the emerging U of M athletic complex will draw increased positive attention to this area, reflecting well on the University and the people of Minnesota and their commitment to amateur sports.

Letters



WRITER LAUDS KMSP-TV

I applaud the folks at KMSP-TV for getting the rights to the State High School Hockey Tournament for the next three years. This "hat trick" for Ch. 9 is important because it helps the state highlight high school sports.

Having all of these sports on TV places attention on Minnesota's prep athletes and makes everyone aware that we have such a high interest in high school sports. After all, isn't the high school where we want to encourage our kids to be participating? It could be the best thing for the feeder program at the University of Minnesota.

Charlie Madison
St. Paul

(Ed. note: KMSP-TV will now be the home of all the major prep tournaments. The station already holds the rights for football's Prep Bowl, as well as the state high school basketball tournaments)

SPORTS FANS NEED PAPER LIKE SPORTSNEWS

I am getting so disgusted with the major papers in the Twin Cities. Either their writers constantly rip the coaches and athletes or you can't find anything about any U of M sports in the paper. On a recent Sunday, I took the "Star-Tribune's" Sports Page and this is what I found:



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H. Cohen
St. Paul

PAY COACHES TOP SALARIES

I read where Minnesota Gopher coaches Gutekunst and Haskins are the lowest paid coaches in the Big Ten Conference. This is a shame! These two men do more for the image of the University than dozens of professors. When will the academic community realize or admit that their lives could be improved if the sports program was given the kind of attention it deserves.

Tom Peterson
Blaine

NCAA LIVES IN THE DARK AGES

The NCAA lives in the dark ages. They have gone way overboard when it comes to regulating college athletes. I know they work at keeping their hand on the controls but they just don't go about it in the proper, sportsman-like way. What we really need is some organization to regulate the NCAA.

Larry Roberts
Minneapolis

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Where are They Now? Former Mat Star Still Pins Down Victories — As Coach

By Len Levine



Charlie Coffee, a Gopher wrestling star of the early 1960's, has compiled one of the most successful coaching records in Minnesota high school history.

Coffee began his coaching career at Bloomington Lincoln High School, teaching phy. ed. and coaching wrestling in 1965. Five years later he became the head boys' wrestling and golf coach and head girls' soccer coach at the newly-opened Bloomington Jefferson High School. His 25-year career record consists of four regional wrestling titles, one Lake Conference wrestling championship, seven Lake Conference, five Section 8, and four State soccer championships, with an overall 205-30 record. To Coffee's list of credits, add one State and 32 Regional individual wrestling champions.



Charlie Coffee, 1991

Coffee, who grew up in Mound, Minnesota, credits his late father, Bud (who died in 1967), for his early interest in sports. He says his father, who played freshman hockey at the University (before dropping out during the Depression to help support his family) encouraged his children to participate in athletics. "He felt it was a good way to learn about dedication and commitment. He never made us do it, but exposed us to it and hoped we'd like it. I remember all the times he told us how sports helped a person focus in on a goal," Charlie Coffee says. When Charlie was in the seventh grade, his father took him to watch the Gophers play football in old Memorial Stadium. "I liked what I saw. I knew right then that playing sports was for me," Coffee says.

He adds that it was that early exposure and his father's encouragement which led to his joining the football and track teams in junior high school. He continued at Mound High School, where he played guard (both ways) and linebacker on the football team, was a pole vaulter in track, and a wrestler in the 133 pound class.

Coffee worked hard at developing strength and speed. He lifted weights and ran wind sprints almost every day during the year. He says it was this conditioning which helped build his upper body strength and quickness, which contributed to his sixth place finish in the State pole vaulting championship in 1956, his senior year.

Coffee was recognized as one of the state's best overall high school athletes in 1956. His wrestling achievements, though, were the highlight of his high school sports career. He won the Region 5 championship four times and the State title his senior year.

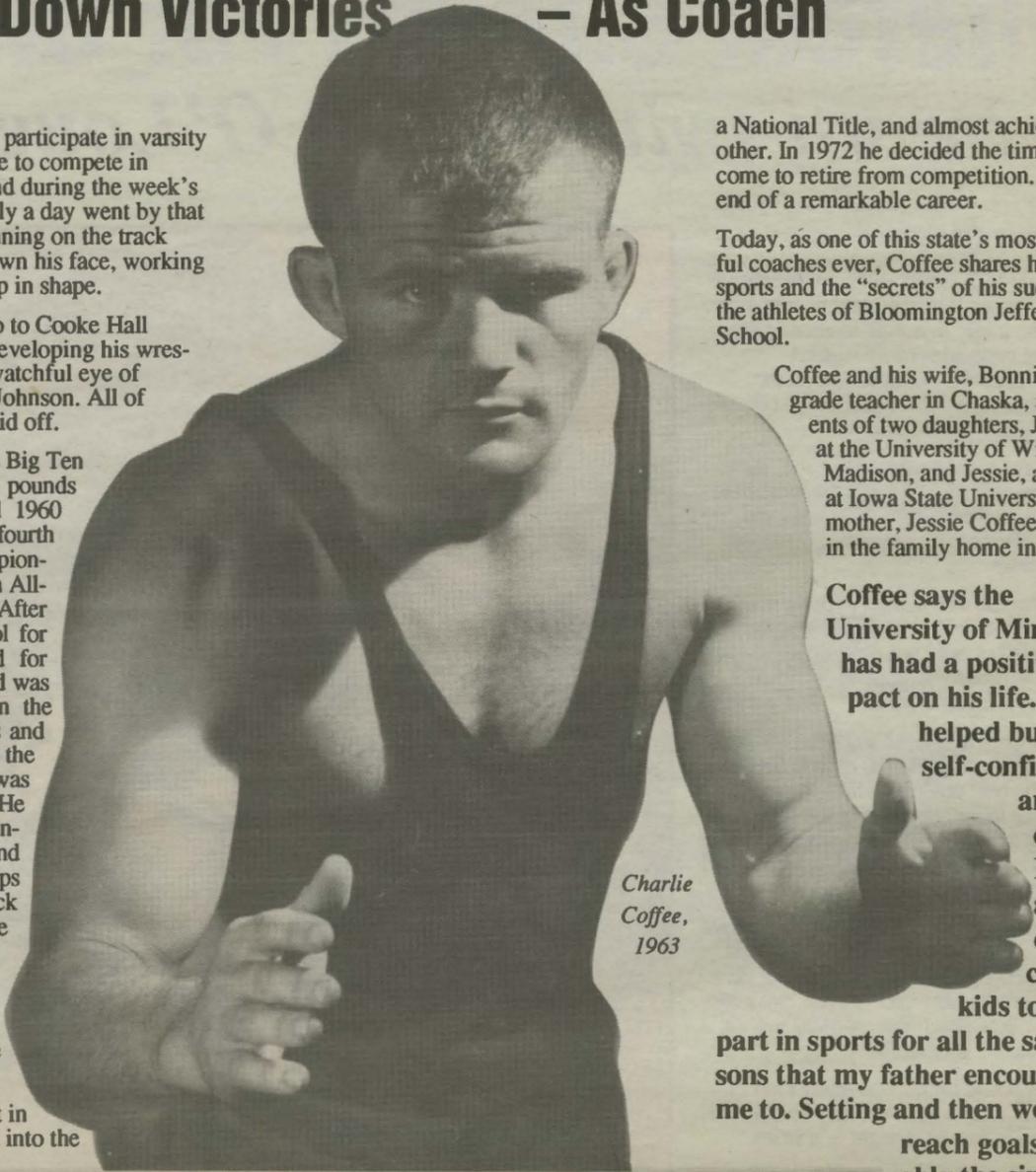
I got to know Coffee when we both entered the University of Minnesota in 1956. Because of the freshman ineligibility rule,

we weren't allowed to participate in varsity competition. I was able to compete in "open" track meets, and during the week's training sessions, hardly a day went by that I didn't see Coffee running on the track with sweat pouring down his face, working out on his own, to keep in shape.

From the track he'd go to Cooke Hall where he worked on developing his wrestling skills under the watchful eye of Gopher Coach Wally Johnson. All of Coffee's hard work paid off.

He finished third in the Big Ten wrestling meet at 137 pounds in both the 1959 and 1960 seasons. He finished fourth in the National Championship and was named an All-American in 1960. After dropping out of school for one year, he returned for the 1961-62 season and was ranked number one in the country at 137 pounds and was elected captain of the Gophers team. He was having a great year. He had his sights set on winning the Big Ten and NCAA Championships when tragedy struck while wrestling in the Big Ten meet. As he was flipped over, he landed hard on his right shoulder, breaking it. His collegiate career was over.

With just a quarter left in school, he was drafted into the



Charlie Coffee, 1963

a National Title, and almost achieved the other. In 1972 he decided the time had come to retire from competition. It was the end of a remarkable career.

Today, as one of this state's most successful coaches ever, Coffee shares his love of sports and the "secrets" of his success with the athletes of Bloomington Jefferson High School.

Coffee and his wife, Bonnie, a second grade teacher in Chaska, are the parents of two daughters, Jill, a junior at the University of Wisconsin in Madison, and Jessie, a freshman at Iowa State University. His mother, Jessie Coffee, still lives in the family home in Excelsior.

Coffee says the University of Minnesota has had a positive impact on his life. "It helped build my self-confidence and self-esteem. I will always encourage kids to take

part in sports for all the same reasons that my father encouraged me to. Setting and then working to

reach goals is probably the single most important reason to participate in sports. But there are so many others, too, like the lasting relationships a person makes. Everyone should try sports. It doesn't matter if you win championships, but everyone should know the experience of learning the discipline and the way you handle winning and losing. It prepares a person in a positive way for the rest of their life."



MINNESOTA'S 1959 BIG 10 WRESTLING CHAMPIONS
Front row (from left): George Coffee, Dick Waite, Charlie Coffee, Jim Reifsteck, Bob Board, Ron Andrews.
Back row: Dick Mueller, assistant coach, Scott Cairns, Joe Paddock, Bill Koehnen, Captain Bill Wright, Pete Veldman, Laverne Dykema, Harry Schlieff, Wally Johnson, coach.

Army and spent the next year in Korea, almost the entire time on special alert. The following year he was sent to Ft. Chaffey Military Base in Fort Smith, Arkansas where he began to wrestle in the 138-pound class in Special Services. He won the 4th Army Olympics and the All-Army title and finished second in the All-Service championships.

After an Honorable Discharge in 1964, he returned to the University and completed work on his education degree, graduating that same year.

After working for his father in sales for one year, he began coaching and teaching in the Bloomington school system.

He vowed to continue wrestling until he could reach one of two goals: either win a National Title or make the Olympic team. Wrestling at the Olympic weight of 138 1/2 pounds, Coffee tied for fifth at the 1966 World Games in Toledo, Ohio. The following year he won the National Championship in Lincoln, Nebraska, and was named the first alternate on the U. S. Olympic team. Four years later he was again named the first alternate. He had reached one of his goals —

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.

Different Strokes For Different Folks

Awkward swing taking O'Loughlin Long Way

By Steve Peckham

The recent U.S. Open will be remembered in different ways by different people. For many, the tragic lightning incident will cloud the memories of a beautiful Minnesota event. For many more, the playoff between Scott Simpson and Payne Stewart will always stand out.

But, for the average duffer like me, something else will stick out. It's the incredible sameness in the swings of professional golfers. They are all disgustingly smooth and graceful.

Fellow hacks, take heart. A young man at the University of Minnesota is carrying the torch for all of our "non-traditional" swings. Where he'll stop, no one knows. Right now, the pro tour isn't a bad guess.

Terry O'Loughlin just completed his junior year at Minnesota. He has quietly become one of the best golfers on the Gopher squad, not to mention one of the best golfers in the state. All with a swing that makes his head coach, John Means, just smile and scratch his head.

"I remember going out to the driving range looking for Terry for the first time," said Means who came to the Gophers last year and had never met Terry or seen him play. "I just walked down the row, looking for this 'different' swing.

"When I found him, I was really kind of amazed at what I was seeing. There he was, rifling balls, just as straight as a string."

According to Means, Terry is not anatomically the same as most people. He doesn't know what the difference is, but it has changed his golf swing drastically.

"I think everything was normal when I was a kid," said the White Bear Lake native. "But around 17 or so, things started to change. I guess my back swing is a little funky. At the top of your back swing, you're supposed to keep your left arm straight and cock your wrist. That's where you get your power. But I guess I wasn't strong enough to cock my wrist, so I bent my left arm to compensate. I've had the same back swing ever since. I think if I saw it today on videotape, I'd throw up."

Before you send money to the University to help pay for a surgical procedure that would correct Terry's back swing, you



Terry O'Loughlin

should know that his take away (back swing) is the only bizarre thing about Terry's stroke.

"I have no idea how he does it, but Terry manages to get into perfect position for hitting the ball every time," said Means. He squares up and gets into position as well as any player on the pro tour. It's really amazing to watch."

That odd swing has garnered more "dream golf rounds" than the rest of us duffers will ever have combined.

In 1987 Terry won the Minnesota State High School Boys Golf Championship. This year he was the leader on a very strong Minnesota Gopher team. The day after the Big Ten Championships, Terry tried

out for the U.S. Open. In a playoff, he missed winning the last amateur spot. Not being satisfied with first alternate for the Open, Terry flew to Maryland the next week to give it one more shot.

In Maryland, Terry found himself competing against the likes of Ben Crenshaw and Hal Sutton among others who had just played the Kemper Open the week before and were still looking to qualify for the big tournament at Hazeltine.

Terry didn't make the cut, but that was OK. Ben Crenshaw didn't either. What Terry gained was something he's working every day to instill in his head: confidence.

"The only thing holding Terry back is Terry's imagination," explained Means. "He doesn't believe in himself yet, and that's just got to come with repetitions.

"The kid was a late bloomer. When he came back here from Scottsdale Community College in Arizona, he didn't know if he could make the team. Now he's one of our best golfers.

"Confidence is the one thing that separates the pros from the amateurs. Terry is developing that, but he's got a ways to go. Right now his goal is to be a golf pro at a country club. He can go a heck of a lot further than that."

The U.S. Open qualifying experience seems to have taught Terry a little bit more of what Means has been preaching.

"When I'm out there on the course now, I try to think of a really great round that I've recently had. It was amazing to be on the driving range between Hal Sutton and Ben Crenshaw. The more I play, the more I realize that they put their pants on the same way I do. They're going to hit their share of poor shots, too."

Terry's new-found confidence and bizarre swing have done wonders for him this summer. Two weeks after the U.S. Open, Terry qualified for the State Amateur Tournament at the Minnesota Valley Country Club.

His future looks bright. And prosperous.

Fan in the Stands HOW DID YOU FEEL WHEN YOU WON YOUR FIRST "M" ?



Mark Merila
Plymouth, MN

It's a great feeling to have lettered as a freshman and to have so much to look ahead to. It's great to be a part of the great tradition of Minnesota athletics.



Frank Wollnski
Minneapolis, MN

Let me tell you, I think getting my "M" in wrestling was one of the biggest, thrilling moments of my life. Not only that, but we won the Big Ten Championship that year which was the first time Minnesota ever won the championship in wrestling. I'm not too tall but the day I got my "M" I felt as tall as Carl Eller.



Randy Carter
Memphis, TN

Well, I am very proud. I think it's a great honor for me and I'm thankful to the University of Minnesota for giving me this honor. I'm a freshman and I hope to earn many more letters after this one.



Dr. Ed Lechner
Mendota Heights, MN

I earned my letter in football. It's something I will always cherish. Football was a very important part of my life then, and having my "M" has been very meaningful all these years. Competing in football here has meant so much to me because it gave me an education; it gave me a chance to go into dentistry. Bernie Bierman was the greatest inspiration a person could ever have. Bierman was a taskmaster but he taught you discipline. I think discipline is one of the biggest assets a person can have to succeed later in life.



Raymond Hakomaki
Roseville, MN

Well, getting my first "M" was, up to that time, the greatest thrill of my life. I lettered my first year of eligibility when I was a sophomore. Earning that letter is such a big event in a person's life that it leaves one speechless.



Bill Moblla
Ely, MN

This is my first letter. I played third base on the baseball team and it was really a thrill to get that "M". I'm very excited about becoming a member of the "M" Club and I consider it a big accomplishment. I've got some years to go here and I'm looking forward to the future.

Before he decides on his starting lineup...



John Gutekunst reads SPORTSNEWS

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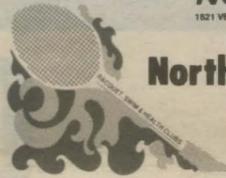
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WINKELMAN SIGNS WITH THE U OF M

The University of Minnesota track & field program has announced the signing of Joe Winkelman of Waukesha (WI) Memorial Catholic High School to a national letter of intent.

Winkelman captured the 100 (11.0), 200 (22.2) and 400 (48.7) meter dashes at the recent Wisconsin Private School State Championships. An honor roll student, he is interested in studying accounting/business at the University of Minnesota.

"What is most impressive about Joe's performance at the state meet is that, including pre-

lims and finals, he had to run six races in two days," said Golden Gopher Assistant Coach Phil Lundin. "We think that he can be a Big Ten caliber 400 meter runner during his career."

Winkelman joins Mark Gonzales, a distance running star at LaHabra (CA) High School, Adrian Ellis, Wisconsin state large school champion in the triple jump for Racine-Washington Park High School, and Keita Clyne, ranked sixth nationally in both the long and triple jumps for Gainesville (FL) High School, as national letter of intent signees for the Golden Gophers.

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After the Game

By Gary Hiebert
(Oliver Towne)



If you're going to Greece just for the food, you can save the fare and time and drift over to a place called IT'S GREEK TO ME, on the northeast corner of Lyndale and Lake in Minneapolis.

Absolutely everything ever cooked and served in Greece is on the menu and take that from us, who spent a month in Greece a few years back and sampled the food from Athens to Olympia and from Delphi to Sparta.

We got to It's Greek to Me on the night a few weeks ago when it re-opened after six weeks of remodeling and expanding from a sort of laid back neighborhood forum to a full blown, somewhat elegant-modern restaurant. And everybody on the staff was eager to get those trays and plates of food on the tables and make up for lost time.

They were all wearing neat black and white uniforms in a kind of Greek dancer style.

I can't remember whether some Greek music was wafting through the dining rooms or whether it was the guy behind me singing to his girl friend.

The menu runs the gamut of Grecian culinary art:

Gyros, pronounced Heroes (a sandwich of lamb, beef loaf turned on a spit) souvlaki (pork marinated in lemon and olive oil, char-broiled and served on pita bread), mousaka (layers of eggplant, potatoes, ground beef and cheese, topped with cream sauce and baked to a golden crust), pastitsio (layers of Greek macaroni and ground beef, eggs and cheese mixture browned and baked in the oven).

There are calamari (pan fried squid), dolmades (stuffed grape leaves), halibut and swordfish broiled with Greek herbs, roast leg of lamb and lamb chops, Greek style, with oregano; Greek seasoned breast of chicken and the big splurge called the House Speciality, which offers a sampler of the best-known Greek items.

There is a rousing salad called horiatiki, usually served at home and consisting of cucumbers, tomatoes, onions, feta cheese, bell peppers, olives and Salonika peppers, doused with house dressing.

The appetizers are plentiful and, for examples, include octopus, squid, platters of mixed items and dips like taramosalata.

You see what I mean by variety and a menu that has it all.

Which made it difficult for us to order. But we managed somehow and wound up with a platter of appetizers called Mezes No. 1; then I ordered the lamb chops and had to take one home; my wife picked mousaka and had to take part of hers home. The portions are like that.

With it came a big Greek salad and lots of pita bread.

The wine list is Greek and there are Greek beers.

The dessert tray always features baklava among others and you don't want to even think about the calories in that.

If you're still hungry, how about a greek omelette or a bowl of lemon chicken soup called avgolemono?

After eight years of low key tuning, what has emerged is a sort of Greek version of the popular German Black Forest restaurant down the street. The prices are almost the happiest part of the dinner. Low. The circle of patrons now extends to Wisconsin and the Dakota border and my wife and I both agreed you gotta get there early.

Oh, yes, the pictures on the walls of Greek scenes are almost like being there. The Greeks have a word for it: Minneapolis.

Gary Hiebert, better known as Oliver Towne, was employed by the St. Paul Dispatch-Pioneer Press newspaper for 47 years. During that time he wrote the "Oliver Towne" column (for 34 years) and the restaurant reviews (15 years). He has also authored five books.

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Julius L. Perlt: A Memorial Tribute

By Jim Mulrooney

A 1923 U of M gymnastics letterman, Julius Perlt began as Public Address Announcer at Gopher football games in 1928. He continued in that capacity until his retirement in 1987 following his 60th football season.

Although Mr. Perlt distinguished himself through all of his announcing work over the years (including Gopher basketball and the State High School Basketball Tournaments), many people best remember him for his time at the P. A. microphone during Gopher football games at old Memorial Stadium.

Mr. Perlt died on June 16, 1991, at the age of 87.

His voice was the Golden Gophers. For more than half a century, on autumn Saturday afternoons, it tumbled down the steep stands at Memorial Stadium, echoing with craggy eloquence.

To generations of Minnesota football fans, his was the sound from afar that kept them informed about the game.

Gopher history is rich in tradition. Nagurski, Smith, Giel, McNamara. Maroon and gold. The "Rouser." But just as much a part of the honored U of M heritage is that voice, that deep, booming sound from up there...near the sky. It resonated out to the fans as they parked



Julius L. Perlt

in front yards, climbed from their cars, and strode down University Avenue. It beckoned them to the stadium. And, like the Gophers' will to win, it was always there.

When we close our eyes and think of

Golden Gopher football, there is one constant, poignant, inspiring memory. There is that splendid sound, that distinctive voice. We hear it still.

Aches and Pains

By Elizabeth A. Arendt, M.D.,
Director
University of Minnesota
Sports Medicine Institute

Q I am a distance runner having recently run in Grandma's Marathon. Ever since that race I have been experiencing severe pain in my right foot coupled with a burning sensation down to my toes.



What do you think the problem is and what should I do to make the pain go away?

T.M.
St. Louis Park, MN

A It sounds as if you have a foot condition known as Morton's Neuroma. This condition affects the nerves that go to the small toes. The nerve can be irritated as it passes under a broad band that holds the small toes together. It typically affects the nerve of the third web space, thereby affecting the third and fourth toes. The nerve passes underneath this broad band (that holds the toes together), and then splits off into two smaller nerves, one going to the third toe and one going to the fourth toe. It is in this area as the nerve passes underneath this broad band that it becomes irritated.

The symptoms that people feel with a neuroma can be a burning sensation down to the toes of the affected nerve, or pain in the toes of the affected nerve. Frequently the pain comes on after an exertional effort, especially when shoes are worn. It tends to be more common in shoes that are tighter over the toe region.

Treatment in the early phases are frequently directed at shoe wear and manipulating various pads around your toes. Sometimes an injection of steroids into this area is helpful. When conservative treatment has failed, surgery is recommended.

Prevention of this problem is speculative, but certainly wearing shoes with a generous amount of room at the toe is advised.

If you have sports medicine related questions, please send them to:

Aches and Pains
c/o Dr. Arendt, SPORTSNEWS
386 N. Wabasha Street
Suite 1040
St. Paul, MN 55102

Bet You Didn't Know

The Confusing Rules of College Football

by Barry Dreayer

Football would be so much easier for everyone to understand if there were just one set of rules for both the NCAA and the NFL. Let me give you a couple of examples.

Imagine Minnesota leading Michigan by five points with three seconds remaining in the game. Michigan has the ball, first and goal, at the Gopher four yard line.

The Michigan quarterback rolls out to his right, fails to locate an open receiver, then darts into the end zone untouched. Groan! No more time left on the clock.

But wait...maybe there's a penalty...yes, a flag was thrown! The preliminary indication is an illegal procedure penalty against the Wolverines, and the touchdown is nullified. Since there is no time left on the clock, and the penalty was against the offense, shouldn't the game be over?

That is the NFL rule. The game (or half) is extended for one more play in the pros only if a penalty is stepped off against the defense. In the college ranks, it is always extended on an

accepted penalty, no matter which team committed the infraction.

Therefore, in our simulated game above, Minnesota fans cannot yet relax. Michigan has one more chance to score, after the officials step off the penalty against them.

Here's another situation that could be confusing because of the dichotomy of rules.

With the ball at midfield, the Michigan quarterback drops back to pass and fumbles the ball at his own 40-yard line. A Gopher defensive lineman scoops it up at that point and trots in for an apparent touchdown.

It won't count. The play ends during a college game when a defensive player recovers

a fumble behind the line of scrimmage. The NFL is more liberal when it comes to fumble recoveries. Any player can pick up any

fumble in the pros, regardless of where it takes place, and try to advance it.

This column is further evidence as to why the brain trusts of the NCAA and the NFL should adopt a consolidated set of rules. Everyone would benefit from the consistency—fans, players, officials and coaches—as they watch or participate in an NFL or college game.



Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball. For more information call (800) 726-3442.

SIX GOPHERS MAKE CUT FOR OLYMPIC HOCKEY TEAM

Six Gopher hockey players have been informed they have been selected to return to St. Cloud State's National Hockey Center in August to take part in the final selection process for the 1992 U.S. Olympic team.

Olympic hockey coach Dave Peterson said the six Gophers all have a good chance at making the team. They are: Doug Zmolek, Rochester; Trent Klatt, Osseo; Craig Johnson, St. Paul; Larry Olimb, the captain-to-be, Warroad; Ben Hankinson, Edina and Grant Bischoff, Grand Rapids. (Hankinson and Bischoff recently finished their senior seasons).

Following the conclusion of the hockey try-out camp in St. Cloud on August 10, Peterson will announce the names of the 29 Skaters who will make up the 1992 U.S. Olympic Hockey Team.

Strong athletic teams
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finding the best talent,
mastering the fundamentals,
working harder than the competition,
and by igniting
a winning attitude.



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We welcome your comments and suggestions as we move into year number three.



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SEPTEMBER, 1991

VOLUME 3

NUMBER 1

Once in a While,
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SEE "PAIN AND PROMISE"
ON PAGE 4

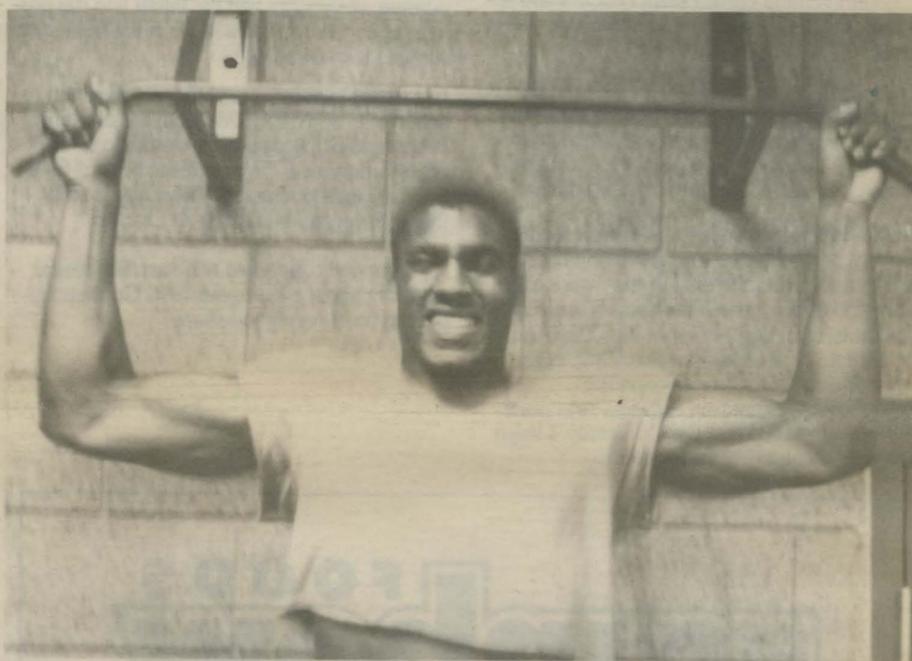


Ken Yackel
Remembered
Gopher Great
Dies of Cancer

SEE PAGE 3



Getting Ready...on Their Own Time



By Jim Mulrooney

Many people think Gopher football starts in September or August. They're wrong. The sweat really begins to roll long before the first game or practice.

National Collegiate Athletic Association (NCAA) regulations limit the number of football practices NCAA member teams may conduct prior to the season. Therefore, until coaches hold practices in mid-August, athletes are on their own to get themselves ready to play.

More than 35 local Gopher football players voluntarily took advantage of the exercise facilities at the University of Minnesota this summer. One sultry day last June, SPORTSNEWS dropped by the weight room of the Bierman Field Athletic Building and spoke to some of them.

Why would young men spend hours participating in rigorous, nonmandatory physical conditioning?

"To get that edge, there's no better way than by working out," explained Sean Lumpkin (Golden Valley, MN), a senior strong safety who led the team in total (99) and solo (67) tackles last year. He was voted Second Team All-Big Ten by the Associated Press in 1990 and named Big Ten Player-of-the-Week following his outstanding game against Indiana, which the Gophers won 12-0.

Lumpkin's exercise program included about three hours of aerobic and anaerobic work five days a week. "In the off-season I concentrate on the physical aspects of the game so that during the football season I can focus on the mental aspects," he said. "Coaches don't want to waste practice time getting players in shape."

Two-hundred-and-thirty pound junior linebacker Andre Davis (Jacksonville, FL) pointed out, "To help the team, you have to help yourself. You've got to put in your own time and prepare yourself physically."

Left: Running back Mark Smith lifts weights assisted by wide receiver Lewis Garrison. Above: Linebacker Sean Lumpkin

"To get that edge, there's no better way than by working out."

— Sean Lumpkin, Gopher Strong Safety

Wide receiver Lewis Garrison (West Des Moines, IA), a red shirt freshman, indicated that to improve his blocking he needed to strengthen his legs, "I only saw the glory parts of football on TV," he reflected. "It was a shock to realize there's a lot of extra work. That's why I'm trying to develop myself."

The players spoke about their personal goals as they look toward the 1991 Gopher football season. Lumpkin stated he wanted to improve his concentration because, "For a defensive back, there's no room for little mental errors. All it takes is a split second of indecision to blow an assignment."

"We need the help of fans. Winning is something players and fans can do together."

— Lewis Garrison
Gopher Wide Receiver

Garrison was emphatic. "I want to be a major contributor to a big play offense. I believe we can be one of the top passing teams in the Big Ten, and maybe in the country."

The average fan probably doesn't fully understand what players need to do in order to succeed in the Big Ten. As big Andre Davis remarked, "People don't know about the grueling, tiring work and the mental prepara-

tion that's required. You have to constantly push yourself."

And just how good is the Big Ten?

"The level of competition was sort of devastating to my self-confidence," Lumpkin shared. "I questioned whether I'd be able to play. I came from a smaller school (Benilde-St. Margaret in Minneapolis), and I was competing with fast, strong, highly-recruited athletes."

According to running back Mark Smith (New Orleans, LA), a red shirt sophomore, "It's intense going up against the best from all over the country."

The players discussed the amount of information they must absorb, the size and speed of Big Ten athletes, and the differences between college and high school football.

"There's a quantum leap in performance levels," Davis noted. "The reaction time of players is so much quicker. You're no longer able to dominate a game as you could in prep football."

Balancing study and football time is a top priority for these young men. "You have to be able to put football aside and discipline

Continued on page 2

SPORTSNEWS is made possible in part through the encouragement and support of SuperAmerica.

Getting Ready from page 1



Mark Smith heads for daylight during Big Ten action last season.

yourself," Garrison said.

"Encouragement comes from coaches and academic counselors who help make sure you succeed," Smith added.

Although playing professional football is something they would try if the opportunity arose, it is not an obsession for these student-athletes. "I want to get my degree," Garrison stressed. "I'm not banking on a pro career."

Regardless of where they came from in the country or the number of students in their high schools, the players felt they were integral parts of the team. There was a sense of closeness, a feeling of belonging. They found the climate of acceptance reassuring, especially during their early days on the University of Minnesota campus. And none of them suggested that the University's large size was ever a problem for them.

In speaking about the upcoming football season, all the Gophers were optimistic. In their opinion, the varsity had the talent and the positive attitude to perform well on the field and surprise a lot of people.

Interestingly, they agreed that for the team to achieve its objectives this year, the ongoing support of Gopher backers would be of utmost importance. "We need the help of fans," Lewis Garrison stressed. "Winning is something players and fans can do together."

If player dedication and self-sacrifice reveal anything about a team, the 1991 Gophers appear to be in very good shape.



Sean Lumpkin on his way to another tackle.

Letters



CRITICS TAKE NOTE

To all the critics who have been all over the University of Minnesota athletes for having a poor academic record I was very happy to read in one of your recent papers about the success of the Gopher athletes in the classroom.

It really is a remarkable achievement when our Gopher athletes have a better graduation rate than the general student body. What's even more astonishing is that 42 per-cent of male athletes graduated within six years as compared to 36.5 per-cent for the general student body on the Twin Cities campuses.

This should silence the writers of the Minneapolis and St. Paul papers who have worked hard to portray U of M athletes as inferior students or empty-headed.

Congratulations to the athletic department staff, coaches and athletes for this outstanding work.

Gary Bergman
St. Paul

MOVE OVER LUTHER DARVEL

I can't believe it. When I read about the Minnesota athletes having such a high academic record I couldn't believe it when I didn't see anything written in the local press. I would think this would have been a top story. Instead nothing.

I suppose it's -When a "dog bites man" that's not news. But when "man bites dog"—now that's big news.

If the Gopher athletes were way below the rest of the student body in their studies and grades I'm sure we would have seen front page stories equal to Luther Darvel.

Maynard Robinson
Roseville

MINNESOTA MARCHING BAND IS TOPS

The University of Minnesota Marching Band is the best in the country. I've been going to games for forty years and that is the one constant in the entire athletic program.

During the glory years of the early 1960s, it

was the band that helped pull us through. When things got real bad in the 1980s, again, it was the band that kept the fans coming back.

I enjoy arriving at the game early to see the band march in. They are talented and have great spirit.

Joel Switzer
Robbinsdale

GUTEKUNST DESERVES PAY RAISE

I read where John Gutekunst is the lowest paid football coach in the Big Ten Conference. This is a crime. It is a disgrace. This is outrageous.

Gutekunst has done a lot for the football program and the image of the University of Minnesota. If he leaves, does the University of Minnesota President think he will get a replacement for less money or even the same? He won't. He will have to pay more just to attract top candidates. So why not pay more now for one of the country's leading coaches? His record speaks for itself. Just ask any of his athletes or their parents.

Corky Rokeskie
St. Louis Park

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Where are They Now? A Tribute to Ken Yackel

By Len Levine



Ken Yackel, one of the greatest athletes ever to wear the maroon and gold, died recently after a lengthy and courageous battle with cancer

Yackel was the model athlete, one that young men idolized—looked up to. He was the jock's jock. He lived his life as he competed in sports. He was determined to succeed. He wouldn't give up until the game was over. He knew how to win and how to accept defeat.

They don't make athletes like Yackel anymore. He was unique. He played hard but with a decency rarely seen in sports. It's unlikely we'll see another one like him. He'll be missed by his family and friends. The sports' world is a lonely place today because Ken Yackel is gone.

This article, written by Len Levine, appeared in the March, 1990 issue of SPORTSNEWS. It is reprinted here in its entirety as a tribute to Ken Yackel.

I was born and raised on the West Side of St. Paul — just across the Mississippi River from the downtown — in what is now the Riverview Industrial Park.

Had it not been for Humboldt High School, it seemed the rest of the world would never have known we existed.

Harold Stassen, who was Governor at age 29, was a Humboldt graduate, and so was Ken Yackel, a star athlete at the school who graduated in 1949 and went on to become one of the all-time great athletes at the University of Minnesota, earning nine varsity letters.

After graduation he got a job with the 7-Up Company in St. Paul and also played for their amateur hockey team.

Yackel's life changed when Gopher hockey coach, Doc Romnes, saw him play with the 7-Up team. He discussed the importance of an education and urged him to enroll at Minnesota, which he did in the fall of 1951.

Shortly after, Connie Pleban, the Olympic coach, called Yackel when one of his skaters had broken a leg and asked him to join the team. "He convinced me that I could make a real contribution," said Yackel.

He left school and joined the Olympic team in Boston. The American team had quite a performance, a 6-1-1 record, and Yackel did make a "real contribution."

In the win over Germany, Yackel scored a hat trick, the U.S.A. beat Norway 5-4, and tied the Gold Medalist Canadians in the final game to defeat Sweden for the Silver Medal.

When Yackel returned to the United States, he and his childhood sweetheart, Gerry Daily, were married in New York City. He returned to the Twin Cities to seek a job, but John Mariucci, who had just become the Gopher hockey coach, promised Yackel he would find him a job if he would come back to the University.

"I was 22 and married. I had no parents to fall back on. What happened in my life wouldn't have been possible without Mariucci," Yackel says today. "Mariucci changed the course of my life forever."

Yackel started at the University again in the fall of 1952 and was granted an extra year of varsity eligibility. He is considered one of the greatest three-sport athletes ever to wear the Maroon and Gold. He played left field on the Gopher baseball team for three years under Coach Dick Siebert, had a .350 batting average with 21 stolen bases, and was named to the All-Big Ten team his junior year. I remember the way Dick Siebert, described Yackel. He called him an athlete's athlete who had tremendous desire and a

fiercely-competitive will to win. Yackel played end in football under Coach Wes Fesler for one year, and fullback under Coach Murray Warmath for two years.

His high point in football came in 1955 when he gained over 100 yards in the Gophers' 21-13 loss to Illinois. Butch Nash, long-time Gopher end coach, remembers Yackel this way: "He had such a drive to do well that nothing would stop him. When he came out for football, he talked me into meeting him every day at 7:30 in the morning so he could work out before school started."

But it was in hockey where Yackel shined. He was considered to have one of the hardest shots in the league. He was also one of the most aggressive players ever to wear a Minnesota hockey uniform.

Over his four-year career he spent 255 minutes in the penalty box (or over four games in playing time), ranking him fifth in the Gopher record book.

Yackel was named to the All-American team in 1954, was a member of the WCHA All-Star team for three years, played in two NCAA tournaments and was named the Gophers' MVP by his teammates in 1956. He still ranks fifth in the Gopher record book for most goals (12) by a defensive player (1953-54 season).

Yackel graduated in 1956 with a degree in education. He was a teacher and coach for the next two years at Edina-Morningside High School. His Edina hockey teams won two Lake Conference titles and finished fourth in the State Tournament in 1957.

While coaching at Edina, Yackel played home games for Saskatoon and St. Paul in the Western Hockey League, and was noticed by Lynn Patrick, General Manager of the Boston Bruins. He signed the 28-year-old Yackel to a two-year, no-cut contract. In 1959 Yackel played in the Stanley Cup which the Bruins lost to the Toronto Maple Leafs.

From 1960-63 he coached and played with the Minneapolis Millers of the International League. In the 60-61 season he was the league's scoring leader and a first-team All-Star at left wing. The Millers won the regular season title. The following season he had a career high 50 goals, and in the 62-63 season he led the Millers to the league finals with a 115-point season before losing to Fort Wayne, Indiana.

Age finally forced Yackel to hang up his skates. He then began a varied business career, first selling insurance and later developing hockey training schools.

When Gopher hockey coach Glen Sonmor left the University to become the head coach of the Minnesota Fighting Saints in 1971, Yackel was named the Gophers' interim coach.

In the mid-1980's Yackel began a new business venture — fundraising for groups such as schools, bands, choirs, athletic teams, and more.

Yackel reached the pinnacle of his sports career in October, 1986, when he was inducted into the U. S. Hockey Hall of Fame.

Yackel and his wife, an accomplished speed skater, are the parents of three children: Barbara, a champion figure skater and head coach of the Rosemount High School Precision Skating Team and Director of the Jump and Spin Skating School; Ken, Jr., a former South St. Paul High School and Gopher hockey star and a well-known artist living in California; and Chick, also a former South St. Paul High School hockey star who is a WCHA official and a partner in his father's business.

Ken Yackel typifies what life and sports are all about: commitment to family, unyielding determination, and a firm resolve to succeed.



Yackel in his playing days.

Yackel's sports career began at the age of eleven when a neighbor built a backyard ice rink in the winter of 1941. That was Yackel's brush with destiny. He borrowed a friend's skates, which were two sizes too big, and made his first attempt at playing hockey.

At Humboldt High Yackel competed in three sports: an end and running back in football, outfielder in baseball, and forward and defense in hockey. He made the All-City hockey team three years under Coach Dick Kruger, and the Indians won the city hockey title in 1949.



MINNESOTA STATE FAIR
The Great Minnesota Get Together

AUG. 22 — LABOR DAY, SEPT. 2

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.

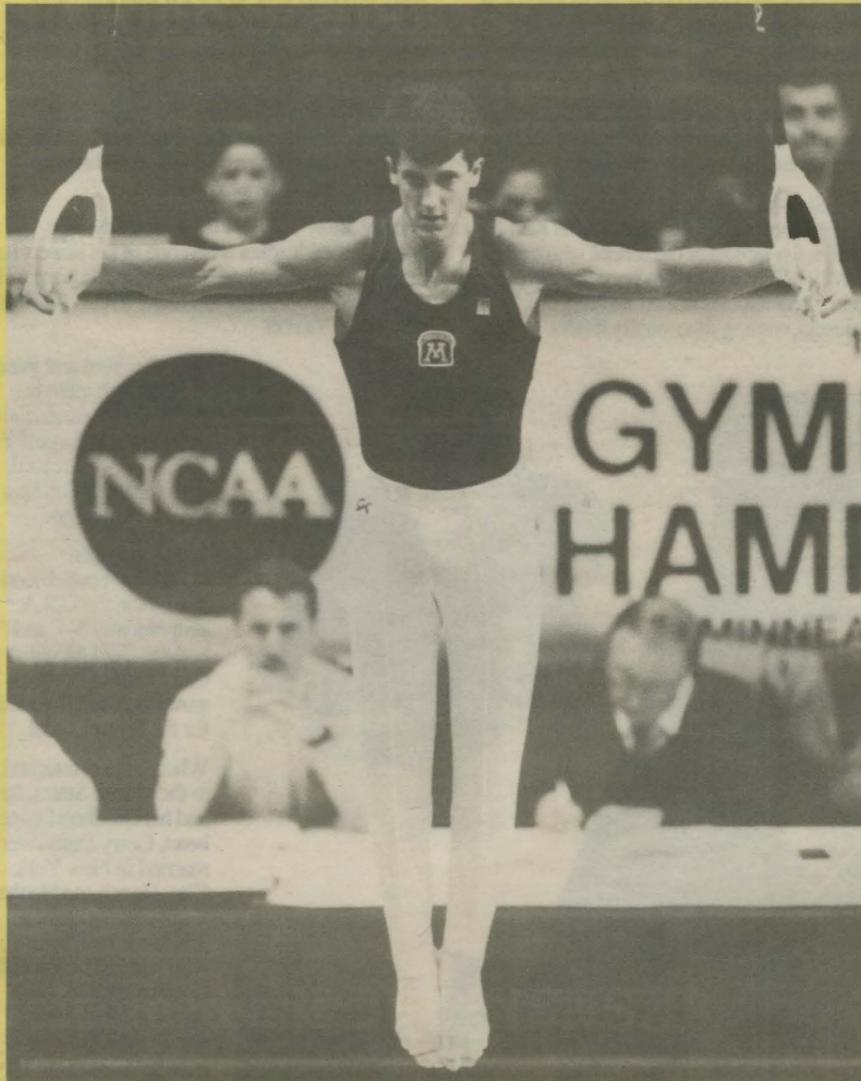
The Pain and Promise of a Champion

By J.R. McNally

On the threshold of athletic history, disaster struck. But first, some background.

In 1990 Minnesota's John Roethlisberger (Afton, MN) became the first Golden Gopher gymnast to win the NCAA All-Around Championship since Newt Loken accomplished that feat in 1942. At the same time, he earned three more All-American certificates to add to the four he already had won.

Based on his amazing success record, Roethlisberger has been widely regarded as one of the top three gymnasts in the coun-



John Roethlisberger in action.

The star gymnast increased his training time to 30 hours per week during the summer. His goals are to win the U.S. Gymnastics Championships and make the Olympic team.

With remarkable candor, he said, "I don't mean to be arrogant, but I believe I should be the number one gymnast in the country. I've held that in and tried to keep myself down to earth. But I need to tell myself I'm that good. It's a matter of self-confidence."

"I don't mean to be arrogant, but I believe I should be the number one gymnast in the country... I need to tell myself I'm that good. It's a matter of self-confidence."

— John Roethlisberger
Gopher Gymnastics Star

"Sometimes you can't explain it. You try to figure out what happened, but you can't. Once in a while, you're just unlucky."

— Fred Roethlisberger
Head Men's Gymnastics Coach



try. He was the number one seed going into the U.S. Gymnastics Championships (June 6-9) held at the University of Cincinnati Shoemaker Center in Cincinnati, Ohio. If he repeated as U.S. gymnastics champion, it would be the first time the title had been won by the same person since 1983-84.

Also competing in the U.S. Gymnastics Championships was Gopher Mike Farina (Mundelein, ILL), a former U.S. National Team member. He earned All-American honors last season on the pommel horse.

The results of the Championships were extremely disappointing for the Gopher athletes. Roethlisberger finished in eighth place and Farina in 22nd place. Only the top seven men advance to the World Championships in Indianapolis this September. Roethlisberger had a total of 113.46 points, approximately one-half point behind the seventh place finisher. The winning gymnast accumulated a total of 114.62 points.

Minnesota Men's Head Gymnastics Coach

Fred Roethlisberger, who guided his Gopher team to first place in the Big Ten last season, discussed the Gymnastics Championships and the performance of his talented son with SPORTSNEWS.

"This was a real shocker," he said. "John made too many mistakes which is very uncharacteristic of him. He made five mistakes in this one meet. I don't think he's made more than one mistake in any single previous meet."

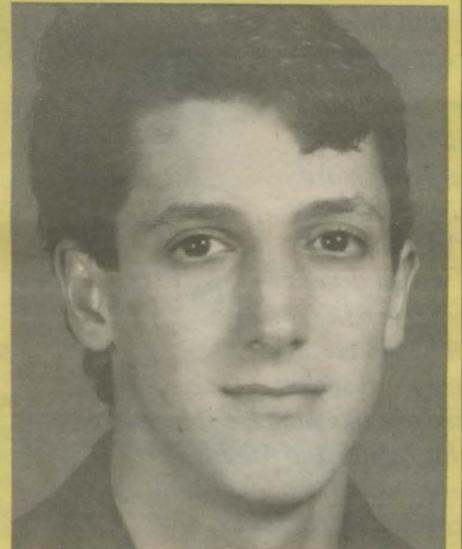
Coach Roethlisberger continued, "Sometimes you can't explain it. You try to figure out why it happened, but you can't. Once in a while, you're just unlucky. It's like a person in the Olympic trials who trips and is out of the whole competition."

Roethlisberger spoke of the different methods of selecting the best in team and individual sports. In team sports, he explained, selection is based on performance over a number of competitions or games. "But in individual sports, it's a one-shot affair. You make a mistake and you're out...one time, one race." He added, "This is something which has been argued about in gymnastics. But our federation has always decided in favor of determining the best gymnasts based on meet performance. This eliminates all politics, but it intensifies pressure on the athletes and increases the chance of not getting the overall best athletes every time."

Referring to the poise and good attitudes of

his son and Mike Farina, Coach Roethlisberger concluded, "They'll be better this coming season."

John Roethlisberger reflected on the frustrating gymnastics meet in Cincinnati. "I'm looking ahead. I'm not going to worry about what happened. I want to learn from the experience. I've never been so disappointed in all my life. But maybe there's something positive I can get out of it."



CLIP & SAVE ✂

1991 Gopher Football Schedule

Sept. 14	SAN JOSE STATE.....	7:00 p.m.
Sept. 21	Colorado @ Boulder	
Sept. 28	PITTSBURGH.....	7:00 p.m.
Oct. 5	Illinois @ Champaign	
Oct. 12	PURDUE (HC).....	1:30 p.m.
Oct. 19	Michigan State @ East Lansing	
Oct. 26	MICHIGAN.....	1:30 p.m.
Nov. 2	Indiana @ Bloomington	
Nov. 9	OHIO STATE.....	1:30 p.m.
Nov. 16	WISCONSIN.....	1:30 p.m.
Nov. 23	Iowa @ Iowa City	

All times subject to change.

Golden Gopher Fever

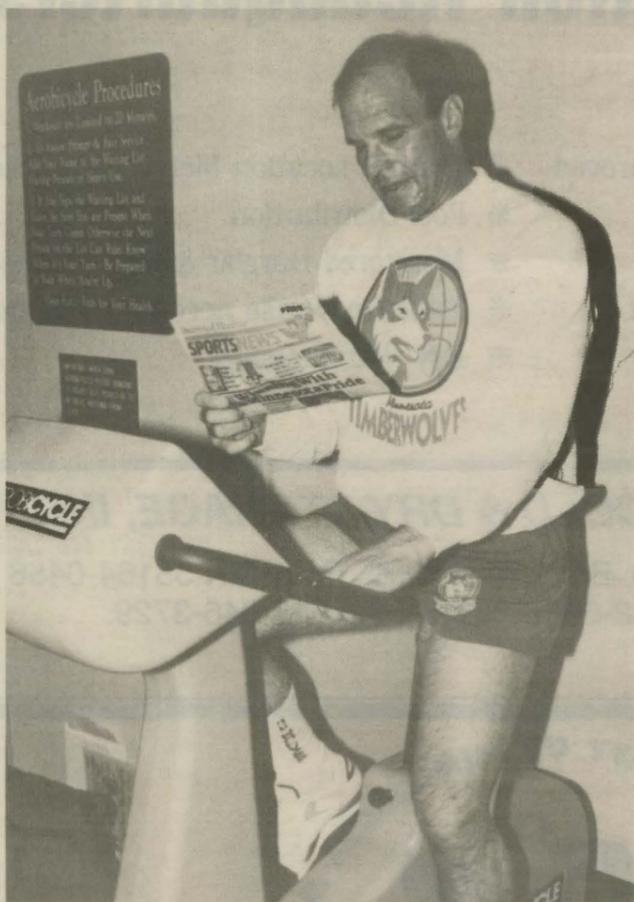
Golden Gopher Fever is a program sponsored by the Minnesota grocery industry in order to raise \$50,000 for the Williams Scholarship Fund.

Gopher fans are encouraged to purchase various products at participating retail stores through September 20th. Proceeds from the sale of these products will benefit the Williams Fund which provides scholarships to students who take part in men's athletics at the University of Minnesota (U of M).

Established in 1949, the Williams Fund is crucial in sustaining the University's 11-sport men's program, because the Men's Intercollegiate Athletic Department at the U of M receives no state funds.

Retailers, wholesalers, and consumers all benefit from Golden Gopher Fever. "We especially wish to recognize Minnesota grocers who have drawn together in pursuit of a common goal, scholarships for more men athletes at the U of M," said Shawn Hunter, Assistant Athletic Director, Marketing, Men's Intercollegiate Athletics at the University of Minnesota.

When He Wants To Learn The Inside Story About Gopher Sports...



Bob Stein reads SPORTSNEWS

Bob Stein was a University of Minnesota All-American defensive end and star linebacker for the Kansas City Chiefs. Today he is the president and chief executive officer of the Minnesota Timberwolves. Stein is pictured reading SPORTSNEWS while working out at the Arena Club in downtown Minneapolis.

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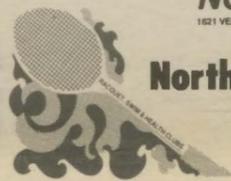
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Greater Minnesota Day

Minnesota agribusinesses are teaming up to salute loyal Gopher fans from across the state at the football season's opening game against San Jose State on September 14th.

This special promotion, called "Greater Minnesota Day," is the brainchild of Maury Miller, Planning and Communications Vice President, Cenex/Land O'Lakes. Concerned about the serious shortage of qualified graduates for agriculture-related jobs, Miller turned to the Men's Athletic Department at the University of Minnesota.

"Because of Gopher football's statewide popularity among young and old," said Lani Jordan, Cenex/Land O'Lakes Media

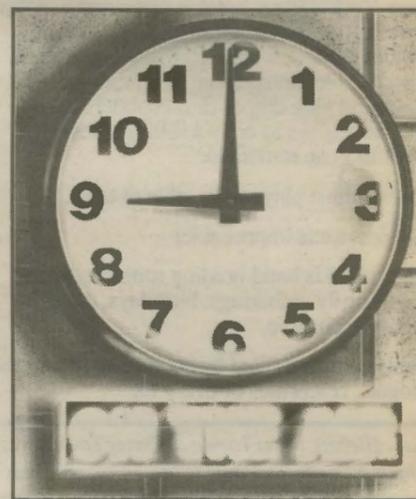
Relations Manager, "tying-in with the Golden Gopher's season kickoff was considered the best way to focus attention on agriculture and its many related career opportunities."

Minnesota-based agribusinesses are providing more than 12,000 junior and senior high school students with tickets to the San Jose State game. Three thousand school band members will perform at halftime and agriculture displays will be located in the Metrodome's upper concourse.

Primary sponsors of Greater Minnesota Day are Northrup King, Harvest States, Cenex/Land O'Lakes, and "The Farmer" magazine.

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After the Game

By Gary Hiebert
(OliverTowne)



The first time you go to MURRAY'S on Sixth street in Downtown Minneapolis, the only thing to order is their longtime signature Silver Butterknife steak for two.

The second time you go there the only thing to order is the Shrimp Tempura, a half dozen of the largest, fattest shrimp I've ever seen—battered and deep fried and about as juicy on the inside as they are crispy crunchy on the outside.

Ask for your steak done medium and it comes out crusty on the outside and juicy and just a tinge pink on the inside, a huge, 3-inch thick piece of New York strip, sliced on the bias.

If you're going to get your cholesterol and red meat no-nos, what a way to do it.

Take it with the au gratin potatoes, please, and enjoy the salad coated with the caesar dressing, along with the garlic toasts.

Well, if you are three at the table, there is always the Golden Butter Knife steak, a 4-pound double porterhouse.

Just for the record, there are seven other steaks on the menu, plus center cut of pork, veal chop, prime rib, breast of duck, fish of many.

Murray's atmosphere matches its cuisine. It is part of a long ago era in fine and elegant dining, which manages to make it in these times of nouvelle and avant garde and simplistic restaurant style.

In its nearly half century, Murray's has seen them open and close all around the Loop and environs, in the suburbs and near suburbs.

But the patrons still wait for tables.

Pat Murray is there on Saturday nights and maitre d' John Pinter escorts you to the table with aplomb and in the style of those fabled places we knew - those of us in our dotage - back in the 1940s, 50s and 60s. Harry's, Charlie's Cafe Exceptionale, the Radisson Flame room. All gone now.

Reminiscent of the Palm Court garden cafe in New York's Plaza hotel, a piano and a violin provide live music, those show tunes and Golden Oldies, which sift through the large, comfortable dining room, whose mirrored walls and pink drapes plus chandeliers and soft carpets are as cozy a setting for a big steak as I can remember.

The violinist plays from table to table.

The service is impeccable.

All around is hand-holding romance, reunions, family gatherings, birthdays, engagements to observe.

Tables are also filled by sports fans, business moguls, celebrities of every ilk.

Gary Hiebert, better known as Oliver Towne, was employed by the St. Paul Dispatch-Pioneer Press newspaper for 47 years. During that time he wrote the "Oliver Towne" column (for 34 years) and the restaurant reviews (15 years). He has also authored five books.

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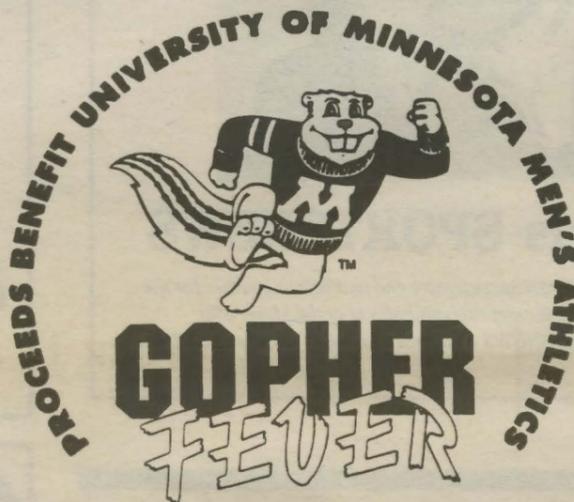
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Bet You Didn't Know

RULE CHANGES FOR 1991



by Barry Dreayer

It's about that time of the year when college football fans need to acquaint themselves with the new rules for the upcoming season. There is nothing more discouraging to a passionate football fan than to be blindsided by an official's ruling that you didn't know existed. So, let's get prepared by looking at the rule changes for this year.

They Don't Look the Same

Field goal accuracy will probably decrease dramatically in 1991. No, there is no advance forecast for college football games that calls for tricky crosswinds. Instead, the width between the goal posts has been reduced by nearly 25% compared to previous years.

In fact, the distance from one upright to the other now equals the NFL standard of 18'6". Good luck to those courageous little side-winders on their field goal and extra point attempts.

No Fair Dropping It

It's fourth down and two at the Gophers' 15-yard line and Purdue is trailing by four and 48 seconds are left in the game.

The Purdue fullback runs up the middle and trips as he approaches the line of scrimmage. Knowing that he wouldn't make a first down, he fumbles the ball forward to the 9-yard line, where his tight end recovers. Is it a first down and goal?

No. The 1991 NCAA Regulations say that the play ends at the spot of a fourth down fumble, if it is recovered downfield by an offensive player other than the fumbler. In

previous years, the NCAA only outlawed this type of "fourth down fumble" if it took place inside the opponent's five-yard line. Now it doesn't matter where the ball is dropped. This much-needed rule lessens the possibility of a team making such a desperate and unfair move when they are about to fail during a fourth down play.

Look for more new rules in the next SPORTSNEWS.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball. For more information call (800) 726-3442.

Before he decides on his starting lineup...



John Gutekunst reads SPORTSNEWS

Aches and Pains

By Elizabeth A. Arendt, M.D.,
Director
University of
Minnesota
Sports
Medicine
Institute



Q What is osteoporosis and how can I prevent it?

L.K., Maple Plains, MN

A Osteoporosis is a condition that weakens bones, making them more susceptible to fractures. It may develop without symptoms so you may not be aware that you have this condition until a fracture occurs. An osteoporotic fracture may happen with very little stress or injury, while performing common activities of daily living. The most common osteoporotic fractures occur in the wrist, hip and spine.

Prevention of osteoporosis should begin in childhood with emphasis on a good exercise program and an adequate calcium intake throughout life. This is especially important during the teenage years when most bone growth occurs.

Dairy products are the best source of dietary calcium.

Just as the heart becomes stronger through regular aerobic exercise, bones are strengthened through weight-bearing exercises such as walking or jogging. Walking 45 to 60 minutes at least 4 times per week is a good exercise program.

Fractures are not an inevitable outcome of osteoporosis, so with a good diet, healthy lifestyle and accident prevention, the consequences of osteoporosis can be avoided.

If you have sports medicine related questions, please send them to:

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c/o Dr. Arendt, SPORTSNEWS
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Fan in the Stands HOW DID YOU FEEL ABOUT WINNING A VARSITY "M"?



Clarence Paulson—
Golden Valley
(formerly lived in Princeton for 65 years)

I went out for football and I got hurt. My advisor asked me why I was doing all of this and getting hurt on top of it. I said I wanted to get an "M". He looked at me and said there was an easier way to do it and that was to go out for the manager's job. And, that's what I did. I can tell you, it was one of the biggest days of my life when I was awarded my first "M".



Charlie Nelson—
Perham, MN

I feel that winning my letter here at Minnesota is really a great honor. I feel like an important part of the team (baseball). Earning a varsity letter was one of my goals and it's a good feeling to have done it so early in my career. I know it's something I will always remember.



Jim Lushline—
Edina, MN

I lettered in football in 1940, 1941 and 1942. I will never forget how I felt when I lettered that first time. I thought that was the best thing that ever happened to me. Coming off the Iron Range and not being exposed to anything and coming down here to the big metropolitan area and winning that letter was a joy to behold. It was a dream come true.



Darren Schwankl—
Burnsville, MN

I got my letter this year in baseball. It's a great honor to letter at the University of Minnesota because of having grown up here in Minnesota. I have watched U sports all through my life and it's really something for me to finally letter here.



Les Malkerson—
Shakopee, MN

I thought being able to be an "M" winner was the greatest accomplishment I could do as a student at the University of Minnesota. Many years later when I was a member of the University's Board of Regents I got into a discussion with some people about athletic and academic matters. I said I learned more about working and living with people being in athletics than I learned in calculus when I was in engineering school. Earning my "M" was one of the greatest events of my life.



Walt Bowser—
St. Paul, MN

It was a very proud day for me when I received my first letter. I was a long way from home and getting this "M" meant that I had the ability to take something back home with me which showed people that I was doing something here in a positive way. I guess the most important thing in getting my "M" was that it helped me develop a sense of having accomplished something meaningful made all the more important because I was a long way from home. Given the fact that this was the first time I had been away from home I had to make a lot of decisions for myself. This accomplishment was an important part of my growing process. My "M" is one of the highlights of my life.



Arriel McDonald—
Raleigh, North Carolina

I am very proud to have this first letter. It's a terrific honor. I look forward to achieving three more letters over the next few years. I feel good about the University of Minnesota and this letter allows me to be a part of the great tradition here.



Bill Garnaas—
Mounds View, MN

It could take a week to figure that one out. It is something that very few people will ever have the opportunity of achieving. It makes a person very proud to be a part of this very special organization.

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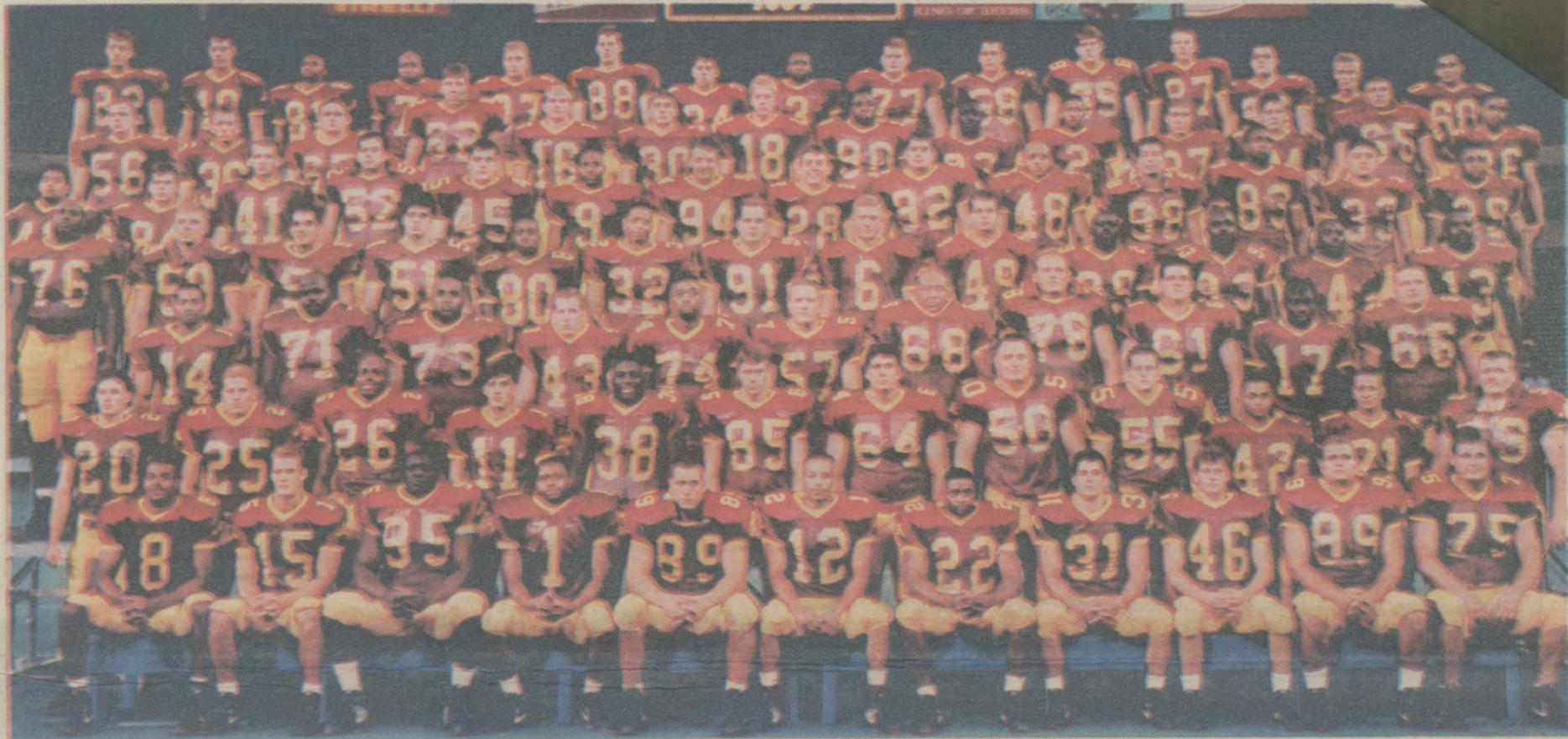
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This Could Be the Year



By Jim Mulrooney

Visions of victories dance in the heads of Gopher football backers as they look toward the 1991 Big Ten season. There is a feeling of optimism, a sense of high expectation.

Something remarkable happened to the University of Minnesota (U of M) football team in the last few games of 1990.

John Gutekunst, who is in his sixth full year as head Gopher football coach, said, "When we walked on the field for those final three games last year, I truly felt we expected to win."

Although Minnesota came out on top in only one of those last contests, the team seemed to jell. Against three high quality Big Ten teams, all of which were to compete in bowl games, the U of M played well. Gopher players revealed the athletic skills which have sparked fan interest and elevated the hopes of Gopherdom.

In mid-November last year, Minnesota outpassed Michigan State but eventually lost 28-16.

The following week the Gophers played an outstanding first half against heavily-favored Michigan at Ann Arbor, and they led 10-7. Ultimately, the Wolverines' relentless rushing attack undid Minnesota. Michigan scored two fourth quarter touchdowns to win 35-18.

The U of M's season-ending game against Rose Bowl bound Iowa was played before a

packed house (64,694), the second largest Gopher football crowd in Metrodome history.

Minnesota rose to the occasion, finally putting together two good halves of football. The offense avoided turnovers, and the defense recovered a fumble and intercepted a pass. Receiver Keswic Joiner fell on a blocked punt in the end zone for a touchdown and caught a 28-yard touchdown pass in the fourth quarter. The Gophers outrushed the Hawkeyes, led by running back Mark Smith's 80 yards.

"We are not victims. We have the opportunity to play, and it won't be over until we are holding the trophy."

—Coach John Gutekunst

The final score was Minnesota 31, Iowa 24, a major football upset.

"The way we ended 1990," Coach Gutekunst proclaimed, "is where we should start the Big Ten season."

The Gopher season record was 6-5 overall, 5-3 in the Big Ten Conference, one game behind Iowa, the Big Ten Champion.

Thirty-three lettermen have returned to the Gopher team this year, and 16 of those were starters. "We have a group of kids who have showed they can play," remarked Gutekunst.

The leader of the offense is junior quarterback Marquel Fleetwood (6-1, 191). This multidimensional player improved dramatically last year. He started nine games and was tops on the team in total offense (1,467 yards). As the team's most outstanding offensive player, he received the Bruce Smith Award.

The Gophers are in the enviable position of having two excellent quarterbacks. Senior Scott Schaffner (6-2, 202) has passed for 3,264 yards and 20 touchdowns in three seasons.

Fifteen redshirt freshmen will also be eligible to compete this year. A number of these have shown great promise.

The team has an abundance of talented running backs. Among them are last year's rushing leader (700 yards) sophomore Mark Smith (6-1, 203), who had 169 yards against Northwestern and averaged 3.6 yards per carry for the season. Two other fine sophomore running backs are Chuck Rios (6-1, 210), a speedster, and Antonio Carter (6-1, 226), a power runner and skilled blocker.

Senior receivers Keswic Joiner (5-10, 187), who had 15 pass receptions for 300 yards last season, and Paul Hopewell (6-2, 202) are back this season. Other targets for Gopher quarterbacks could be Omar Douglas (5-10, 175) or John Lewis (5-7, 170), whose speed makes them potential deep threats, and Lewis Garrison (6-0, 177), a redshirt freshman.

The offensive linemen are immense, averaging more than 280 pounds.

In 1990 the aggressive Gopher defense intercepted 16 passes, recovered 11 fumbles, and

Bottom Row (left to right) - John Bentley, Scott Schaffner, Anthony Bryant, Andre Thaddies, Patt Evans, Keswic Joiner, James King, Al Settembrino, Scott Marston, Kraig Hackbarth, Gary Isakson.

Second Row (left to right) - Chris Cohen, Matt Sheldon, Sean Lumpkin, Greg Baumhauer, Ben Williams, Paul Hopewell, Chip Brixius, Ron Mertz, Joel Staats, Simpson Sartin, Troy Freiermuth, Chris Stogdill.

Third Row (left to right) - Marquel Fleetwood, Keith Ballard, Robert Rogers, Ken McClintock, Athur Layton, Marty Mathis, Prince Pearson, Ted Harrison, Scott Hendrickson, Ken Sebree, Nick Peterson.

Fourth Row (left to right) - Darrel Cunningham, Douglas Frey, Jeff Rosga, Dennis Cappella, Omar Douglas, Mark Smith, Russ Heath, Aaron Piepkom, Dean Kaufman, Anthony Richards, Andre Davis, John Lewis, De'rek Fisher.

Fifth Row (left to right) - Omar Salas, Mike Long, Rod Ganther, Doyle Cockrell, Lance Wolkow, Drinon Mays, Douglas Hoefler, John Guentzel, Andy Kratochvil, William Collins, Andrew Veit, Steve Cambrice, Chuck Rios, Antonio Carter.

Sixth Row (left to right) - Robert South, Ron Holty, Andrew Lawrence, William Wangerin, Aric Berquist, Aaron Osterman, Scott Eckers, Ed Hawthome, Bryan Green, Juan Hunter, James Snyder, Robert Lewis, Neil Fredenburg, Shaun Jackson.

Top Row (left to right) - Kyle Kramer, Rob St. Sauver, Lewis Garrison, Moses Taylor, Trevor Walker, David Vertin, Dan Li Santi, Keith Lattimore, Patrick O'Brien, Rick Thome, Todd Grevious, Eric Dalen, Todd Wolkow, Robbie Gray, Michael Kurus.

This Year from page 1

blocked 3 punts. Last October against the Indiana Hoosiers, it recorded the first shutout by a Gopher defense in 13 years.

The starting linebackers from last fall's victory over Iowa return this year. This tough threesome includes senior Joel Staats (6-2, 231), junior Andre Davis (6-0, 230), and sophomore Russ Heath (6-2, 208). Together with their experienced backups, they comprise what may be the strongest part of the Gopher defense.

The key member of Minnesota's defensive secondary is Sean Lumpkin (6-1, 213). A hard-hitting safety, Lumpkin led the team in tackles last season. He is certainly a candidate for the Jim Thorp Award, given annually to the country's finest college defensive back.

Of course, there are problem areas and a lack of depth at some positions. But there is always the magic of new discoveries. And Gutekunst explained, "Our staff has been very successful in getting the cream of the crop." Thirty freshmen from throughout Minnesota and the nation are donning maroon and gold uniforms for the first time this fall.

The 1991 University of Minnesota Football Roster contains the names of approximately 120 student-athletes. All of these young men

are highly talented. In the Big Ten, as Gopher Assistant Coach Vince Okruch commented, "Each and every week (they) compete with and against the finest athletes in this country and, for that matter, the world. This is...the best of the best, the elite."

Because the University of Minnesota football team is on probation, it will not be able to participate in postseason games. But Head Coach Gutekunst told SPORTSNEWS, "That won't change our approach any. We are not victims. We have the opportunity to play, and it won't be over until we are holding the trophy."

Electricity is in the air. The Men of Gold are ready to compete. All the preparation and promise point to now. And, just as for the past 110 years, the call is out to all the boosters and horn-blowers to come and cheer themselves hoarse for Minnesota.

Gopher Football Yearbook Available

The 1991 Minnesota Football Yearbook is available to interested Gopher fans. The beautiful 156-page book is filled with facts and figures, sketches of players and coaches, a review of last season's games, a review of the 1991 season schedule, and a comprehensive list of Gopher football records.

The yearbook costs \$8.00. It can be picked up at the Sports Information Office, 208 Bierman Building, 516 15th Avenue, S.E., Minneapolis, MN 55455. The book can also be ordered by mail for \$ 10.00.

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Letters



CAN'T WAIT FOR RAY AND HIS PLAY-BY-PLAY

Certain things go together. Bacon and eggs, ice cream and hot apple pie and Minnesota Golden Gopher football and Ray Christensen.

When the Gophers haven't had a good game, it's Christensen that keeps my spirits up. He looks for the bright side of a loss even though he is personally disappointed.

His voice is distinctive. He is a sports broadcasting legend. For forty years Ray has been the voice of the Gophers. Thanks Ray for bringing us your play-by-play.

Harold Sundgard
Golden Valley

HAVE ACTIVITIES ON CAMPUS THE DAY OF GAME

It would be a good idea to have many activities on campus the day of a football game as a way to encourage people to be a part of campus life. Because of the Dome we have lost that closeness of being part of college life. I remember how nice it was on a game Saturday. People were on the porches of the frat houses up and down University Avenue and there was a great deal of activity in Dinky Town. How exciting it was when the band marched down University Avenue on its way into Memorial Stadium.

Those days are gone forever but we can still have some of the feeling by having activities on campus and then shuttle buses to the Dome. Please give this some thought.

Janice Dugan
Roseville

GOPHER FOOTBALL AT NIGHT

Now that the Gophers are settled into playing football in the Dome I hope they would give consideration to playing on Saturday nights.

Saturday night is the night for socializing and watching the Gophers play football would be a good way to enjoy this week-end night.

Those in charge should not lose sight of the fact that it is expensive to go downtown, park and eat in the Dome. If the games were all played at night many people could make a night of it.

Please give this consideration.

Arnie Admanson
Minneapolis

NIGHT FOOTBALL ENCOURAGES OUTSTATE SUPPORT

I live in the Detroit Lakes area. My family and I have always been Minnesota Gopher football fans. We have followed the team through the good and bad years.

For those of us who live in Greater Minnesota, a night in the Twin Cities is a real treat. If the Minnesota football team played at night, those of us "outstater" could drive to Minneapolis, do some shopping, have dinner, take in the game at the Metrodome and stay in a hotel nearby. The following morning we could eat breakfast and drive back home. It would be a very nice weekend.

Martin Anderson
Detroit Lakes

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Where are They Now? Son Credits Father for Success

By Len Levine



Maurice "Mo" Forte is a living example of what strong family support and persistence can mean to a person's future. Forte, the youngest of Merrill and Mary Rosalie Forte's three children, was born in Hannibal, Missouri in 1947. It wasn't an easy life, he says today. His father was a general laborer doing cement work during the day and bartending at night. Raising three children in an all-black neighborhood didn't allow for much opportunity, Mo Forte says. He credits his father's insistence that he participate in sports as his way "up the ladder." Mo says his father knew if a person could do well in sports, then he had a chance to succeed in the world. "I'll always be grateful for the personal attention my father gave to me, going back to the time I was four years old," Forte says. He adds that his father would come home from work "tired and dirty" every night like clockwork at 5:15. "He always, and I say always, squeezed in 15 minutes each night so we could be together. We'd play catch. It was a regular routine that we practiced for many years." He explains, "The senior Forte would come home, place his lunch pail on the front steps, and quickly grab a broom to sweep the sidewalk. Mo would have the gloves and ball ready, and then they played catch for 15 minutes."

He says he can still see his father "eating on the run," taking a quick shower, and then running out the door to his second job. Mo feels the early interaction with his father sparked his interest in sports.

He played his first organized Little League baseball when he was eight years old, and football for Douglas Junior High School as a 7th grader. Shortly after the football season began, he broke his arm, which knocked him out of competition for the rest of that year.

As an 8th grader he was told he wasn't big enough or strong enough to compete. That didn't stop him, and he continued competing in "any and all sports I could."

As a 10th grader he earned a starting spot as a running back and defensive safety on the football team and won a starting position as a guard on the school's basketball squad. He was beginning to get noticed. That first year he was named to the All-Conference football team and All-Conference, All-District, and All-State Honorable Mention in basketball.

As a junior he again was named to the same post-season honors in both sports.

His senior year was his best. He again won All-Conference, All-District, and All-State honors in football, and All-Conference and All-District in basketball. He graduated in 1965.

In the midst of determining what his "next moves would be," his older sister, Betty, suggested he consider going to the University of Minnesota. His only knowledge of the University was watching Sandy Stephens, the great All-American and the first black quarterback to wear a maroon and gold uniform, lead the Gophers to national football prominence. Betty worked for Standard Printing Company of Hannibal, and her boss was a

University of Minnesota graduate. He sent Head Coach Murray Warmath a letter about Forte. The Gopher coach immediately responded and said he was interested and requested game films. Warmath liked what he saw and invited Mo to visit the Minneapolis campus.

Assistant Coach Butch Nash said Forte had the right moves and looked like he had promise. He offered him a scholarship.

Sitting out his first year because of the freshman ineligibility rule, he began playing some as a sophomore halfback behind Dick Peterson. He saw his first action in the first game of the season against Missouri in Columbia. It was the last two minutes of the game and he didn't get his hands on the ball, but he says it was a thrill to get out on the field in his home state and, he adds, "I knew it was just a start."

The following season he was switched to fullback and backed up the great Jim Carter. Forte says the highlight of that junior year came in the Nebraska game when he scored two touchdowns, running for a total of 154 yards.

He calls the 1969 season, his senior year, "uneventful" as the Gophers finished with a 4-5-1 record.

Forte says he had hoped to give pro football a try, and asked Gopher Assistant Coach Mike McGhee for help. He knew McGhee (now Athletic Director at USC) had "contacts" at the St. Louis Cardinals of the N.F.L., and Forte was one of six rookie running backs invited to try out.

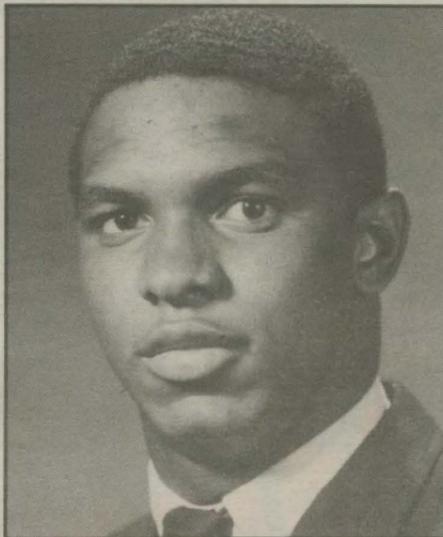
At the same time Coach Warmath offered him a job on his coaching staff working with the backfield and the head freshman coaching position. "I could hardly believe it. Not only could I coach, but Coach Warmath told me I could complete my course work in recreational administration at the same time!" He jumped at the chance. He remained on the Gopher coaching staff through the 1976 season, finishing under Coach Cal Stoll.

The following two years he coached the wide receivers at Duke University and was the wide receiver coach at Michigan State University in 1978 and 1979. The Spartans won the Big Ten title in 1979, and Forte's stock climbed because two of his wide receivers got national recognition.

The next two seasons Forte coached wide receivers at Arizona State University and produced four more nationally-acclaimed players, all who went on to play in the N.F.L.

From 1982-87 Forte was the head coach at North Carolina State University in Greensboro, North Carolina, a Division I AA school. In 1986 his team won the Mid-Eastern Athletic Conference championship, the first time in the school's history!

In 1988 Forte signed on with the Denver Broncos of the N.F.L. as the running back



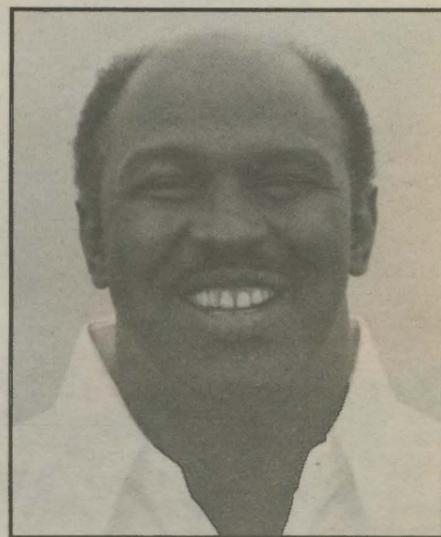
Maurice "Mo" Forte, 1969

coach, a position he still holds. The Broncos won the A.F.C. title last season, losing the Super Bowl to Joe Montana and the San Francisco 49ers. To his list of coaching credits he adds the 1989 Rookie of the Year, Bobby Humphrey.

It's been a wonderful rise up the ladder of success for Forte.

Like his father, he's never been too busy to devote time to his only child, daughter Dawn, a 10th grader who last season was a standout on the girls' track team, establishing high school records in both the 100 and 200-meter dashes.

Forte says he knows the importance of spending time with young people. He devotes many hours with the Broncos' Youth Organization and participates in many Denver-area football clinics.



Maurice "Mo" Forte, 1991

Forte acknowledges that he's come a long way since those days in Hannibal. "Playing at the University of Minnesota meant a great deal to me. My life's been something that dreams are made of. I'll always remember watching Sandy Stephens and admiring his greatness, and then not too many years later there I was in a Gopher uniform. I got an education, played for one of the finest coaches in America, and began building a career. Playing for the University of Minnesota helped set the course for the rest of my life."

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.



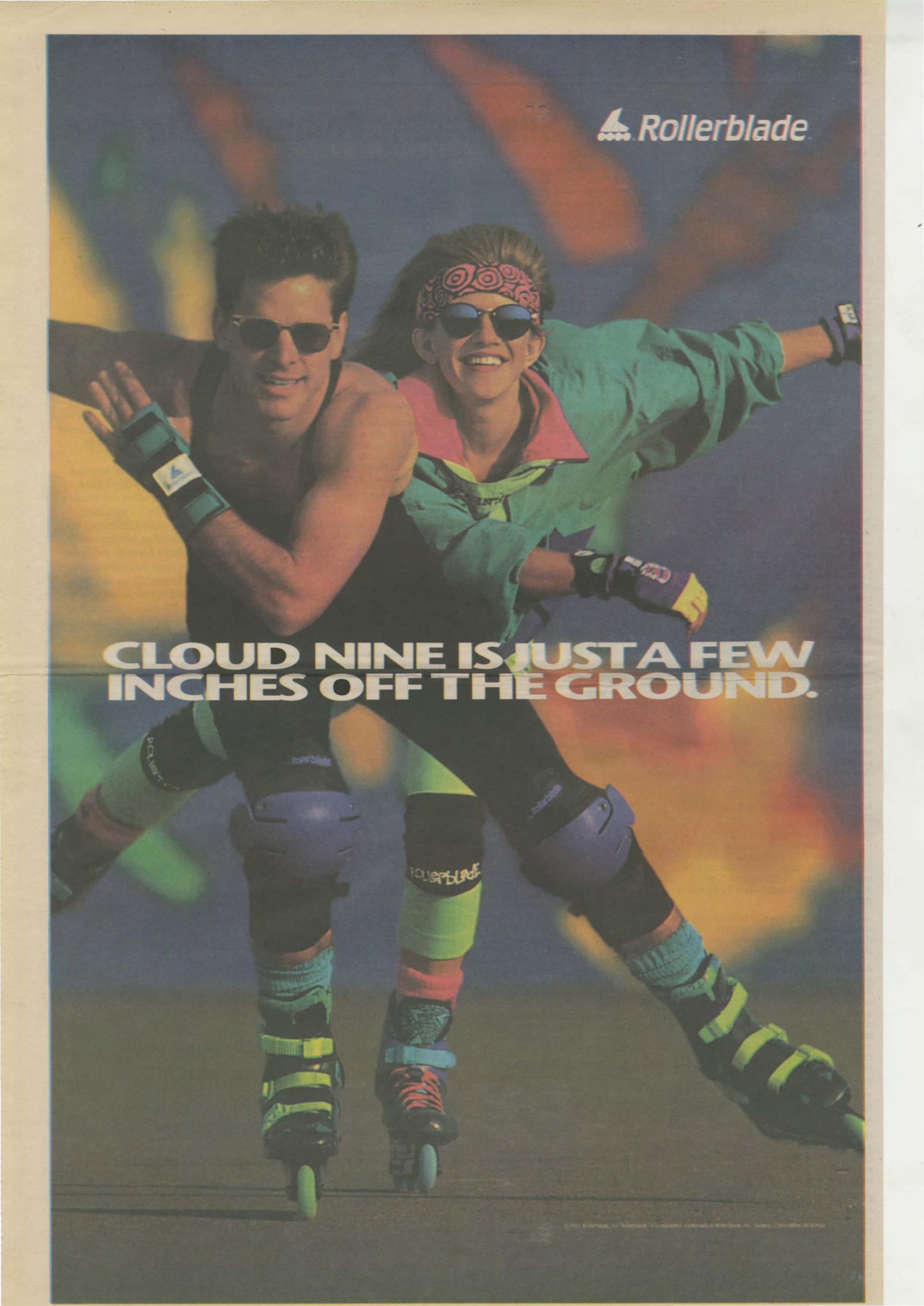
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1991 Gopher Football Schedule



Sept. 14	SAN JOSE STATE	7:00 p.m.
Sept. 21	Colorado @ Boulder	1:10 p.m.
Sept. 28	PITTSBURGH	7:00 p.m.
Oct. 5	Illinois @ Champaign	1:00 p.m.
Oct. 12	PURDUE (HC)	1:30 p.m.
Oct. 19	Michigan State @ East Lansing	Noon
Oct. 26	MICHIGAN	1:30 p.m.
Nov. 2	Indiana @ Bloomington	Noon
Nov. 9	OHIO STATE	1:30 p.m.
Nov. 16	WISCONSIN	1:30 p.m.
Nov. 23	Iowa @ Iowa City	1:00 p.m.

All times subject to change. Home games in bold.

Stars of the Future: First Year Freshmen

No.	Name	Pos	Hgt.	Wgt.	Hometown (High School)
74	Anderson, Toby	OL	6-8	295	Chaska, Minn
50	Barfknecht, Gavin	LB	6-0	190	Fon du Lac, Wis (Goodrich)
91	Battaglia, Nick	WR	5-8	170	Evanston, Ill (Nrtshsr Cntry Day)
31	Bong, Matt	DB	6-2	200	Hartland, Wis (Hartland Arrowhead)
29	Brown, Mike	P	5-11	150	Boscobel, Wis
24	Chalberg, Mike	PK	6-0	170	Forest Lake, Minn
23	Conzemius, Justin	DB	6-2	192	Fargo, ND (South)
13	Crawford, Adrian	QB	6-2	195	Wauwatosa, Wis
16	Dean, Michael	QB	6-3	215	Dallas, Tex (Roosevelt)
64	Ehrich, Shawn	DL	6-0	240	Blue Earth, Minn
79	Fowlkes, Chris	OL	6-4	260	Brown Deer, Wis
53	Garvis, Matt	LB	6-2	200	Minnetonka, Minn (Hopkins)
70	Giovinetti, Mike	OL	6-7	285	Philadelphia, Pa (St. John-Neuman)
40	Gist, Michael	DB	6-2	180	Daytona, Fla (Seabreeze)
60	Green, Ralph	DL	6-1	240	New Carrollton, Md (Bladensburg)
56	Heistand, Peter	LB	6-3	218	Moorhead, Minn (Fargo, Shanley)
58	Hjortaa, Bill	LB	6-5	215	Richfield, Minn
22	Hook, Mike	DB	5-11	165	Excelsior, Minn (Benilde/St. Margaret)
59	Jesewitz, Todd	DL	6-6	245	Oak Lawn, Ill (Fenwick)
17	Kelly, Ryan	QB	6-5	190	Byron, Minn
95	Levine, Tony	WR	5-10	175	St. Paul, Minn (Highland Park)
67	Reem, Matt	DL	6-6	235	St. Paul, Minn (Concordia Acad.)
21	Reid, Tom	RB	5-11	190	Beaver, Pa
09	Sauer, Craig	QB	6-3	190	Sartell, Minn
76	Schmidt, Clint	OL	6-7	260	Fargo, ND (West)
30	Smith, Robert	RB	6-1	188	Menomonie, Wis
84	Wachholz, Craig	OL	6-8	240	Waconia, Minn (Mayer Lutheran)
47	White, Daryn	WR	6-1	185	New Orleans, La (St. Augustine)
44	Williams, Marquette	RB	6-2	210	Twinsburg, Ohio
99	Williams, Scott	TE	6-3	210	Plymouth, Minn (Armstrong)

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☐ Six times the Gophers have been national football champions. Sixteen times they have been Big Ten champions. They have won 558 games, 62% of all the games they've played.

☐ Forty-one Gophers have been named All-Americans. Fourteen have been

inducted into the College Football Hall of Fame.

☐ One hundred and sixty-six U of M football players have competed in the National Football League.

☐ Two Gophers have been Outland Trophy winners (Tom Brown in 1960 and Bobby Bell in 1962).

☐ One Gopher has been the Heisman Trophy winner (Bruce Smith in 1942).

And the list goes on.

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Gopher quarterback Paul Giel with his coach, Wes Fesler.

GIEL'S FOOTBALL JERSEY TO BE RETIRED IN FALL CEREMONIES.

Former University of Minnesota football great Paul Giel will have his jersey, number 10, retired this fall in ceremonies scheduled to take place surrounding the Gopher's game with the University of Pittsburgh on September 28. A game-day ceremony at the Metrodome will be preceded by a testimonial dinner in Giel's honor, Friday night, September 27, at the Radisson South Hotel. Giel becomes only the third player in Gopher history to be so honored.

Bruce Smith and Bronko Nagurski are the other Gopher players to have had their numbers retired. Giel was runnerup to Heisman Trophy winner Johnny Lattner of Notre

Dame as a senior and was most valuable player of the Big Ten Conference in 1952 and 1953. He was the first conference player honored in such a way in consecutive years. He was a Big Ten medal winner in 1954, Captain of the University's 1953 football team, UPI Player of the Year and AP Back of the Year in 1953. Giel is a member of the National Football Foundation's College Football Hall of Fame and served as the University's sixth director of Men's Athletics from 1971 to 1988.

For further information about the dinner and ceremonies call 625-3536.

Bet You Didn't Know More Rule Changes for '91

by Barry Dreayer

Decisions, Decisions, Decisions

When an opposing team kicks off and the ball goes out of bounds untouched, the receiving team now has three options instead of two. In prior years, they could either choose to begin their offensive series at the yard line where the ball went out-of-bounds, or could force their opponents to rekick from five yards further back.

This year, a third choice allows the receiving team to begin its offensive series thirty yards from where the ball was kicked. So, if the opposing team kicked off from their 35-yard-line and the ball went out of bounds, the receiving team can start play on its own 35-yard line (30 yards from the spot of the kick.) The NFL has a similar option.

By the way, if a kickoff is touched by the receiving team and then goes out of bounds, the next play begins at the inbounds spot...no decision has to be made.

Nip It in the Bud

Many fights during a college football game result from a player taunting an opponent. New legislation penalizes a player who provokes a conflict with an opposing player through verbal means or by gesturing, such as pointing a finger toward him.

"Unsportsmanlike conduct" will also be called if a player incites the spectators in any way. Is it possible that the onfield actions of players from a certain university in south Florida were instrumental in the decision to enact this rule?

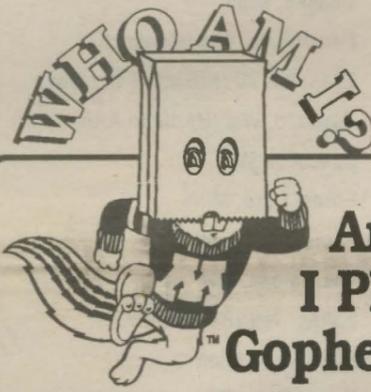
Psssst, Hey Ref.

Who can forget the famous "Fumblerooski" plays when a lineman picks up an intentionally dropped ball and runs for long yardage. It usually fools everyone—the players, coaches, spectators, TV cameramen and broadcasters.

Even officials frequently miss the play. That won't happen anymore. Now, if a team plans for a lineman to pick up a loose ball near the center, they must first notify an official that the play is coming next. Look for head coaches to monitor all conversations their counterparts have with the "zebras" during the game. It might be a tipoff that "Fumblerooski" is coming.

Now you won't be caught off guard during the 1991 college football season. Get ready to impress your companions at the next Gopher game when a situation arises that involves one of these new rules.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball. For more information call (800) 726-3442.



And What Part Did I Play In The Golden Gopher Tradition?

I held the same position during the 1950s and 1960s that Rick Bay holds today. I went to Drake University where I excelled in football. I was a coach and athletic director at the University of Utah. In all, I had close to thirty years of experience before assuming the athletic director's position at the University of Minnesota.



1960 photo

Send correct answers to:
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One correct answer will be selected randomly from among all those sent to SPORTSNEWS.

The winner will receive a \$25.00 gift certificate from SUPERAMERICA.

The SPORTSNEWS Staff Congratulates Bruce R. Meyer of White Bear Lake, MN, a "Who Am I? "Tradition" Winner

I lettered three times in hockey and once in baseball. I was an assistant hockey coach to John Mariucci and business manager of athletics.



MARSH RYMAN

My teams won the NCAA and Big Ten Outdoor Track and Field Championships and accounted for twenty three Conference and six NCAA individual champs. I was also the head coach of the United States track and field team in the 1956 Olympics.



JIM KELLY

The SPORTSNEWS Staff Congratulates Bob Wilkie White Bear Lake, MN, a "Who Am I? "Tradition" Winner

I played football and wrestled while attending the University and lettered in both sports. I went on to become the Gopher wrestling coach and freshman football coach.



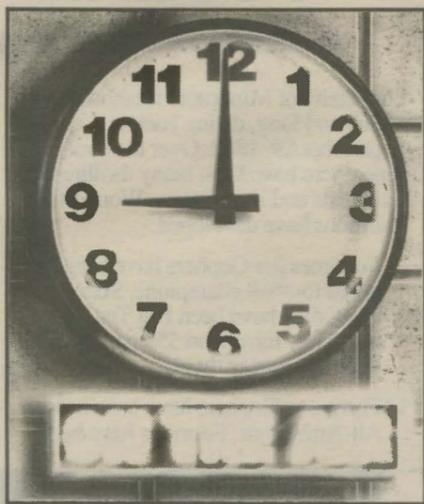
WALLEY JOHNSON

I won basketball letters at Minnesota in 1952-53-54 and was appointed to the Gopher coaching staff in 1956.



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IN THE NEXT ISSUE OF SPORTSNEWS

- Gopher Football Coach John Gutekunst Will Be Featured
- Read About A Former Gopher Football Center Who Had Five Knee Operations
- A Look At The "Men Behind The Scenes" — The Football Coaching Staff

Aches and Pains

By Elizabeth A. Arendt, M.D.,
 Director
 University of Minnesota Sports Medicine Institute



Q I pulled a hamstring muscle while running almost a year ago. I seem to get better and as soon as I start running again, it bothers me. Are these problems persistent?

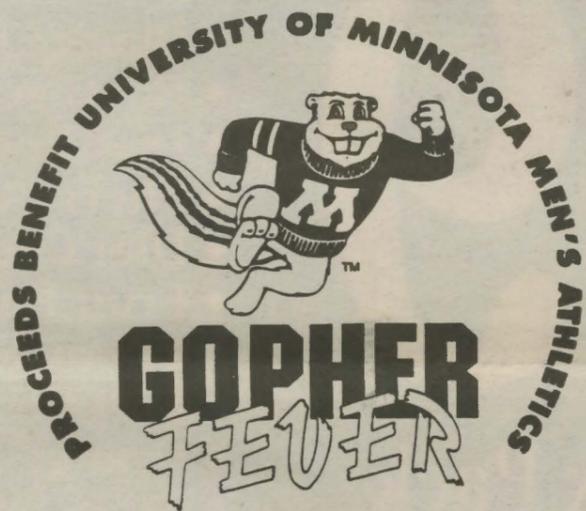
A Briefly stated, yes, hamstring strains can be persistent. One must understand the nature of a muscle strain. A muscle strain occurs when the contractile force of the muscle exceeds its given length. The muscle scars, resulting in some bleeding which results in scar tissue. We do not make more muscle cells in our bodies as a response to the healing process. The area that has healed will forever be less elastic than it was prior to the injury.

A second consideration is that the hamstring muscle has two unique qualities. One is that it crosses two joints, from its origin to its insertion (hip and knee). Muscles that cross two joints are at greater risk for strains. The second quality is the hamstring muscle is composed of primarily fast twitch fibers which are responsible for fast take off power activities.

Things one might consider in trying to rehab a chronic hamstring strain:

- 1) Break a sweat in some generalized activity, like jogging or calisthenics.
- 2) Proceed with a gentle stretch to the hamstring region.
- 3) Stretch to the painful range and then back off. If one stretches to the pain, the muscle interprets this as a painful stimuli and will contract, thereby counteracting any advantage from the stretch itself.
- 4) Keep the hamstring muscle warm while doing a sports activity. All muscles, but particularly the hamstring muscles, are quite sensitive to coolness. Sometimes leaving the warm ups on for a slightly longer period of time is all one needs to get the extra boost to make the hamstring muscle feel better.
- 5) Try to rehab the muscle in a fast mode. This is best directed by either a physical therapist or a knowledgeable health club worker.

If you have sports medicine related questions, please send them to:
Aches and Pains
 c/o Dr. Arendt, SPORTSNEWS
 386 N. Wabasha Street
 Suite 1040
 St. Paul, MN 55102



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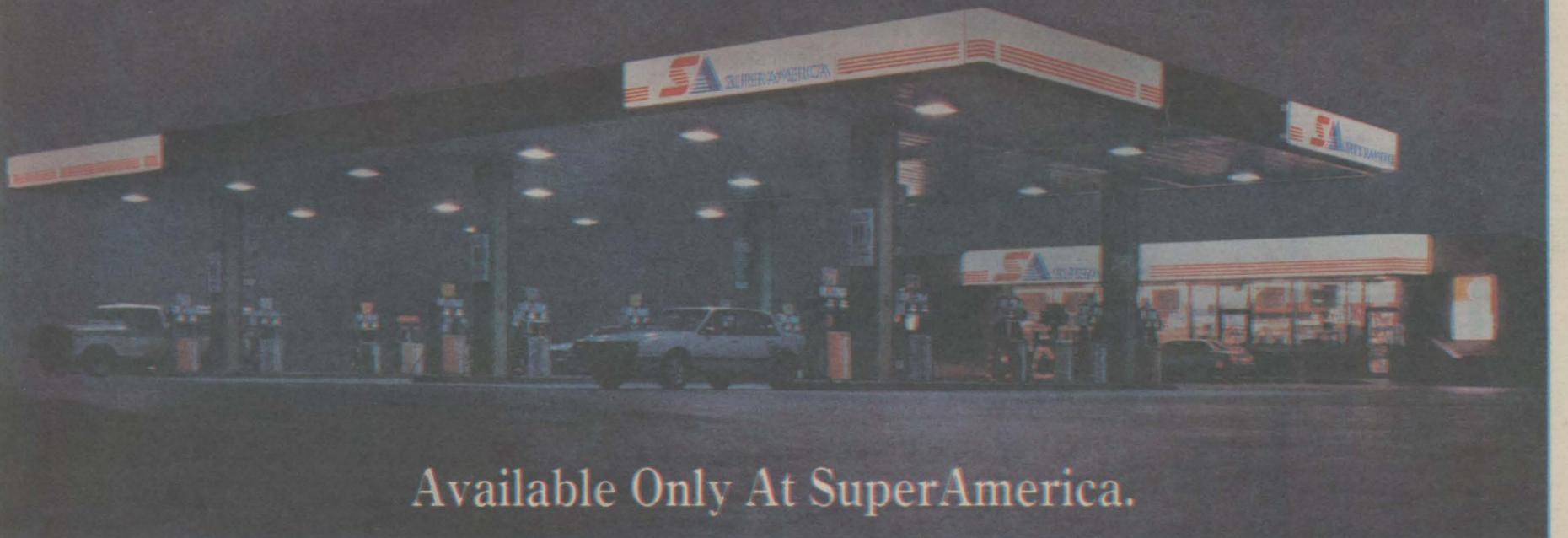
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John Gutekunst:

Molder of Men



By Len Levine

In the highly-competitive world of big-time college football, the usual image projected by today's head coach is: Win at all expense; run the athletes through the "football machine" with little concern for them as individuals.

That's not the case at the University of Minnesota. Head football coach John Gutekunst is the coach's coach, a molder of men, a surrogate father to some, and role model to all.

The other day I had lunch with Coach Gutekunst in his office located in the football complex on the University's Minneapolis campus. It's a place charged with the electricity of things happening. Stacks of scouting reports are piled high on one table and game films on another. There are numerous telephone message slips and many letters waiting for response. It's a large room made much smaller by the football memorabilia throughout and the pictures of Gopher athletes - past and present - which line the walls.

I've met with prominent heads of major com-

"A college sport is the best undergraduate laboratory on campus"

—Coach John Gutekunst

panies and people successful in the business community. They have much in common with John Gutekunst. They all are people in motion — they have goals and vision, and look to the future with eager anticipation.

Gutekunst was relaxed as he leaned back in his chair and shared with me his thoughts on a variety of subjects: "A college sport is the best undergraduate laboratory on campus; while not necessarily the most important, it provides real life experiences and allows a

young person to experience so many challenges. It's what life is all about."

Gutekunst - the teacher/philosopher - went on: "They'll listen to you if you win big or if you last a long time." Take note, sports fans, and

listen to John Gutekunst — he's a winner. He's the only Gopher football coach besides Bernie Bierman to have a winning season for four of his first five seasons. (Bierman's record came when he returned from World War II and coached the Gophers from 1945-1949.)

In the past couple of years some fans have gotten restless with Gutekunst's record of 6-5 seasons. Gutekunst responds by saying, "I believe in winning championships. I'm working hard to win the Big Ten title and then going on. But there is no such thing as a quick fix. It was important to build a strong foundation here. I wanted every athlete of mine to obviously be the best in his understanding of the game and in his academic pursuits."

Gutekunst is adamant on the subject of his student/athletes' academic performance. "For a young man - athlete - to say he's a student means he has a strong desire to learn. That means going to class and turning his work in on time. If a young man wants to be an athlete, he must promise me he'll be in condition and he will be a competitor. And, if a young man wants to be those things as defined, then he'll have a successful career here at the University. If he can't fulfill these promises, then he

doesn't belong in our football program."

That lays it all out. The head coach has spoken.

Who is John Gutekunst? And what road did he travel to land one of the most prestigious coaching positions in American football tradition?

Gutekunst was born in 1944 in Sellersville, Pennsylvania, a town of 2300 located 23 miles north of Philadelphia. His father, Henry, (now retired) was a teacher and coach in the local junior high school, and his mother, Dorothy (she died two years ago), was a township supervisor and office manager for a local knitting company. He says his father, who was quite an athlete (he set a Pennsylvania high school record in the 100-yard dash of 10.0 seconds in 1934 — a record which lasted 36 years), never pushed him into sports but encouraged him to "get involved." Gutekunst says he took the advice and spent a lot of time on the playground.

That led to his playing four sports at Pennridge High School, where he was the quarterback on the football team which won two conference titles, was a guard on the basketball team, and was the baseball team's catcher as they also won two conference championships.

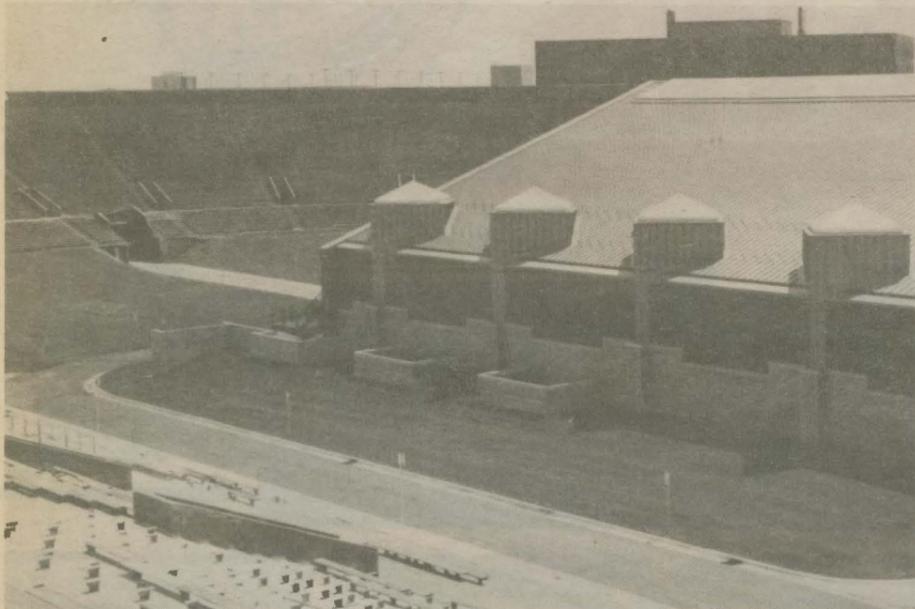
After graduating in 1962 he enrolled at Duke University (Durham, North Carolina), where

Continued on pages 6 & 7

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Old Memorial Stadium



The U of M Aquatic Center is located on what was formerly the Memorial Stadium football field.

Memorial Stadium was the home for University of Minnesota football games from 1924 through 1981. The huge brick structure, now in a deteriorated condition, is supposed to be taken down. However, no date for removal has been set nor appropriate funds identified. Also, those currently occupying portions of the building will need to be satisfactorily relocated.

The removal of the old stadium would "open

up that area to so many possibilities and it would create a feeling of openness and a visual link with the rest of the campus," said Larry Anderson, U of M Director of Physical Planning.

The University's outstanding Aquatic Center which opened in June of last year is located in the middle of what formerly was Memorial Stadium's football field. It is surrounded by approximately 65,000 empty seats.

SPORTSNEWS readers now have the opportunity to serve as guest columnists. Readers are invited to write about matters which will interest Gopher sports fans, bring back memories, and inspire

Columns, not exceeding one double-spaced typewritten page, should be sent to:

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Bet You Didn't Know

by Barry Dreayer

Do you remember, while watching one of your first football games, hearing the announcer indicate that there was a "clipping" penalty? You probably asked yourself, "What the heck is that?" Let's take a closer look at this often-misunderstood violation.

The NCAA rule book defines clipping as "a block against an opponent occurring when the force of the initial contact, except against the runner, is from behind." In other words, if you block an opponent, other than the ballcarrier, in the back or across the back of his legs, clipping will be called. This 15-yard penalty is enforced to protect defenders who aren't able to brace themselves for dangerous, unexpected contact from an opponent.

There is an exempt rectangular space on the field where clipping cannot be called. Its dimensions are ten yards long (five yards on each side of the center) and six yards wide (three yards on each side of the line of scrimmage.) Linemen are permitted to legally clip in this area, because as an offensive lineman gets ready to block, the defensive lineman across from him is likely to turn his back in pursuit of the ballcarrier. Since the purpose of the clipping penalty is to minimize unexpected blocks, enforcement wouldn't be appropriate in this designated area.

Have you noticed that in the NFL you hear the referee announce fewer clipping penalties? The reason is that pro football classifies clipping as contact from behind, below the waist, with an opponent other than the runner. (As with college football, clipping is a fifteen-yard penalty, and there is a similar exempt rectangular area.)

In the NFL, if you block from behind above the waist, an illegal use of hands (arms or body) violation is whistled. It is only a ten-yard penalty, because the risk of injury to the offended player is less than if the hit was in the legs.

Next time you are watching a football game with a friend, and you hear that a team was guilty of clipping, put your thumbs underneath your suspenders, and stretch them with pride while you explain everything there is to know about that penalty.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball. For more information call (404) 973-3442.



Letters



WRITE ABOUT SANDY STEPHENS AND CARL ELLER

When I attended the University of Minnesota in the early 1960s, I remember two great football players, Sandy Stephens and Carl Eller. Carl went on to star for the Vikings. What happened to Sandy? Will the "Where Are They Now?" article ever cover these two fine athletes?

Tony Schmidt
Fridley, MN

Ed. note: Both Sandy Stephens and Carl Eller were featured in the "Where Are They Now?" columns which appeared in the October, 1989 issues.

PLAY MINNESOTA BOYS

I bought a football program at the Dome and was pleasantly surprised to learn that almost fifty members of the Gopher football squad are from Minnesota high schools.

That's the way it should be. Look at Doug Woog and his "Minnesota Only" recruiting program. I know that football is a little different but it's good to see that Coach Gutey is giving our boys the chance to play. Minnesota boys are just as big, strong, fast and smart as those from Georgia, Tennessee, Florida and Ohio.

Stuart Downs
Anoka, MN

MORE PAPERS NEEDED

I've been an avid reader of your newspaper since moving to Minnesota last year. The only complaint I have is that sometimes when I go to my neighborhood SuperAmerica sta-

tion, they are out of papers. I'm told that it's hard to predict the number of people who want to read SPORTSNEWS. Can you see to it that the store on Payne Ave. in St. Paul (near Maryland) has a bigger supply?

Harold Courtney
St. Paul

Ed. note: We've heard this complaint before. Each time a reader informs us that a SuperAmerica has no SPORTSNEWS papers we quickly contact the friendly S-A staff in charge of distribution. It's true—for what ever reason, some issues go faster than others.

SPORTSNEWS welcomes your views on any University of Minnesota sports related issue.

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Where are They Now?

Toughness and Determination Led "Walk-on" to N.F.L. Stardom



By Len Levine

Greg Larson of Brainerd, Minnesota, has been called one of the toughest, most competitive football centers in Golden Gophers' history.

Larson, born and raised in Minneapolis, attended Folwell Junior and Roosevelt Senior High Schools. His parents, Ken and Evelyn, raised their two sons (brother, Bruce, is 13 months younger) at 36th Street and 23rd Avenue. It was a sports-minded neighborhood. "Most of the kids I knew played ball, so we all wanted to get involved," Larson says today.

Larson began his sports career in an unpretentious way. As a sixth grader in the old Cochran Elementary School in Minneapolis, he was in a gym class basketball game in possession of the



1960-Greg Larson



Greg Larson—1973 as a New York Giant



1991—Greg Larson as seen in his Greg Larson Sporting Goods Store in Brainerd, Minnesota



1960-Captain Greg Larson receiving the United Press International(UPI) National Championship trophy with Coach Murray Warmath (far left) and All American Tom Brown (far right) looking on.

ball with a clear, close-in shot at the basket. His teammates were yelling "shoot, shoot." Larson stopped, took aim, and shot, missing the basket completely. He didn't even hit the backboard.

He credits his junior high gym teacher, Dick Kempter, with steering him into organized sports. He competed in football, basketball, and track, but it wasn't until his junior year as a runner that he began to gain self-confidence and attract attention. He ran a 2:08 half mile, one of the fastest times in the state. (Not bad for a 6' 2", 190 pounder!)

In his senior year, he played the pivot position on the state championship football squad and was named second Team All-City. In basketball that year he was a starting guard on a team that won the State Tournament. He was named All-State.

Larson was actively recruited to play football by the University of Denver and might have gone there on a full scholarship had it not been for a phone call from Gopher Assistant Coach Butch Nash. Nash told him the University couldn't offer him a scholarship, but there could be other opportunities available when playing in his home state. Nash told him he liked what he saw and urged him to "walk on," which he did.

The following year he did well in spring practice and was given partial financial assistance. In the off-season he worked on conditioning, including strength exercises. Larson quickly gained 30 pounds, which helped him develop excellent squatting and dead lift power.

His first season as a Gopher in 1958 he alternated quarters with center and captain, Mike Svendsen. The following year he became a starter, playing both ways for the full 60 minutes; he never came off the field the entire season!

Larson calls the Gopher win over Wisconsin that year in Memorial Stadium the highlight of the season. He was the only player from both teams to play the entire 60 minutes.

As a senior in 1960, he was elected captain and played offensive center and a little at defensive linebacker. He was named Second Team All-Big Ten.

Larson was drafted number six by the New York Giants and signed as an offensive center. Allie Sherman, the Giants' coach at the time, who called Larson one of the most agile and toughest college players he'd ever seen, said he needed some strength at offensive tackle, and Larson was moved there. His first year, the Giants, with Y. A. Tittle at quarterback, won the Eastern Division title, losing to Green Bay in the championship game.

In 1962 Larson suffered a separated shoulder on a kickoff in training camp. After

many weeks of healing, he returned and was moved to a starting spot at offensive right guard. Again the Giants won the Eastern Division title, and again lost the championship to Green Bay.

Tittle was known for his dropback passing. The Giants felt they needed to shore up their pass blocking if they were to win the title in 1963. They turned to Larson. Sports writers across the country were calling him the best pass blocker in the N.F.L. The Giants won the Eastern Division title again, but went on to lose the championship to the Chicago Bears.

Another injury sidelined Larson for virtually the entire 1964 season. Rip Hawkins, a linebacker for the Vikings, clipped him, severing several ligaments. Larson said it was "a terrible sight. Bones were shooting out of my knee." He says many "experts" wrote him off. They said his career was over. But Larson says he was determined to keep playing.

The following season (1965) Larson had knee surgery three times in an effort to gain more mobility. He could only bend the knee 90 degrees. He started every game after the season opener but played with limited movement. For the next eight seasons he was never out of the lineup. He retired in 1973.

In all, Larson underwent five knee surgeries, had a broken nose, broken elbow, chipped bone in his ankle, and suffered a double hernia — all the while continuing to play. He only missed two games throughout his 13-year NFL career!

After his playing days were finished, Larson bought a wholesale fishing tackle distribution center in Brainerd, which he lost shortly after because of financial problems. Not to be deterred, he bounced back and started the Greg Larson Sporting Goods Store (also in Brainerd) which he still operates today. He describes his business as "basically a catalog house (156-page full-color catalog) which reaches every corner of the United States."

Looking back on his life, Larson mainly credits four people with the success he's enjoyed: his father, who set an example with hard work all of his life and instilled that work ethic in me;" C. Wayne

Courtney, his basketball coach at Roosevelt High School, who helped him develop sound work habits, "all the while teaching me self confidence;" Bob Bossons, a former offensive center at Georgia Tech, and his defensive line coach at the University, for "instilling in me a fierce determination and competitive will to win;" and Giants' Coach Sherman, who he says taught him to "think things through very carefully."

Larson and his wife, Joey, live in Brainerd and are the parents of four children: daughter, Karin, and sons, Bart, Mike, and Chris.



Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.



The start of the 1990 Big Ten Cross Country Championships held at the Les Bolstad University of Minnesota Golf Course.

"This Lonely Sport"

by Jim Mulrooney

The wind blows in your face, and the field rolls up and down before you. There is relentless challenge. This is cross country, a demanding sport that tests the metal of a man.

Under the direction of Head Coach Roy Griak, the University of Minnesota (U of M) has established an impressive cross country record during the past 28 years. He led the Gophers to the Big Ten cross country championship in 1964, the first such title for the U of M in half a century. He did it again in 1969. Griak's teams have won 159 of 197 dual meets, a remarkable .807 winning percentage, testimony to his enduring coaching proficiency.

Prior to the beginning of the 1991 cross country season on September 21, the Gopher team had lost three of its top runners (Mark Narveson, Chris Berg, and Scott DeLong) due to injuries. The team was on the doorstep of what promised to be a highly successful season. However, as frustrating as these developments have been, "There's not a thing you can do about them," Coach Griak philosophized.

But there's been no surrender. In spite of its



Roy Griak, Gopher cross country head coach

inexperience, the team has not lost heart. "The kids know we're behind the 8-ball," Griak explained. "They're working hard, so don't count us out."

Junior Curt Kotsonas, an all-state cross country runner from Chaska High School, should be a standout for the

Gophers this fall. He placed fourth in the 10,000 meters at the Nebraska Invitational last spring as a member of the Gopher track team.

Kotsonas certainly has the spirit to buck the odds. An all-conference competitor in three high school sports, he earned the "Mr. Hustle" Award for his never-say-die attitude.

This year's cross country team captain is junior Doug Milkowski, the top returning finisher from the 1990 Big Ten Cross Country Championships where he placed 27th. A

Wisconsin all-state cross country and track star, Milkowski had a good season this year as a distance runner with the Gopher track team.

Griak spoke with respect for those who participate "in this lonely sport with little fanfare and with no bands playing."

Cross country requires great physical stamina and iron will. To stay in shape, athletes run 80 to 90 miles over hilly terrain each week. Cross country meets are normally 8,000 meters (approximately 6 miles) in length. Runners drive themselves to prevail through pain, fatigue, and bad weather. Typically, they are industrious, disciplined, intelligent student-athletes. "At any school," Griak claimed, "the best kids will be the cross country athletes. They are overachievers."



Curt Kotsonas

Indeed, they are unique.

Senior Sean Fitzgerald from Canada was co-captain of the U of M track & field team. A near 4-minute miler, he was on the All-Big Ten Academic Team in both cross country and track in 1990. A graduate of Brookfield High School in Ottawa, Ontario, he earned the Humanitarian and Youth Appreciation Awards. He is a pre-elementary education major and hopes to attend graduate school in special education. His career goal is to work with visually impaired students.

"Sean could be a real surprise for us in cross country this season," said Griak. "He's...already proven that he's one of the best middle distance runners in the Big Ten."

Senior Chris Schmid finished 44th at the Big Ten Cross Country Championships last fall. He was an all-state athlete in cross country and track at White Bear Lake High School where he was honored as athlete-of-the-year. He also was a member of the National Honor Society. A chemical engineering major with an overall 3.80 grade point average, Schmid was named to the All-Big Ten Academic Team in cross country last year.

"There's no doubt that we will look to our four veterans to lead us this season," Coach Griak stressed. However, he anticipates con-

Continued on page 7

CLIP & SAVE

1991 Gopher Cross Country Schedule



DATE	DAY	OPPONENT / DISTANCE	SITE	TIME
OCT. 5	SAT.	MINNESOTA INVITATIONAL (8,000 METERS)	U OF M GOLF COURSE	11:00 A.M.
		CAROLINA, WILLMINGTON, IOWA STATE, SOUTH FLORIDA, MISSISSIPPI STATE, UNIVERSITY OF NEBRASKA, PENN STATE, UNIVERSITY OF KANSAS, AIR FORCE ACADEMY, UNIVERSITY OF PORTLAND, ADAMS STATE, NORTH DAKOTA STATE, AUGUSTANA, WISCONSIN-LaCROSSE, UNIVERSITY OF NORTH DAKOTA, MIDLAND LUTHERAN, UNIVERSITY OF SOUTH DAKOTA, COLORADO STATE		
Oct. 19	Sat.	Iowa State Invitational (8,000 meters)	Ames, IA.	10:30 a.m.
		SOUTHERN ILLINOIS, UNIVERSITY OF KANSAS, KANSAS STATE, GEORGIA TECH, SOUTHWEST MISSOURI		
OCT. 26	SAT.	MARATHON SPORTS INVITATIONAL (5,000 & 3,000 METERS)	U OF M GOLF COURSE	10:00 A.M.
Nov. 2	Sat.	Big Ten Championships (8,000 meters)	Lafayette, IN.	10:00 a.m.
Nov. 16	Sat.	District IV Championships (10,000 meters)	Bloomington, IN.	11:00 a.m.
Nov. 25	Mon.	NCAA Championships (10,000 meters)	Tucson, AZ	11:00 a.m.

All times subject to change. Home meets in bold.

Rugby Rebirth

The U of M Rugby Club has appointed Australian Patrick Van Rooyen to coach its rugby team and lead a revival of the sport in this area.

Van Rooyen, with a record of 384 first class games as a player and coach in seven countries, said he hopes to help rebuild the status of rugby at the University of Minnesota during the next two years.

Rugby training sessions are already underway for interested players on Tuesday and Thursday evenings (6:30 p.m.) at Fort Snelling in conjunction with the Minneapolis Premier Division Rugby Club.

Van Rooyen said, "I'm interested in building a team committed to winning through the

application of superior skills...and a dominant mental attitude."

The U of M Rugby Club was founded in 1969. It was one of the strongest rugby teams competing on the collegiate level during the 1970s. Van Rooyen indicated it was his objective to lead the team to a return to its former days of glory. The initial goal is to compete in the National Collegiate Finals next year.

"With more than 600 clubs and 250,000 registered players in the U.S., rugby is one of the fastest growing sports in the country," Van Rooyen explained. He is hopeful more former American football players will turn to rugby.

New U of M Rugby Club Coach Patrick Van Rooyen



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Bob Stein reads SPORTSNEWS

Bob Stein was a University of Minnesota All-American defensive end and star linebacker for the Kansas City Chiefs. Today he is the president and chief executive officer of the Minnesota Timberwolves. Stein is pictured reading SPORTSNEWS while working out at the Arena Club in downtown Minneapolis.

CLIP & SAVE ✂

1991 Gopher Football Schedule



Oct. 5	Illinois @ Champaign	1:00 p.m.
Oct. 12	PURDUE (HOME COMING)	1:30 p.m.
Oct. 19	Michigan State @ East Lansing	Noon
Oct. 26	MICHIGAN	1:30 p.m.
Nov. 2	Indiana @ Bloomington	Noon
Nov. 9	OHIO STATE	1:30 p.m.
Nov. 16	WISCONSIN	1:30 p.m.
Nov. 23	Iowa @ Iowa City	1:00 p.m.

All times subject to change. Home games in bold.

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GUTEKUNST from page 1



he lettered in football (halfback) and baseball (centerfield) and was the captain of both teams his senior year. His Duke football team won the Atlantic Coast Championship

in both his freshman and senior years — a feat that was not equalled again until last year — 24 years later.

Midway through Gutekunst's senior football

season he dislocated his shoulder. He continued playing the rest of the season, but because the shoulder didn't heal properly, his sports career came to an end. As a result of the injury, he was unable to accept an offer to play pro football for the Oakland Raiders.

After graduating with a degree in religion in 1966, he joined the staff of Durham Academy, a private secondary school, as a history teacher, and served as Athletic Director who coached all intramural sports. After overseeing the development of plans for the construction of the Academy's new facility, he left to become a teaching assistant in the physical education department of Duke University and also became an assistant baseball and football coach.

He stayed at Duke for 12 years, eventually coaching just football (under Mike McGee, now the Athletic Director at USC who was also an assistant to Murray Warmath when he coached at the University of Minnesota). Gutekunst coached every position except the running backs.

Gutekunst left Duke in 1978 to become Bill Dooley's assistant at Virginia Tech. "I was



to get less salary and had no title, but I couldn't wait to begin my new opportunity," Gutekunst said.

After two years he became the defensive coordinator, and for the next three years his defensive teams led the country's defensive football statistics.

Lou Holtz, then the Arkansas head football coach, invited Gutekunst to be his defensive coordinator. A meeting with Holtz was arranged over the Thanksgiving holiday. Gutekunst was offered the job and accepted. Unbeknown to him during the next few hours while flying back to Virginia, Holtz got into an argument with Arkansas Athletic Director Frank Broyles and resigned. When Gutekunst landed and heard the news, he was shocked.



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—Coach John Gutekunst

Technically, he had no job!

A few weeks later Holtz became the head football coach at the University of Minnesota, and he again asked Gutekunst to join his staff.

Even though he accepted Holtz's offer, it wasn't an easy decision. He says it was hard walking away from a successful coaching career at Virginia Tech. In that 1983 season there was only one Division I football team that gave up less than 100 points over the entire season, and that was Virginia Tech.

Minnesota that same season had the second-worst record in NCAA history, giving up 513 points.

In only two years as the Gophers' defensive coordinator, Gutekunst dramatically turned around the defensive statistics (virtually in half). Holtz left the Gophers for Notre Dame in 1985 and Gutekunst became head coach. In his first outing he took the Gophers to their first bowl game since 1977 — the Independence Bowl — and a win over Clemson 20-13.

I asked Gutekunst where he goes from here. His answer: "I've set goals and have dreamed dreams here at Minnesota. We haven't reached them all, but we're on the right path and it continues to keep me challenged and focused."

"And what about job security?" I asked. "How much pounding can a person take in such a visible and vulnerable position?" Gutekunst leaned forward in his chair and said, "I always knew football coaches didn't have tenure. Job security never interested me because if it did, I'd have been a mortician."

But it is in listening to his players that one begins to fully appreciate Gutekunst's significant contribution to the U of M football program.

Referring to "Coach Gutey" as the person who has most influenced his life since he came to Minnesota, Gopher senior defensive lineman Ben Williams said, "I have never felt as close to a coach as I do to him. I've never seen a coach who truly cares as much as he does. I love him like a dad. Seriously."

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A five-game season package began with the September 28 game against Pittsburgh. The \$30.00 package is the lowest priced student season package in the Big Ten Conference.

The 1991 season features one of the most demanding schedules in Gopher football history. The U of M will compete against eight teams that played in postseason games last year.

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Aches and Pains

By Elizabeth A. Arendt, M.D.,
Director
University of
Minnesota
Sports
Medicine
Institute



Q I have been a runner for several years. I am in my mid-fifties. Lately my knees have been hurting. Does this mean that I should give up running, or what could it indicate?

A In general, there is no proof that long term jogging deteriorates the knee joint faster than if one would not jog.

When I say the knee joint, I specifically mean the bones themselves and the cartilage/meniscus surfaces between the bones that make up the shock absorbency of a joint. The reason why joints break down and have arthritic changes is still speculative. However, once someone starts to have early arthritic changes or once someone has trauma to the joint in the form of an injury to the meniscus, a fracture, etc., then we believe that pounding activities are detrimental to the joint. It does not mean that they should never be done. However, they should be done in moderation, with awareness of the symptoms and signs that are created by a particular activity. Once a joint becomes arthritic or has trauma imposed on it, gliding kinds of activities are preferred over pounding activities. These include swimming, biking, blade skating, roller skating, and cross country skiing. It is felt that these are kinder to the long term health of your joints.

However, there is a second aspect of knee pain that does not involve the joint but rather involves soft tissues around the joint. There are a variety of inflammatory conditions that can occur when one subjects their joints to repetitive activity. We call these "overuse syndromes."

In general, running is not bad for joints. However, most of the joints in our bodies react negatively to the same activity, especially when it involves repetitive bending and/or repetitive load. Therefore, it is prudent to alternate activities. This is one reason why triathalons and the training that one does to prepare for these activities has become so popular. They allow people to stay in an activity over a longer period of time with fewer injuries.

If you have sports medicine related questions, please send them to:
Aches and Pains
c/o Dr. Arendt, SPORTSNEWS
386 N. Wabasha Street
Suite 1040
St. Paul, MN 55102

Cross Country from page 4

tinued improvement for all team members and regards freshman Mark Gonzales from LaHabra, California as an exciting prospect.

In Griak's opinion, Michigan State, Michigan, and Wisconsin are the Big Ten's top cross country teams.

He speculated that the Minnesota Invitational at the U of M Golf Course on October 5 could be "the best cross country meet in the nation this year." Outstanding teams such as Iowa State, Kansas, Penn State, Nebraska, and the Air Force Academy will compete.

The Big Ten Championships will be held at Lafayette, Indiana on November 2.

The 1991 Gopher cross country season is a building year. It is a year dedicated to growth where hope springs eternal and team spirit flowers.

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"SLASH and DASH"



"I love the University of Minnesota. The people are warm, and the experience has been very rewarding. If I had to decide all over again where I would like to go to college, I'd still pick the U of M."

—Marquel Fleetwood

Although Fleetwood has a unique talent for improvising on the run, he indicates he prefers to "stay within the confines of the game plan." He says his motto is: "Do whatever it takes to win the football game."

Fleetwood speaks with great admiration of the Gopher coaching staff which he calls "one of the most knowledgeable and caring football staffs in the country."

He takes very seriously his responsibility for being a team leader. About his offensive linemen, he says, "I have to let them know how very important they are to our team's success."

Fleetwood understands that if the Gopher offense bogs down, the coaches don't hesitate turning the reins over to senior Scott Schaffner who ranks as the third best quarterback in Gopher history in terms of passes completed.

"Having two quarterbacks who can effectively lead us down the field is one of our team's greatest strengths," explains Fleetwood. "And the competition helps keep me sharp."

The fact the Gophers are prohibited from participating in postseason play this year doesn't diminish Fleetwood's will to win. According to him, "Our 1991 schedule (one of the toughest in the nation) will have to serve as our bowl game." Competing against these talented teams is incentive enough for him. Besides, "We still have a lot to say about how the Big Ten finishes up," he adds.

Continued on page 4

Gopher Quarterback Marquel "Slash and Dash" Fleetwood

By Jim Mulrooney

Scat back. Fake right. Cut left. Rocket a bullseye. It's "Slash and Dash" on the loose.

That's been the story of Gopher quarterback Marquel ("Slash and Dash") Fleetwood for years. Since he began playing high school football in Decatur, Georgia in 1984, he's been the center of attention, a player driving toward the end zone with reckless abandon.

His team's sparkplug, Fleetwood has always been expected to "pull another rabbit out of the hat" and score.

"We ran out of the wishbone at McNair High School," Fleetwood recalls, "and I had the option of running or passing. However, in those days I ran 80% of the time."

Fleetwood (6-1, 195), a junior, indicates his style has changed while he's been at the University of Minnesota. "I am more pass

oriented now. I am confident that our offensive line will make the blocks and our pass receivers will get open. But," he adds, "it's still an asset to have the innate ability to run."

Because of his exciting, go-for-broke tendency, fans and sports reporters have regularly focused on him, the pre-eminent football star.

But he disdains the adulation. "Regardless of what the media says or anyone else says, without my teammates I wouldn't be in the position I'm in right now."

In his junior year Fleetwood led McNair High School to the state football finals, and as a senior he averaged more than six yards a carry and scored 80 points. He earned letters in football, baseball, and basketball and received the Scholastic Award of Honor.

Fleetwood was one of ten outstanding foot-

ball players in his county who were highly recruited by colleges throughout America.

During his first year at the University of Minnesota, he was redshirted and did not participate in football. In 1989 he played sparingly, passing for 270 yards and running for just over 100 yards. The high-point of the year was his play against the Michigan Wolverines, a game in which he passed for more than 100 yards and ran for a touchdown.

Last season Fleetwood started nine of eleven games. He was the team's top offensive player (accounting for 1,467 total yards) and won the Bruce Smith Award.

Opposing players speak about Fleetwood's remarkable quickness and his ability to suddenly ignite his team.

In the Gopher's final game last year, he completed 13 of 19 passes for 159 yards and one touchdown as Minnesota upset the Iowa Hawkeyes, 31 - 24.

In this season's opening game against San Jose State, Fleetwood turned the game around as he led the Gopher offense to 23 second half points.



Gopher Sports Coverage

As a result of partnerships between the University of Minnesota (U of M) and several Twin Cities radio stations, the U of M is now participating in the sale and delivery of Gopher football, basketball, and hockey game broadcasts.

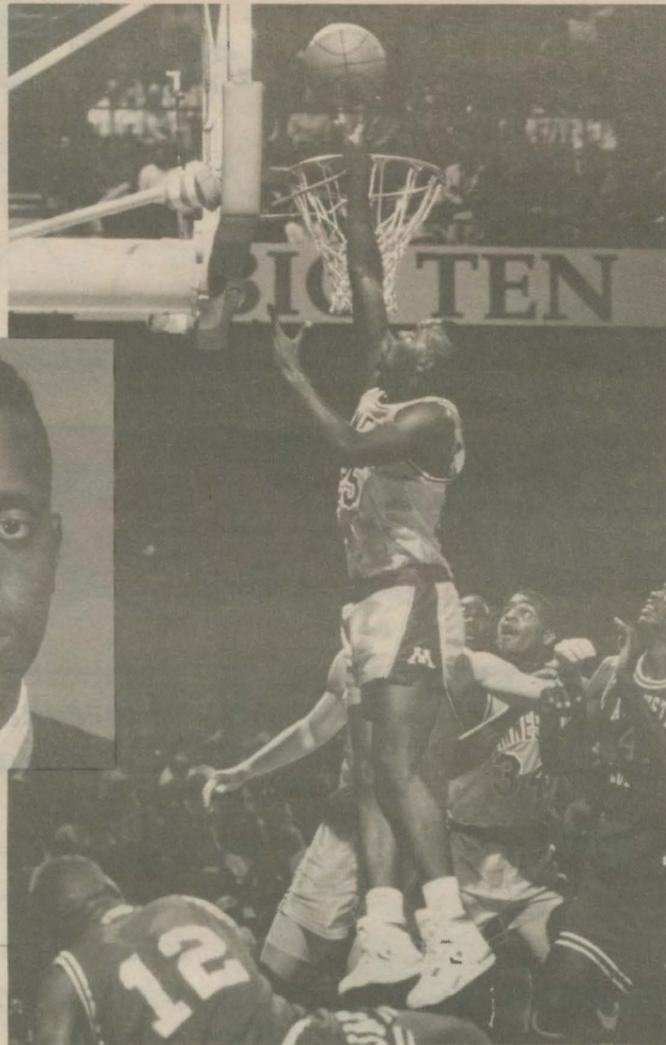
The University of Minnesota has been a national leader in this new trend in college athletic marketing. "These unique sports broadcasting relationships mean we are able to put together more comprehensive marketing packages for our Gopher game sponsors," said Sean Hunter, head of marketing, Men's Intercollegiate Athletics at the University.

In the past a number of local stations carried Gopher sporting events and sold sponsorships from which the U of M did not benefit. With only one station now originating the broadcasts of Gopher football, basketball, and hockey, these games have become much more attractive marketing vehicles to commercial sponsors. Because of the new broadcasting partnerships, Men's Athletics at the U of M shares in revenue generated through the sale of marketing packages associated with Gopher game broadcasts. This additional revenue is crucial to maintaining a first-class

Continued on page 6



Dana Jackson



Junior Dana Jackson (Crystal Lake, IL) will be the new captain for the basketball team during the 1991-92 season. A transfer from San Diego State University, Jackson averaged 8.0 points and 5.1 rebounds as a sophomore for the Gophers last season. He played in all 28 games, with 16 starts, and scored a career-high 18 points in the team's victory over Augusta at Williams Arena.

"It's a great honor, and Dana is very deserving," said Head Basketball Coach Clem Haskins. "Along with the other great captains that have preceded him at the University of Minnesota, we know that he'll give us outstanding leadership both on and off the floor."

Bet You Didn't Know A ONE-POINT SAFETY?

by Barry Dreyer

If you and I were chatting at a social gathering, and I mentioned that a safety can be worth one point, what would you think of me? You would probably say to yourself, "This guy doesn't know much about football. Everyone knows that a safety is always worth two points." Well, here's my chance to firmly establish credibility as a knowledgeable college football fan and columnist. Are you ready?

Let's take you to a Saturday afternoon game between Minnesota and Purdue. Minnesota just scored a touchdown, and they are about to try for an extra point. Wait a minute; they have decided to go for two. (Remember that on a conversion attempt, the defensive team can try to score two points themselves if they get possession of the ball and advance it to the opposing team's end zone on that play).

The Minnesota quarterback passes the ball into the end zone, and a Purdue defensive back intercepts it. The Purdue defensive back fumbles the ball as he emerges from the end

zone while beginning to run it back. It then bounces back into the end zone where a Purdue linebacker jumps on the ball. What is the verdict? According to the NCAA Football Rulebook, it is a safety that is worth just one point. Think how disastrous it would have been if Purdue had a one-point lead before the conversion attempt. Instead of holding that lead after intercepting the ball by immediately downing it, the game became tied up. You can have a lot of fun with your friends regarding the one-point safety. Challenge them on it and then show them Article I of Rule 8. They will be convinced that you are indeed a rules' guru.

Barry Dreyer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball. For more information call (404) 973-3442.



Letters



DON'T GET DISCOURAGED

I hope the Gophers don't get discouraged because of that lopsided loss to Colorado. Football is a funny sport. Sometimes it all depends on which way the ball bounces. Unfortunately, the ball didn't take the right bounce early in the game and the Gophers fell behind, unable to recover. Take heart. It has happened to the best of teams! Look forward. The season has a long way to go.

Frank Carroll
Little Falls

BAY DESERVES OUR THANKS

Rick Bay served the Minnesota program well. He came here at a time when the program had sunk to an all time low and with a very determined effort, he firmly took command.

I know there were those who didn't like his style. Some thought he wasn't warm enough. Others felt he made decisions in a vacuum. But, above it all, Rick Bay took a battered program and took it to respectability.

Rick Bay deserves our thanks. We wish him well in his new job.

Joe Vandelicht
Edina

NEW DIRECTOR SHOULD KNOW THE PROGRAM

When the search committee is formed to select a new athletic director I believe the person chosen should be familiar with the current program.

Things are going well now. It is important to maintain the effort that Bay started with someone knowledgeable about the ongoing program.

John R. Bruce
West St. Paul

IT'S HARD TO HEAR THE BAND

The Minnesota Marching Band is the greatest in the country. When they play the "Rouser" and other songs at the Dome it can be an exciting and inspiring thing. The problem is: If you sit on the same side as the band it's almost impossible to hear them. Can some microphones be dispersed throughout the band area so that those great sounds can be heard by all?

Arthur E. Warren
Fridley

TRADITION HELPS GOPHERS

If the Minnesota Gophers win a few more football games this season the fans will fill the stands at the Metrodome. The best thing the Gophers have going is the tradition built up after many years.

I always have enjoyed watching the Gophers because of those things that have remained constant, such as the band, the cheers, the familiar "Rouser" and other pep songs.

Contrast all of that with the Minnesota Vikings. The tickets are expensive and going to watch one of their games can be a bore unless they do well. I noticed something new at the 49ers game. The management must have decided to attract more young people to the Vikings because the dancers are now performing to very loud, rock type music.

What the management fails to recognize is the lack of continuity from game to game and then season to season. When the Vikings start losing and the fans stay away there will be nothing to tie the past with the future.

What really disappoints me is that after a great Viking play instead of the Viking fight song which carried us through many years of great football thrills we now get some loud music that has no connection with the Viking team. If the appeal is to attract people that like this music why not run buses to and from Ruperts nightclub?

Unless we get back the traditional Viking music and eliminate that loud, obnoxious music, I will stop attending and so will my entire club.

R.G.A. Halvorson
Fridley

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Where are They Now?

THE LIFE OF BOBBY COX: A RAGS TO RICHES STORY

By Len Levine

In 1957 *Sports Illustrated* magazine called the University of Minnesota's Bobby Cox "the nation's best college quarterback." His picture

appeared on the magazine's cover, and his life and career were the subject of a feature article.

Cox truly was one of the best Gopher football athletes ever to wear the maroon and gold. Murray Warmath, his Gopher coach, called Cox one of the most determined athletes he ever coached. "He was almost obsessed with doing well. He would practice and practice for perfection because he was afraid of slipping up," Warmath says today. Cox says about himself, "I was less afraid of losing than screwing up. I'm still that way, and that's toughened me and prepared me well for my business career."

Cox's story is a rags-to-riches one. It's a real-life Horatio Alger tale. It's the kind of story that movies are made of and coaches tell their athletes for inspiration.

Bobby Cox today is one of America's most prominent business entrepreneurs. He continues to climb up the ladder of success.

His early childhood was

marked with so much failure and despair that no one could have ever predicted the kind of future that Cox would have.

He was born in poverty in what is now the Watts area of Los Angeles, the youngest of three children. His parents, Isabel and George, often went for long stretches without work and barely enough food on the table. Cox needed companionship and knew early on that sports was a way he could get it. His first taste of organized sports came in the Catholic Youth Organization (CYC) as a 10-year old, where he participated in football, basketball, softball, and boxing. He told me over lunch the other day that like so many others from impoverished backgrounds, sports for him was "a way to achieve recognition. It was a place you could make something of yourself."

His tough and determined attitude could be seen early. He says he often told his parents and friends that he wanted a better life than it appeared he was destined to have. He says today he was determined to change the course of his life.

At the age of 14 and in the eighth grade he left home and travelled to Walla Walla, Washington, to live with friends. He wasn't sure where it was going to lead, but he says he felt he had a better chance than if he stayed in Los Angeles. He lived with five families, a different one each year.

"They were all the best you could find in people. They took a sincere and genuine interest in me." He says the men all served as positive role models, providing a sound direction for him.

They included: a district attorney, a general manager of a railroad, a wheat farmer, an English teacher, and a high school football

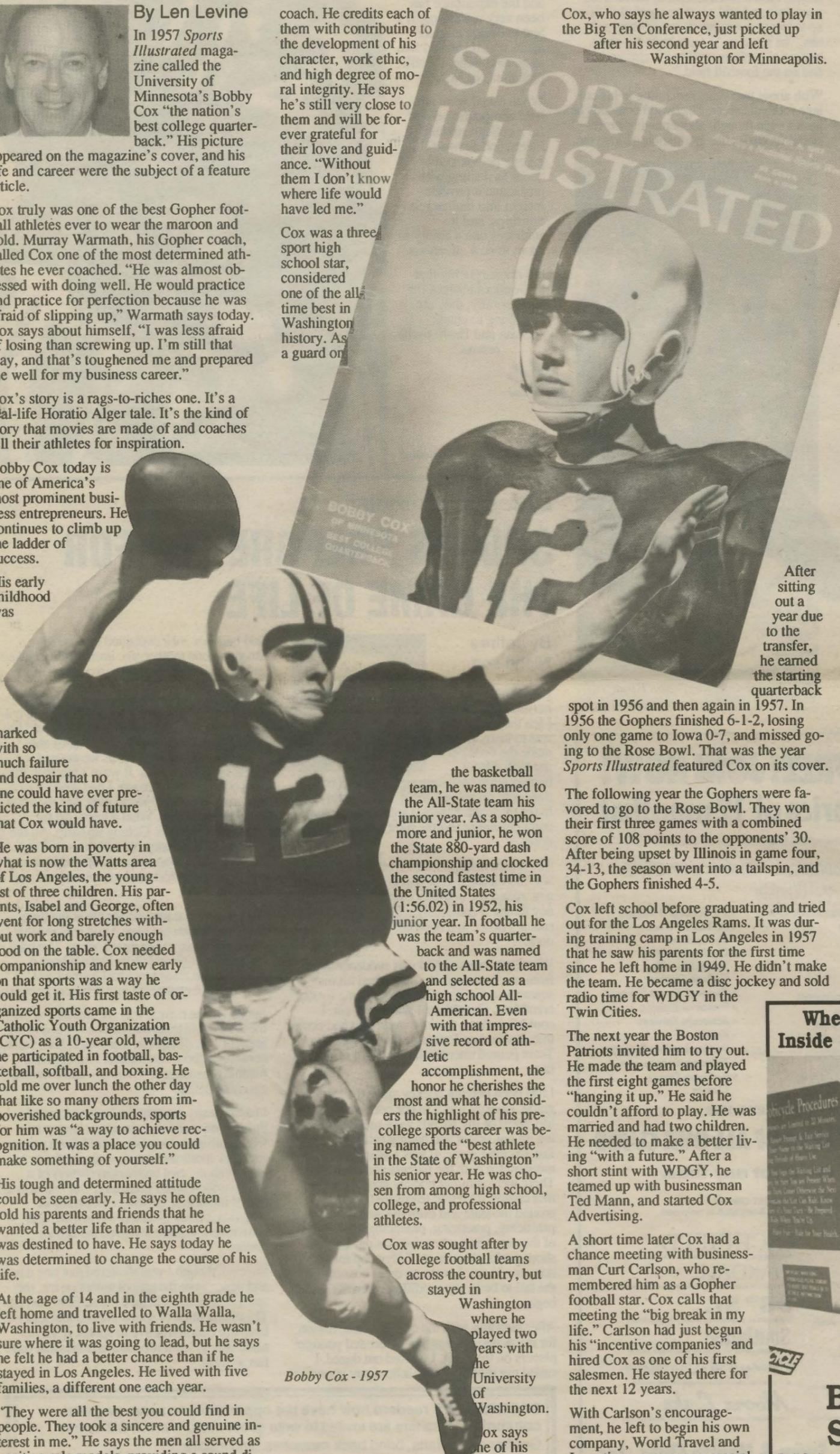
coach. He credits each of them with contributing to the development of his character, work ethic, and high degree of moral integrity. He says he's still very close to them and will be forever grateful for their love and guidance. "Without them I don't know where life would have led me."

Cox was a three-sport high school star, considered one of the all-time best in Washington history. As a guard on

Cox, who says he always wanted to play in the Big Ten Conference, just picked up after his second year and left Washington for Minneapolis.

He has since done business throughout the United States. Last year his company posted a record \$47 million in sales. He says his goal is to hit \$100 million in sales in the next five years. Cox was chosen the Minnesota Small Business Person of the Year in 1988, the first Mexican-American to be so honored.

Cox lives in Golden Valley with his wife, Terri. He is the father of two sons and a daughter: Bobby, a Los Angeles musician; Chris, a flight instructor; and Sarah, a nurse at Minneapolis Children's Hospital.



Bobby Cox - 1957

After sitting out a year due to the transfer, he earned the starting quarterback

spot in 1956 and then again in 1957. In 1956 the Gophers finished 6-1-2, losing only one game to Iowa 0-7, and missed going to the Rose Bowl. That was the year *Sports Illustrated* featured Cox on its cover.

The following year the Gophers were favored to go to the Rose Bowl. They won their first three games with a combined score of 108 points to the opponents' 30. After being upset by Illinois in game four, 34-13, the season went into a tailspin, and the Gophers finished 4-5.

Cox left school before graduating and tried out for the Los Angeles Rams. It was during training camp in Los Angeles in 1957 that he saw his parents for the first time since he left home in 1949. He didn't make the team. He became a disc jockey and sold radio time for WDGY in the Twin Cities.

The next year the Boston Patriots invited him to try out. He made the team and played the first eight games before "hanging it up." He said he couldn't afford to play. He was married and had two children. He needed to make a better living "with a future." After a short stint with WDGY, he teamed up with businessman Ted Mann, and started Cox Advertising.

A short time later Cox had a chance meeting with businessman Curt Carlson, who remembered him as a Gopher football star. Cox calls that meeting the "big break in my life." Carlson had just begun his "incentive companies" and hired Cox as one of his first salesmen. He stayed there for the next 12 years.

With Carlson's encouragement, he left to begin his own company, World Travel and Incentives, a company specializing in business and group incentive travel.

Cox's company, which began with two employees, today has grown to over 140, with of-

the basketball team, he was named to the All-State team his junior year. As a sophomore and junior, he won the State 880-yard dash championship and clocked the second fastest time in the United States (1:56.02) in 1952, his junior year. In football he was the team's quarterback and was named to the All-State team and selected as a high school All-American. Even with that impressive record of athletic accomplishment, the honor he cherishes the most and what he considers the highlight of his pre-college sports career was being named the "best athlete in the State of Washington" his senior year. He was chosen from among high school, college, and professional athletes.

Cox was sought after by college football teams across the country, but stayed in Washington where he played two years with the University of Washington.

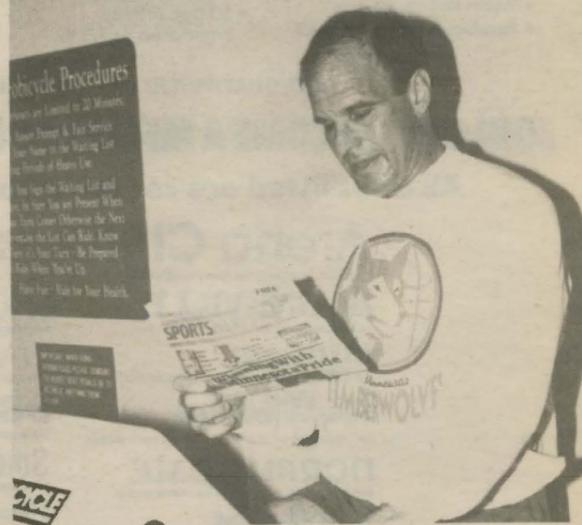
Cox says one of his surrogate fathers, the general manager of the railroad, who was from Duluth, Minnesota, always talked about the good life in Minnesota and what a great school the University of Minnesota was.



Bobby Cox - 1991

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.

When He Wants To Learn The Inside Story About Gopher Sports...



Bob Stein reads SPORTSNEWS

Bob Stein was a University of Minnesota All-American defensive end and star linebacker for the Kansas City Chiefs. Today he is the president and chief executive officer of the Minnesota Timberwolves. Stein is pictured reading *SPORTSNEWS* while working out at the Arena Club in downtown Minneapolis.

FLEETWOOD from page 1

Fleetwood believes the current Gopher football team is better than last year's. "Our offense is more diversified, and we have more weapons than we've had in the past few years."

As a person famous for his capacity to fire up his team, Fleetwood reveals that he also responds to emotion. "There's a different feeling when the Metrodome is packed," he says. "A large crowd intensifies the adrenalin and makes you play at a higher level. You want to give your all because most of the people came for one reason - to see the

"There's a different feeling when the Metrodome is packed. A large crowd intensifies the adrenalin and makes you play at a higher level. You want to give your all because most of the people came for one reason - to see the Gophers win the football game."

—Marquel Fleetwood

Gophers win the football game."

With a double major in sociology and finance, Fleetwood attempts to balance his academic and athletic time carefully. "It's up to me to get as much out of class as I can," he stresses. "I must have the same hunger to perform well in the classroom and on the football field."

With about two years remaining in his college football career, Fleetwood contends he hasn't even thought about playing professional football after graduation. "I love the

University of Minnesota," he remarks. "The people are warm, and the experience has been very rewarding. If I had to decide all over again where I would like to go to college, I'd still pick the U of M."

When asked what athletic competition does for a college student, Fleetwood answers, "It gives a person confidence in dealing with problems; it provides insight into human relationships; and it enhances one's ability to adapt to new situations."

It's not surprising that as Gopher fans root for another rally, they are beginning to chant: "Slash and Dash" to the rescue."

Marquel Fleetwood



Guest Columnist

SPORTS PREPARE YOU FOR THE GAME OF LIFE

By Jeffrey Nicholson



I'll never forget how nervous and uneasy I felt the day that I was to learn if I had made the final cut of my high school hockey team. All morning, I could concentrate only on prayers that I would survive and make the team. Surely, I was good enough, and I definitely had the right attitude and drive.

The notice listing those unfortunate players was to be posted later that afternoon. As 11 a.m. rolled by, I couldn't stand the suspense any longer. I cautiously walked down to the coach's office and nervously knocked on his door.

What little breath I had was suddenly taken from me, as though the coach had hit me squarely in the stomach—leaving me totally breathless. He told me I was being cut. I couldn't believe that my worst fear had come true. I would no longer be part of the team. Tears poured uncontrollably down my young face.

I had been playing hockey since the third grade. Hockey was a major portion of my life. Most of my friends were made while lacing up our skates and having fun playing this fast, exciting game. It was a year-round commitment for both the parents and the boys. There were summer hockey games and summer camps, traveling teams that played around the state and even in Canada, and practicing, practicing, practicing at all hours of the day. Even when not skating, I would shoot pucks off a sheet of plywood into a homemade net. I even ran cross country in the fall to be in top condition when the season began.

After pleading with the coach, whose reason for my departure was that he needed younger players on the team, I walked out dazed. I called my mother on the school pay phone

and between sobs explained my tragedy. Being a good mother, she immediately picked me up and drove me home to comfort me.

Still, I just couldn't believe it. As a young boy, I had dreamed of wearing the school colors and scoring the winning goal. I would imagine the atmosphere of school spirit and unbelievable crowd noise as we entered the ice to our school song. It wasn't fair that this was being taken from me. I had worked so hard and felt I deserved to play. My thoughts were: What a joke. What a loser. All the work. All the drills. Getting up early. All the sweat. What a waste. Now, what was I supposed to do? It had seemed that suddenly my life and friends had been taken from me, and I was lost.

This was very traumatic for me at the time; however, I soon got over it and realized that there was more to life than hockey. The hard work, discipline and drive had not been a waste. These traits that I had learned just needed to be channeled into different pursuits.

Sports can be a great way for children to learn these valuable traits that can be applied in all areas of life: discipline, teamwork, hard work, communication, confidence, setting goals, planning, execution, winning—and even the agony of defeat.

I can honestly say that the lessons learned through my early days in sports have positively influenced my life. I still have a passion for team sports and am now successful as a team with my two brothers as owners of a multi-million dollar company. Our business is one of the fastest growing companies in America, selling products worldwide. Our most recent venture involved the Soviet Union.

So, even though I was shattered that one day and never wore the school colors on ice, the spirit of sports has helped me achieve success. The competition of sports is invaluable. Let's keep our children active in sports. It's a fantastic way to learn life-long qualities and have fun as well!

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Columns, not exceeding one double-spaced typewritten page, should be sent to:

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THE MEN BEHIND THE SCENES

By R. E. Zev

John Gutekunst is well known as the head football coach for the Golden Gophers of Minnesota. But who are the men behind the scenes who walk the sidelines wearing headsets, carry clip boards diagramming plays, and confer with Gutekunst?

The men behind the scenes:

BOOKER BROOKS coaches the wide receivers. In 1969 he began a 15 year stint on the coaching staff of Penn State. He then went to Oregon State where he served as the offensive coordinator for two seasons. At one point in his coaching career, Brooks had ten former players in the National Football League or the United States Football League.



School in Buffalo N.Y. and won four letters as a quarterback and tight end on the football team and four letters as a baseball catcher at Culver-Stockton College in Missouri. After different coaching assignments at a variety of schools, Okruch coached football at his alma mater from 1980-1982. He was an assistant coach for the University of Colorado before joining the Gophers.

MIKE PENDINO coaches the offensive line. Pendino was a star high school defensive tackle in New Jersey and was a standout offensive guard on the Temple University football team in Philadelphia. In 1985 he joined the Gopher staff where he worked with the offensive line for four years. He then coached in Maine and Las Vegas before coming back to the University.



CHRIS COSH is the newest member of the Golden Gopher coaching staff. He works with the defensive line. Cosh was a high school football star in Maryland and was the leading tackler on the Virginia Tech team in

1979. He's been a successful high school and college football coach. During his coaching career, Cosh has developed three NAIA Defensive All-American selections.

TOM GADD is the Gopher's defensive coordinator. At Kearney High School in San Diego he was named the most inspirational player on his football team. At San Diego City College he was the football captain and named to the All-Mission Conference Team. In the 1968 season he played for the University of California-Riverside where he was named team captain and District 3 All-NAIA. He was the defensive coach at Cal-Riverside after graduation and his defensive unit led the nation in interceptions with 33 and gave up just 75 yards a game in rushing. In 1984 as the defensive coordinator for the South Carolina Gamecocks, his unit led the nation in defense which helped lead the Gamecocks to a 10-1 record and an appearance in the Gator Bowl.



ED PINKHAM has been the defensive secondary coach for the Gophers since 1989. Prior to that he spent twelve years on the staff of the University of New Hampshire. As defensive coordinator there, his team led the nation in turnovers gained. Pinkham was a star athlete in track and football at Allegheny College in New Jersey.

BOB RHODE goes down in the Gopher history books as the first strength coach and director of the weight training program. He comes to Minnesota from nearby Wisconsin where he was a star football and basketball player for Watertown High School. Rhode was also a four year starter at halfback and earned all-conference honors at the University of Wisconsin-Stevens Point. He played one season with the Denver Broncos in the NFL.



JIM HUEBER became a member of the coaching staff in 1984. He is the offensive coordinator. Hueber was an all-conference football star at Northeast Catholic High School in Philadelphia and attended and played football for the University of South Dakota.



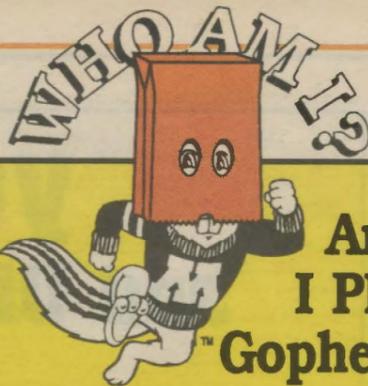
BOB SCHNELKER joins the University of Minnesota staff as a volunteer offensive coach after 29 years as an assistant coach and offensive coordinator in the National Football League. He was the Minnesota Vikings' offensive coordinator from 1986-1990. He played in the Pro Bowl twice and was on the coaching staff of the Green Bay Packers when they won two championships (1966 and 1967). He directed the NFC's number one offense in 1981 at Detroit and the NFC's number one offense in 1983 at Green Bay.

GEORGE WEMEIER was a highly respected high school football coach in Minnesota for more than twenty years before becoming a member of the Gopher coaching staff. Coach Gutekunst has him working with the quarterbacks. Wemeier, a Macalester College football star, earned four letters and was named to the all-conference team. They still talk about him in his native Waconia where he starred in football, basketball, and baseball in the mid 1940s. He coached at Braham and Henry High Schools before accepting the top football coaching position at Minneapolis Washburn where he stayed from 1966 through 1983. His teams went 60 games without a loss.



ROBERT MATHESON has been on the Gopher coaching staff since 1988. He was a teammate of head coach John Gutekunst at Duke where he was named the football team's MVP and team captain as a senior while gaining All-Conference and All-American honors. Matheson was a first round draft choice of the Cleveland Browns and was their linebacker from 1967 through 1970. He played nine years with the Miami Dolphins including three Super Bowls. He coached at Duke and with the Dolphins before joining the Gophers. He coaches the defensive linemen.

VINCE OKRUCH joined the Gopher coaching staff in 1985 and has had major responsibility with the outside linebackers. He was a three sport star at Cardinal O'Hara High



And What Part Did I Play In The Golden Gopher Tradition?

I graduated from Minneapolis Roosevelt High School where I was all-city in football and state champion in the 440 yard dash. I was the quarterback for the Gophers in the late 1950s and then joined the Gopher football coaching staff immediately following graduation in 1958. Coach Murray Warmath had me working with the backs.

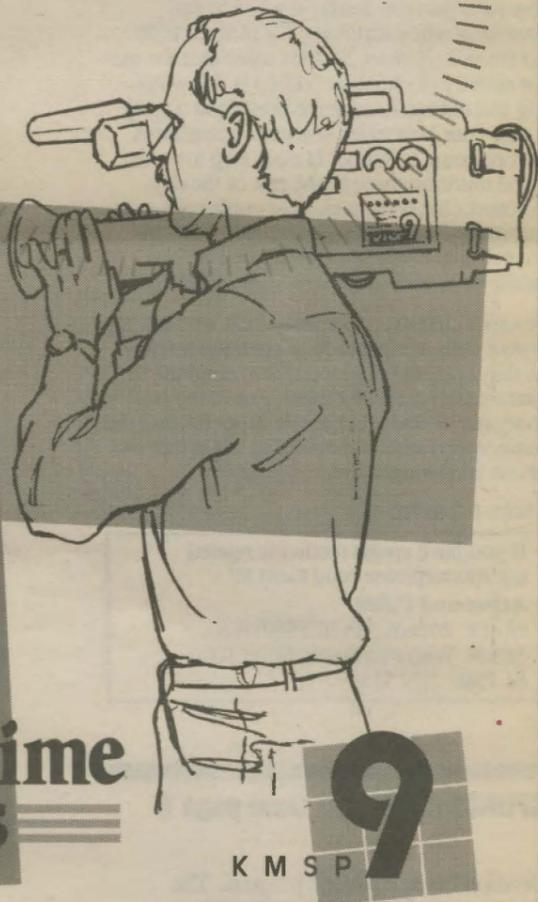


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1991 Gopher Football Schedule



Oct. 19	Michigan State @ East Lansing	Noon
Oct. 26	MICHIGAN	1:30 p.m.
Nov. 2	Indiana @ Bloomington	Noon
Nov. 9	OHIO STATE	1:30 p.m.
Nov. 16	WISCONSIN	1:30 p.m.
Nov. 23	Iowa @ Iowa City	1:00 p.m.

All times subject to change. Home games in bold.

Aches and Pains

By Elizabeth A. Arendt, M.D.,
Director,
University of
Minnesota
Sports
Medicine
Institute



Q My son is overweight but appears to be quite active and fit. I believe that carrying the extra weight at his age is bad for him. Any suggestions to get him to lose weight?

A Certainly the myth that fat kids are lazy, slow, and not aerobic fit is not necessarily true. A recent study in the *Journal of Pediatrics* (Vol. 116, p. 223-230) assessed aerobic fitness by measuring maximum oxygen uptake during exercise. It was found that two-thirds of obese children seemed normally fit by this criteria. The conclusion was that younger obese children were as active as normal weight children and could successfully adapt to their high body weight. However, as obese children grow older, decreased activity may slow down the normal growth of their oxygen capacity. However, exercise may not always be the key to correcting this problem. Working with your doctor to assist your child in maintaining a healthy weight certainly needs to include eating habits.

Some clues for good nutrition in children is to serve nutritious meals at home. Children follow their parents' leads on when to eat. Snacking while watching TV plagues both adults and children. Studies show that the major activity of chubby children is TV watching and eating. Encourage breakfast! Trying to get your kids to eat something nutritious before going to school is a big step towards good nutrition through the rest of the day. Another clue is to stock your cupboards with nutritious foods, keep your meals a positive experience, and have a shelf filled with healthful snacks at the eye level of preteens.

Another clue to try and keep kids who are active in their adolescence to continue activity as they approach late teens is to continue to make exercise fun for them. Fun is the primary reason kids participate in sports, and the main reason kids stop working out is that exercise is no longer fun.

I hope this helps.

If you have sports medicine related questions, please send them to:
Aches and Pains
c/o Dr. Arendt, SPORTSNEWS
386 N. Wabasha Street, Suite 1040
St. Paul, MN 55102

SPORTS COVERAGE from page 2

Division I men's athletic program. The Department of Men's Intercollegiate Athletics at the University receives no dollars from the state of Minnesota. It must raise sufficient funds on its own through such things as ticket sales, concessions, and donations.

WCCO-AM Radio carries Gopher football and basketball games. Thirty-one radio stations in the Upper Midwest cover U of M football as part of the Midwest Radio Network of which WCCO is the flagship station. KFAN-AM Radio in the Twin Cities is the exclusive originator of Gopher hockey broadcasts.

A special program called "Gophers' Sports Extra" airs on KARE Television, Channel 11 in the Twin Cities, every Saturday at 11:05 p.m. This program continues through April 4 and includes conversations with Gopher Head Coaches John Gutekunst (football), Clem Haskins (basketball), and Doug Woog (hockey).

High quality sports broadcasting brings the excitement of Gopher games to fans throughout Minnesota and the Upper Midwest. This sports coverage enhances the focus on U of M student-athletes, coaches, and administrators. It provides the public with a human interest view of men's athletics at the University of Minnesota.

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Gophers' All-Sports' Record Impressive

The overall success of University of Minnesota (U of M) athletic teams in the Big Ten during the past several years has been outstanding.

Based on their teams' place finishes in all 11 Big Ten sports, the Golden Gophers were Number One overall in the Big Ten in 1989-90 and Number Four in 1990-91.

While the Gophers did not do especially well in basketball or indoor track last season, they were Big Ten champions in gymnastics and runners-up in baseball, swimming & diving, and tennis. The U of M cross country team finished fifth in the Big Ten and the Gopher football, golf, and outdoor track teams all placed sixth. The wrestling team was seventh.

For so many U of M teams to perform well in the highly competitive Big Ten is a tribute to the dedicated athletes, coaches, and administrators of the University of Minnesota Men's Athletic Program.

This impressive overall performance

record does not reflect the excellent accomplishments of the Gopher hockey team. Hockey is not a Big Ten Conference sport. Minnesota's hockey team competes in the Western Collegiate Hockey Association (WCHA) where it finished in second place the past two years.

Although athletes and fans are rarely satisfied with anything less than best in their favorite sports, the fine general performance record of University of Minnesota teams gives Gopher boosters reason to feel very proud.

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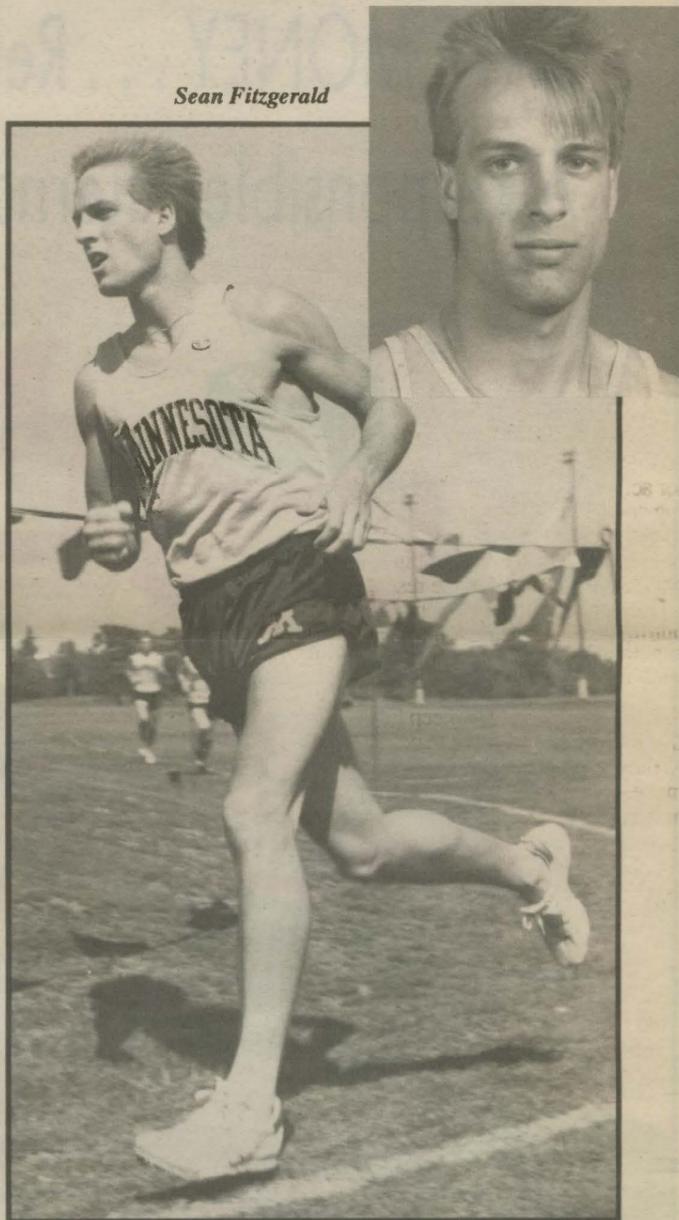
Minneapolis: 338-6610
Bloomington: 835-3800
North Suburban: 786-7117



Mark Lacy

Seniors Mark Lacy (Oak Brook, IL) and Sean Fitzgerald (Ottawa, Ontario, Canada) will serve as co-captains for the track & field squad. Lacy captured the Big Ten indoor shot put title this past season with a personal-best throw of 59-9. He finished 15th at the NCAA Indoor Championships and then collected All-American honors by finishing 10th at the national outdoor meet with a heave of 58-10 1/4. Fitzgerald won the 1500 meters at the Texas Relays this spring and also placed fifth at the Drake Relays in a personal-best time of 3:47.90. He went on to finish third in the event at the Big Ten Championships with a time of 3:49.69.

Sean Fitzgerald



Fan in the Stands

The number one ranked high school running back in America is interested in playing for Minnesota. He's a C minus student. What would you recommend to the recruiting coaches?



MIKE HINCHCLIFFE
Milwaukee, Wisconsin

I would have to say we should go for him. The fact that he's a C student tells me he's not dumb and I think he can make it once he's in college.



DARREN HEYDANEK
Chicago, Illinois

I would recommend that they recruit him because he is a top football player and his playing for the team could help a great deal. If he does well then the team will do well. It gives impetus to the whole program. He can get some help with his studies.



MARY BAUERMEISTER
New Hope, Minnesota

Yes, I think he should be able to play. If he needs some tutoring and if he didn't improve over a certain amount of time, then don't play him until he makes improvement. He should have to work for it.



ROD WALLACE
Excelsior, Minnesota

That's a loaded question but a good one. Obviously we need to take him because of his ability. He'll have to work real hard to get his grades up. We've taken some students with grades like that before and they have done real well. You never know what caused the problems with low grades so let's get him and then work with him. John Gutekunst has a way to work with his athletes and they know how strongly he feels about their grades. I think it could work out well for everyone.



DON BERGESON
Lino Lakes, Minnesota

Yes. If he's a great player we should take him and give him whatever extra help he needs. We could use some good running backs.

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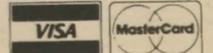
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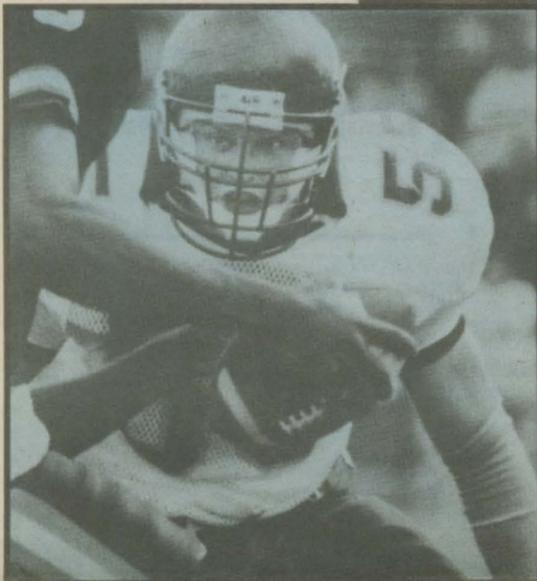


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"I Just Want to Be a Gopher"

By Jim Mulrooney



"If you were dreaming up the ideal person to represent your school, you'd come up with Joel Staats."

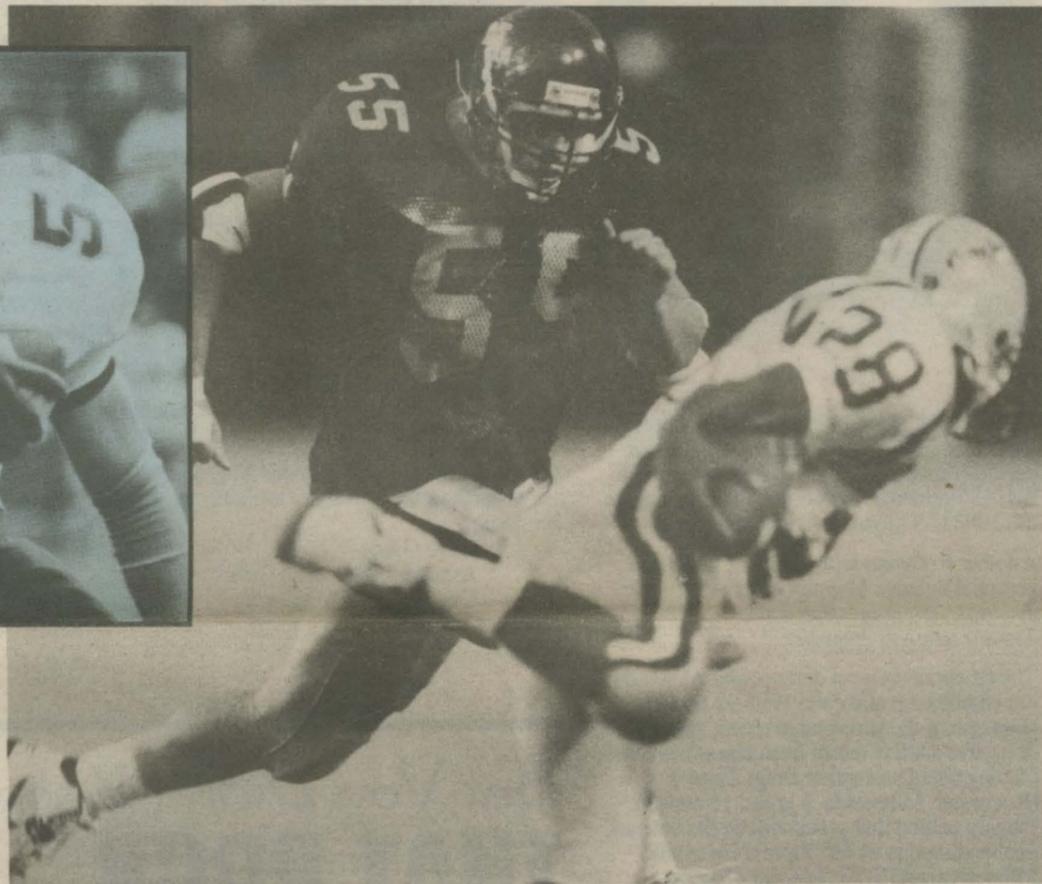
So says Pat Lavin, Director of the Student-Athlete Program at the University of Minnesota (U of M). Lavin's opinion is shared by Gopher coaches, football players, and U of M faculty members. Each of them has a positive assessment of 6'-2", 231 pound senior linebacker Joel Staats.

Intense. Serious-minded. Goal-directed. Dedicated. "He's a leader, highly regarded by his teammates," Lavin explains. "He's a quiet, gentle, wonderful young man."

Staats was a distinguished student-athlete at Winona High School, earning all-conference honors in football, baseball, and track. As a linebacker and offensive lineman his senior year, he led Winona to the Minnesota Class AA championship game and was named to the all-state football team. He set a state Prep Bowl record in 1987 with 23 tackles. He also established a district discuss toss record of 189-1/2 feet and was named to the National Honor Society.

Sound too good to be true? Not to football recruiters from Notre Dame, Nebraska, and Michigan State, among others. They were all interested in attracting Joel to their schools.

Gopher head football coach John Gutekunst traveled to Joel's Winona home and spoke with him about the U of M's football program. Jim Staats, Joel's father, recalls that he finally had to interrupt Gutekunst and say to his son, "You may as well tell him." Joel indicated he had already made up his mind about



where he was going to attend college. "I just want to be a Gopher," he said.

Coincidentally, about 40 years earlier another Winona athlete, Paul Giel, also decided to be a Gopher. He went on to become one of the University of Minnesota's all-time great players. Understandably Staats was thrilled to play his high school football games on the Paul Giel Athletic Field, named in honor of his hometown hero. "What Paul Giel did for U of M football is hard to describe," he says, "and I'm proud to know him."

In the opening game of the 1988 Gopher football season, Jon Leverenz sustained a knee injury which forced him to leave the game. Staats, a freshman, replaced Leverenz and started every game the rest of the year. He finished the season with 84 stops, third best on the team.

In his second year at linebacker he had 71 tackles and two pass interceptions. Last year his 89 tackles (49 solos) and aggressive play earned him honorable mention on the UPI All-Big Ten team.

Intelligence and strong willpower characterize Staats' life as a student-athlete.

"The kid is incredibly disciplined," Lavin emphasizes.

Gopher Linebacker Joel Staats



"Joel is everything you want in a linebacker. He is always thinking...He plays hard...with the game plan in mind."

— Vince Okruch
Gopher Assistant Football Coach

"Joel is everything you want in a linebacker," Gopher Assistant Coach Vince Okruch comments. "He is always thinking. He plays hard...with the game plan in mind."

According to Staats, success on the football field and in the classroom require the same things. "You have to work hard, remain diligent, and be willing to manage your time even if it means making sacrifices."

His persistence and high-quality efforts have paid off. Last year he was an academic All-Big Ten selection.

As a management major at the U of M's Carlson School of Management, Staats has a 3.80 grade point average. Last summer he was chosen to participate in an internship in operational management at the 3M Company.

Staats typically credits others for his accomplishments. "Having Brian Berube (the Gopher football team's academic advisor) guide me during my first year was essential to my early academic success."

But when he's passing out bouquets, first and foremost is his family. "(They) have always been supportive."

His mother and father, Judy and Jim, were in the stands for every one of his Winona High School games, and they attend all of the Gopher football games, both home and away.

The day before the Gophers' game against the University of Colorado in September, the Staats made the 15 hour drive to Denver. "We had 11 adults and three grandchildren bunked at our daughter's home," Jim Staats points out.

"Joel took the Colorado loss very hard," Mr. Staats explains. "Each loss this year has been especially difficult for him because his expectations for the team are so high. But he's been able to focus on the next opponent."

"It's true we've supported Joel," says Jim Staats. "But he's the one who has set his own direction and taken the bit in his teeth and run with it. He's always been a person who's concentrated on what he wanted to do and how to get there. He's been willing to put in the time necessary to achieve his objectives. He makes us feel very proud."

His dad's words echo the sentiments of all those who have come to know this Gopher, Joel Staats.

Gopher Hockey Team Ready

Head Hockey Coach Doug Woog returns a veteran Gopher team to challenge for the Western Collegiate Hockey Association (WCHA) championship this season. Back are fourteen lettermen from last season's team which finished with a 30-10-5 record.

Leading the Gophers' offense this year will be All-American candidate Larry Olimb. The Warroad, Minnesota native led the Gophers in scoring last season with 19 goals and 39 assists. Other top scorers returning include Trent Klatt (Osseo, Minnesota, 16 goals, 28 assists) and Travis Richards (Crystal, Minnesota, 9 goals, 25 assists). Those two players were third and seventh respectively in scoring last season.

The Gopher hockey team has also been strengthened by the addition of some excellent freshmen. This group is led by Darby



Larry Olimb

Hendrickson from Richfield High School. He was named Metro Player of the Year and received Minnesota's Mr. Hockey award. The 6-1, 185-pounder was chosen to participate in the 1992 U.S. Olympic Trials' camp.

Another freshman with plenty of talent and potential is Steve Magnusson of Anoka. He also was very impressive at the U.S. Olympic Trials' camp last August.

The Gophers' veteran defense and goaltending should help make the 1991-92 hockey team one of the strongest in recent years. Five defensive starters return from last season, including alternate captain Doug Zmolek (Rochester, Minnesota, 3 goals, 15 assists). Playing behind that group will be the veteran goaltending duo of Jeff Stolp (Nashauk, Minnesota) and Tom Newman (Blaine, Minnesota).



Travis Richards

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Letters



GUTEKUNST CARES ABOUT ATHLETES

I read with interest the article on Coach John Gutekunst that appeared in the last issue of SPORTSNEWS. Thanks for portraying the real John Gutekunst, one who truly cares about his athletes.

When the Minnesota team hasn't done well, the fans are quick to scream about the coaching. But through it all, Coach Gutekunst has placed his athletes' studies above all. That's what really counts in the end.

Howard Muri
Roseville

WRESTLING PUT IN POSITIVE LIGHT

A quick note of appreciation for your July article on Marty Morgan. I have always been surprised and dismayed by other newspapers' ("Star Tribune") lack of coverage and in most cases wrestling was mentioned in a negative light.

I particularly like the job being done by SPORTSNEWS. You cover University of Minnesota Athletics in an excellent way, stressing athletes' improved graduation rate and GPAs.

Recently the Gopher wrestling program had the number one recruiting class in the country. The most amazing part of this is that almost all of the recruits are from Minnesota.

Again, thanks for your outstanding coverage regarding University of Minnesota wrestling.

Dave Grant
Assistant Wrestling Coach
University of Minnesota

ALL SPORTS ACROSS AMERICA SHOULD BE COVERED EQUALLY

When the President of the United States signed a paper admitting Alaska and Hawaii, he admitted that we are all one nation. That being the case, college sports should be treated equally wherever they are played.

I don't see anything in the local papers about college sports played in those states.

I say open the door wide and count every school in as a part of this country's sports coverage.

Robert F. Driscoll
Litchfield, Minnesota

GUTEKUNST IS RIGHT ON

Football Coach John Gutekunst is right on when he says, "A college sport is the best undergraduate laboratory on campus." I enjoyed your feature on him in the October issue.

Alan Woodworth
St. Cloud

SPORTSNEWS welcomes your views on any University of Minnesota sports related issue.

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Bet You Didn't Know THAT POOR KICKER

by Barry Dreayer



Some of the most vulnerable players on the football field are the punter, place-kicker and the holder. Their duties require intense concentration to avoid being distracted by opposing players who may be zeroing in for contact.

To protect these players, a set of rules was implemented to penalize the opposition for unfairly capitalizing on this vulnerability by *roughing or running into* the kicker or holder. The protection ceases, however, if the kick is blocked. Then everyone is "fair game" to the player who blocked the kick. The following discussion assumes that the kick was not touched.

Roughing is called when a defensive player plows into a holder or kicker. The officials must use their judgment to decide if the defender disregarded the fact that severe contact with those players should be avoided. If so, a fifteen-yard penalty will be assessed against the defense along with an automatic first down.

The rules say that if a defender "displaced" a kicker or holder, but was sensitive to their unique status, then roughing will NOT be called. Instead, the less-harsh penalty of *running into* the kicker or holder will be whistled. It carries just a five-yard assessment and NO automatic first down. By the way, officials are told to ignore any *incidental contact* on these kicking plays.

Until a few years ago, it seemed that collegiate football programs made "Drama 101" a mandatory course for their kickers. You would see great acting performances trying to

impress upon the officials that they were the recipient of significant contact by the defense. Now, if an official sees through this deception, the offense can be penalized fifteen yards for *simulating contact* by the opposition.

Imagine a snap going over the head of the punter. He retrieves it and then immediately gets the punt away before he is leveled by a defender who did not touch the ball. What happens?

If a punter recovers a loose ball, and it is obvious that he intends to kick it, then he is still protected under the running into/roughing rules. If he gives the impression, after picking up the ball, that he intends to run and at the last second he "quick-kicks," subsequent contact does not result in a penalty.

The pros take a different approach. According to NFL rules, if a kicker picks up a loose ball, he is treated the same as any other player on the field, regardless of whether he kicks the ball or not. An NFL punter thus puts his life into the hands of the center who snaps the ball.

What would football be like if there weren't these roughing or running into the kicker rules for protection? More teams would be "going for it" on fourth down, because punters, kickers and holders would soon become extinct.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball. For more information call (404) 973-3442.

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Where are They Now?

From Football Star to Song Writer



By Len Levine

Gopher football fans will remember George Meissner, a 6' 2"-190 pound rugged and "mature" football player who played both of-

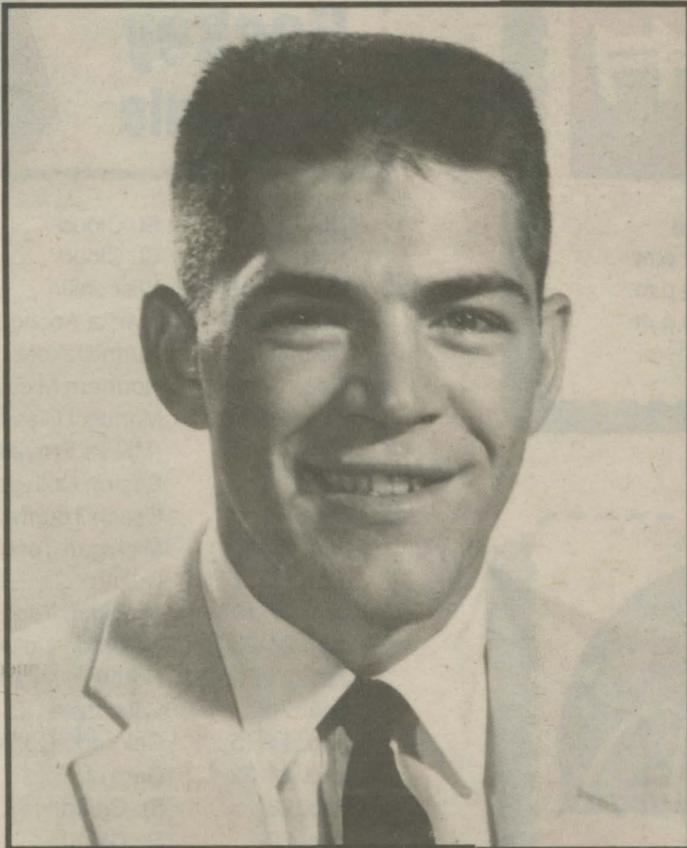
fensive and defensive end under Coach Murray Warmath in 1959.

His high school coach (Meissner is a 1952 graduate of St. Paul's Harding High School), the legendary Clyde McDonald, once referred to him as one of the best football players he had ever coached, and predicted that Meissner would be highly sought-after by major schools across the country.

Instead of going on to play football after high school, Meissner enlisted in the Army, where he played military football. He served in Metz, France, from 1954-56. He then enrolled at the University and tried out for the Gopher squad as a walk-on. He told the coaches he wasn't interested in a football scholarship because he was going to school under the G.I. Bill.

Meissner was red-shirted his first season. He made the travelling squad as a sophomore but saw limited action. The following two years were gloomy ones for the Gophers. The Gophers had difficulty winning many games. Meissner's career never took off. Coach Warmath was being hanged in effigy and once had garbage thrown on his front lawn.

Meissner graduated in 1960 with a degree in education. His first job was the directorship of a recreation center on St. Paul's North End. In 1963 he started as an insurance agent for State Farm Insurance Company, officing in Golden Valley, where he still is today.



George Meissner, 1959

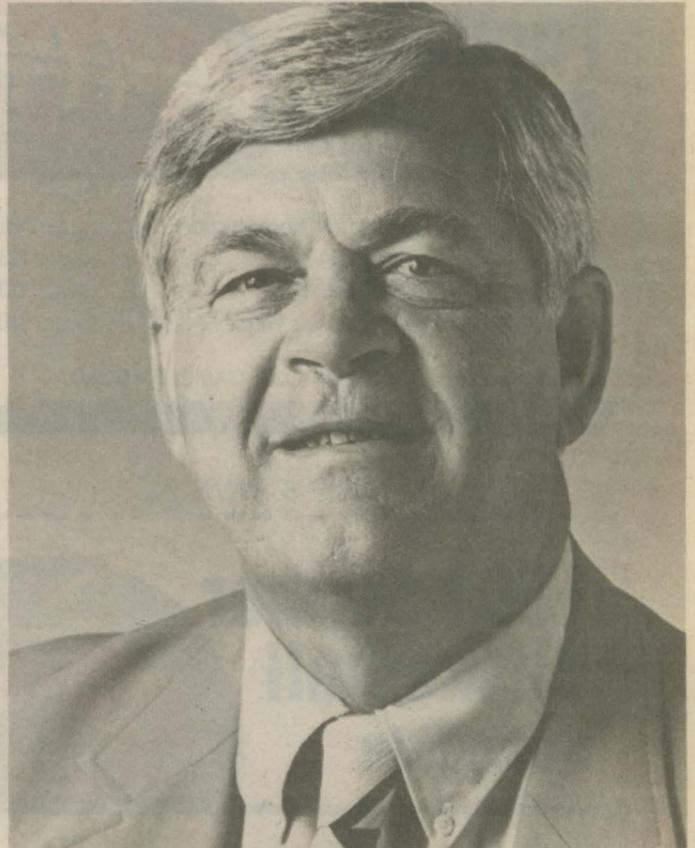
A few years ago, while on a skiing trip in Colorado, Meissner says he heard a song about the state of Texas and wondered why someone hadn't written one like that about Minnesota. "It's a gold mine in Minnesota. The Twin Cities is the Paris, France, of the United States," Meissner recently told me. He added, "I couldn't think of a better way to bring attention to our area than to 'put it to music,'" and that's just what he's done. Meissner began writing music. His first

song, "She's Itasca," is a song about a "very beautiful but nationally-unknown park in Minnesota."

Meissner founded City, Country, and Soul, Inc., after "She's Itasca" and has written another ten songs which will be included in a Minnesota Memories album. Overall, Meissner says he's composed close to 50 different songs, writing about six each year. One song, "T. C., I Call Home," is about a person who wakes up in a make-believe condominium high over the Twin Cities and describes the beauty of the area.

"...I wake up in the morning, clear my eyes to see ... there is a warm heart feeling that says inside of me these cities with their culture are the place to be ... they are the cities with great beauty, T. C., I call home."

Some of Meissner's other songs include "Footprints," a country religious song,



George Meissner, 1991

"Shining Star," a country wedding song, and "Bronco the Legend," a song about 19 Minnesota football greats (Vikings and Gophers).

In the past few years Meissner has experienced hearing loss which has necessitated the wearing of a hearing aid. He says, "One thing led to another," and he wound up appearing in national "Miracle Ear" television advertising.

Meissner and his wife, Kirsten, live in Maple Lake, Minnesota, and are the parents of four children.

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.

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MAZZOLENI NAMED ASSISTANT HOCKEY COACH AT U OF M

In late summer, the University of Minnesota Men's Athletic Department announced the hiring of Mark Mazzoleni as assistant hockey coach for the Golden Gophers.

The newest member of the Minnesota hockey staff comes from the University of Wisconsin-Stevens Point, where he was head hockey coach and director of athletics.

"Mark comes to the University of Minnesota with impeccable credentials, both as a hockey coach and as an administrator," said Head Hockey Coach Doug Woog. "He will be able to help our program immediately in a number of areas. His expertise in recruiting, special teams' coaching, and administrative skills will be of great value to our program. His strong background in academics and his philosophy of pushing his athletes to strive for both academic and athletic success, fit closely with our own philosophy at Minnesota."

The 34-year old Mazzoleni is a native of Green Bay, WI. He played junior hockey for the St. Paul Vulcans under Woog, earning All-League honors in 1975-76.

"I am very honored and excited to be joining the Gopher staff," said Mazzoleni. "It is a great career opportunity for me to be associated with such a strong and well respected program. The opportunity to join the



Mark Mazzoleni, Assistant Hockey Coach for the Gophers

Minnesota hockey tradition and be reunited with Coach Woog gives me great pleasure, and I look forward to the challenges the job will bring."

CLIP & SAVE ✂

1991 Gopher Football Schedule



Nov. 2	Indiana @ Bloomington	Noon
Nov. 9	OHIO STATE	1:30 p.m.
Nov. 16	WISCONSIN	1:30 p.m.
Nov. 23	Iowa @ Iowa City	1:00 p.m.

All times subject to change. HOME GAMES IN BOLD.

CLIP & SAVE ✂

1991 Gopher Basketball Schedule

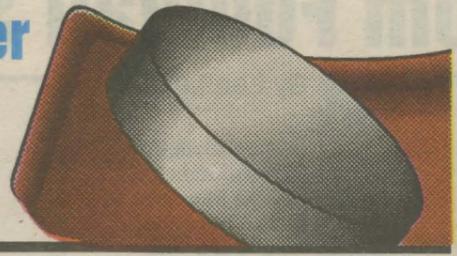


Nov. 9	BRAZIL NATIONAL TEAM	7:00 p.m.
Nov. 18	ATHLETES IN ACTION	7:00 p.m.
Nov. 25-27	Maui Invitational Lahaina, Hawaii	
Nov. 25	Minnesota-Arkansas	3:30 p.m.
	Providence-Charninade	6:00 p.m.
	Michigan State-Lamar	8:00 p.m.
	Arizona State-Rice	11:00 p.m.
Nov. 30	HOWARD	7:00 p.m.
Dec. 2	YOUNGSTOWN STATE	7:00 p.m.
Dec. 11	AKRON	7:00 p.m.
Dec. 14	Alabama-Birmingham	7:30 p.m.
Dec. 17	DETROIT	7:00 p.m.
Dec. 19	Memphis State	7:30 p.m.
Dec. 23	WEBER STATE	7:00 p.m.
Dec. 27-28	Far West Classic at Portland, Ore.	
Dec. 27	Minnesota, Oregon, LaSalle, Oregon State	TBA
Dec. 28	Consolation/Championship	
Jan. 4	IOWA STATE	1:30 p.m.
Jan. 9	Indiana	7:00 p.m.
Jan. 11	MICHIGAN	2:00 p.m.
Jan. 15	Wisconsin	7:00 p.m.
Jan. 18	MICHIGAN STATE	Noon
Jan. 22	Ohio State	7:00 p.m.
Jan. 25	ILLINOIS	2:00 p.m.
Jan. 29	NORTHWESTERN	7:00 p.m.
Feb. 1	Iowa	Noon
Feb. 5	Purdue	7:00 p.m.
Feb. 8	Northwestern	7:00 p.m.
Feb. 12	INDIANA	7:00 p.m.
Feb. 15	Illinois	7:00 p.m.
Feb. 19	Michigan	7:00 p.m.
Feb. 25	IOWA	6:30 p.m.
Mar. 4	WISCONSIN	7:00 p.m.
Mar. 7	PURDUE	4:00 p.m.
Mar. 11	Michigan State	7:00 p.m.
Mar. 14 or 15	OHIO STATE	TBA

ALL HOME GAMES (IN BOLD) HELD AT WILLIAMS ARENA
All times subject to change.

CLIP & SAVE ✂

1991 Gopher Hockey Schedule



Nov. 1	St. Cloud	(Away)
Nov. 2	St. Cloud	(Home)
Nov. 15-16	Wisconsin	(Home)
Nov. 22-23	Alaska Anchorage	(Away)
Nov. 29-30	North Dakota	(Home)
Dec. 14-15	Northern Michigan	(Home)
Dec. 20-21	Mariucci Classic Tournament (MN vs Providence, Boston College vs. Bowling Green)	
Dec. 30	Czech Touring Team	
Jan. 3-4	Michigan Tech	(Away)
Jan. 10-11	Duluth	(Home)
Jan. 17-18	Michigan Tech	(Home)
Jan. 24-25	Colorado College	(Away)
Jan. 31/Feb. 1	Northern Michigan	(Away)
Feb. 7-8	Wisconsin	(Away)
Feb. 14-15	Colorado College	(Home)
Feb. 21-22	Denver	(Home)
Feb. 28	St. Cloud	(Home)
Feb. 29	St. Cloud	(Away)
Mar. 6-7	North Dakota	(Away)
Mar. 13-14	First Round WCHA Playoffs	
Mar. 20-21	Final Four - WCHA	
Mar. 27-28	NCAA Semi Finals	(neutral sites)
Apr. 2-4	NCAA Final Four	(Albany, NY)

All Times are TBA

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News

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9

Nightly at 9PM

SPORTSNEWS readers now have the opportunity to serve as guest columnists. Readers are invited to write about matters which will interest Gopher sports fans, bring back memories, and inspire.

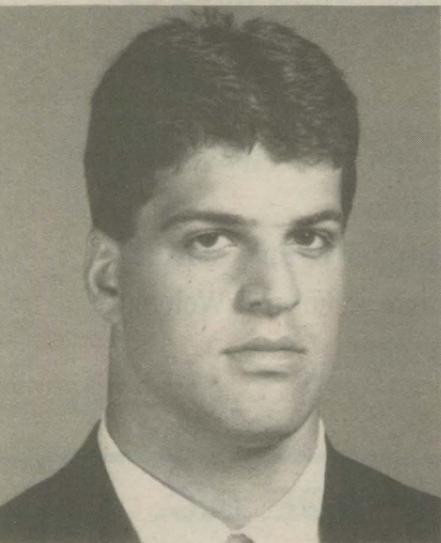
Columns, not exceeding one double-spaced typewritten page, should be sent to:

GUEST COLUMNIST
SPORTSNEWS, Suite 1040
386 N. Wabasha Street, St. Paul, Minnesota 55102

Gopher Football Profiles

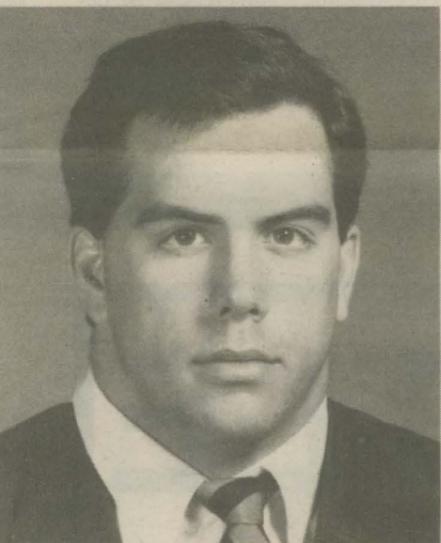
Sketches of randomly selected Gophers are excerpted from the 1991 Minnesota Football Yearbook.

Dennis Cappella
(Miller Place, New York)
Defensive left tackle (6-3, 223, sophomore)



A two-time all-state choice in football and a "USA Today" honorable mention selection as a senior at Miller High School... earned three letters in both football and baseball... red-shirted in 1989 and did not play last year... a fine performance this spring helped win him a position on the Gophers' defensive first unit... 32 tackles, 24 assists, and one fumble recovery in first six games.

Doyle Cockrell
(Evanston, Illinois)
Defensive right tackle (6-4, 260, freshman)



Named to the all-state team in Illinois... had 76 tackles and 10 sacks in 1989 as a senior at Township High School... also was considered an all-state candidate for his offensive play... runs a 4.9 in the 40 yard dash... redshirted last year... ten tackles and nine assists in four of first six games.

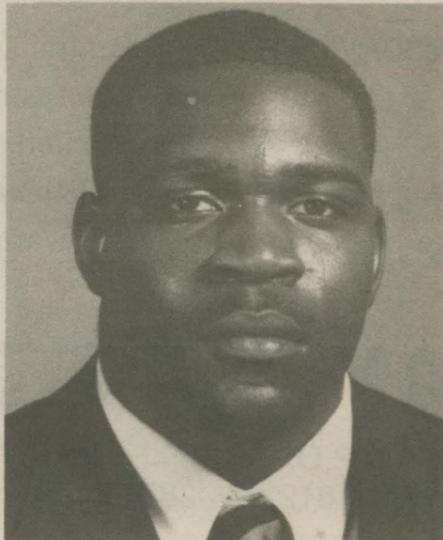
William Collins
(Asheville, North Carolina)
Linebacker (6-1, 219, sophomore)



Earned all-state and All-American recognition following his senior year at Reynolds High School... rushed for 1372 yards and 12 touchdowns as a senior... also an all-conference track & field athlete... earned a Gopher football letter last year when he started eight

games... his finest game was against Michigan State when he had 14 tackles (7 solos)... 12 tackles and 14 assists in four of first six games.

Andre Davis
(Jacksonville, Florida)
Linebacker (6-0, 230, junior)



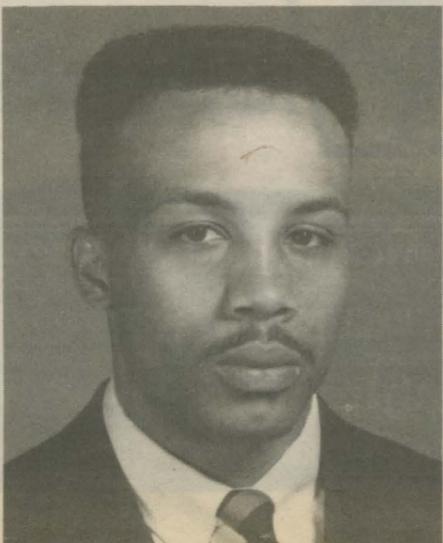
An all-state pick after his senior year at Lee High School... lettered three times in football and twice in wrestling... once bench-pressed 425 pounds... earned a football letter at the U of M in 1989... had four starts at inside linebacker in 1990... had outstanding game against Iowa Hawkeyes last year, recording 12 tackles (8 solos)... 55 tackles, 21 assists, and one fumble recovery in first six games.

Russ Heath
(Aurora, Colorado)
Linebacker (6-2, 218, sophomore)



A two-time all-state selection in football... named All-American by "Super Prep" magazine... was also most valuable player in baseball at Mullen High School... an honor roll student who was named to the National Honor Society... redshirted in 1989... earned his first varsity football letter in 1990... recorded his first interception in his initial Gopher game (against Purdue)... majoring in engineering... 17 tackles and 22 assists in first six games.

Keswic Joiner
(Moss Point, Mississippi)
Split end (5-10, 182, senior)



WHO AM I?



And What Part Did I Play In The Golden Gopher Tradition?

THE SPORTSNEWS STAFF CONGRATULATES DAVID SHAMA OF MINNEAPOLIS, A "WHO AM I?" WINNER



Ike Armstrong

I held the same position during the 1950s and 1960s that Rick Bay holds today. I went to Drake University where I excelled in football. I was a coach and athletic director at the University of Utah. In all, I had close to thirty years of experience before assuming the athletic director's position at the University of Minnesota.

Answer the following SPORTSNEWS Trivia question correctly and be eligible to win a \$25.00 gift certificate from SuperAmerica. The winner's name will be drawn from among all correct respondents and announced in a coming issue. Good Luck!

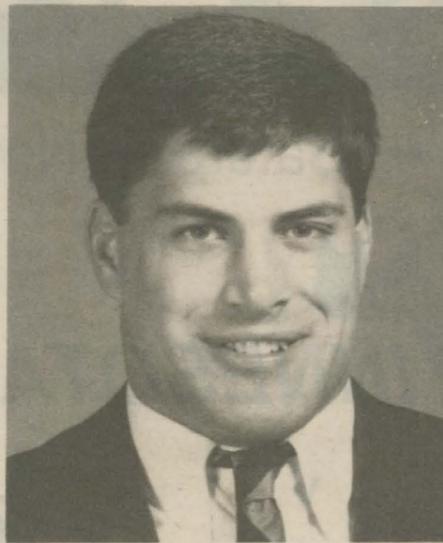
SPORTSNEWS TRIVIA

WHAT UNIVERSITY OF MINNESOTA RUNNING BACK WAS NAMED ALL-AMERICAN EVEN THOUGH HE WAS ONLY A SECOND STRINGER?

Mail to: SPORTSNEWS TRIVIA, 386 N. Wabasha Street, Suite 1040, St. Paul, Minnesota 55102

Accounted for more than 2300 total yards and 32 touchdowns his senior year at Moss Point High School... an all-state pick, he was his team's most valuable player... redshirted in 1987... saw limited action as quarterback in 1988 and did not play in 1989... was second in team yardage last year... intends to make his home in the Twin Cities following graduation... 18 receptions for 245 yards (13.6 yards per reception) and 7 kickoff returns for 130 yards (18.6 yards per return) in first six games.

Andy Kratochvil
(New Prague, Minnesota)
Defensive right end (6-3, 240, sophomore)



A three-time letterman at New Prague High School who earned all-state honors as a senior... played both as tight end and as defensive end for New Prague's section champions... also lettered three times in baseball, averaging

12 rebounds per game and winning all-conference honorable mention recognition... earned his first Gopher football letter in 1990... 11 tackles and 8 assists in first six games.

Chuck Rios
(Little Canada, Minnesota)
Tailback (6-1, 210, sophomore)



Lettered three times in football at Roseville High School... earned all-state honors in football... averaged 6.3 yards per carry and scored 16 touchdowns as senior... also lettered in basketball and track... selected as all-state performer in track... had his biggest day rushing last year against Indiana Hoosiers when he totaled 57 yards... plans on majoring in physical therapy... 184 total yards rushing (3.8 yards per carry), one touchdown (on a 24 yard run), and six kickoff returns for a 22.3 yard per return average in first six games.

WANTED!

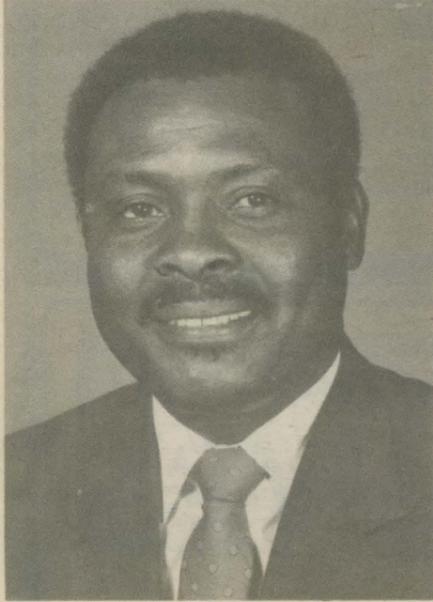
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Haskins Inducted into Hall of Fame



University of Minnesota Head Basketball Coach Clem Haskins has been inducted into the Western Kentucky University Athletic Hall of Fame.

Recognized as one of the most dominant basketball players ever in the Ohio Valley Conference, Haskins established an outstanding three-year record at Western Kentucky in the mid-1960s. His 22.1 points per game average ranks as the second best in Western Kentucky basketball history.

After being named head basketball coach of his alma mater in 1980, he led the team to two consecutive Ohio Valley Conference championships.

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Golden Gopher Football History

The excitement and achievements of Gopher football have been recorded in Al Papas' *Gopher Sketchbook* published by Nodin Press of Minneapolis.

The book includes features on Gopher All-Americans, as well as stories about other players, coaches, and big games.

Readers will learn about the University of Minnesota student who invented cheerleading and much other Gopher trivia. Papas, a Minneapolis native and commercial artist, devoted five years to researching, writing, and illustrating the 160 page book. It is available for \$11.95 at bookstores throughout the Twin Cities.

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... Saturday, November 16, 1991 ...



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HOCKEY at the MET CENTER 7:30 pm

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A NOSTALGIC HOMECOMING

By Dubi Fishler

May 29, 1991, was a special day in the life of Ernie Cook, Jr. It was the day he came "back home" to the University of Minnesota and the Twin Cities.

Cook has quite a story to tell. Born on September 24, 1950, in Daytona Beach, Florida, and raised there, Cook distinguished himself early on as a leader in whatever he attempted. He was a straight A student, maintaining the highest scholastic average all through his school years. He played lead trumpet in the school band and was a star full-back on the football team. He was named to the All-Conference team three years in a row, the only sophomore in the history of the Big Nine Conference to get such recognition.

Cook established such an impressive record on the football field that schools from across the country were offering him scholarships. He chose to play in his native Florida and signed a letter of intent with Florida State. He was to be their first black football player.

The segregationists were holding on. Cook's life was threatened. He was told never to step foot on Florida State's football field or he'd be shot. Even his parents were threatened. Anxiety gripped the Cook household.

Ernie Cook decided to "play where I would be welcomed," and he enrolled at the University of Minnesota. He was "warmly welcomed," he says, by the coaches and community. The color of his skin made no difference in Minneapolis.

His big break on the gridiron came his sophomore year. Called into action from the reserve bench during the first game of the season, he filled in for the injured star, Jim Carter. In three quarters of play he gained an incredible 150 yards! He started every game the rest of the season. His junior year he was named to the *Playboy* All-American Team, and as a 5'10", 213-pound senior, Cook broke Paul Giel's single season rushing record with slightly over 1000 yards.

Imagine how proud his parents were. Because they lived so far from Minneapolis, they had trouble keeping up with their son's achievements. The only time they saw him play as a Gopher was in 1971 when they came to Minneapolis for Football Parents' Day, the final game of the season against Wisconsin. The Gophers won 23-21 in a thrilling contest.

The Cooks toured the Twin Cities. They liked what they saw. They experienced in that short weekend what their son had realized over the course of his college years — that Minnesota



Dr. Ernie Cook, Jr. with his parents

is special and so are its people.

Mr. and Mrs. Cook left Minneapolis that day in 1971, not knowing if they'd ever return.

Ernie Cook, Jr. went on to the University's Medical School, graduating in 1976. He returned to Daytona Beach and established a family medical practice in an office just six blocks from his boyhood home.

Last May 29 Dr. Ernie Cook made the trip back to Minneapolis accompanied by his parents. They spent four days reacquainting themselves with the Twin Cities, and the three of them attended the "M" Club's annual dinner at the Radisson University Hotel.

The Cooks were introduced during the course of the dinner. It was a nostalgic and emotional "homecoming." Mrs. Cook said, "Ernie's going to school here changed his life and ours, and I'm sure impacted the lives of many others. We have a special place in our hearts for Minnesota."

The feeling is mutual!

Aches and Pains

By Elizabeth A. Arendt, M.D., Director
University of Minnesota Sports Medicine Institute



Q I just returned from a long trip by car. My back is killing me. What can I do to change this?
B.J., Mankato

A Being in any position for a considerable length of time can easily be a source of low back discomfort. In the normal standing position, the low back assumes a position we normally refer to as "lordosis," that is, a normal curve in your lower back. Normally in the standing position, this curve is about 30 to 50 degrees. In the seated position (without a lumbar support), this area of the spine can almost be brought to a straight line. All of the ligaments and muscles about the lower spine are designed to accompany this usual curve. When that is changed, these ligaments and muscles are stretched. Additionally, in normal standing, the intervertebral disc space between the bony vertebral bodies carries 80 to 85 percent of the load. In positions of flexion (as in sitting) that load is borne entirely by the discs themselves. Thus, in the seated position, the disc carries even more load than when in the standing position. This has actually been confirmed in the laboratory with needles placed into the discs of volunteers.

Prevention of and treatment for low back pain resulting from prolonged flexion of the lum-

bar spine (such as in a seated position) would consist of maintaining the normal low back curve as much as possible. One should try to keep the normal back curve when sitting. Commercially available cushions as well as home-made pillows can be placed in the seat so as to maintain the normal curve of the lower back. This has been found to reduce the wear, tear, and strain on the low back. Avoid driving for more than 2 hours without taking a 20 minute break to walk around.

Finally, a healthy diet and adequate sleep, in combination with a proper exercise regimen maintain the cardiovascular and musculoskeletal fitness of any patient.

NOTE: This column was prepared in consultation with Kirk B. Wood, M.D. Dr. Wood is an orthopedic surgeon in the Department of Orthopedic Surgery, University of Minnesota, specializing in the spine.

If you have sports medicine related questions, please send them to:

Aches and Pains
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Fan in the Stands

HOW DO YOU FEEL WHEN THE MINNESOTA GOPHERS WIN IN FOOTBALL?



AL BERRYMAN, Minneapolis
I'm happy for the ballplayers when they win but I do believe the people of Minnesota expect Minnesota teams to win no matter what. They should just be happy when the teams play well.



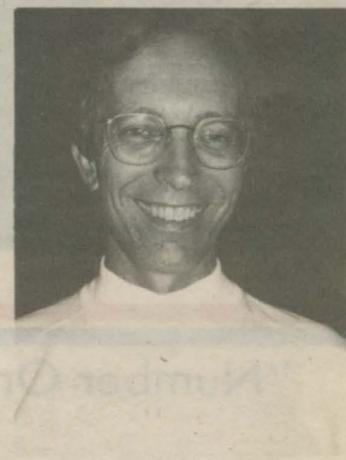
TONY NASH, Bloomington
I'm very happy. It's a good feeling. Coach Gutekunst has worked very hard at building a top program.



JIM LEIBELL, St. Paul
I feel good. It makes me happy and proud. I know some of the Gopher players. They were in high school with me so I have a special interest in the Minnesota team.



TONY YAZBECK, So. St. Paul
I feel real good about it. The Gophers are a young team with a very tough schedule. Being on probation has put an extra load on the coaching staff. Gutekunst is a good coach and has done a good job of building a program.



DENNIS YELKIN, Wayzata
I realize that I made the right decision moving from California to Minnesota. It makes me really proud when I go back to my home state and tell them I'm from Minnesota.

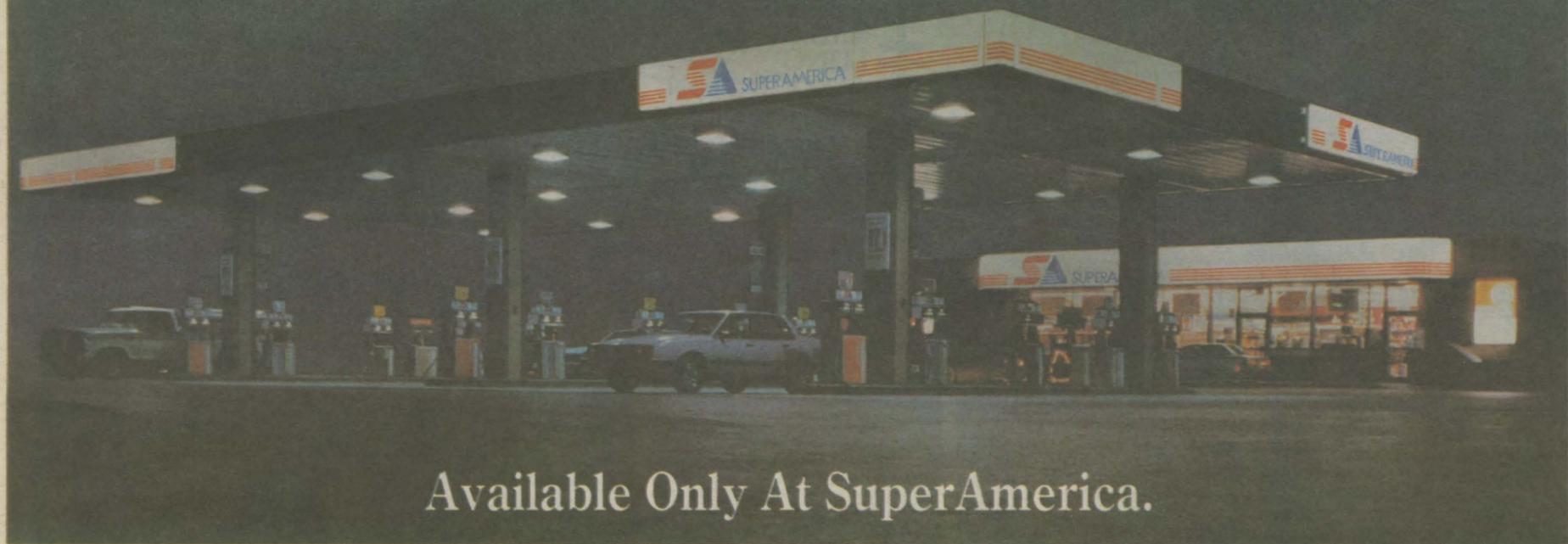
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Like Father, Like Son

"Gopher football taught us the value of sacrifice, duty, and discipline."

—Frank Brixius
Former Gopher Lineman

By Jim Mulrooney

They're both big men. Both are Williams Scholars who have distinguished themselves as students and as athletes. Frank and Chip Brixius. Golden Gopher football players. Then and now.

Frank Brixius (6-5, 285) played offensive and defensive tackle for the Gopher football teams that were national champions in 1960 and Rose Bowl winners in 1961. He came to the University of Minnesota (U of M) from St. Cloud on a Williams Scholarship. The first member of his family to attend college, the scholarship gave him the opportunity to earn a degree in engineering.

"I had grown up listening to my Gopher football heroes on radio," Brixius says. "For me, to go to the U of M was more than a dream come true."

Even though the Gophers had a talented team in 1959, something always seemed to go wrong. That year they ranked second in the Big Ten offensively and third defensively. But their record was a disappointing 2-7.

Everything came together in 1960. The U of M was 8-1, the country's finest college football team.

Brixius speaks with great pride of his Gopher teams, indicating they were close knit and made up of gifted young men. Approximately one-third of his fellow seniors went on to earn postgraduate degrees, as he did in law. "Gopher football taught us the value of sacrifice, duty, and discipline," he explains. "Through the experience, we all learned to be team players, willing to work together and share the load."

But what about his son, Chip, senior center on the current Gopher football team?

"I always tell people," the senior Brixius answers, "that if they compare us in terms of our athletic skills I would be a draught horse and Chip would be a thoroughbred." He



Frank Brixius

adds, "I'm so sorry he's gotten nicked up."

Frank Brixius' assessment of his son's football-related injuries is remarkably understated. In fact, the struggle of Chip Brixius to become a starter on the University of Minnesota football team could accurately be described as a five-year-long nightmare.

As a standout defensive player at St. Thomas Academy, Chip was an all-state football selection in 1986. However, his promising football future was drastically altered one Friday night in his senior year.

"I remember the play on which I got hurt as if it were yesterday," he says. St. Thomas was playing arch-rival Cretin at Central High School in St. Paul. "I was running laterally when I got hit and fell on my side," he recalls. "It hurt in my knee, worse than anything I had ever experienced." Teammates helped him off the field. An examination at the hospital re-



Chip Brixius

vealed torn cartilage, strained ligaments, and a dislocated right kneecap. Just before Thanksgiving he underwent arthroscopic surgery.

Stanford, Northwestern, and Wisconsin recruited Brixius, but he chose the University of Minnesota. "I had always dreamed of playing for the Gophers," Chip explains. "My dad did, and as I grew up he took me to every home game."

He was redshirted in 1987. On the third day of spring football practice the next year, he dislocated his left kneecap. That fall he played sparingly on special teams and at defensive end.

On the thirteenth day of spring football in 1989, it happened again, another injury to his left knee. He underwent a surgical procedure in an effort to prevent further kneecap dislocations.

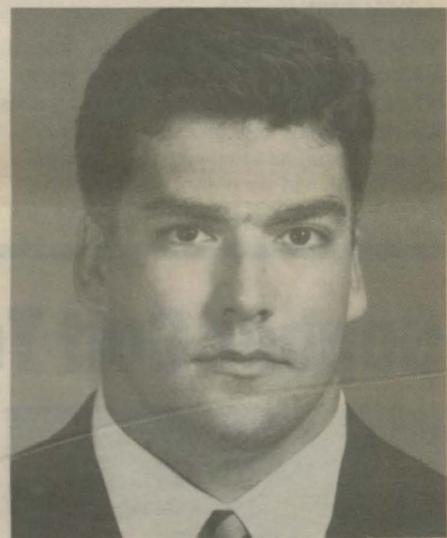
But misfortune struck again that fall. In a non-conference game against Indiana State, Brixius broke a bursa in his right knee. "My entire lower leg swelled up and turned purple."

Over the holiday break that year he had surgery to remove bone chips from his knee. He missed spring football and spent lots of time working out and building up his strength.

All the injuries, operations, and missed practices had taken their toll. He had lost some speed and agility. The Gopher coaches decided to switch him to the offensive line. "I

"I felt I had the rest of my life to sit back and heal up. I didn't want to quit on myself or the team. I thought if I kept working at it, I'd get my chance."

— Chip Brixius
Gopher Center



thought I would give it a try," Brixius says. "I just wanted to play wherever they put me." He saw limited action as a backup offensive guard against Ohio State and Wisconsin in 1990.

This spring he concentrated on learning the center position. It was a difficult adjustment, and he was just beginning to feel comfortable with his new assignment when he sprained his right knee in a late spring practice. Throughout the summer he ran hard and lifted weights at the Bierman Building.

But his courage and incredible tenacity paid off. In this season's opening game against San Jose State, Chip Brixius (6-3, 270) was the Gopher's starting center.

Although knee problems kept him out of the Pittsburgh game, he returned to the lineup for the Illinois contest and played very well in the Gophers' 6-3 victory over Purdue.

Unfortunately, the repeated knee traumas resulted in a collection of blood in his right thigh which needed to be surgically removed prior to the Michigan State game. Again Brixius is on crutches and out of action, hoping he'll be ready to play in the last games of the season.

Why would he persevere through all the painful injuries?

"I felt I had the rest of my life to sit back and heal up," Chip responds. "I didn't want to

Continued on page 2

SPORTSNEWS is made possible in part through the encouragement and support of SuperAmerica.

Puck Drops on Gopher Hockey Season

The Gopher hockey team opened the 1990-91 season by splitting their series at Duluth. The Gophers won the first game 7-3 and lost the finale 7-4.

All-American candidate Larry Olimb (Warroad, MN) led the Gophers with four points in the initial game. The Gophers trailed the game 3-1 until the 8:49 mark of the second period. In the next 32 seconds Minnesota scored three goals and just missed breaking a 44 year old team record for the fastest three goals. However, the Gophers did set a team record for the fastest two goals. Craig Johnson (St. Paul, MN) and talented Travis Richards (Crystal, MN) scored the two goals seven seconds apart.

The Gopher power play scored five times in 18 attempts in the two games. Trent Klatt (Osseo, MN) had an excellent pair of games with three goals and three assists. Center Craig Johnson had two goals and four assists. Olimb had six points, and freshman Steve Magnusson (Dayton, MN) scored his



Trent Klatt

first goal as a Gopher and had two important assists.

Head Coach Doug Woog hopes the Gophers retain their offensive punch while tightening their defense as the season proceeds.

Gopher Golf Team Prevails



Joseph Gullion

The University of Minnesota men's golf team won the Walter McGlaughlin Invitational in Long Island, New York. Leading the Gophers was junior Joe Gullion (San Antonio, TX) who shot rounds of 70 and 76 to earn co-champion honors.

Other top finishers for the Gophers were Terry O'Loughlin (Maplewood, MN) 72 and 76, Mark Hanson (Cedar Rapids, IA) 73 and 76, Rick Kuhn (Bismark, ND) 72 and 82, and Dave Carothers (Owatonna, MN) 76 and 80.

Big Ten rival Penn State finished second in the 25 team tournament led by Will Smith who tied Gullion for the championship.

FATHER & SON from page 1

quit on myself or the team. I thought if I kept working at it, I'd get my chance."

Reflecting further, he says, "Playing football at the 'U' has taught me that things don't always happen the way you'd like them to. But if you work hard and believe in yourself, you can overcome adversity."

Looking back over the past five years and the numerous surgeries and rehabilitations, what does he think now?

"In my opinion, it's been worth it," he claims. "As a youngster you always want to do what your dad did and follow in his footsteps."

Letters



ST. PAUL IS PROUD OF JACK MORRIS

It's always great to see one of your own do well in sports. That's why I'm writing to you to brag about Jack Morris.

I remember when he played for St. Paul Highland Park High School. He was very good. When I watched him pitch in the World Series I remembered the way he was in high school.

Athletes always seem to be great when they come from outside the state or area. It's nice to see a home town kid do well.

We hear alot about pressure. How do you think Jack Morris felt when the bases were loaded and he had to retire the Braves in the top of the eighth inning? Congratulations Twins and Jack Morris.

Robert Prescott
St. Paul

Ed note: We have printed this letter even though Jack Morris did not play for the Gophers. This writer obviously wanted to express his happiness with the Twins' victory and he used SPORTSNEWS as his vehicle to do that.

TWINS KEEP GOPHERS OFF PAGE ONE

One thing that has been helpful with the Twins' winning and creating all of this "Twins' Fever" is that the Minnesota Gophers have been kept off page one. Usually, a football season with so few wins would be cause for the local sports writers to have a field day with the Gophers and their coaches.

Shelly Goldberg
St. Louis Park

WRITER COMPLIMENTS BARRY DREYER

I've enjoyed reading the "Bet You Didn't Know" column by Barry Dreyer. He has explained football rules in a manner that no person or newspaper has done before. It's helpful assistance for one who follows this complicated sport.

George Weyers
Brooklyn Center

MORE RECOGNITION FOR PAUL GIEL

When Paul Giel's number was retired I was very happy. I remember the way he played football. He was one of the best football backs of his time and perhaps in the time

Both Brixiuses performed well in the classroom, too. Frank was an Academic All-American and Chip, carrying a full academic load, has been on the Dean's List. Majoring in Individual Studies (mass communication, speech communication and criminology), Chip anticipates completing his degree course work next March. He's considering attending law school after graduation.

Speculating on his son's Gopher football future, Frank Brixius says, "If he isn't able to play again this season, he'll be okay. He can endure what is given him. He's demonstrated that."

Frank and Chip Brixius. Each is a winner in his own unique way. Like father, like son.

since World War II.

Paul Giel was from Winona. He represented the best in what Minnesota had to offer. He was a fine young man and developed into a decent and outstanding adult.

When the University decided to fire Mr. Giel I thought it was very unfair. Why did he have to get the blame for what had happened, especially since there were others involved?

Retiring his jersey doesn't go far enough. The University of Minnesota should name a building in the sports complex after him. This would be an appropriate finish to a great athlete who has been a very special part of the University of Minnesota.

Arthur Silver
Minneapolis

"M" MAN IN CANADA WANTS TO BE KEPT IN TOUCH

As an "M" man living in Canada I miss hearing of the "goings on" with Minnesota sports. We recently returned from a tour of eastern Canada's maritime provinces and in our stack of mail we learned that we could subscribe to SPORTSNEWS.

Thank you for starting my subscription. I sent a letter to your writer Don Riley concerning the salaries, etc. modern day pro athletes receive in comparison to what my father, John L. Townley, Jr., and others got for some "pro" games played in Massilon or Canton, Ohio after they completed their University season in 1916. Dad played with Bert Baston, Bernie Bierman, George Hauser and others on the Gopher teams of 1914, 1915 and 1916.

I look forward to reading about the Gophers.
John L. Townley III
Calgary, Alberta, Canada
Football-1941

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Where are They Now?

JULIAN HOOK: HE WAS SMALL BUT MADE IT BIG

By Len Levine

Is size alone the main factor in an athlete's success? Of course not. Throw in the "ingredients" of hard work, enthusiasm,

and determination, and then look at Julian "Julie" Hook. When he showed up for freshman football practice in 1960, he was only 5' 9" tall and weighed just 178 pounds — small for big-time football by most everyone's standards. But Hook had the "ingredients" necessary for success.

His story is one of inspiration because, in spite of his size, he went on to become one of the fiercest competitors ever to wear the maroon and gold.

Hook was born April 18, 1941, in Evanston, Illinois, the youngest of four children of John and Dorothy Hook (both deceased). The family moved to Robbinsdale in 1951 in time for "Julie" to enter sixth grade at Robbinsdale Elementary School.

Hook says he took an early interest in sports because of his exposure to it by his father and uncles Johnny and Randolph Doyle. His father, a printing paper salesman, was interested in all sports and would take his children to as many games as possible. His uncles played baseball for the Brooklyn Dodgers and New York Yankees.

While growing up in Robbinsdale, young "Julie" was involved in "just about every" park league sport.

As a high school freshman in 1955, he made the football team (half back and line-backer), wrestling team (154 and 165-pound classes), and baseball (shortstop). He was a standout in all three.

As a sophomore wrestler, he finished sec-

ond in the state meet in the 154-pound class, and was a state champ both his junior and senior years at 165 pounds. In football Robbinsdale was named the mythical state champions in 1958 and Hook made the All-State team.

In baseball Hook made the All-Conference teams in both his junior and senior years. Scholarship offers were coming his way from schools across the country. His size didn't matter.

Nebraska and Colorado were in hot pursuit, and it seemed Nebraska had an edge because his former Robbinsdale teammate, Dennis Clariage, was playing for the Cornhuskers (he later went on to play for Green Bay), and his mother who was from Lincoln, Nebraska, urged him to go to school there. In the end, he chose Minnesota be-

Julian "Julie" Hook—1963



Julian "Julie" Hook—1991 Standing near Cooke Hall and old Memorial Stadium

Gophers recovered. One play later the Gophers' Tom Ring fumbled and Purdue recovered. Hook then asked to go back in and played the rest of the game.

Warmath says he was amazed that Hook could not only play the rest of the game but didn't miss any action the remainder of the season.

Hook says playing on Gopher teams, especially football, helped shape his life. He graduated with a B.S. degree in business administration in 1963, a Master's degree the following year, also in business administration, and a law degree from the University in 1967.

From 1967-1970 he was on the staff of the Minnesota Attorney General. From 1970-1972 he was a practicing attorney in St. Louis Park. In 1970 he was elected to the Minnesota Legislature, representing House districts in St. Louis Park and Golden Valley. He was reelected in 1972.

In 1973 he formed a law partnership with another legislator, Vince Lombardi, Jr.

In 1974 he left the Legislature and opened his own law office at 3601 Park Center Boulevard in St. Louis Park, where he still is today.

Hook has been active in community affairs. In 1975 he taught a business law class at St. Thomas College (now the University of St. Thomas), has served many years as a referee in Hennepin County Conciliation Court, and has been active in Our Lady of the Lake Catholic Church in Mound.

Hook says attending the University of Minnesota gave him an education in more ways than one. "My education there was incredibly important, and it gave me exposure to people with whom I developed long, lasting friendships. It's the place that I met Peggy (his wife of twenty-five years) and the two of us have developed a very close relationship that has lasted over a quarter of a century. The University has played so many important parts in my life. Three of our children were born at the University Hospital. Now our son, Michael, begins at the University with hopes of becoming a doctor and playing for the Gopher football team."

Hook and his wife (who taught in the Robbinsdale school system) are the parents of five children: Joe, Michael, Patrick, Sarah and Elizabeth.

cause he wanted to live in the Twin Cities and knew that where he went to school was where he'd most likely live and work after school.

Hook enrolled at the University in the fall of 1959. Because of the freshman ineligibility rule, he had to sit out varsity competition but competed on the freshman football and wrestling teams.

The following year he played for the Gopher football team that finished 8-1 in the Big Ten, won the National Championship, and went to the Rose Bowl. When he returned from Pasadena the wrestling season was already underway. He joined the team at the beginning of winter quarter. It didn't take him long to get into "wrestling shape," and he qualified for the Nationals.

His junior season in football was a repeat of the previous year, only this time the Gophers avenged their Rose Bowl loss of the year before by defeating UCLA 21-3. By the time he returned from California and was ready to join the wrestling team, the season was more than half gone. He decided to skip wrestling and get his studies under control. He played for the Gopher baseball team that spring and in one game had ten RBIs.

Football Coach Murray Warmath felt that baseball conflicted with spring football. For that reason and because he was on a football scholarship, Hook gave up baseball.

Looking back on his Gopher playing days, he says that playing on two Rose Bowl teams and winning a National Championship were the highlights of his career. Add to that his personal accomplishments of lettering in two sports (three letters in football and one in wrestling) and being named All Big Ten linebacker his senior year.

Hook was a feared defensive player. Size meant nothing to him. He was a tireless worker. There wasn't a better holler-man on the Gopher squad. He was resilient. Once, on a pass play in the Gophers 10-7 win over Purdue, he was taken out of action by a simultaneous clip from the back and a block by two Boilermakers from the front. All three Purdue players together weighed over 700 pounds — no match for the 185-pound Hook. He was hit directly in front of the Minnesota bench and lay motionless on the ground. He remembers Murray Warmath calling for trainer Lloyd "Snapper" Stein and yelling, "Hook's dead, Hook's dead." Hook says he remembers thinking as he lay there, "I hope it isn't true." He was helped off the field. During that play Purdue fumbled and the

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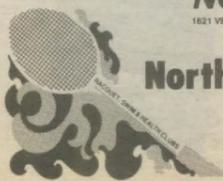
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Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.

CLIP & SAVE ✂

1991 Gopher Basketball Schedule

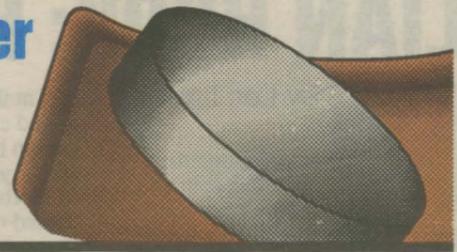


Nov. 9	BRAZIL NATIONAL TEAM7:00 p.m.
Nov. 18	ATHLETES IN ACTION7:00 p.m.
Nov. 25-27	Maui Invitational Lahaina, Hawaii
Nov. 25	Minnesota-Arkansas3:30 p.m.
	Providence-Charninade6:00 p.m.
	Michigan State-Lamar.....8:00 p.m.
	Arizona State-Rice11:00 p.m.
Nov. 30	HOWARD7:00 p.m.
Dec. 2	YOUNGSTOWN STATE7:00 p.m.
Dec. 11	AKRON7:00 p.m.
Dec. 14	Alabama-Birmingham7:30 p.m.
Dec. 17	DETROIT7:00 p.m.
Dec. 19	Memphis State7:30 p.m.
Dec. 23	WEBER STATE7:00 p.m.
Dec. 27-28	Far West Classic at Portland, Ore.
Dec. 27	Minnesota, Oregon, LaSalle, Oregon State.....TBA
Dec. 28	Consolation/Championship

ALL HOME GAMES (IN BOLD) HELD AT WILLIAMS ARENA
All times subject to change.

CLIP & SAVE ✂

1991 Gopher Hockey Schedule



Nov. 15-16	Wisconsin..... (Home)
Nov. 22-23	Alaska Anchorage (Away)
Nov. 29-30	North Dakota (Home)
Dec. 14-15	Northern Michigan (Home)
Dec. 20-21	Mariucci Classic Tournament (MN vs Providence, Boston College vs. Bowling Green)
Dec. 30	Czech Touring Team

All Times are TBA

CLIP & SAVE ✂

1991 Gopher Swimming Schedule



Nov. 10	Northwestern	U of MN
Nov. 16	Wisconsin/Michigan	Madison, Wis.
Nov. 22-23	Minnesota Invite	U of MN
Nov. 30-Dec. 1	U.S. Open	U of MN

CLIP & SAVE ✂

1991 Gopher Wrestling Schedule



DATE	OPPONENT	SITE	TIME
ALL UNATTACHED			
Nov. 9	Bison Open	Fargo, ND	All Day
Nov. 23	UNO-Open	Omaha, NE	All Day
Nov. 30	Northern Open	Madison, WI	All Day
Begin official Team Schedule			
Dec. 15	California Duals	Fullerton, CA	All Day
Dec. 28,29	Midlands	Evanston, IL	All Day
Jan. 4	Oklahoma Sooner Open	Norman, OK	All Day
Jan. 10,11	Virginia Duals	Norfolk, VA	All Day
Jan. 16	Wisconsin	Madison, WI	7:30 p.m.
Jan. 17	University of Northern Iowa	Cedar Falls, IA	7:30 p.m.
Jan. 19	NORTHWESTERN	HOME (Bierman)	2:00 p.m.
Jan. 24	IOWA	HOME (Williams)	8:00 p.m.
Jan. 26	Missouri	Columbia, MO	2:00 p.m.
Feb. 6	OKLAHOMA STATE	HOME (Williams)	7:30 p.m.
Feb. 8,9	National Duals	Ann Arbor, MI	All Day
Feb. 15	MICHIGAN	HOME (Williams)	7:30 p.m.
Feb. 19	NEBRASKA	HOME (Williams)	7:30 p.m.
Feb. 21	Ohio State	Columbus, OH	7:30 p.m.
Feb. 23	Purdue	W. Lafayette, IN	1:00 p.m.
Feb. 23	Indiana	Bloomington, IN	6:00 p.m.
Mar. 7,8	BIG TEN CHAMPIONSHIP (Ohio State)	Columbus, OH	All Day
Mar. 19-21	NCAA's	Oklahoma City, OK	All Day

All times subject to change.

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SPORTSNEWS readers now have the opportunity to serve as guest columnists. Readers are invited to write about matters which will interest Gopher sports fans, bring back memories, and inspire.

Columns, not exceeding one double-spaced typewritten page, should be sent to:

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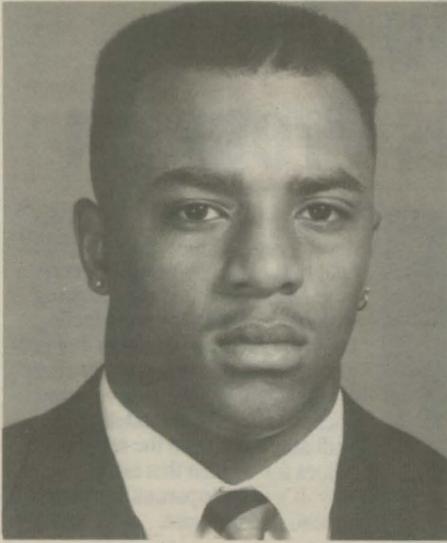
Gopher Football Profiles

Sketches of randomly selected Gophers are excerpted from the 1991 Minnesota Football Yearbook.

Antonio Carter

(Columbus, Ohio)

Tailback (6-1, 226, sophomore)



Earned all-state recognition at South High School in Ohio...set school records for yards rushing in a season (1,171) and a game (254)...averaged 6.5 yards per carry, scored 104 points, and caught 36 passes as a senior...named team's most valuable running back for two consecutive years...lettered three years in track (standout in high jump and long jump) and was track team captain...used mostly in short yardage situations in 1990, he earned his first varsity football letter...rushed for 311 yards (3.8 average) in seven of first eight games...longest run was 18 yards against Michigan State...two kickoff returns (16.5 yard average)...majoring in human relations.

Patt Evans

(Swarthmore, Pennsylvania)

Tight-end (6-6, 255, senior)



All-conference performer in football, track, and basketball (where he averaged in double figures) at Strath Haven High School...redshirted in 1987 at U of M...limited play in 1988...earned first letter in 1989... named to the honorable mention All-Big Ten team by both AP and UPI following excellent year as Gopher tight-end...24 receptions for 328 yards (13.7 average) in first eight games...longest reception for 35 yards.

Dean Kaufman

(Sauk Centre, Minnesota)

Punter (6-4, 235, junior)

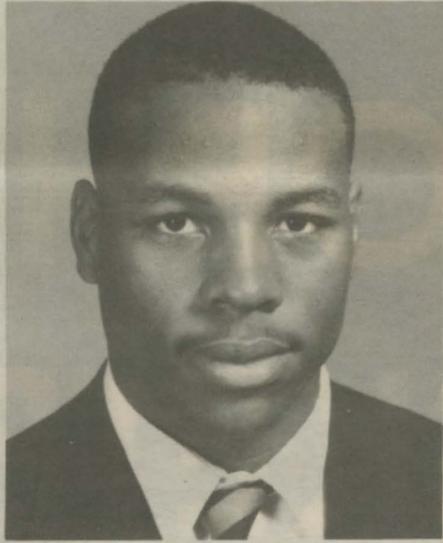


Earned seven letters in football and golf at Sauk Centre High School...was punter and kicker in high school and once converted a 50-yard field goal...averaged 37.1 punting in 1990...longest punt (54 yards) against Iowa State...named to the honorable mention All-Big Ten team by AP...54 punts for 38.6 yard average in first eight games...majoring in mathematics.

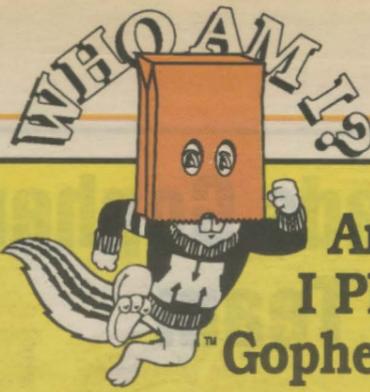
Drinon Mays

(Brandenton, Florida)

Left cornerback (5-10, 173, sophomore)



Named most valuable defensive player his senior year at Southeast High School...had personal best of 4.53 in 40 yard dash...set school record in triple jump and was most valuable player in track...started 10 of 11 games and earned his first varsity football letter in 1990...34 tackles, 24 assists, and one fumble recovery in first eight games... plans to major in law.



And What Part Did I Play In The Golden Gopher Tradition?

THE SPORTSNEWS STAFF CONGRATULATES MIKE AND JOAN SVENDSEN OF BLOOMINGTON, MINNESOTA. THEY ARE "WHO AM I?" WINNERS.

I graduated from Minneapolis Roosevelt High School where I was all-city in football and state champion in the 440 yard dash. I was the quarterback for the Gophers in the late 1950s and then joined the Gopher football coaching staff immediately following graduation in 1958. Coach Murray Warmath had me working with the backs.



Dick Larson

I lived in Carlos, Minnesota and attended nearby Alexandria High School where I played football, baseball and track. I played center for the Gophers and backed up Captain Greg Larson on the Gopher team that won the National Championship in 1960. After graduation I joined Murray Warmath's staff as an assistant coach. One of my personal highlights as a Golden Gopher football player was when I intercepted a pass in the Indiana game and ran it back 68 yards for a touchdown.



1960 Photo

Send answers to: SPORTSNEWS "TRADITION", 386 N. Wabasha St., St. Paul, MN 55102. One correct answer will be selected from among all those sent to SPORTSNEWS. The winner will receive a \$25.00 gift certificate from SUPERAMERICA.

Mark Smith

(New Orleans)

Tailback (6-1, 203, sophomore)

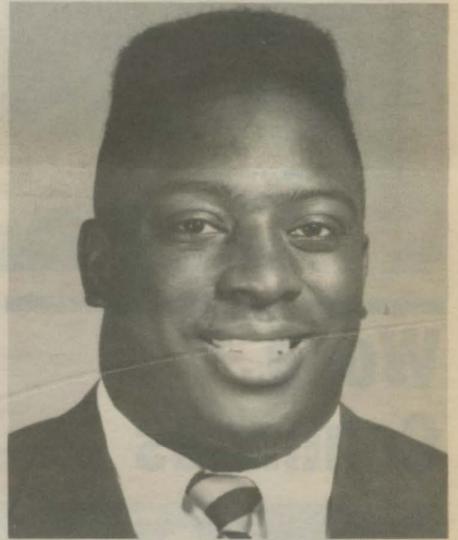


All-district football player at Jesuit High School... averaged more than 100 yards per game and scored 18 touchdowns as senior...also all-district in track... led Gophers in rushing last season with 700 yards... rushed 32 times for 169 yards and two touchdowns against Northwestern in 1990...191 yards rushing (4.2 average) in seven of first eight games this year...majoring in psychology.

Ben Williams

(Belzoni, Massachusetts)

Left defensive end (6-2, 245, senior)



Named district defensive player of the year after senior year at Humphreys High School...hit .410 with six homeruns to earn all-conference honors in baseball... was an Academic All-America pick and president of his junior class...finished sixth on the team in total tackles with 77 (46 solos) last year...recorded seven tackles for losses and six sacks and was named to the honorable mention AP All-Big Ten team in 1990...39 tackles, 36 assists, five sacks, and four fumble recoveries in first eight games this year...majoring in liberal arts.

GOPHERS WRESTLERS HAVE GREAT POTENTIAL

by R.E. Zev

This could be the year for Coach J. Robinson's Gopher wrestlers. When competition begins on November 9th in Fargo, North Dakota all eyes in wrestling circles will be focused on Minnesota because those in the know say this squad could be one of the Gophers best ever. Coach Robinson's overall record of 58-38 through six seasons should be improved this year. While surpassing last season's 11-4 dual meet record won't be easy there should be improvement in the Big Ten finish where last year the Gophers were seventh.

The Gophers will be helped a great deal by the talented freshmen who have been called some of the best wrestlers in the country.

Bolstered by these freshmen recruits the Gophers won the "Recruiting Derby" by signing six *Amateur Wrestling News* (AWN) High School All-Americans including top-rated heavyweight Billy Pierce and Wade Short (150), both from Minnesota.

The Gophers actually will have seven new recruits and, according to Coach

Robinson, "All have great potential."

Overall, Minnesota athletes have a total of twelve state titles to their record with six wrestlers who were rated in the top seven on the AWN prep page last spring.

Pierce and Short will get help from Erin Daugherty (130) and Jason Klohs (190), both from Minnesota, John Martchette (125) and Jim Smiles (119) from Ohio and Jeffrey Thompson (145) from Montana.

Klohs, the only non-rated recruit, won the Greco-Roman Junior National title at 220 pounds.

Although wrestling followers will tell you it takes a couple of years to rate a recruiting class, there are always first year athletes that crack starting lineups, draw attention by doing well and actually help their team's overall performance. That appears to be the way it will go in Minneapolis this winter.

Milkowski Leads Gopher Cross Country Team



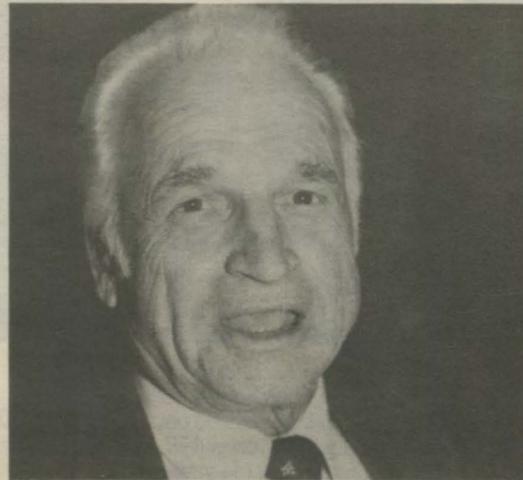
Junior captain Doug Milkowski (Stevens Point, Wis.) placed 16th overall to pace the Golden Gopher cross country team to a seventh-place finish in the final team standings at the Iowa State Invitational in Ames.

Texas won the team title, edging Kansas by one point.

Milkowski clocked 26:01 in the 8,000 meter run. Seniors Sean Fitzgerald (Ottawa, Ontario, Canada) and Chris Schmid (White Bear Lake, Minn.) finished in 26:46 and 27:07, respectively, for the Gophers. Freshman Mark Gonzales (LaHabra, Calif.) and junior Curt Kotsonas (Chanhasen, Minn.) had times of 27:22 and 27:24 in the Iowa meet.

Doug Milkowski

University Of Minnesota Regent Stan Sahlstrom Speaks Out On The Gopher Sports Program



I'm very much impressed with the development of the sports program over these last few years and very much concerned that we get going with our on-campus sports facility. I have worked very hard on that project with the Board and am anxious for the day when we'll have a new hockey arena, the remodeling of Williams Arena and the additional facilities for women that are so necessary. It's very important for our total educational program.

Stan Sahlstrom

Woog Continues



Late this summer Doug Woog signed a five-year contract to continue as head coach of the Gopher hockey team.

Woog took over his coaching duties at the U of M prior to the 1985-86 season. He has guided the hockey team to six straight NCAA playoff berths, including four Final Four appearances.

"I like the people I work for and those I work with," Woog said. "The athletic department's administration gives me the tools to run a first-class program and have demonstrated they have the same willingness I do to provide our student-athletes the best opportunity to gain a quality education while achieving their athletic goals."

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Bet You Didn't Know

THE INELIGIBLE RECEIVER

by Barry Dreayer

Offensive interior linemen seem to miss all the fun. The center, guards and tackles rarely pass, kick or run with the ball. All they do is block, block, block. You hardly ever see them catch the ball. Let's see why not.

According to NCAA rules, at least five of offensive players on the line of scrimmage MUST wear a number between 50 and 79. The five interior linemen almost always wear those numbers because a player who does is not allowed to touch a forward pass. You wouldn't want one of your skilled receivers wearing a number that prevents him from doing what he does best—catch passes.

Who is eligible to catch a pass? The two players who are on the ends of the line of scrimmage and all backs including the quarterback (as long as they are not wearing 50 through 79) are eligible. So, if a team puts in a defensive tackle wearing number 72 at fullback (a la William "The Refrigerator" Perry), he would still not be permitted to catch a pass.

If an ineligible player does touch a forward pass, his team is penalized five yards and it is a loss of down. He is even penalized five yards (but no loss of down) if he doesn't touch the ball but is beyond the line of scrimmage before the pass is thrown. (It is not a penalty if the pass was thrown to a teammate behind the line of scrimmage.)

Here are a couple of exceptions: An interior lineman can go up to three yards beyond the line of scrimmage if he is in the process of driving a defensive lineman back. Also, once a defensive player touches the ball, all offensive players become eligible.

Finally, how does an eligible receiver become ineligible? If he runs out of bounds, then he cannot try to catch a pass or it will be called incomplete. If he is forced out of bounds by a defender, then he must immediately try to return in bounds. Don't forget, if a defensive player touches the ball, all offensive players (including those who went out of bounds during the play) are allowed to catch a ball.

Unfortunately, the NFL does not follow the college rules. The first difference is that a back or end wearing a number between 50 and 79 is eligible to catch a pass as long as he notifies the referee before going into the huddle. The official will then notify the de-



fensive captain, usually through his on-field microphone.

The NFL does not allow a receiver to first touch a forward pass if he was forced out of bounds by a defender. Remember that the NCAA permits it if he tries to immediately come back in bounds.

The NFL Rulebook penalizes an ineligible receiver only if he touches a pass. (Unlike college rules, there is no penalty for that player who just goes beyond the line of scrimmage on a pass play). The penalty varies depending on where the ineligible player touched the pass. If it was behind the line of scrimmage, then it is treated as an incomplete pass. If beyond the line, then it is a 10-yard penalty or a loss of down.

At first, diehard football fans may think that the ineligible receiver penalty is an easy one to comprehend. I may have changed their minds.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball.

For more information call (404) 973-3442.

Aches and Pains

By Elizabeth A. Arendt, M.D., Director
University of Minnesota Sports Medicine Institute



Q Over the past twelve to eighteen months I have lost more than 125 pounds through diet and some exercise. I haven't felt this good in years. I'm now beginning to walk/jog at least two miles a day. The problem I have is a "spare tire." I don't know what to do to get rid of it. Can you recommend some good exercises for getting rid of "spare tires?"

A This question brings up several important issues in weight control. The first issue is that of "spot reducing" - trying to lose weight from one body area. Diet and exercise can only lead to overall fat losses. Exercising one particular part of the body can enlarge the muscles in this area but will not preferentially shrink fat deposits. Hence, doing sit-ups to shrink the abdomen, or using a Stairmaster to shrink the hips, etc., does not work.

However, the "pot belly" look may be in part due to lax supporting muscles in the abdominal wall - particularly the oblique muscles on the side of the abdomen. Exercises that strengthen these muscles require rotation of the torso, especially against some resistance. There is a Cybex machine, available in many health clubs, that is good for this. Sit-ups mainly strengthen the hip flexor muscles and

do little to help firm the abdomen.

A final issue is that, after major weight loss, there may be too much skin, which could contribute to the "spare tire." It may take a year or two before this excess skin shrinks. Any excess left over may persist indefinitely, and will either have to be tolerated, or could be removed by a plastic surgeon.

Congratulations on such a successful weight loss! Even if you are stuck with a bit of a "spare tire," think of how much better things are than they were 125 pounds ago.

NOTE: This column was prepared in consultation with Anthony C. Woolley, M.D. Dr. Woolley is director of the University of Minnesota Program in Weight Management and Research.

If you have sports medicine related questions, please send them to:

Aches and Pains
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Doug Woog reads SPORTSNEWS

Fan in the Stands

Minnesota is behind 20-17. The Gophers have the ball on the Iowa 18 yard line. It's third down. 1 minute remains. What would you do if you were calling the plays?



TOR AASHEIM
Bloomington
It's hard to know what to say because I don't know how the Minnesota team has been doing the rest of the game. I think I'd call in the field goal kicker and take the safe bet. A tie is better than a loss.



JOHN PURVIS
St. Paul
You caught me on my way to the men's room. Let me think—I think I'd call a pass to Johnson. That should work and we could get either a first down or a touchdown.



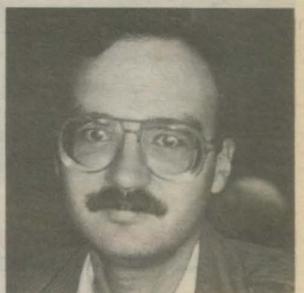
JOHN MONSOUR
West St. Paul
I know what I'd do. I'd go for the touchdown. I always like to go for the win. I'd throw a pass. That should do it.



WALTER TANG
Minneapolis
It's hard to understand everything when you don't know what else has been happening and how successful they've been from what yardage. I'd probably go with a quarterback draw to get a first down and then try for the touchdown.



PATRICK BURNS
Stillwater
There's no choice as far as I'm concerned. I have to go for the touchdown.



JAY ROLLINGER
Brooklyn Park
I think it's important to go for the first down and then I'd go for the touchdown.



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Pride on Ice



By Jim Mulrooney

It's an emotional, gritty game of speed, power, finesse, and grace. Hockey. It's Minnesota's sport.

Over the past 40 years, the University of Minnesota (U of M) hockey team has won the conference championship or runner-up trophy 18 times. As Gopher Head Hockey Coach Doug Woog says, "Minnesota's Pride on Ice is more than just a phrase, it's a feeling!"

Experts contend the finest collegiate hockey in the nation is played in the Western Collegiate Hockey Association (WCHA), where the Gophers compete. Every year since 1952 the WCHA has had one of its teams in the National Collegiate Athletic Association (NCAA) Final Four.

This season should be memorable for the Gopher hockey team. Coach Woog has already established himself as the winningest coach in U of M history, surpassing the 199 victory total of legendary John Mariucci (1952-55 & 1956-66). Woog has the best

GOPHER HOCKEY TEAM (LEFT TO RIGHT)

FRONT ROW Jason Miller, Ken Gernander, Ben Hankinson, Head Coach Doug Woog, Grant Bischoff, Jake Enebak, Lance Werness
SECOND ROW: Tom Newman, Sean Fabian, St. Mgr. John Hamre, Asst. Coach Bob Shier, Asst. Coach Bill Butters, Asst. Coach Paul Ostby, Athletic Trainer Bob Broxterman, Equipment Mgr. Harry Broadfoot, Luke Johnson, Jeff Stolp
THIRD ROW: Trent Klatt, Nick Gerebi, Tom Pederson, Jim Anderson, Cory Laylin, Chris McAlpine, Larry Olimb, Jeff Nielson
BACK ROW: Scott Bell, Andy Mills, Craig Johnson, Joe Dziedzic, Mike Muller, Todd Westlund, John Brill, Travis Richards, Doug Zmolek



Junior Gopher goalie Tom Newman

winning percentage (.716 starting the season) of any active coach in Division I hockey. Under his six-year leadership, the Gophers

have compiled an impressive record. They have made six straight appearances in the NCAA Tournament and won their way into the NCAA Final Four four of the last six years. Woog's teams won WCHA championships in 1987-88 and 1988-89, and they have never finished lower than second in the WCHA.

But in addition to the record-setting accomplishments of its coach, firepower is a major reason many believe 1991-92 will be memorable for the Gophers.

Leading the Gopher offense again this year is senior captain Larry Olimb (center 5-10, 165, Warroad, MN). Woog counts on him to be the sparkplug. "His ability to quarterback our team on the power play and offer... leadership... will be critical for our success."

Regarded as one of the top college hockey players in the country, Olimb had 35 goals and 103 assists in his first three Gopher years. He led the team in total points (57) last year and was named to the WCHA All-Tournament team. He played in three Olympic Festivals (1989-91) and was drafted by the North Stars in 1987. His rights now belong to the San Jose Sharks.

Another key to the Gopher scoring machine is junior Trent Klatt (forward, 6-1, 205, Osseo, MN). Possessing the strength, stick-handling

skills, and speed to dig the puck out of the corners and score, Klatt was the Gophers' third top point-maker last year. Drafted by Washington, his rights were traded to the North Stars in 1991.

One of the fastest skaters on the team is sophomore Craig Johnson (forward, 6-2, 195, St. Paul, MN). He was the leading scorer before sustaining an injury at the World Junior Championships last December. He was a member of Team South in the 1991 U.S. Olympic Trials in St. Cloud and advanced to the final camp for the 1992 Olympic Team. His 13 goals and 18 assists last season earned him a place on the All-WCHA freshman team.

With nine forwards over six feet and averaging nearly 200 pounds, the Gopher offense should have the size to complement its exceptional speed. The biggest player is sophomore Joe Dziedzic (forward, 6-3, 225, Minneapolis, MN). A multi-talented athlete, he earned all-metro honors in hockey, football, and baseball while playing at Edison High School. His muscle, especially near the

Continued on page 2

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GOPHER HOCKEY from page 1

other teams' goal, will be important.

Hampered by injuries last season, senior Cory Laylin (forward, 5-9, 170, St. Cloud, MN) could play a significant role on this year's team, providing some extra offensive punch. He certainly has demonstrated his hockey skills having been named St. Cloud Athlete of the Year and setting high school scoring records in 1987-88. An accurate goal-shooter and excellent passer, Laylin is able to play both center and wing positions.

Joining the eight letterwinning forwards on this year's team is a fine group of freshmen. Most prominent among these new Gophers is Darby Hendrickson (forward, 6-0, 175, Richfield, MN) who was Metro Player of the Year and Minnesota's "Mr. Hockey 1991." With 34 goals and 30 assists his senior year, he led Richfield to the state high school hockey tournament.

The Gopher defense has five returning lettermen. Junior Doug Zmolek (Defense, 6-1, 215, Rochester, MN) is considered the heart of the defensive unit. Coach Woog says, "He has developed into an All-WCHA caliber player with the potential to be one of the top players at his position in the country." An opening round draft pick of the Minnesota North Stars, his rights are now controlled by the San Jose Sharks.

Offensive-minded junior Travis Richards (defense, 6-1, 195, Crystal, MN), who was named to *Parade Magazine's* Team of the Year in 1988, and senior Sean Fabian (defense, 6-0, 210, St. Paul, MN), perhaps the team's strongest player, are expected to help make this season's blueline unit among the most outstanding in Gopher history.

Good goaltending is crucial to becoming a great hockey team. It is the goalie who must withstand flying skate blades and repel streaking pucks.

Woog claims the Gophers have "the best one-two goalie combination in the league." Senior Jeff Stolp (goalie, 6-0, 180, Nashwauk, MN)



Senior Gopher goalie Jeff Stolp

led the WCHA at his position last year in goals against average (2.78) and save percentage (.894). His overall record was 18-8-3. Junior Tom Newman (goalie, 6-2, 195, Blaine, MN) ranked as the WCHA's fourth best goaltender in 1990-91 with a 3.44 goals against average.

This season's U of M hockey schedule is rugged. With 15 games against teams which competed in last year's NCAA Tournament, the Gophers' stamina, consistency, and team cohesiveness will be mightily tested.

As young men from throughout the state showcase their homebred hockey talent, there'll be plenty of opportunity for fans to witness Minnesota's Pride on Ice.

Letters



HASKINS DESERVES TOP PAY

Clem Haskins deserves to be paid as well as any coach in the country. He took a team that was in bad shape and nurtured it to health.

Haskins has a way with his athletes. He is a perfect role model. He is an excellent representative for the University of Minnesota and has shown that he can produce winners on and off the court.

If the University doesn't say that Haskins is worth more, we shouldn't be surprised if he leaves here and gets quite a raise in pay.

Ralph Garcia
West St. Paul

UNIVERSITY FACILITIES ARE FINEST IN COUNTRY

The sports facilities at the University of Minnesota are the finest in the country. While we haven't seen them all built yet, the day is coming.

I read about the plans in a past edition of your paper and was so very pleased to learn about the renovation planned for Williams Arena and the new hockey complex to be built. Add to that the sports pavilion and who can match that with anything better?

I feel that there are few things better at the University and we should "tell the world."

The Board of Regents should be recognized for their foresight in planning and passing this building program.

Cory Donohue
Anoka

SPORTSNEWS FILLS NEEDED VOID

With all the emphasis on football it's good to see your paper concentrating on sports like wrestling, swimming and cross country.

I was a wrestler in high school. No one has to tell me how hard wrestlers work. I put in many hours and worked just as hard as football players, maybe harder.

I got a lot of personal satisfaction from wrestling. The public never knew all the things

wrestlers had to go through.

Your paper fills a much needed void in the local sports community.

It helps encourage those athletes who compete in non-revenue sports and lets the public know they exist.

Keep up your interest in the non-revenue sports.

Dan O'Connor
St. Cloud

FAN STILL SUPPORTS GOPHERS

Like everyone else that follows Minnesota Gopher football, I want to see a winner.

I hate to go to games week after week and watch us lose.

But, we should not lose our perspective on this matter. The Gophers are well coached and well disciplined. They are doing well in the classroom and in society. Isn't that what football and college sports are all about?

Knowing something about the game, having played some years ago, I know that when the game starts, and all things being equal, a bad bounce or bad break can result in the game going backwards.

I for one will still support John Gutekunst and the Minnesota Gopher team.

Charles Jorgenson
Chaska

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Where are They Now?

THE MILLION DOLLAR GOPHER



By Len Levine

Mike Wright is well known in the Minnesota civic, sports, and business communities. He's been actively involved in a variety of civic affairs, was a Gopher football star, and today heads one of America's largest business conglomerates. Some have called Wright "The Million Dollar Gopher."

Wright is the chairman, president, and chief executive officer of Super Valu Stores, Inc., a wholesale and retail group company and a general merchandise retailer through a subsidiary, Shop-Ko. Super Valu has 41,000 employees and last year had sales totaling more than \$11.6 billion.

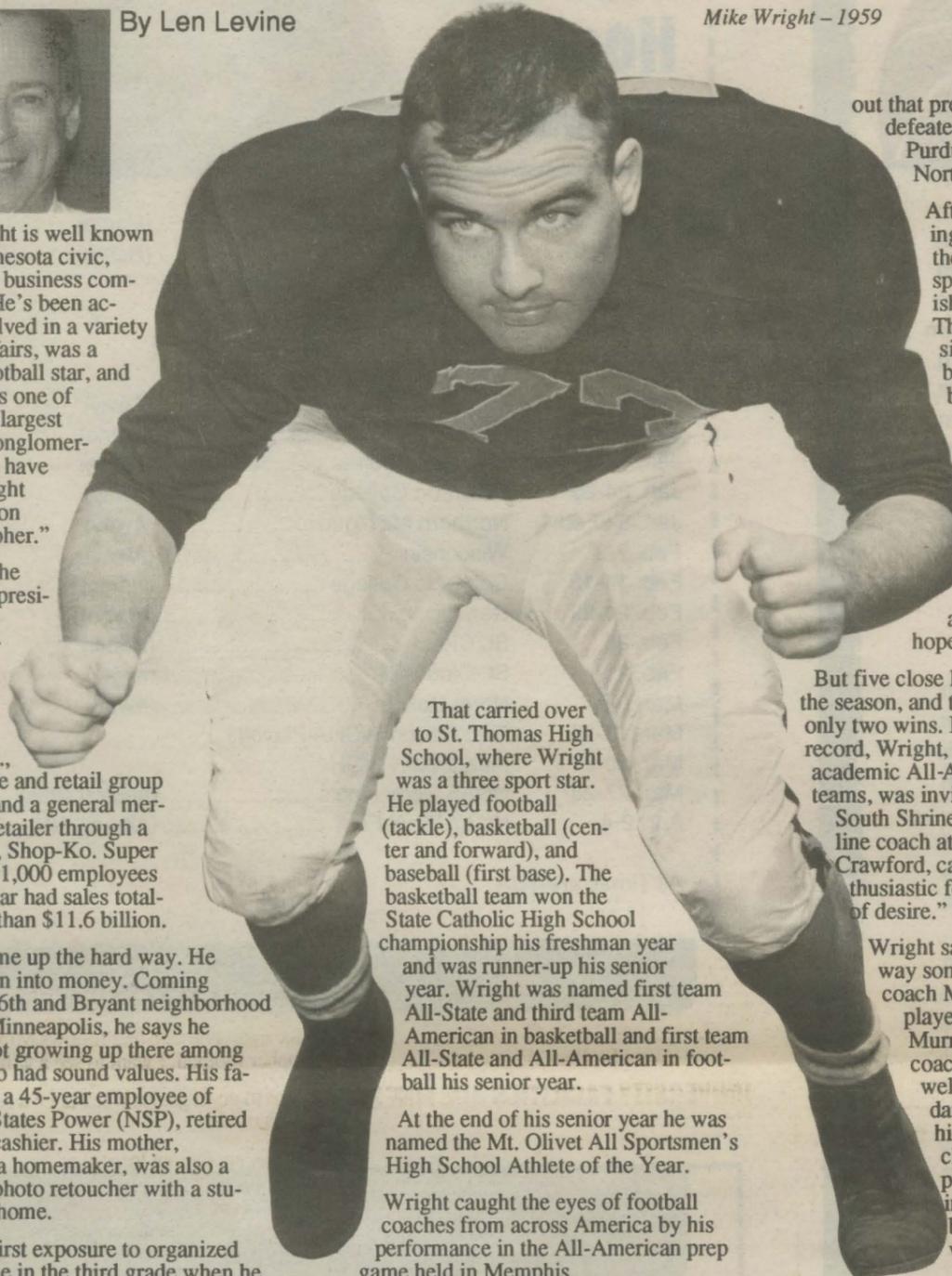
Wright came up the hard way. He wasn't born into money. Coming from the 46th and Bryant neighborhood of South Minneapolis, he says he learned a lot growing up there among people who had sound values. His father, Tom, a 45-year employee of Northern States Power (NSP), retired as a head cashier. His mother, Winifred, a homemaker, was also a freelance photo retoucher with a studio in her home.

Wright's first exposure to organized sports came in the third grade when he was recruited by a neighborhood football coach to play in a game against a team of fifth and sixth graders who lived five miles away. He was chosen because he was bigger than other boys his age.

Wright says he always liked competing in sports. As a 12-year-old sixth grader, he played on a Park Board League Team coached by "the kids themselves. It was an extraordinary thing," he says.

"In the huddle we'd decide who'd carry the ball and what each one would do. It's where we all learned teamwork, leadership, and how to share in the decision making." He continued playing in Minneapolis City Leagues, and by the time he was in the seventh grade, he was six feet tall and weighed 155 pounds. Because he was bigger than other boys his age, he was forced to play in the ninth grade division, where he enjoyed early success.

Mike Wright - 1959



That carried over to St. Thomas High School, where Wright was a three sport star. He played football (tackle), basketball (center and forward), and baseball (first base). The basketball team won the State Catholic High School championship his freshman year and was runner-up his senior year. Wright was named first team All-State and third team All-American in basketball and first team All-State and All-American in football his senior year.

At the end of his senior year he was named the Mt. Olivet All Sportsmen's High School Athlete of the Year.

Wright caught the eyes of football coaches from across America by his performance in the All-American prep game held in Memphis.

He was voted the game's top lineman. Invitations from colleges poured in from all over the country. He was heavily recruited by schools such as Stanford, Notre Dame, Dartmouth, Colorado, and Minnesota. He visited seven campuses, but because he always wanted to play football at Minnesota and live close enough to home so his parents could watch him play, he chose Minnesota. He also says he felt playing sports where he intended to live would help him later in life. He was right.

As a Gopher Wright could only play freshman basketball and football his first year (1956) because of the freshman ineligibility rule.

In the 1957 school year the 6'3", 230-pound tackle and his Gopher football teammates were picked as the early season favorite to win the Big Ten title. The first three games of the season seemed to bear

out that prediction as the Gophers defeated Washington 46-7, Purdue 21-17, and Northwestern 41-6.

After a shocking homecoming loss to Illinois 34-13, the season went into a tailspin, and the Gophers finished with a 4-5 record. That winter Wright started six games for the Gopher basketball team coached by Ozzie Cowles.

1958 was a football building year with many rookies. The Gophers were 1-8. The next year looked like it might be the "big" year. Wright was elected captain, and the Gophers had high hopes.

But five close losses put a damper on the season, and the Gophers finished with only two wins. In spite of that dismal record, Wright, who was named to the academic All-American and All-Big Ten teams, was invited to play in the North-South Shrine Senior Bowl Game. His line coach at the time, Denver Crawford, called Wright "a mean, enthusiastic football player with a lot of desire."

Wright says he'll never forgive the way some fans treated football coach Murray Warmath. "We played our hearts out and Murray Warmath was a sound coach. He knew the game well. He was a master of fundamentals. It really wasn't his fault that we lost those close games. But to see people hanging Warmath in effigy and throwing garbage on his front lawn was really unfair."

A look at the final game of the season and one can understand what Wright means. The Gophers were leading Wisconsin 7-3 when the Badgers, who won the Big Ten and went to the Rose Bowl, broke loose and scored in the last seconds of the game to win 11-7. Wright and the Gophers were dejected.

The next day he received a letter of encouragement and thanks to the team for their strong support of the coach. The letter was from Coach Warmath's wife, Mary Louise.

The following year Wright's weight got up to 235 pounds and he says he was "just too big" to play basketball, so he concentrated on football.

Wright's senior football season was the Gophers' best in many years. He says the biggest contributing factor to their success was the letter Mrs. Warmath sent at the end of the preceding season. "That letter served as an inspiration to all of us. Just imagine what they had been subjected to. That letter carried us through the off season, and we were ready when football began," Wright said. The 1960 season started with a stunning win over Nebraska, 26-14, and the Gophers went on to outscore their opponents 247-95 and win a national championship.

Wright finished his undergraduate schooling in three years with a history major and was allowed to enter the University's law school during his senior year where he graduated three years later with honors.

He was then drafted by three professional football teams — the Green Bay Packers, the Winnipeg Blue Bombers, and the AFL designated team which later became the Oakland Raiders. He chose Winnipeg. In his second year with the Blue Bombers, they won the Grey Cup, and Wright was named All-Pro defensive tackle.

After that second season he returned to the



Mike Wright - 1991

University of Minnesota and finished law school.

His first law job was in the Tax Department of the Dorsey, Whitney Law Firm in Minneapolis. After nine months he joined the Army, where for the next two years he was stationed in Fort Lee, Virginia. He returned to Dorsey, Whitney and became a specialist in corporate law. One of his principal clients, Super Valu, hired him as a senior vice president. Twelve months later he was named executive vice president, and in December, 1978, was named president and chief operating officer. Thirty months later he was named president and chief executive officer, and in October, 1982, Wright was named Chairman of the Board.

Under Wright's leadership the past 10 years, Super Valu's total sales have gone from approximately \$3 billion to \$11.6 billion and earnings have gone from \$40 million to over \$155 million. According to the *Minneapolis Star Tribune*, Wright's total yearly compensation, including bonuses and stock, equals more than one million dollars.

What's ahead for Mike Wright? "I like where I'm at and the job I'm doing. I've had different careers and have enjoyed them all. I'll continue doing what I'm doing at Super Valu and look to further growth and success in this capacity."

Wright has been actively involved in a variety of business and community activities. He's the past president of the Minnesota Business Partnership, was chairman of the Federal Reserve Bank of Minneapolis, coached football in the Edina neighborhood Youth League, has been a trustee of the University of Minnesota Foundation and past president of the "M" Club. He recently presented a significant contribution to help develop a scholarship fund in honor of Murray Warmath.

Wright and his wife, Susan, are the parents of five children: Michael, a Minneapolis businessman; Jennifer, a second year law student at Denver University; Molly, a recent graduate of Kalamazoo College (she was captain of her soccer team and named All-American); Julie, a recent Southern Methodist University graduate; and Adam, an eighth grader at Southview Junior High School.

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.

The University of Minnesota
And
Its Athletic Teams
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Of Life In Minnesota

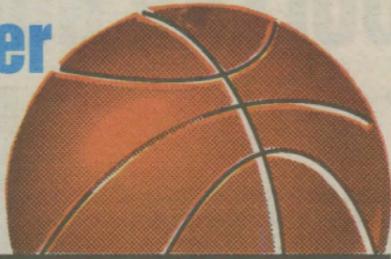


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1991 Gopher Basketball Schedule

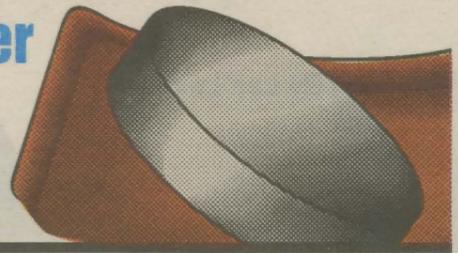


Nov. 25-27	Maui Invitational Lahaina, Hawaii	
Nov. 25	Minnesota-Arkansas	3:30 p.m.
	Providence-Charninade	6:00 p.m.
	Michigan State-Lamar	8:00 p.m.
	Arizona State-Rice	11:00 p.m.
Nov. 30	HOWARD	7:00 p.m.
Dec. 2	YOUNGSTOWN STATE	7:00 p.m.
Dec. 11	AKRON	7:00 p.m.
Dec. 14	Alabama-Birmingham	7:30 p.m.
Dec. 17	DETROIT	7:00 p.m.
Dec. 19	Memphis State	7:30 p.m.
Dec. 23	WEBER STATE	7:00 p.m.
Dec. 27-28	Far West Classic at Portland, Ore.	
Dec. 27	Minnesota, Oregon, LaSalle, Oregon State	TBA
Dec. 28	Consolation/Championship	
Jan. 4	IOWA STATE	1:30 p.m.
Jan. 9	Indiana	7:00 p.m.
Jan. 11	MICHIGAN	2:00 p.m.
Jan. 15	Wisconsin	7:00 p.m.
Jan. 18	MICHIGAN STATE	Noon
Jan. 22	Ohio State	7:00 p.m.
Jan. 25	ILLINOIS	2:00 p.m.
Jan. 29	NORTHWESTERN	7:00 p.m.
Feb. 1	Iowa	Noon
Feb. 5	Purdue	7:00 p.m.
Feb. 8	Northwestern	7:00 p.m.
Feb. 12	INDIANA	7:00 p.m.
Feb. 15	Illinois	7:00 p.m.
Feb. 19	Michigan	7:00 p.m.
Feb. 25	IOWA	6:30 p.m.
Mar. 4	WISCONSIN	7:00 p.m.
Mar. 7	PURDUE	4:00 p.m.
Mar. 11	Michigan State	7:00 p.m.
Mar. 14 or 15	OHIO STATE	TBA

ALL HOME GAMES (IN BOLD) HELD AT WILLIAMS ARENA
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1991 Gopher Hockey Schedule



Nov. 29-30	North Dakota	(Home)
Dec. 14-15	Northern Michigan	(Home)
Dec. 20-21	Mariucci Classic Tournament (MN vs Providence, Boston College vs. Bowling Green)	
Dec. 30	Czech Touring Team	
Jan. 3-4	Michigan Tech	(Away)
Jan. 10-11	Duluth	(Home)
Jan. 17-18	Michigan Tech	(Home)
Jan. 24-25	Colorado College	(Away)
Jan. 31/Feb. 1	Northern Michigan	(Away)
Feb. 7-8	Wisconsin	(Away)
Feb. 14-15	Colorado College	(Home)
Feb. 21-22	Denver	(Home)
Feb. 28	St. Cloud	(Home)
Feb. 29	St. Cloud	(Away)
Mar. 6-7	North Dakota	(Away)
Mar. 13-14	First Round WCHA Playoffs	
Mar. 20-21	Final Four - WCHA	
Mar. 27-28	NCAA Semi Finals	(neutral sites)
Apr. 2-4	NCAA Final Four	(Albany, NY)

All Times are TBA

1991 US OPEN SWIMMING TOURNAMENT



NOV. 29-DEC. 1
U of M Aquatic Center

SPORTSNEWS readers now have the opportunity to serve as guest columnists. Readers are invited to write about matters which will interest Gopher sports fans, bring back memories, and inspire.

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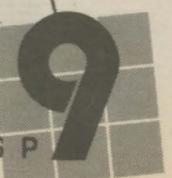
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Gopher Football: An Epilogue

By J. R. McNally

In team sports everyone shares the glory and the gloom. That one-for-all and all-for-one spirit is certainly cultivated by Gopher coaches, and it is commendable.

Members of the University of Minnesota (U of M) football team had high expectations as they began the 1991 season. But as the weeks went by, their hopes faded, and they realized it would not be a winning year for U of M football. And, as is appropriate, the whole team bears the weight of the disconsoling season.

But no one on the Gopher team believes the blood, sweat, and tears were in vain. Nor should they. Although mistakes were made and plans did go awry, nobody relaxed his effort.

Day-in and day-out, the players participated in hard-hitting practices. They made all the sacrifices, endured all the discomfort, so that if the coach called their number they'd be ready to play. Some Gophers didn't get into a single game. But throughout the season they were there, mind and body, heart and soul, investing themselves in the team of which they

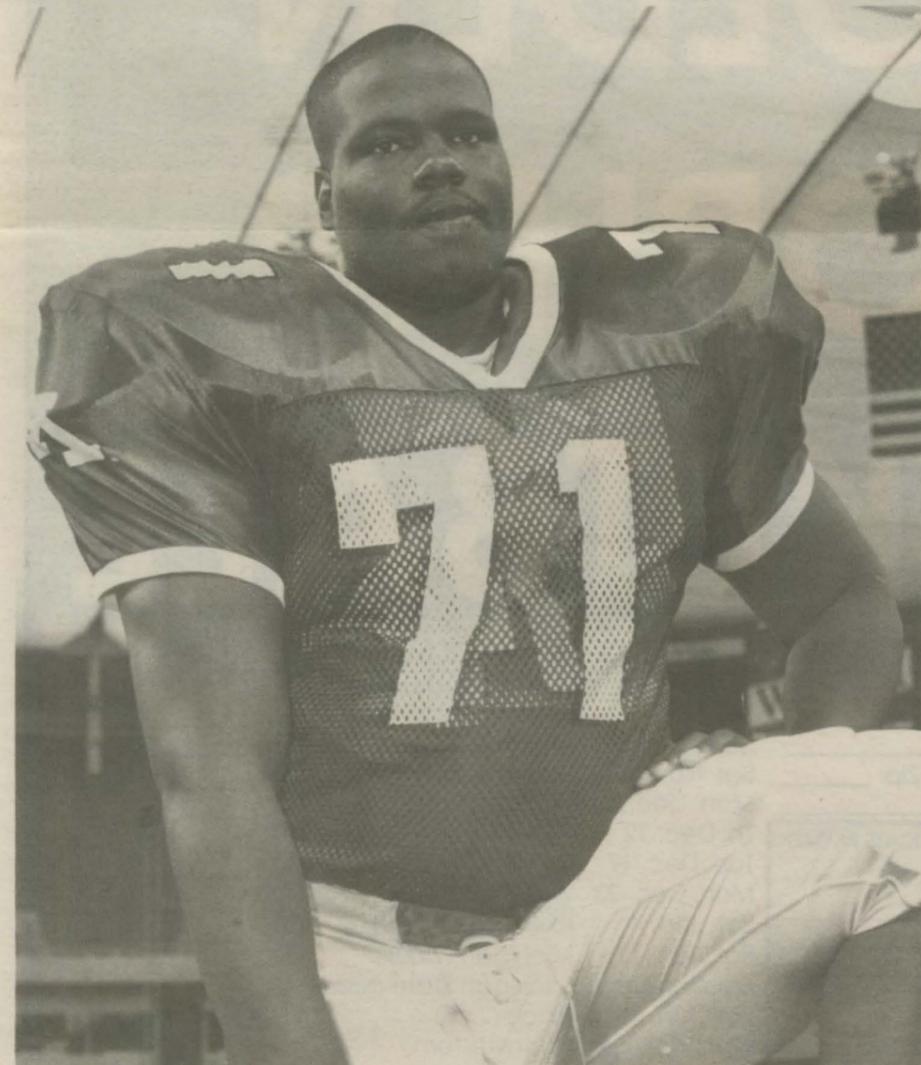
were a part. They had the courage to try out, the strength of character to put themselves on the line in competition, the will to take a risk.

Does the knowledge they gave unstintingly of themselves lessen their disappointment with the team's record? Of course not. But it does provide them with something special, something they will carry with them always. It gives them pride.

Dissatisfaction with the season outcome should not overshadow the fine individual performances of team players. In particular we wish to recognize four seniors who are 1991 all-star candidates. They are: tight end Patt Evans (Swarthmore, PA), defensive back Sean Lumpkin (Golden Valley, MN), linebacker Joel Staats (Winona, MN), and defensive end Ben Williams (Belzoni, MISS).

The season is over, but for many of the team's players there'll be next year. However, for 20 seniors their University of Minnesota football careers are concluded. We salute the entire team but especially these Golden Gophers.

Unending Injuries



Offensive tackle Keith Ballard (6-5, 294) was one of many Gophers who missed games this year because of injuries.

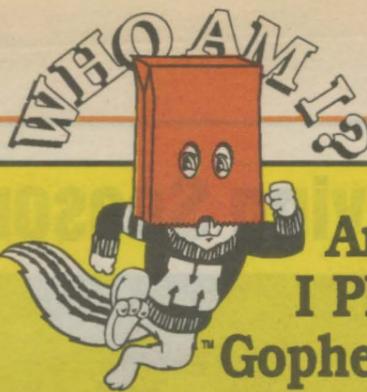
The 1991 Gopher football team was plagued with injuries throughout the season. Hip pointers, strained ligaments, knee dislocations, thigh contusions, leg infections, and on and on.

Among the many knocked out of the lineup by physical problems of one kind or another were: sophomore tailback Mark Smith (New Orleans, LA), last season's leading rusher (with 700 yards); another sophomore tailback, Chuck Rios (Little Canada, MN); senior defensive end Anthony Bryant (Miami, FLA); senior defensive tackle Kraig Hackbarth (Fon du Lac, WIS); and senior linebacker Joel Staats (Winona, MN).

Especially hard hit was the offensive line. After starting the first eight games of the season, junior left tackle Keith Ballard (Detroit,

MICH), one of the team's biggest players (6-5, 294), was prevented from competing because of a knee injury. Other offensive linemen who missed games due to injuries include: senior center Chip Brixius (Excelsior, MN); sophomore tackle Neil Fredenburg (Fargo, N.D.); freshman tackle Todd Grevious (Hopkins, MN); and junior guards Prince Pearson (Fort Lauderdale, FLA) and Rob Rogers (St. Louis, MO).

Ballard's injury in the Michigan game opened the way for senior Ron Mertz (Burnsville, MN) to get his first start ever. During his 4-year Gopher career Mertz played at seven different positions but never as a starter. As he looked forward to starting against Ohio State, he is reported to have said, "I didn't think this...would ever come."



And What Part Did I Play In The Golden Gopher Tradition?

I was an assistant football coach for Murray Warmath who worked primarily with interior linemen. I came to Minnesota in 1958 when the program wasn't doing well and lived through some of the greatest years in Minnesota Gopher football history. I played football and coached under Georgia Tech's great Bobby Dodd and was captain and center on the 1950 Yellowjackets team. I coached in seven straight bowl games—six at Tech and one at Duke—before coming to Minnesota. I have a B.S. degree in Industrial Management.



1960 Photo

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Cross Country Wrap-Up

Junior Doug Milkowski (Stevens Point, WIS) placed 21st overall to lead the Gopher cross country team to ninth place in the final team standings at the Big Ten Championships. Team captain Milkowski completed the 8,000 meter run at Purdue University in a season-best time of 25:45.7. He was the Gophers' top runner for three consecutive weeks and Head Coach Roy Griak referred to Milkowski's development throughout the season as "very impressive."

Senior Sean Fitzgerald (Ottawa, Ontario, Canada), a middle-distance specialist in track, also performed well in the Big Ten Championships. He was the team's second-best finisher and showed steady improvement in his times all season.

Fitzgerald has indicated that he would like to teach and coach at the secondary level. Assistant Coach Phil Lundin, who recruited Fitzgerald out of Canada, says, "He'll do well because he has great people skills and is a hard-worker. He's shown outstanding characteristics as a student-athlete at the University of Minnesota (U of M), and he's been an excellent role model."

Nuisance knee injuries interfered with the development of promising junior Curt Kotsonas (Chanhassen, MN) this season. Griak explains, "Kotsonas didn't have the continuity in training we'd like to see."

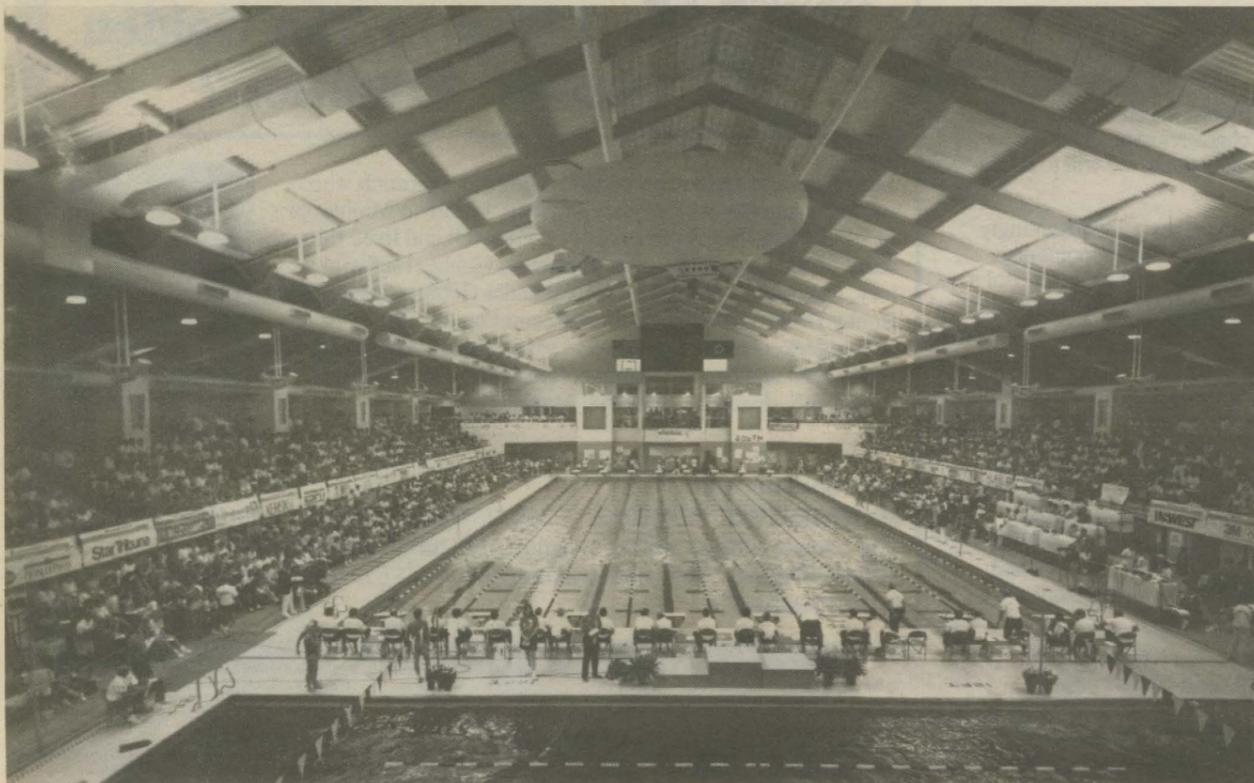
Highly recruited freshman Mark Gonzales (LaHabra, CAL) didn't perform as well in competition as hoped or expected. However, Griak indicates that from time to time in cross country training, "I saw the rays of sunshine breaking through, and I know Mark Gonzales will develop into a fine runner in the coming years."

Although U of M coaches were disappointed with the Gophers' overall performance in the Big Ten meet this year, they are optimistic about next year. The 1991 experience will improve the team, and two talented runners who were redshirted this season, sophomore Chris Berg (Minneapolis, MN) and junior Mark Narveson (Mankato, MN), will compete in 1992. Also, runner Jason Rathke, who is an exchange student studying in Germany, will return to the cross country team next fall in his sophomore year of eligibility.



Gopher senior Sean Fitzgerald, a middle-distance track specialist, was the U of M's second-best finisher at the Big Ten Cross Country Championships in early November.

Swimming & Diving Season Begins



What promises to be an exciting Big Ten swimming and diving season is underway. The Michigan Wolverines are pursuing their sixth consecutive conference championship. But the Gophers have a much improved team which is coming off its most successful summer season. Competing against more than 100 teams from throughout the country at the U.S. Senior Nationals in Fort Lauderdale last August, the Gopher Swim Club finished second.

Dennis Dale, in his seventh year as head coach of the University of Minnesota (U of M) Swimming & Diving program, is encouraged by the overall strength of his team and by the outstanding performance of Gopher swimmers this summer.

At the Senior Nationals, senior Del Cerney (Staples, MN) was first in the 50 freestyle, senior Sean Quakenbush (Rochester, MN) second in the butterfly, and junior Paul Nelsen (Lincoln, NE) third in the individual medley.

The prestigious U.S. Open will be held at the University of Minnesota Aquatic Center on November 29 through December 1. For the first time ever, the Gopher swimming & diving team (with 14 athletes) will compete in this international meet. This reflects the development of a top quality U of M team. Among the fine teams from throughout the world scheduled to take part in the U.S. Open is a 20-member Australian team.

The next issue of SPORTSNEWS will include a more comprehensive look at the talented 1991-92 Gopher swimming & diving team.

Gopher Golf Team Has Banner Beginning

The Gopher golf team is having one of its finest seasons in many years.

The Gophers have finished no lower than second place in their first three tournaments and led every tournament in which they played going into the final round of competition.

Last month the golfing Gophers stunned new Big Ten rival Penn State as they won the Walter McGlaughlin Invitational.

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(3)	Sat. Nov. 30	Howard (3:00)	_____	_____
(4)	Mon. Dec. 2	Youngstown State	_____	_____
(5)	Th. Dec. 12	Akron	_____	_____
(6)	Tue. Dec. 17	Detroit	_____	_____
(7)	Mon. Dec. 23	Weber State	_____	_____
(8)	Sat. Jan. 4	Iowa State (1:30)	_____	_____
(9)	Sat. Jan. 11	Michigan (2:00)	_____	_____
(10)	Sat. Jan. 18	Michigan State (Noon)	_____	_____
(11)	Sat. Jan. 25	Illinois (2:00)	_____	_____
(12)	Wed. Jan. 29	Northwestern	_____	_____
(13)	Wed. Feb. 12	Indiana	_____	_____
(14)	Tue. Feb. 25	Iowa**(limit 4)(6:30)	_____	_____
(15)	Wed. Mar. 4	Wisconsin	_____	_____
(16)	Sat. Mar. 7	Purdue	_____	_____
(17)	Mar. 14 or 15	Ohio State (TBA)	_____	_____

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GREAT STUFF...
at Williams Arena

Rod Wallace is Ultimate Gopher Booster

Rod Wallace is well known in Minnesota business circles as one of the leading hotel/motel operators in the state.

Since acquiring the Thunderbird Motel twenty-eight years ago, Wallace has built the facility into the area's third largest convention hotel in the metro area. The Thunderbird Motel, located near the airport on I-494, was the meeting place for sports fans during the days of the Met Stadium and since that time continues to be a place where people go to see sports celebrities eating in the motel's coffee shop.

Wallace is also well known in University of Minnesota circles as one of the Gophers' biggest sports boosters. He can be seen at virtually every home Gopher football and basketball game wearing a maroon and gold sweater.

Wallace hails from the 41st and Dupont neighborhood of Minneapolis and played many sports while a student at Washburn High School.

His uncle, Louis Levin, who attended the University took Wallace to every home football game played in old Memorial Stadium. By the time he graduated from high school he was sure he would attend the University but was sidetracked because of the outbreak of World War II.

Wallace enlisted in the service and was assigned to General George Patton's 82nd Airborne Division.

After the War ended, he came back to Minnesota and decided to begin working instead of attending school.

To maintain his ties with the University, he purchased season tickets to Gopher football



Rod Wallace at the Thunderbird Motel

and basketball games and can't remember the last time he missed attending one.

Wallace credits Paul Giel, Gopher All-American great and former athletic director with bringing him in as a supporter.

"I admire Giel as much as any person I know. He was a great athletic director and I'm proud to be his friend. I didn't like the way he was treated when he lost his job, but that's water over the dam. Because of Giel I will always have a love affair with the University," Wallace says.

Wallace endowed the first chair in the College of Education with a gift of one million dollars. The money is distributed to needy Native-American students. Last year five scholarships were awarded.

Congratulations Rod Wallace. You're a credit to the University of Minnesota and to this community.

Aches and Pains

By Elizabeth A. Arendt, M.D., Director
University of Minnesota Sports Medicine Institute



Q I have heard of fast twitch and slow twitch muscle fibers. What are these? How do they affect athletes?

A Slow twitch fibers (red fibers) are aerobic. They contract more slowly than the other type muscle fibers, although the difference is measured in milliseconds. Slow twitch muscle fibers use carbohydrates and fat for fuel as their energy source.

Fast twitch fibers (white fibers) are anaerobic. They use only carbohydrates for fuel, and their rapid contraction produces byproducts, one of which is lactic acid. Their energy source can be used up quickly, and it takes some recovery before you can use the fast twitch fibers again for a contraction. Depending on your degree of conditioning, this recovery period can be anywhere from a few minutes to a longer period of time.

Generally speaking, slow twitch fibers are those which we need to support our bodies in our upright stance. These anti-gravity mus-

cles can be found in our calves and quadriceps muscles. Those muscles requiring fast take off, such as our hamstrings, are largely composed of fast twitch fibers. However, in humans (different from lower animals) we do not have a muscle group that is purely fast twitch or slow twitch fibers, but rather a combination of both. This is genetically determined, and the percentage of slow twitch and fast twitch fibers you are born with cannot be changed through training. Training affects muscles by hypertrophy (enlarging) of individual muscle fibers, bringing more blood supply to that muscle unit, and increasing the storage of fuel in the muscle cell itself.

If you have sports medicine related questions, please send them to:

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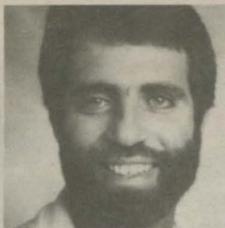
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Bet You Didn't Know Encroachment and Offside Penalties



by Barry Dreayer

Most football fans are confused about the distinction between two particular types of penalties—encroachment and offside. The primary reason for this bewilderment is that college rules define both infractions differently than the NFL. Let's clarify the situation once and for all.

When you think of college football, note that encroachment only applies to the offense, and offside (notice there is no "s" on the end of the word) only applies to the defense.

Once the center touches the ball before snapping it, no offensive player may move beyond the line of scrimmage. If he does, encroachment will be called and a five-yard penalty will be assessed. This is true even if the offensive player returns to his side of the line of scrimmage before the ball is centered.

In college football, offside only pertains to the defense. This five-yard penalty is called when a defensive player is guilty of either of the following:

- (1) He is beyond the line of scrimmage while the ball is being snapped, or
- (2) He makes contact with an offensive player beyond the line of scrimmage before the ball is snapped.

Note that a defensive player has more leeway than his offensive counterpart. He can move past the line of scrimmage once the

center touches the ball as long as he jumps back **and** doesn't make contact with an offensive player before the ball is snapped.

Now let's take a look at professional football. NFL rules for encroachment and offside apply to both the offense and defense.

A player is guilty of encroachment in the NFL only if he makes contact with an opposing player before the ball is snapped. Offside is called when a player is beyond the line of scrimmage while the ball is being snapped.

So, let's recap. In college football, encroachment is a violation of the offense, and offside is a defensive penalty. In the NFL, encroachment is called when contact is made before the snap, and offside is when any player is beyond the line of scrimmage while the ball is hiked.

These rules are basically the same for college and pro; they are just classified differently. Think how much easier football would be to watch and understand if the NCAA **and** NFL rules were the same.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball.

For more information call (404) 973-3442.

Before he decides on his starting lineup...



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SPORTSNEWS



DECEMBER, 1991

VOLUME 3

NUMBER 8

SPLASH!

By Jim Mulrooney *Senior Sean Quackenbush, a champion in the 100 and 200 butterfly events, is a leader of the Gopher swimming & diving team.*



Gopher junior Paul Nelsen finished third in the 200 medley at the U.S. Senior Nationals last August.

For edge-of-your-seat excitement, swimming and diving are unsurpassed. As tests of athletic skill and stamina, swimming and diving are exceeded by no other sport.

These are some of the reasons swimming and diving are always among the most popular Olympic events.

But for University of Minnesota (U of M) sports fans, there's no need to wait for the Olympics. The drama of first-class swimming and diving competition can be enjoyed by all for the next several months at the U of M Aquatic Center.

And just how good is the current University of Minnesota swimming and diving team? "This is the most talented group of athletes with whom I have ever worked." So says Dennis Dale, who is in his seventh year as the team's head coach, his 19th year of coaching overall.

Last season the Gopher swimming and diving team finished second in the Big Ten. They were runners-up the year before that, also. In 1990-91 the Gophers were ranked among the top twenty swimming and diving teams in the country.

Pondering the potential of his team, Coach Dale comments, "We are capable of doing better than the 1989 team which placed 11th in the National Collegiate Athletic Association (NCAA) Championships."

The emergence of the U of M as a national swimming and diving power has been remarkable. It reflects the growth of Dale's program during the past half-dozen years.

Before the Gophers finished second in the final standings at the Big Ten Championships in 1990, no other U of M swimming and diving team had performed as well since 1927. That's 63 years!

Dale was an All-American swimmer on the 1967 U of M team. His career gives testimony to the proud old dictum "Once a Gopher, always a Gopher."

He coached Burnsville to four Minnesota State High School Championships and four times was named Minnesota's High School Coach-of-the-Year.

Dale was appointed head coach of his alma mater's swimming and diving team prior to the 1985-86 season. His Gopher teams have an outstanding 50-17 record since he took over (a .746 winning percentage).

The development of the U of M swimming and diving program has been gradual. Dale has worked tenaciously over the years to achieve his longterm goals. According to those who know him well, he lives and breathes Gopher swimming and diving.

In summarizing his coaching philosophy, Coach Dale emphasizes, "We try to cultivate an appreciation for a very strong work ethic among all the members of our team."

"This is the most talented group of athletes with whom I have ever worked."
— Dennis Dale, Gopher Swimming & Diving Head Coach

Gopher swimmers indicate Dale communicates well with his athletes, and that he leads by example.

For the past two seasons, Diving Coach Doug Shaffer, a national and international champion diver who trained under Olympic coach Ron O'Brien, has provided excellent direction to the important diving contingent of the Gopher team.

"Because I've known the ups and downs, the joys and setbacks of diving competition," Shaffer indicates, "I think I've been able to help student-athletes learn from their competitive experiences."

The expertise of the entire coaching staff has been a significant factor in bringing about the resurgence of the swimming and diving program at the University of Minnesota. Another important factor has been the opening the summer before last of the U of M's Aquatic Center, one of America's premier swimming and diving facilities. Top swimmers and divers from throughout the country now look toward Minnesota to pursue their academic and athletic objectives.

The 1991-92 Gopher swimming and diving team is a blend of talented youth and experienced collegiate athletes.

Alan Boelk (Embarrass, MN) is a standout among the freshmen. Based on his excellent record at Mesabi East High School, he was proclaimed Minnesota's High School Swimmer-of-the-Year and won All-American honors.

But Coach Dale is not about to place any extra weight on Boelk's young shoulders. "He must be given time to mature before he helps

us win the Big Ten title," remarks Dale.

Another topflight freshman is Matt Bosin (Waukesha, WI), a four-time Wisconsin state high school champion in the 200 and 500 freestyles.

Other promising freshmen recruits include: Steve Wosniak (Schereville, IN), Indiana state champion in one meter diving; Darren Heydaneck (Hawthorn, IL), an Illinois state champion who will help Minnesota in the individual medley and butterfly events; Scott Walker (Lansdale, PA), Pennsylvania state champion and record holder in the 100 freestyle; and Lance Haile (Albuquerque, NM), New Mexico state champion in the 200 freestyle.

However, the fundamental strength of this season's Gopher team is found in its high caliber returning lettermen.

"Senior Sean Quackenbush (Rochester, MN) is a nationally acclaimed swimming talent," Dale observes. He is a Big Ten champion in the 100 and 200 butterfly. Last year he finished third at the NCAA Championships and second at the U.S. National Championships in the 200 butterfly. Competing against swimmers from 100 teams across the country at the U.S. Senior Nationals in Fort Lauderdale last August, he placed second in the butterfly.

Senior Del Cerney (Staples, MN) is the fastest native Minnesotan of all time in the 50 free-

Continued on page 5

Gopher B-Ball

Letters



Gopher Junior Nate Tubbs, an outstanding defensive talent, blocked a last second shot to preserve the U of M win over Brazil's National Team.

Head Coach Clem Haskins saluted Gopher fans for their early season support of his U of M basketball team following its 67-66 triumph over Brazil's National Team on November 9. Strong fan support is "one of the reasons we were able to win at the end," he said. The young Gopher team rallied from a nine point deficit with 16 minutes remaining.

Junior captain Dana Jackson (6-8, 215, Chicago, IL) and freshman Voshon Lenard (6-4, 195, Detroit, MI) scored 13 points apiece.

"I'm really pleased with the play of freshmen Ryan Wolf (6-4, 185, Martinsville, IN) and Jayson Walton (6-6, 205, Dallas, TX) both of whom are quality players," Haskins commented. "Dana Jackson got off to a nice start," he added. "I was very happy to see that because he worked so hard over the summer."

The Gophers have looked impressive since the opening game. Haskins hopes fan backing at home will continue promoting victorious outcomes at Williams Arena. The U of M's first Big Ten game will be at home on January 4th against the Iowa Hawkeyes.

BOBBY COX THANKS SPORTSNEWS

Thank you very much for that most flattering story you did about me last week. I was amazed at the number of people I heard from who had read the story.

You were most kind to me in the article.

SPORTSNEWS serves a real purpose in supporting the Gopher sports program in a positive way. Keep up the good work.

Bobby Cox
Minneapolis, MN

Ed. Note: Columnist Len Levine wrote about Bobby Cox in his "Where Are They Now?" column. The article, "Bobby Cox: A Rags to Riches Story," appeared in the October 12th edition of SPORTSNEWS. It is an inspiring look at the life and fortunes of one of America's all-time great college quarterbacks.

IT'S AN INSULT

I don't appreciate some sports writers who think they have all the answers and are rude on top of it. Mr. Brown of the Minneapolis paper was insulting to all University of Minnesota athletes, their parents, coaches and loyal fans when he wrote after the Indiana game, "The game is called football, but you wouldn't know it by watching the Gophers."

The athletes have given it their all. The Minnesota athletes are very good students also. The football team is a very well disciplined team.

I've played and coached football. I know what happens when things begin to go bad. The "roof" caves in. It happens to the best of college teams and it even happens in pro football. When things go bad early in the season, the entire season can be a disaster.

The Minnesota Gopher football team deserves an apology.

Rodney Johnson
Coon Rapids

NO SMOKING IN THE DOME

Congratulations to Ron Gornick and the Metropolitan Sports Facilities Commission for banning all smoking in the Dome beginning next year.

This is a commendable action that is worthy of applause.

Win or lose, going to the Dome is an adventure, especially when the weather outside is terrible.

Minnesota is a first class state. Since passage of the Minnesota Clean Indoor Air Act ten years ago, we have become the envy of states all over the country.

We all know the harmful health effects of cigarette smoke.

Now we will never have to suffer on our way to the restroom or concession stand.

It's hard to be humble when you're from Minnesota. Now we have another reason to be proud.

George O'Shea
White Bear Lake

Ed. note: Ron Gornick is no longer in this position. He was replaced by Bill Hunter.

A SOUND FOOTBALL PROGRAM

The University of Minnesota football program has been a very sound program during the years of John Gutekunst. I for one am sorry to see him go.

I don't know what the rush was to get rid of him. Why didn't the "powers to be" let him finish the season and then come to an understanding?

This was a very insensitive way to do it and sets a bad example for the young men who are on the Gopher squad.

Bernie Stoltz
St. Paul

THANKS COACH GUTEKUNST

We owe Coach John Gutekunst our thanks. For six years he took our football team to new heights. No, we didn't win the Big Ten or the Rose Bowl. We did win the race for the future. By this I mean our football players have been graduating at record numbers. That's the most important contest.

Coach Gutekunst also taught his players the proper values. He was a role model for many young men when they needed someone to listen and lead. He was sincere and placed the athletes' welfare before his own. He knew his job was on the line but he never wavered from the path which he set out and that was for the athletes first. He did what a coach should do. He did his job and did it well. True, he didn't win enough games but he still did his job well.

Thanks Coach Gutekunst for all that you have done for our athletes.

Cory Kuntson
Mankato

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Where are They Now?

BOB MCNAMARA CREDITS MOTHER FOR SUCCESS Says U of M Made His Dreams Come True

By Len Levine

The year was 1954. It was Murray Warmath's first season as head Gopher football coach. He instituted a new style of play, the split-T offense.

It was a quick hitting offense, led by Bob McNamara, and almost catapulted the Gophers to a perfect season and a trip to the Rose Bowl.

McNamara will be remembered for his play that season because he was given credit for virtually every Gopher win.

Take the game with Nebraska. With the Gophers trailing 7-6 in the third quarter Bob broke the game open with a score and the Gophers went on to win 19-7. Against Pittsburgh it was anyone's game. Going into the second half with the Gophers leading 13-7, "Big Mac" returned a 65-yard punt and the rout was on. The Gophers won 46-7. Against Northwestern, Minnesota trailed 7-6 in the second quarter when Bob again broke the game open with a 33-yard touchdown run—his first of two, and the Gophers went on to a 26-7 victory. Against Illinois it was the same story; the score was tied 0-0 in the closing minutes of the first quarter when Bob took a pitch-out on the three yard line and took the ball in for a score.

Later in the game Bob made a leaping catch of quarterback Gino Cappelletti's pass for a 33-yard gain which set up a score. Then, when it was 19-6 in the final quarter and the Illini were threatening again, Bob's one-handed interception ensured another Gopher win.

Bob was named to every All-American team that year as the Gophers finished with a 7-2 season.

The McNamaras came from Hastings, Minnesota. Bob credits his late mother, Eva, (she recently died at age 91) for his strong values and solid work ethic. "She was a religious and determined person who took it upon herself to raise, singlehandedly, her children. She gave us boys (six brothers: Don, Jim, Pinky, Bernie, Stan, and Bob) a special sense of confidence. She was our inspiration, our closest friend. She worked full time for many years, first in a manufacturing job and later in the old Hastings State Hospital assigned to the ward for the severely disabled and violent.

"She had to be firm," Bob says, "Because when she was dealing with those real difficult patients she had to be tough because she was just 5'4" tall. She was our inspirational leader and set good examples for us. With all that she did, she was never too busy to attend church. In fact, she never missed a Sunday Mass at Guardian Angels Church. She's the one that taught us how to treat others with respect and the importance of attending church. I was always amazed with her instinct in dealing with growing boys."

The McNamaras were poor. Their biggest pastime was going to the city park where they spent hours playing sandlot ball. Bob says, "For me it was important to be good at sports because I was the smallest kid in the neighborhood in my age group." He was only 5'2"

and 105 pounds.

When he attended Hastings High School as a ninth grader he couldn't afford a ball, bat or glove. He'd spend countless hours each day at the city's municipal baseball field after school in hopes of catching a foul ball, "so I could take one home. Better yet, when a bat cracked, I was first on the scene so I could take that home also."

That spring he tried out for the third base spot on the Hastings High School baseball team. Because he didn't own a glove, he had to borrow one. That bothered his mother, he said, and she began to set aside a small part of her meager earnings so she could buy him one. Later that year, she presented him with a used glove for his birthday present.

"It was an early high point in my life. That glove made me feel important. I felt like I

was on top of the world. It gave me confidence like I had never had before," McNamara says today.

At about the same time that he got the glove he says his confidence began to develop. He made the school's varsity football (end), basketball (guard) and baseball (third base) teams. He gained fifteen pounds.

Over the next three years he became one of Hasting High's greatest athletes earning eleven varsity letters.

In 1949, his senior year, his football team won every game and had only one touchdown scored against them.

McNamara was named to the All-State team.

After graduation, McNamara was sought after by colleges across the country but accepted a scholarship offer from Gopher end coach Butch Nash, and enrolled at the University.

Shortly after entering the U he joined the 47th Division of the Minnesota National Guard. Two months later his division was activated because of the Korean War.

McNamara, an infantryman, says he volunteered for paratrooper training because he "wanted to get in the best possible physical condition."

Before he was discharged two years later, he wrote Coach Nash asking him if he thought new Gopher football coach Wes Fesler was interested in him. Nash wrote back informing him they were holding a spot.

McNamara arrived home on a Saturday night and reported for football practice the following morning. After just one week of practice he was put in for two plays in the season opener against Washington, played most of the next game against Southern California and "hardly missed a minute the rest of the season."

Nash says McNamara had tremendous speed and used it effectively in the end around play. He also calls him a "fearless pin-point blocker."

During the next summer, while working for the 3M Company on a construction project laying sewer pipe, he was caught in a cave-in which buried him up to his waist. As he struggled to get free he tore the cartilage in his left knee, which required surgery, causing him to miss the first part of his junior season. Fesler, who at the time referred to McNamara as "one of the two most-gifted athletes (Paul Giel was the other) on the team," referred to his injury "as not only a severe blow to Bob personally but to the entire team." To everyone's amazement, McNamara healed quickly and was ready for the first game. Even more astonishing was the fact he played every game that season, averaging 4.8 yards per carry.

When Murray Warmath became head coach in 1954, he built a new, quick-hitting, split-T offense around the McNamara brothers (Bob at right half and Pinky at left half). When fullback John Baumgartner, who played a key role in this offense, was injured, Warmath replaced him with the 190 pound Bob McNamara whom Warmath called, the "most powerful runner" he had ever seen. He finished the season with an average of 6.3 yards per carry and a total of 708 yards gained. He was named to everyone's All-American team, capping off a tremendous college career.

McNamara went on to play professional football with the Winnipeg Blue Bombers, joining two other ex-Gophers, end Bud Grant and tackle Stav Canakes. In the 1956 season, as a receiver and defensive back, McNamara scored eighteen touchdowns with six coming in one game against Vancouver. He was



Bob McNamara, 1991

named to the All-Pro and All-Canadian teams. His contract was renewed for another two seasons.

In 1957 he underwent his second knee operation but still played the entire season. The following year, Winnipeg won the Grey Cup Championship. Near the end of the season McNamara was hit with a bone-crushing tackle, again tearing cartilage in the knee, which required his fourth knee operation. His pro football career appeared to be over.

Bob and his friend and former teammate, Gino Cappelletti opened a sports bar in Minneapolis. Business was good. Things were going well but McNamara just couldn't stay out of football.

When the Denver Broncos of the new American Football League was assembling a team they recruited McNamara and signed him as an offensive flanker and defensive cornerback.

Business at the sports bar was flourishing. McNamara was enjoying good health and playing racquetball daily (he's won twelve national and state championships). He decided to try out for the new Minnesota NFL franchise and give football "one last fling." As a Viking "rookie" he was showing promise in training camp until he injured his knee, requiring a fifth operation. His football playing days were finally over.

For the past twenty-two years McNamara has owned The Bob McNamara Lounge which is located in the Eastgate Shopping Center, one block from Riverplace in Minneapolis. Next door, he has an office for his other business, the sale and distribution of light weight work shoes.

McNamara calls going to the University of Minnesota "the greatest thing that could ever have happened to me. Imagine, a poor kid from Hastings, who could only dream of getting an education from the University of Minnesota, winding up playing football there and getting a degree.

"I'd take that long ride on a bus from Hastings to Memorial Stadium and watch Bud Grant, Billy Bye, Clayton Tonnemaker and Leo Nomellini play football and dream that one day that could be me. When I got to the University, I knew my dream could come true and because of football, I could make something of my life. The University of Minnesota made my dreams come true."

McNamara is an active supporter of the University's athletic program. He's been a member of the "M" Club's Board of Directors and just finished sponsoring his seventeenth fundraising event for the Gopher tennis team.

McNamara and his wife Annette have three children, Ann Marie and Bobby Jr. of Minneapolis and Suzy of New York City.

Len Levine earned three varsity letters as a member of the Gopher track team and established several records, one of which (the 60-yard dash) stood for 17 years. He was the silver medal winner in the 1960 Big Ten 300-yard dash championship. Levine was President of the "M" Club in 1989.



Bob McNamara, 1954

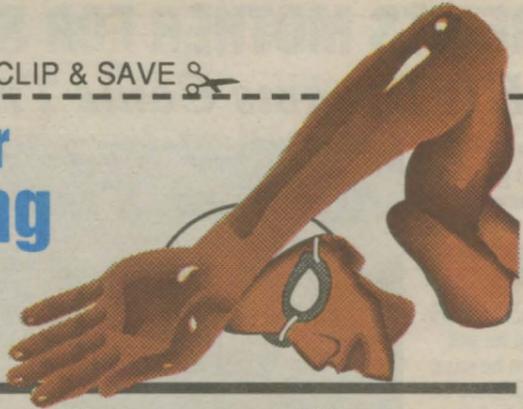
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1992 Gopher Swimming & Diving Schedule



Date	Time	Meet	Site
Sat., Jan. 4	11:00 a.m.	GOLD COUNTRY INVITE (co-ed)	AQUATIC CENTER
Sat., Jan. 11	2:00 p.m.	Kansas (co-ed)	U of Kansas
Fri., Jan. 17	6:00 p.m.	Quad Duals (co-ed)	Madison, WI
Sat., Jan. 18	12:00 noon	(Purdue, IL, Wisc.)	
Fri., Jan. 24	6:00 p.m.	MINNESOTA CHALLENGE (co-ed)	AQUATIC CENTER
Sat., Jan. 25	10:00 & 6:00		
Thur.-Sat., Feb. 6-8		BIG TEN CHAMPIONSHIPS	AQUATIC CENTER
Sun.-Fri., Mar. 1-6		Olympic Trials	Indianapolis
Fri.-Sat., Mar. 13-14		N.C.A.A. ZONE DIVING (co-ed)	AQUATIC CENTER
Thur.-Sat., Mar. 26-28		N.C.A.A. Championships	Indianapolis
Fri.-Sun., Apr. 3-5		Phillips 66 Diving Prelims	TBA
Tues.-Sun., Apr. 14-19		Phillips 66 Diving Championships	Orlando, FL

* home meets and sites are in Bold

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'91-'92 Gopher Basketball Schedule

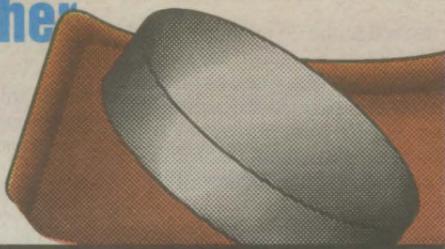


Dec. 19	Memphis State	7:30 p.m.
Dec. 23	WEBER STATE	7:00 p.m.
Dec. 27-28	Far West Classic at Portland, Ore.	
Dec. 27	Minnesota, Oregon, LaSalle, Oregon State	TBA
Dec. 28	Consolation/Championship	
Jan. 4	IOWA STATE	1:30 p.m.
Jan. 9	Indiana	7:00 p.m.
Jan. 11	MICHIGAN	2:00 p.m.
Jan. 15	Wisconsin	7:00 p.m.
Jan. 18	MICHIGAN STATE	Noon
Jan. 22	Ohio State	7:00 p.m.
Jan. 25	ILLINOIS	2:00 p.m.
Jan. 29	NORTHWESTERN	7:00 p.m.
Feb. 1	Iowa	Noon
Feb. 5	Purdue	7:00 p.m.
Feb. 8	Northwestern	7:00 p.m.
Feb. 12	INDIANA	7:00 p.m.
Feb. 15	Illinois	7:00 p.m.
Feb. 19	Michigan	7:00 p.m.
Feb. 25	IOWA	6:30 p.m.
Mar. 4	WISCONSIN	7:00 p.m.
Mar. 7	PURDUE	4:00 p.m.
Mar. 11	Michigan State	7:00 p.m.
Mar. 14 or 15	OHIO STATE	TBA

ALL HOME GAMES (IN BOLD) HELD AT WILLIAMS ARENA
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'91-'92 Gopher Hockey Schedule



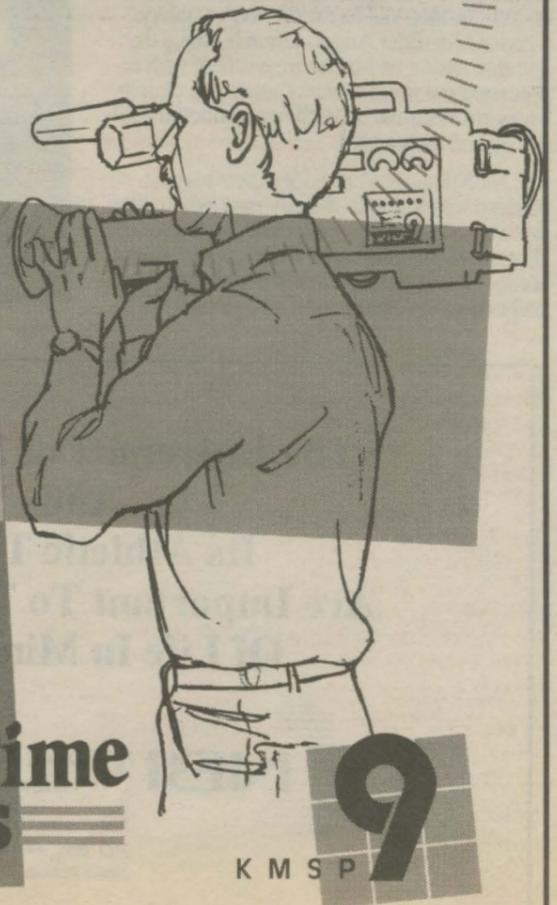
Dec. 20-21	Mariucci Classic Tournament (MN vs Providence, Boston College vs. Bowling Green)
Dec. 30	Czech Touring Team
Jan. 3-4	Michigan Tech (Away)
Jan. 10-11	Duluth (Home)
Jan. 17-18	Michigan Tech (Home)
Jan. 24-25	Colorado College (Away)
Jan. 31/Feb. 1	Northern Michigan (Away)
Feb. 7-8	Wisconsin (Away)
Feb. 14-15	Colorado College (Home)
Feb. 21-22	Denver (Home)
Feb. 28	St. Cloud (Home)
Feb. 29	St. Cloud (Away)
Mar. 6-7	North Dakota (Away)
Mar. 13-14	First Round WCHA Playoffs
Mar. 20-21	Final Four - WCHA
Mar. 27-28	NCAA Semi Finals (neutral sites)
Apr. 2-4	NCAA Final Four (Albany, NY)

All Times are TBA • All Home Games in Bold

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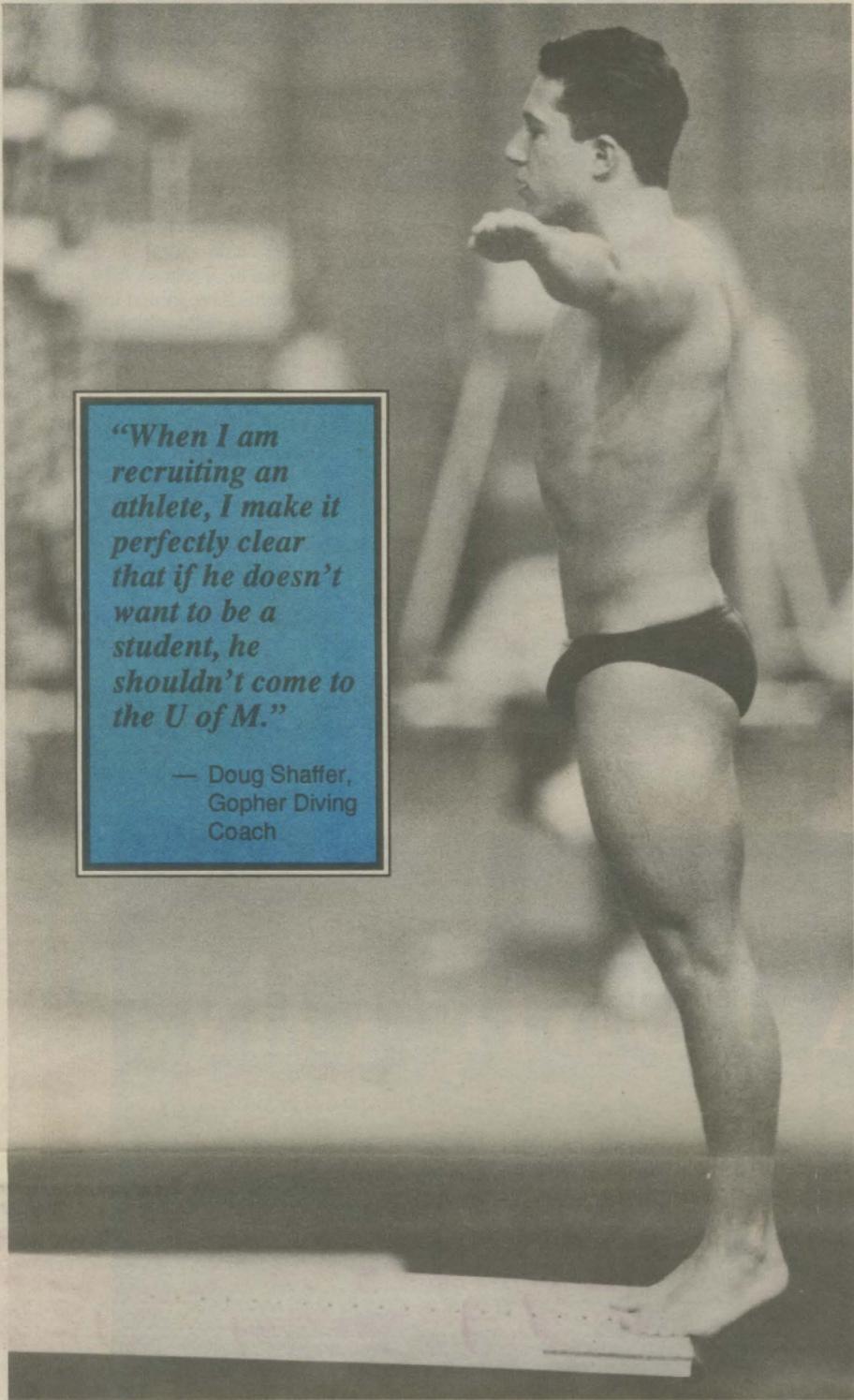
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SPLASH! from page 1



Senior Gopher Omar Boyd is a standout in the one and three meter diving events.

"When I am recruiting an athlete, I make it perfectly clear that if he doesn't want to be a student, he shouldn't come to the U of M."

— Doug Shaffer,
Gopher Diving
Coach

style. He was first in that event at the U.S. Senior Nationals last summer, and he is a Big Ten and U.S. national champion.

"Cerney is a versatile athlete who will help our team in all the relay events," Dale notes. "As our number one sprinter, he will play a key role this season."

Other fine Gopher sprinters are senior Jay Fischer (Hutchinson, MN), junior Steve Busse (Cincinnati, OH), and sophomore Eric Jorgensen (Rochester, MN). All of these were All-Americans in 1990-91.

Coach Dale believes junior Paul Nelsen (Lincoln, NE) came into his own this summer when he finished third in the 200 medley at the U.S. Senior Nationals. According to Dale, Nelsen has the necessary skills to place in the finals of national meets this year.

Another force on this season's Gopher team is sophomore Can (Jon) Ergenekan (Portland, OR), a two-time high school state champion and All-American in the 500 freestyle and a Junior Olympic champion and record holder in the 200 butterfly.

In addition to Ergenekan, back this year are the Gophers other two superb distance swimmers, junior Chris Carlisle (Arlington, TX) and senior Scott Hart (Rochester, MN). These three hold all the freshman and school records in the 500, 1000, and 1650 freestyles.

Also on the team again this season are sophomore Andy Kurtz (Coon Rapids, MN) and senior Scott Tripps (Seattle, WA) who were Big Ten finalists and NCAA qualifiers last year in the backstroke.

Coach Shaffer shares Dale's optimistic outlook for this season. "It is quite possible Minnesota divers could have their best year ever. We've got a great deal of talent and a tremendous opportunity," he says.

Shaffer refers to senior Omar Boyd (Los Angeles, CA) and junior David Zarns (New Brighton, MN) as his "one-two punch."

In the opinion of his coach, Boyd has the ability to reach the finals in the one and three meter boards at the Big Ten Championships next February and to repeat as an NCAA All-American.

Shaffer has developed a well-rounded diving program at the U of M which includes videotape analysis, strength and dry land training, and visualization techniques.

Swimming and diving training is rigorous, demanding hours of work several times a day, six days a week.

But for Coaches Dale and Shaffer the priority is always on academic achievement. Occasionally it is necessary to shift practices to accommodate the special tutorial needs of student athletes.

"When I am recruiting an athlete," Shaffer explains, "I make it perfectly clear that if he doesn't want to be a student, he shouldn't come to the U of M."

Last spring the cumulative grade point average (GPA) of members of the Gopher swimming and diving team was 3.03 (led by the 3.93 GPA of Derek Howatt, St. Paul, MN, an aerospace engineering major).

"We have a genuine concern for promoting high academic performance by all the members of our team," Dale stresses.

The U of M swimming and diving team was one of only two in the nation to be recognized for academic excellence in each of the past three years.

The team is ready to compete with the top echelon of Big Ten teams in challenging defending champion Michigan this season. Of



And What Part Did I Play In The Golden Gopher Tradition?

THE SPORTSNEWS STAFF CONGRATULATES GREG BILEK OF MINNEAPOLIS, A "WHO AM I?" WINNER

I lived in Carlos, Minnesota and attended nearby Alexandria High School where I played football, baseball and track. I played center for the Gophers and backed up Captain Greg Larson on the Gopher team that won the National Championship in 1960. After graduation I joined Murray Warmath's staff as an assistant coach. One of my personal highlights as a Golden Gopher football player was when I intercepted a pass in the Indiana game and ran it back 68 yards for a touchdown.



Jerry Annis

(As a boy scout usher in Memorial Stadium, Greg Bilek says he'll always remember that Indiana game and the interception by Jerry Annis).

I played high school football for Sioux Falls Cathedral in Sioux Falls, South Dakota. I was a back up quarterback for the Gophers behind one of the greatest football signal callers in the country, Sandy Stephens. In 1960 I led all Gopher quarterbacks in pass completion percentages with a 53 percent mark. One game I'll always remember was against Northwestern. With the score 0-0 and the game coming to a close, I threw a 40-yard pass that led to a 7-0 Gopher win.



1960 Photo

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course, illnesses and injuries can raise havoc with the team's high expectations. As Coach Dale reflects, "We are not such a deep team that we can afford to lose any of our big guns."

The Big Ten Championships will be held at the U of M Aquatic Center on February 6-8. The NCAA qualifying meet will also take place there on March 13 and 14. The NCAA

Championships will occur on March 26-28 in Indianapolis.

Doing well in classes and in the pool at the University of Minnesota requires self-discipline, time management, and intense personal commitment. It calls for heart, spirit, brawn, and guts, qualities with which the 1991-92 Gopher swimming and diving team are abundantly blessed.



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The only way to know if your home has high radon levels is to test. Testing is simple and inexpensive. For information, call the American Lung Association of Minnesota (1-800-642-LUNG) or Minnesota Department of Health (1-800-798-9050).



ROSEVILLE PREP HOCKEY STAR SIGNS WITH GOPHERS

Bobby Dustin, Roseville High School hockey star, signed a national letter of intent with the University of Minnesota.

Dustin, a 5-10, 170-pound center, has been playing for Roseville since his freshman year and has been called a key factor in that school's hockey success. Last season Dustin scored 21 goals and had 32 assists.

Gopher hockey Coach Doug Woog says Dustin, "is a very exciting player who has great hockey sense and has the natural ability to find the net. He has great hands and eyes and he will add some spark to our lineup."

Dustin said, "I'm relieved to sign so early so I can concentrate on my senior season and getting our team to the state tournament. I feel great about signing with the University of Minnesota and becoming a part of Coach Woog's program."

Before the start of the school year, Dustin was playing hockey for the St. Paul Vulcans where he scored seven goals and eight assists in 12 games.

Gopher Baseball Team Signs Five Prep Stars

The Gopher baseball team signed five high school baseball stars to national letters of intent. Four of the five, Shane Gunderson, Brian Mensink, Troy Stein and Eric Welter are from Minnesota. The fifth, Joe Westfall, is from Wisconsin.

Gunderson, a 6-1, 200 pound catcher, attends Faribault High School where last year his batting average was .527 with 26 RBIs in 26 games. Watch the outfielders back up when Gunderson comes to the plate.

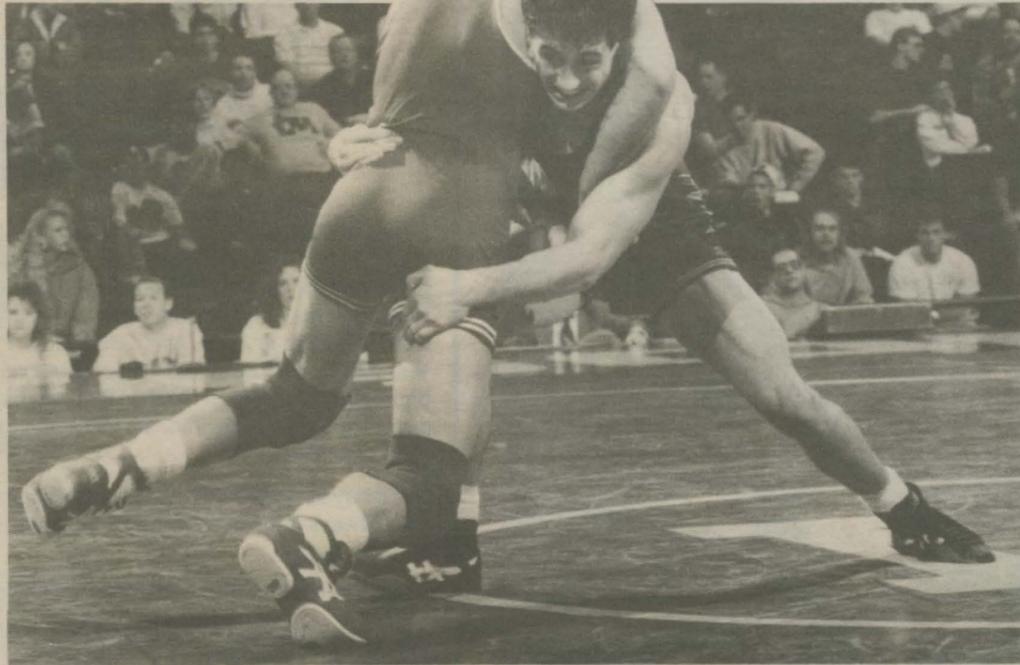
Mensink, from Rochester Mayo High School is a pitcher who, at 6-4, 195 pounds, threw fear into opposing batters last year. His 12-2 W-L record and 88 strikeouts were among the best ever in Rochester high school baseball. He's been a three-sport standout.

Stein, a 6-1, 180 pound outfielder, attends Cold Spring Rocori High School. Last year he had a .396 batting average, three home runs, 28 RBIs and went on to star in Legion ball with a .420 batting average and 28 RBIs. He has also been a three-sport competitor.

Welter attends Chaska High School. He's a switch hitter who plays infield. This 6-0, 160 pounder had a .422 batting average last season with nine stolen bases and 30 RBIs. You won't find a better competitor.

Westfall has been a very talented three-sport athlete at Marathon, Wisconsin High School. At 6-4, 195 pounds, watch this big, strong hurler become a Gopher star. His record last year in 56 innings pitched was 24 hits, 123 strikeouts, an ERA of 1.00 and a season total of eight wins and one loss.

Mat Action Begins



Some experts contend the University of Minnesota (U of M) was the nation's most successful school in terms of recruiting talented wrestlers. The new Gopher grapplers won a total of 12 state titles. Six high school All-Americans have joined the U of M wrestling team which is a tribute to the high national regard for Head Coach J Robinson's program.

Three Minnesota wrestlers won individual titles in the season-opening Bison Open held in Fargo, North Dakota. They are 134-pound junior John Meyers (West Hartford, CT), 142-pound sophomore Damon Johnson (Mustang, OK), and 190-pound junior Brad Gibson (Chokio, MN).

Gopher sophomore Damon Johnson holds his own.

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Mon. Dec. 23	WEBER STATE	7:00 PM
Sat. Jan. 4	IOWA STATE	1:30 PM

* Schedule subject to change

FOR TICKET INFORMATION, CALL THE GOPHER TICKET OFFICE: (612) 624-8080

Bet You Didn't Know



by Barry Dreayer

Last night I watched the Charlotte Hornets, led by Tyrone "Muggsy" Bogues and his 17 assists, defeat the Atlanta Hawks. I noticed that Muggsy wears the number "1." If he were still playing for Wake Forest University, could he wear that number?

The answer is no. According to NCAA regulations, a player may not wear number "1" or "2". In addition, a college player cannot have a number that contains a digit greater than the number "5." Therefore, if a college football defensive lineman who wears number 75 wanted to play college hoops, he could not choose that same number for his basketball jersey.

Let's first look at the restriction against using "1" or "2". This apparently prevents confusion when an official signals to the scorer's table both the offender's number and how many freethrows will be attempted. Don't you think they should give the official scorer a bit more credit than that?

Why do they limit players' numbers so that a digit can't exceed five? Is it so that the referee can signal to the official scorer, on both hands at one time, the uniform number of the guilty party? The NBA doesn't have such an official rule, although all teams have conformed to it. One-digit numbers greater than five are sometimes used, such as number seven worn by Phoenix Suns standout Kevin Johnson.

Patrick Ewing, formerly of Georgetown University, first popularized wearing a T-shirt under his jersey during games. Many college players have adopted this style, but the T-shirts must be the same color as the

uniform jerseys to meet NCAA approval. Ewing dropped the habit, because it is illegal in the NBA.

It is also fashionable for players to wear tights or an undergarment that extends just below their shorts. According to NCAA rules, they too must be consistent with the color of the team's uniform.

What else does the NCAA say about a player's attire and grooming? Would you believe they specifically outlaw excessively-long fingernails?

Jewelry is also prohibited. This surely explains why two-sport pro athlete Deion "Prime Time" Sanders did not play collegiate basketball when he was at Florida State University.

As you can tell, the NCAA is quite strict in determining what a player wears during a game. This emphasis is to prevent injuries and ease communication between officials and those at the scorer's table.

Barry Dreayer is the president and founder of TeachMeSports, an Atlanta-based company that conducts seminars on how to be an informed spectator of basketball, football and baseball.

For more information call (404) 973-3442.

Jamaican Success



Gopher tennis captain Brian Uihlein teamed with Adam Krafft to win the doubles title in the Jamaican tennis tournament.



The Gopher tennis team performed well at the Ciboney Ocho Rios Invitational in Jamaica.

Junior Rick Naumoff (Columbus, OH) won his first intercollegiate title defeating Auburn University's Craig Carr, 7-5, 6-2. Minnesota advanced three players to the "B" Flight semifinals. Naumoff beat Gopher freshman Ross Loel (Rancho La Costa, CA) in the semis and junior Roger Anderson (New Hope, MN) lost to Carr in the other semifinal.

Naumoff concluded last season in strong fashion, winning 15 straight matches. Playing out of the number four slot, he was 21-5 for the season, including a perfect 11-0 in the Big Ten.

Gopher senior captain Brian Uihlein (Lake Forest, IL) and sophomore Adam Krafft (Saginaw, MI) won the Jamaican tournament's doubles title with a 6-3, 6-3 victory over Miami.

Following an excellent 1990-91 season in which they were 22-6 (10-2 in the Big Ten), the Gophers "have a strong nucleus of players coming back," says David Geatz, University of Minnesota Men's Head Tennis Coach. They are eager to improve on last season's second place finish in the Big Ten.

The tennis team will return to action on January 7 for the Milwaukee Classic.

Before he decides on his starting lineup...



Doug Woog reads SPORTSNEWS

Aches and Pains

By Elizabeth A. Arendt, M.D., Director
University of Minnesota Sports Medicine Institute



Q Should someone run after disc surgery?

A In the immediate post-operative period following disc surgery, most spine surgeons recommend a moderate period of recuperation. For the first few weeks, driving is not suggested. Activities might include long walking periods with recumbent rest. Avoiding heavy lifting, bending, twisting, jarring activities, or any prolonged sitting is mandatory. Certainly, running would be considered a jarring activity. After approximately 2 months of rehabilitation, the patient can begin light activity which would include light jogging. Any activity such as jogging, with its repeated impact loading, places a recently operated back at risk for the recurrence of pain. With prolonged activity, such as through normal jogging, residual nerve fibers to the disc may become activated and hence, painful. Non-impact aerobic exercises, or swimming (other than the butterfly stroke) help to keep the recently operated on disc away from painful impact loading.

Q What activities are the least traumatic for joints?

A All activities use joints, so there are really no "injury free" activities. Swimming is generally considered a good cardiovascular activity, but may be difficult if you have shoulder problems. Walking is a good activity, but if arthritic joints in your lower legs are a problem, try water aerobics or walking in water (also a good substitute if swimming is not your thing).

Biking can be less stressful on your lower legs, but may be harder on your back, buttocks, hands, or kneecaps. Most of these problems can be solved with equipment adjustments for the recreational athlete.

Lastly, a "gliding activity" (ice/roller/in-line skating, cross-country skiing) can be substituted if running is too much pounding for your knees or other lower extremity joints.

If you have sports medicine related questions, please send them to:
Aches and Pains c/o Dr. Arendt, SPORTSNEWS
386 N. Wabasha Street, Suite 1040, St. Paul, MN 55102

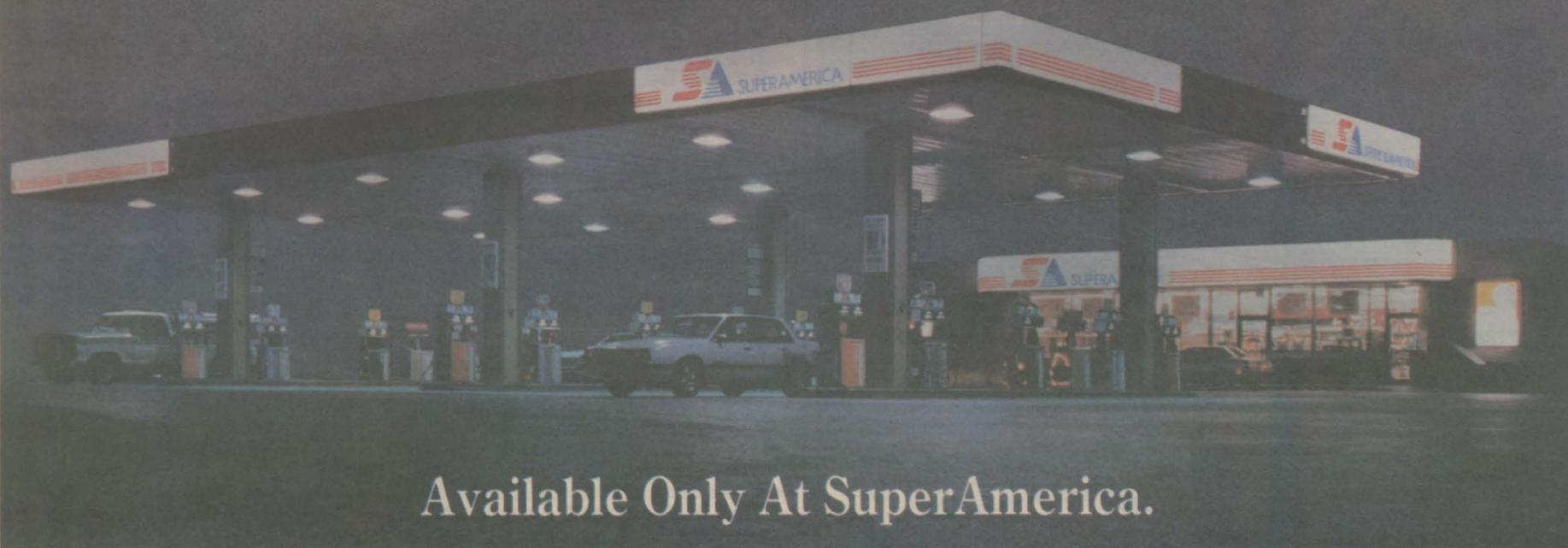
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