

University of Minnesota

SPORTSNEWS

SEPTEMBER, 1989



VOLUME 1 NUMBER 1

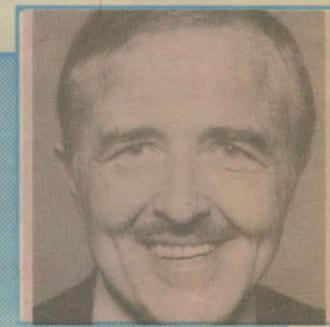
FIRST EDITION

"GOLDY":
THE
INSIDE
STORY
SEE PAGE 2



A CENTURY OF
GOPHER
FOOTBALL
WITH
DON RILEY

SEE PAGE 6



Darrell Thompson Runs Through Heisman Hype

True courage is not the brutal force of vulgar heroes, but the firm resolve of virtue and reason.

-Author unknown

By Steve Peckham

If what our author said is true, then Darrell Thompson is much more than a keen football player with thunderous power and lightning speed. He is a man of true courage.

As autumn approaches on the U of M campus, the Bierman complex is filled with veteran football players preparing to meet the challenges of a new Big Ten season.

Darrell Thompson is faced with an additional challenge he never asked for. Another battle with the dreaded Heisman hype.

Every week brings a new reporter asking the old familiar questions he hates to answer. Do you think about the Heisman Trophy? Are you a front-runner or just a candidate? How do you feel about the added pressure?

Talking with Darrell, you get the sense that he would much rather face three hungry defensive



linemen, than those three questions.

"To be honest, I don't care much about the Heisman," said Thompson. "Not to put the award down, but it's not going to pay my rent. It's not going to put money into my pockets or my parents' pockets. It's not going to help me out with my scholarship. It's more of a hassle than anything."

End of discussion.

That's a pretty mature attitude from a young man who in his first three seasons has become Minnesota's all-time career rushing leader with 3,379 yards. That ranks him eighth on the all-time Big Ten list, less than 1,400 yards behind

the number two man, former Michigan State star Lorenzo White.

Yes, Darrell has many reasons to gloat. But Thompson's modesty has become his trademark.

"I don't see it as that big a deal," he said. "I can run a football. God gave everybody their own thing."

It's a pity God didn't give that kind of humility to more superstar athletes.

It is that humility that has brought true admiration from his coaches and teammates.

"Darrell doesn't think the world revolves around

him," said Gopher offensive line coach Jim Hueber. "Throw everything else out and he's a great person and will be a success at whatever he decides to do."

While it is true that the world doesn't revolve around Darrell Thompson, the Gophers' offense does.

It has been a long time since Minnesota has had a runner of his calibre. Despite winning six national championships over the years, Bruce Smith was the only Minnesota player ever to receive the Heisman Trophy. He did it in 1941. Since then, Paul Giel was the last Gopher to endure the Heisman hype.

Continued on Page 2

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The Birth of Gopher Traditions

by Mark Levine



Ever wonder why we call the University's sports teams the Gophers, or when we started having a gopher mascot, or just what exactly "Ski - U - Mah" means, or why the colors are maroon and gold? If you have, keep reading and follow me back in time about 131 years.

It all began on February 24, 1858. That was the day a political cartoon appeared in a local paper criticizing the state legislature for passing a bill that provided a loan for building railroads in Minnesota. The cartoon showed a "Gopher Train" pulled by nine gophers with human heads. Since then the state has had the nickname as the "Gopher State."

But, it wasn't until the early 1930's that

University of Minnesota sports teams adopted the nickname too. During this time, legendary gridiron coach, Bernie Bierman, was creating a national powerhouse, winning several national championships. Although the University's official colors were maroon and gold, the school's athletic teams had to date, never worn them. But Bierman decided to change his team's jersey color to gold, not to show school spirit but to make it more difficult for opposing teams to see the football on the gold background. This change prompted the local press, led by the great Minnesota sportswriter Halsey Hall, to refer to the team as the "golden-shirted horde" and the "Golden Swarm"; thus bringing about the name THE GOLDEN GOPHERS.

In the years that followed the University had a nickname but no mascot. It wasn't until 1952 that someone decided to do something about it. Assistant band director Jerry Glass bought a wool suit and asked Institute of Technology major and clarinet player, Jim Anderson to get in. Anderson went down in history as the first gopher mascot because as he told the Daily in 1953, "They took the guy who couldn't march or play and put him where he wouldn't do any harm." Ever since then Goldy has been chosen from within the band by the Band faculty and the previous Gopher. Those of you who have watched Goldy grow up have noticed many changes. The original Goldy looked much like the real animal. In 1972 as ties and lapels were getting wider so did Goldy. His cheeks grew fatter and he began to resemble a teddy bear. In 1985 with the arrival of Lou Holtz came a new, more macho Goldy. He became more muscular and fierce looking with a big barrel chest. Since then, Goldy has gotten off his weight program and is comfortably somewhere between his former tough guy image and his former soft cuddly self.

Now knowing how the famous nickname and mascot were born, what about the equally famous cheer of SKI - U - MAH? This dates back to 1884 when two students wanted to complete a cheer that started with "Rah-Rah-Rah." They

Continued on Page 7

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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about it, too.

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DARRELL THOMPSON

Continued from Page 1

Giel finished third in the balloting in 1952 and second in 1953. Like Thompson, Giel carried a mature view of the award.

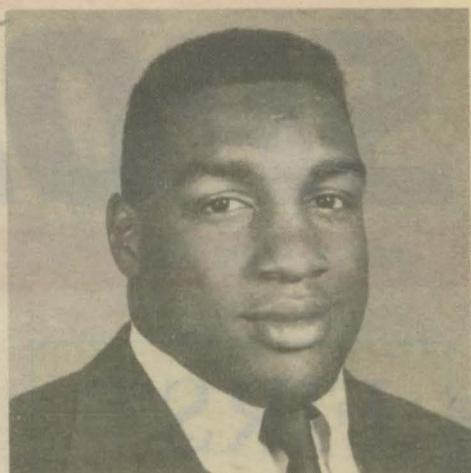
"I wasn't disappointed when I didn't win," he said. "I remember our sports information director, Otis Dipwick coming up to me with tears in his eyes telling me that I finished second. I didn't even know they had voted. It was no big deal."

Sound familiar?

Listening to Giel talk about Thompson, you begin to understand the "firm resolve of virtue and reason" our unknown author was writing about.

"The success of the team is the most important part," Giel said. "Given a choice, he'd rather go to the Rose Bowl with his team than win the Heisman. That ideal makes players like Darrell great."

Perhaps the mature modesty in great athletes like Giel and Thompson is a product of upbringing. Darrell credits much of his "level-headedness" to being raised by his mother. Morsie and George Thompson were divorced



Darrell Thompson

when Darrell was 5, although they never lived more than a few blocks apart.

"My mom is a real loving and caring lady," said Thompson. "She'll be happy with me no matter what, as long as I don't go out and do bad things."

We all will Darrell, even the press.

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SPORTSNEWS

3



esterday - Walter Bowser, football star...
today - lawyer.



Where Are They Now?

by Len Levine



In the late 1960s I used to enjoy watching Murray Warmath putting his football team through their spring practice drills.

It was at one of these sessions on the old Northrup practice field adjacent to Cooke Hall where the Civil and Mineral Engineering building now stands that I first noticed Walter Bowser. He had come to Minnesota with great credentials as a 16 letter winner from Huntington High School in Newport News, Virginia.

Wooed by schools across the country the likes

tions in the Iowa game, returning the ball a total of 205 yards, still a Gopher and Big Ten record. That year he was also the team's leading punt and kick off returner and led the Big Ten in punting yardage.

Another highlight of his senior season was the 23 - 13 upset win over Michigan State in which he intercepted two passes and recovered a fumble which he carried in for a touchdown after running 82 yards. Bowser was named as a defensive back to the 2nd team All Big Ten team his junior and senior year as well as being an honorable mention All-American his senior year.

The other day I read the biographical information sheet Bowser filled out at the beginning of his senior year. Three items caught my eye. Under hobbies he listed "music, women, girls, and females (his wife Debra will be interested to read this I'm sure). For "Ambition to be (occupation)" he listed lawyer. Bowser is a University of Minnesota Law School graduate and has been a member of the St. Paul City Attorney's staff the past 12 years, distinguishing himself as a real estate and trial lawyer. He's been mentioned recently as a possible judicial candidate for appointment to the District Court bench in Ramsey County.

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"I remember people in Virginia telling me how hard it would be to become somebody in Minnesota outside of athletics. Back home the expectation level outside of sports was not very high," Bowser told me recently.

"You've got to remember that in 1967 I lived in a segregated southern environment with separate facilities. I had to make many social adjustments in Minnesota. To make matters even more difficult I had no male role model at home to fall back on (his father died when Walt was 13).

"I had a lot of support and encouragement from coaches and others at Minnesota and it was a great experience and a wise choice to attend the University," he said.

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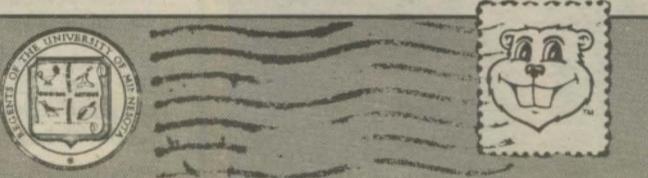
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Congratulations to Walter Bowser - he's an important part of the proud University of Minnesota sports tradition.

And who knows - with his high hopes and aspirations someday it just might by ~udge or even President Walter Bowser, a University of Minnesota graduate.

Letters



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Please let us know what you want to read. We want SPORTSNEWS to contain articles that interest you. Your readership and support of Gopher athletics is important to us.

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Fan in the Stands



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What are you looking forward to most about the upcoming Golden Gopher football season?



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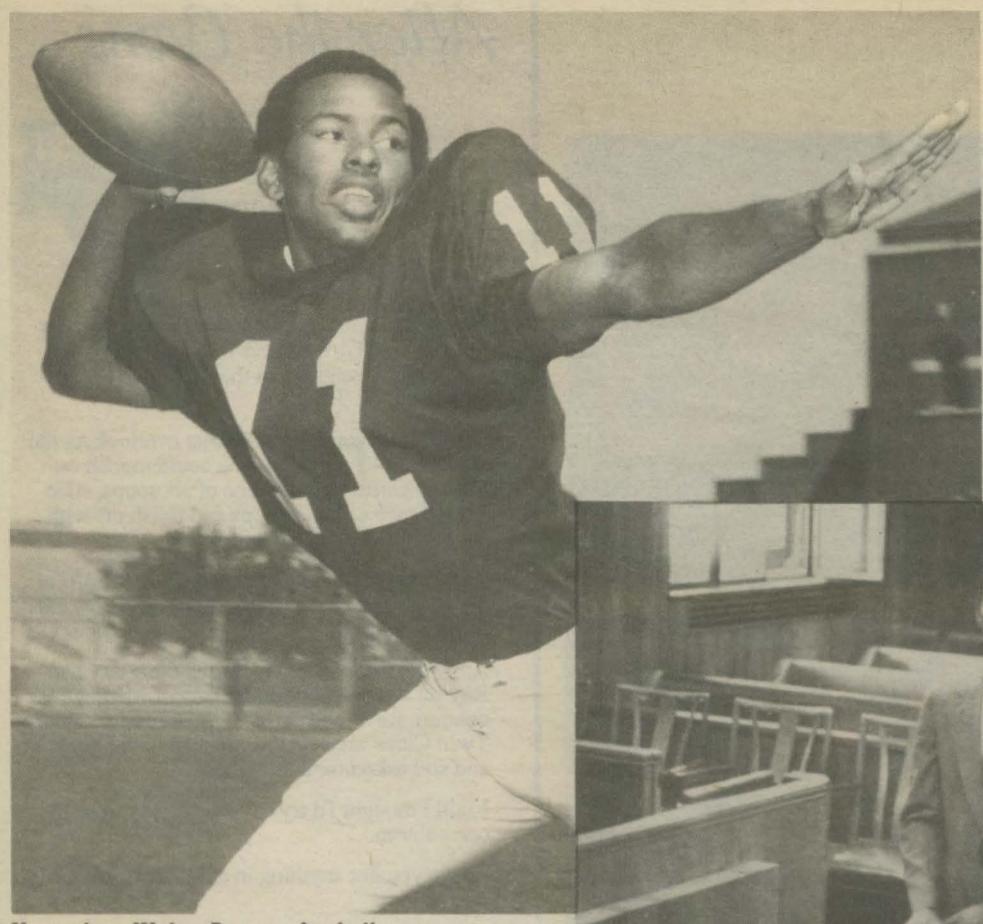


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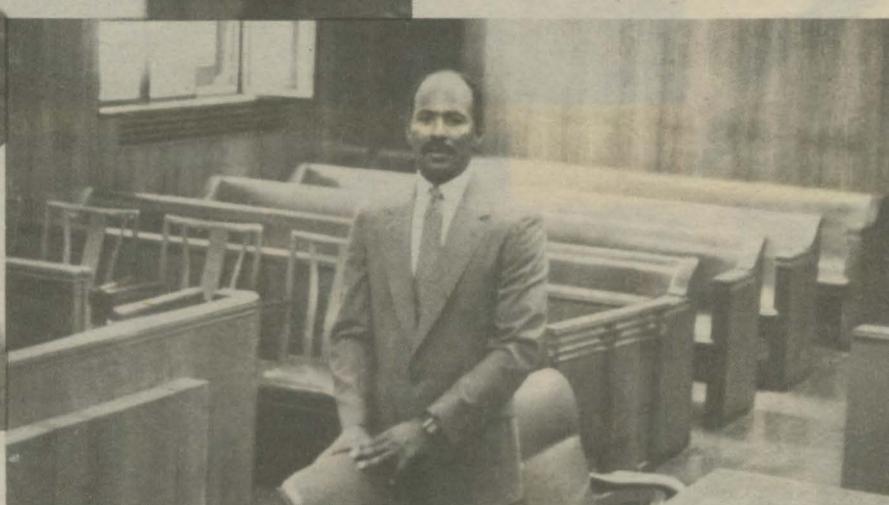


4) Jerry Raskin, St. Paul
"I think it would be great to have a winning season this year. I think they've got things straightened out at the 'U' and they're going to surprise some people. The more they win, the more excited this town will become, and the more fun we'll all have."

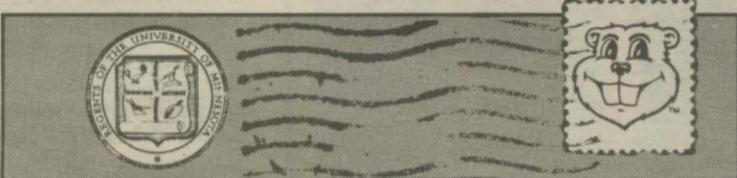
SPORTSNEWS



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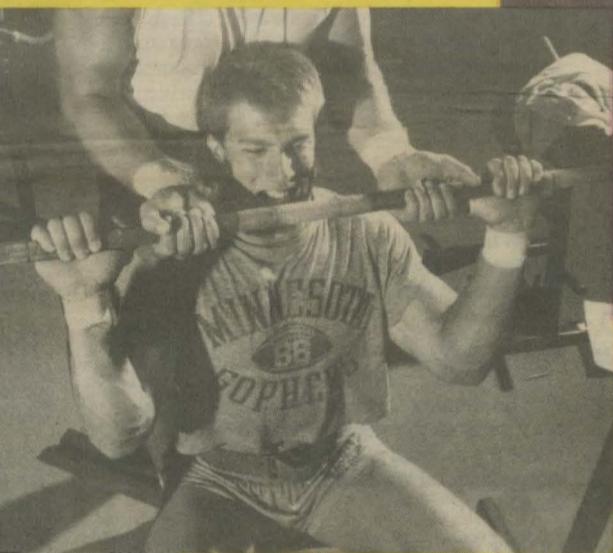
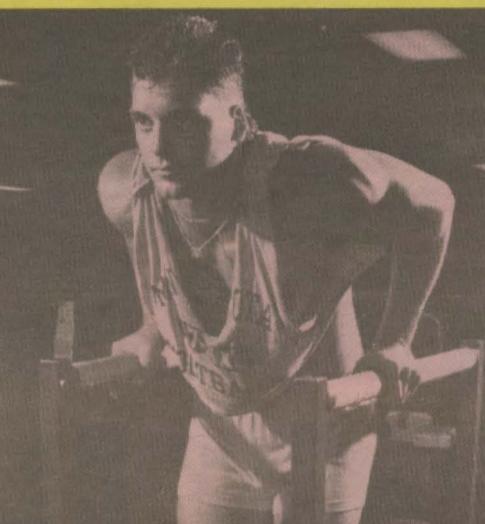
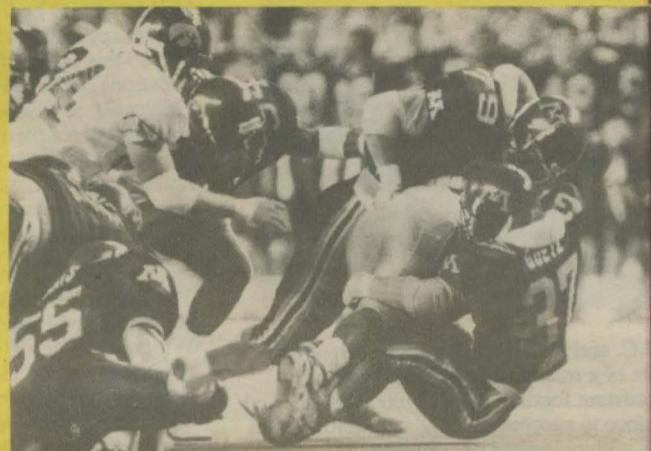
Bigger and Better in 1989



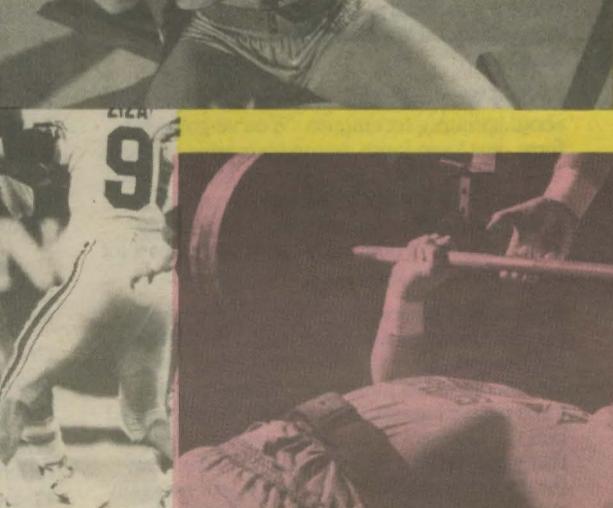
Above: Last year Mac Stephens chased running backs down... This summer he's pumping up.

Right: Ron Goetz made key tackles last year... He's focusing on a bowl bid in '89.

Below: Skeeter Akre breaking through the line... He'll make quarterbacks grimace in '89.



Below: Dan Liimata was an anchor on the offensive line... He'll be making some big holes for Darrell Thompson this year.



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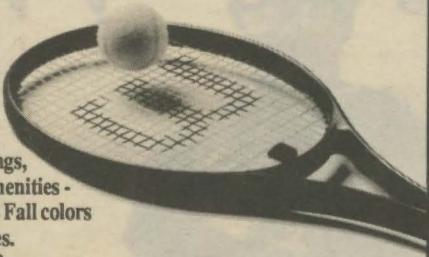
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After the Game

by
Gary Hiebert
(OliverTowne)



It's too bad you can't all jump into the car after the game and drive to eat with Jimmy Martell and Ray Schwegman in their HOLIDAY HOUSE at St. Peter.

They'd give you a window seat overlooking the Minnesota River where you could munch on the hot, garlic toast, try one of six soups, slice into a brace of lamb chops and finish off with some home made lemon ice.

As a matter of fact, you could eat there before the game and after if it was an afternoon or early evening affair.

Anyway, that's where I was the other day and Ray sat down and I told him about writing this column. Ray Schwegman probably eats in more Twin Cities' area eateries than anyone I know and so I asked for a little input.

I said I thought I'd try to cover three places in one column.

"Have you got anything in mind for openers?" said Ray.

I said I thought I'd do the Cafe di Napoli on Hennepin Avenue in Minneapolis, Rudolph's Bar-B-Que at Lyndale and Franklin in Minneapolis and the Lexington at Grand and Lexington Pkwy. in St. Paul.

Ray hadn't been to the CAFE di NAPOLI for a few years and wondered if it was still the same old place with the solid, down the line Italian food with lots of red sauce and all that?

"You got it," I said.

My wife and I were there just a week or so ago and they are celebrating their 50th anniversary, so they must be doing something right. It's like going back in time when you walk in. Same booths along the walls in the front dining room and the banquette in the side room. Even some of the waitresses have been there almost as long as the cafe has been open.

I wonder if they've ever changed the menu?

The thick lasagna that comes out in piping hot skillets, the pizza that sizzles as the wait person carries it to be sliced, the unusual antipasto with sauce, salami, peppers, big fans of dark green lettuce, olives; the meatballs and spaghetti-my wife's favorite "just like it was back in 1940 when we first came here."

Matter of fact, she and I were courting then and going to the University and used to do the di Napoli after the football games. Rode the streetcar then.

The other night I ate a nostalgic main course of bracioli (beef rolls in sherry wine sauce) and said next time I'd try the veal parmigiana. They're all there-the veal dishes, the pastas, just like they were when Bernie Bierman coached the Golden Gophers.

Back in the days when everybody was tailgating before football games (I never saw them try it for basketball or hockey), the old barbecue grills used to come out and a lot of burnt offerings were made.

There's a better way, more comfortable and frankly better tasting (no aspirations on your barbecue skills).

It's called RUDOLPH'S BAR-B-CUE and there are three of them, two in Minneapolis and one in St. Paul. But the Minneapolis Rudolph's at Franklin and Lyndale is the original so let's go there. A complex of dining rooms fill up one by one and before long, people are waiting in line.

I'll tell you why. It's not for the decor. It's for the pork back ribs, the big beef ribs, the thick slabs of Texas toast and the best-doggone cole slaw you ever ate. There are cole slaws and cole slaws, but this one is a winner.

And would you believe the barbecued chicken comes in near the top of the taste chart? They use a seasoning on the ribs and the chicken that won't have it.

Rudolph's is one place where vegetarians sometimes fall off the vegetable wagon.

Keep a sharp eye on the folks around you, too. One night we saw Prince sitting two tables away.

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SPORTSNEWS

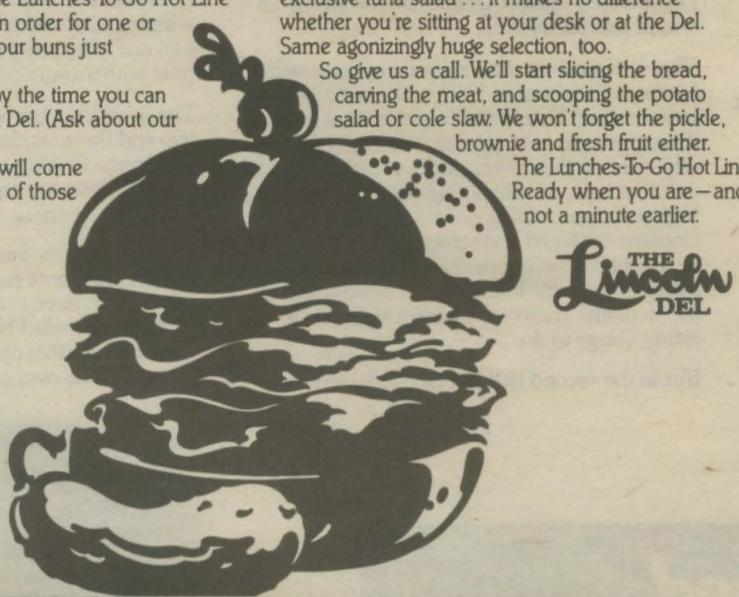
You don't just sit around all morning. Why should your sandwich?

Anticipation whets the appetite. But it can dry up a perfectly respectable sandwich. And so the Lincoln Del box lunch is never ready until you are.

No, we don't serve fast food. But we do serve food fast. That's why we have the Luches-To-Go Hot Line (831-0780). Whether it's an order for one or for 100, we'll start busting our buns just as soon as you call.

And we'll have it ready by the time you can get to your nearest Lincoln Del. (Ask about our delivery policy.)

The moist, white turkey will come from a bird—not from one of those



THE
Lincoln
DEL

Luches-To-Go 831-0780

South: France Ave. & Hwy. 494, 831-0780
West: 5201 Wayzata Boulevard, 544-3616
East: 4100 W. Lake Street, 927-9738

rolls that have the consistency of a sponge. (But, unfortunately, none of the taste.)

Of course, everything else is fresh. The rare roast beef, spicy pastrami, lean, imported ham, our exclusive tuna salad...it makes no difference whether you're sitting at your desk or at the Del. Same agonizingly huge selection, too.

So give us a call. We'll start slicing the bread, carving the meat, and scooping the potato salad or cole slaw. We won't forget the pickle, brownie and fresh fruit either.

The Luches-To-Go Hot Line.
Ready when you are—and not a minute earlier.

FRANKLY MY DEAR, I'LL GIVE A DIME

How much can you get for a dime these days? Not much. But the University of Minnesota Men's and Women's Athletic Departments along with Minnesota Rotarians are making a dime go a long way. They plan to raise \$5 million dollars from the Pledge-Per-Point Fundraiser. It works like this: For every point the Gopher football team scores during the 1989 season sponsors will be asked to donate a minimum pledge of ten cents. Of the money raised, 75% will go to the University for athlet

ic scholarships and 25% will be retained by the Rotarians for use in the community.

The campaign began on August 26 and runs until the end of the year. Pledge forms are available at all Gopher home football and volleyball games, the Bierman Athletic Building, and from Minnesota Rotarians. For further information and pledge forms, call the University at (612) 625-1001.

1989 GOLDEN GOPHER FOOTBALL SCHEDULE

Date	Opponent	Site	Time
September 16	Iowa State	Ames, Iowa	1:00 p.m. (CDT)
September 23	Nebraska	Minneapolis	7:00p.m. (CDT)
September 30	Indiana State	Minneapolis	7:00 p.m. (CDT)
October 7	Purdue	Minneapolis	1:30 p.m. (CDT)
October 14	Northwestern	Evanston, IL	1:00 p.m. (CDT)
October 21	Indiana	Bloomington, IN	1:00 p.m. (EST)
October 28	Ohio State	Minneapolis	1:30 p.m. (CDT)
November 4	Wisconsin	Minneapolis	1:30 p.m. (CDT)
November 11	Michigan State	E. Lansing, MI	1:00 p.m. (EST)
November 18	Michigan	Minneapolis	1:30 p.m. (CDT)
November 25	Iowa	Iowa City, Iowa	1:00 p.m. (CDT)

Times Subject to Change

1989 GOLDEN GOPHER CROSS COUNTRY SCHEDULE

September 16	IOWA/STANFORD - 8K	12:00 p.m.
September 23	Iowa State Invitational - 8K (@ Ames, IA)	11:00 a.m.
October 7	GOPHER INVITATIONAL - 8K	11:00 a.m.
October 14	Central Collegiate Championships - IOK (@Chicago, IL)	10:30 a.m.
October 21	MARATHON SPORTS INVITATIONAL - 8K	10:00 a.m.
October 28	Big Ten Championships - 8K (@Madison, WI)	11:00 a.m.
November 11	District 4 Championships - IOK (@ Charleston, IL)	11:00 a.m.
November 20	NCAA Championships - IOK (@Annapolis, MD)	11:00 a.m.

HOME MEETS IN BOLD & CAPS (U OF M GOLF COURSE)

NEXT ISSUE - A FEATURE ON GOPHER CROSS COUNTRY

We've invited some of our close personal friends to visit this fall.



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September 23

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Remember When

It's always been muscle...and deception.

I guess the foundation of Minnesota football lore probably started 99 years ago when the Gophers thrashed Wisconsin 63-0 in their first meeting of the hallowed series.



All-American Tackle, Bronko Nagurski in 1929.

by Don Riley



The Gophers used road grading power and the finesse of the fencer. When they weren't running over the thoroughly out-classed Badgers they were using a rather sneaky but highly efficient cat and mouse play to keep the Cardinal defense in a state of constant disarray.

High-kneed Alf Pillsbury would take the ball from center and fake a run in one direction. He'd then hand the ball off to another carrier going the other way and in turn Alf would slip in behind the second runner, taking a lateral pass as they cruised around end.

As early as intermission, Wisconsin had trouble finding the ball and even finding the bench.

Muscle...and deception. So it would be as the Gophers became a national gridiron power, moving on to a dynasty, blazing their way to six national titles, turning out over two dozen All-Americans led by the legendary Bronko Nagurski and the incredible game-breaking Heisman award winner, Bruce Smith.

Muscle...and deception. Forever it would be with the earth-shaking running of Nagurski blended with the pass and lateral attack of the twenties to the grinding machine forces of the thirties where the buck-lateral series often dazzled foes by developing into resplendent aerials

and laterals off the completions.

And on to Murray Warmath's Rose Bowl champions who...you guessed it...used the slashing runs to set up telling passes and stunning, unexpected plays and down to the present where no team is quite sure if John Gudekunst will throw bread-and-butter ground waves or the option pass, the scourge of safeties and linebackers.

It was a bright young Gopher student who asked me recently, "How come when you think of football tradition all you hear about is Michigan or Notre Dame or Army or Alabama? Wasn't Minnesota in the class?"

Of course. Just as much as Tiffany's is in the jewelry business and Mac trucks carry the load and little children love three-ring circuses. Minnesota still belongs with the elite when you think of drama, upsets...and heart.

Let's take comebacks. You hear of Notre Dame's rally against Ohio State for the 18-13 win in the last quarter.

That was a cakewalk compared to the events in Memorial stadium in 1978 when a red-hot Indiana team blitzed the Gophers 24-0 halfway through the second quarter. The Hoosiers literally were on fire- averaging 9 yards per play that first half, man-handling the Gophers with high-tech, penetrating defense. Suddenly, the Gophers stiffened and scratched out a touchdown shortly before the half. Yet at halftime many of the faint-hearted were pouring out of the stadium. There were obviously more interesting things to do.

But in the second half the Gophers swept over

Indiana like a plague. Again muscle...and deception. Wide-shouldered Marion Barber would begin to gut the Hoosier line, ripping off six over the middle, nine over tackle, five on a sweep. But just when the Hoosier horde would move up to gang-tackle Barber, quarterback Wendell Avery would fake the hand off, drop and nail an open receiver.

Eight times in that miracle second half he would hit his targets, twice for touchdowns. One TD toss went to Barber on a tantalizing fake that fooled everyone in the stadium but the Gopher offensive coaches. Still this Indiana team would not die. It fought back for a touchdown and suddenly the Gophers faced the fierce face of the clock...the second hand became the 12th man for the Hoosiers.

With only two seconds remaining, Paul Rogind split the uprights with a 31-yard field goal to give the Gophers the unbelievable 32-31 victory. So excited was one fan he leapt to catch the winning kick and fell into the exit ramp of the east end, fracturing his arm. He went to the hospital with a smile on his face.

The incredible Barber who sometimes lugged two and three tacklers on his back finished with 172 yards. Gopher snipers filled the gaps. Tell me Michigan or Alabama when you've engineered a comeback like this '78 masterpiece.

Let's talk upsets. Sure, there are dozens every season. But name me one that compares to the '78 day that unbeaten, No. 1 nationally ranked Michigan invaded Memorial stadium. That was the afternoon that coach Cal Stoll turned the pre-game talk over to all-time Gopher hero



All-American halfback Bruce Smith in 1941.

Butch Nash. Butch spoke for only a few minutes but in that time he encompassed the very soul of Minnesota football...from the beginnings of the Little Brown Jug to the legacy of the Gopher upsets and the value of the game to the entire state.

Who can forget the unheralded, underrated, out-manned Gophers virtually spread-eagled the haughty Wolverines, punishing them physically and emotionally in a stunning 16-0 victory that claimed headlines from coast to coast? It was a matter of pride. The same kind of pride that had over the years enabled underdog Gopher teams to hog-tie the pony backs of Illinois, threw a monkey wrench into the fifth-gear speed foot-work of Michigan State and cripple the brilliant Southern Cal Trojans and Jon Arnett in a homecoming snowstorm. Upsets? Nobody's pulled them off more dramatically than the Gophers.

And always muscle...and deception. The great balance of the unexpected. From hidden ball plays to punt-return laterals to jump passes to end arounds. Muscle...and deception.

And if you want to argue personnel and back off those Michigan and Alabama supporters in a hurry, just bring up some of the members of that 1949 array. Leo Nomellini. Bud Grant. Clay Tonnemaker. Gordy Soltau.

Within three years, all of them would become National Football League professional all-stars. That has never happened to four men from the same school in such a short period of time. All from the same team. All gifted with Minnesota pride, Minnesota faith, all pumped full of the legends of Minnesota football.

New U of M athletic director Rick Bay put it well: "What incredible football tradition! This is something to build on."

It is just a matter of time until muscle and deception, brute power and velvet glove finesse will return the Gophers to the heights of yesterday. In the meantime, just never apologize for Gopher football.

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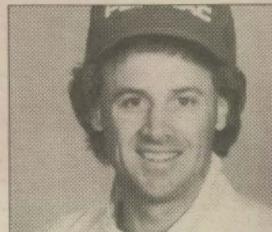
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AFTER THE GAME

Continued from Page 4

The LEXINGTON (The Lex) in St. Paul, less than ten minutes from the Metrodome if the roads are right, is another one of those enduring restaurants-53 years old and still the social center for most of the Irish crowd, the neighborhood, the politicians and sports fans.

All gussied up in a sort of Mount Vernon, neo-Colonial setting, the Lex is still turning out my two favorites-the famed Lexington salad and braised lamb shanks.

When I mentioned lamb shanks to Ray Schwegman at the Holiday House, he almost fell off the chair.

"That's my favorite, too," he said.

The salad comes in three sizes and the total is a green garden of fiber, laced with the Lex's secret dressing. Frankly, I ordered the large size only once. I started eating at noon and was just mopping up the dressing with a hard roll when the first dinner diners arrived.

People keep talking about the steaks, but I like to talk about the seafood and the fish and the casserole dishes.

My mother who lived to be almost 94 doted on the Walleye at the Lex. Maybe that's why she lived so long.

The old pillar and ex-Marine Don Ryan is still at his post near the front door, checking you in, giving you the "big hello". Now, eat hearty. Get hungry. We'll be back next issue with another tasty trio.

Aches & Pains

by Robert Hunter, M.D. Director
University of Minnesota Sports Medicine Institute

Sports medicine has evolved from its inception as a "Ma and Pa" exercise to a high tech, high visibility, undertaking. "Ma" was the ever present trainer and "Pa" was the all knowing team doctor.

Since that humble beginning, the medical team has responded to the growing needs and demands of the athletic community. They have become much more sophisticated in early detection of injuries. Their prompt and thorough management of these injuries has greatly enhanced the chances of an athlete quickly returning to competition without jeopardizing long term health. And the effort to prevent an injury has pushed health care providers towards better identification of injury patterns and high risk factors related to sports participation.

Sports medicine was recognized as a subspecialty of orthopaedic surgery in the early 1970's. The trend of subspecialization has continued since then. Today, in conjunction with the primary care physician, shoulder specialists, knee specialists, foot specialists, spine specialists, and pediatric specialists, have replaced the original team doctor.

The ever present athletic trainer, who began as someone who simply had an interest in helping out the team, has been replaced by a highly trained, highly sophisticated, certified athletic trainer. This person, working with a team of assistant trainers and student trainers, has become the most important on-site health care provider that an athletic team has at its disposal.

If this has not become complicated enough, look at what sports medicine has become relative to other areas of expertise. Exercise physiologists have become highly sophisticated in analyzing body composition, body mechanics, and human performance. Nutritionists have carefully studied fluid and food requirements for maximum performance. Psychologists con-

tinued to study those aspects of athletics which can be directly affected, or have a direct effect, on mental attitude. Pediatricians examine the impact of growth and development as a result of athletic performance and engineers work with coaches, trainers, doctors, and other health providers to design equipment which can help prevent injury, and products which can facilitate treatment of injury.

At the University of Minnesota, we have responded to this explosion in sports medicine knowledge and interest by establishing the University of Minnesota Sports Medicine Institute. It consists of subspecialists from a variety of fields including orthopaedics, athletic training, physical therapy, physiology, nutrition, pediatrics, psychology, and others. In this column, each of the participants in the Sports Medicine Institute will have an opportunity to address their areas of interest and concern. We welcome and strongly encourage questions from SPORTSNEWS readers that could be answered in upcoming issues.



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GOPHER TRADITIONS

Continued from Page 2

Took the word "Ski" (pronounced sky), a Sioux Indian battle cry for victory, and put it together with their condensed version of University of Minnesota, "U-Mah." So, there you have it, "Rah, Rah, Rah for Ski-U-Mah," and well, you know the rest.

Now you have all the interesting Gopher facts, except perhaps the most important one: How did the University's colors become Maroon and Gold? Well, it just sort of happened sometime between 1876 and 1880. There wasn't any special reason why these two colors were chosen. University President William Watts Folwell recognizing the school's need of definite colors asked English instructor Mrs. Augusta Smith to choose them. And for a reason that no one knows she chose Maroon and Gold.

There you have it, a 131 year history lesson in only a couple of minutes. You can stop wondering.

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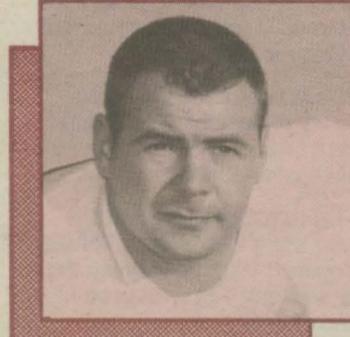
Thank You for your overwhelming acceptance and enthusiastic response to the first issue of the University of Minnesota SPORTSNEWS.

The purpose of SPORTSNEWS is to promote and publicize, in a positive way, the Gopher Sports program under the direction of Athletic Director Rick Bay.

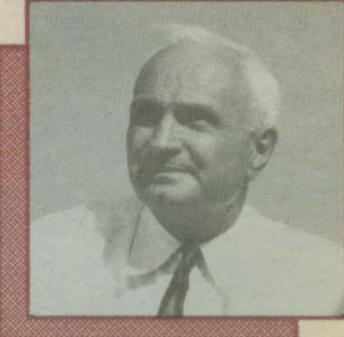
A proud longstanding athletic tradition exists at the University of Minnesota and SPORTSNEWS will focus attention on it.

Again, thanks to our readers, advertisers and SuperAmerica who are making SPORTSNEWS possible.

WHERE IS
HE NOW?
SEE PAGE 3

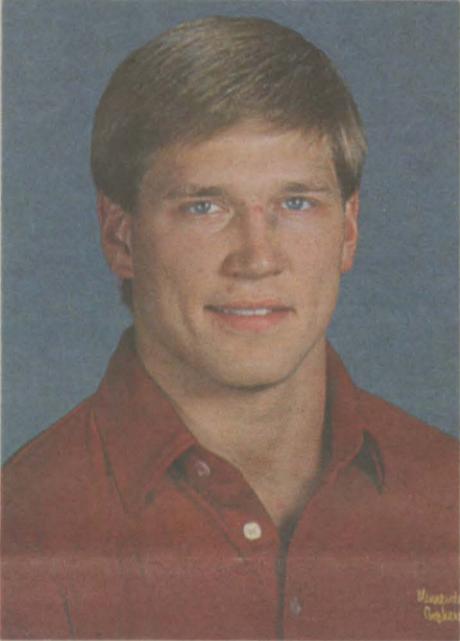


THE
GLACIER
MAN
BY
DON RILEY



SEE PAGE 3

Leverenz Tackles Books and Backs



JON LEVERENZ

By Steve Peckham

John Gutekunst is from the old school of coaching, where the rules are very simple. You don't promote individual players. You don't lavish them with empty praise in hopes of harvesting a few postseason awards. After all, football is a team sport.

But as we all know, for every rule there is an exception.

Meet Jon Leverenz, the exception.

Even good old Gutey can't say enough about the senior linebacker who plans on going to medical school when his playing days are over.

"If ever there was a man who deserved to play the game of football, it's Jon Leverenz", said Gutekunst. "It's amazing for a young man, who's got the compassion to be a doctor, and yet is so driven on himself to be such a tremendous contact football player."

The story of this contact football player has been well documented. A small town kid from Iowa slips by the recruiting machine of Hayden Fry to come to the University of Minnesota. Why? Because he's impressed with the football program AND the medical school. Over the next few years, despite having to endure a broken thumb, a badly sprained ankle, and major knee surgery, the quiet young man is touted by many to be one of the best linebackers in Gopher history.

With all the adversity Leverenz has faced in his first four years at Minnesota, not being able to play football in 1988 has been the most painful.

"I can't really describe the frustrations of watching from the sidelines last year," said Leverenz. "I felt all kinds of emotions: anger and frustration because I couldn't play, but relief too, knowing that I'd be back for this season. I did everything possible to work every muscle and get the knee back into shape for this year."



The same knee injury has ended many a career in the past. Both sides of his anterior cruciate ligament were shredded. The general rule is that major knee reconstruction takes a year and a half from which to fully recover.

But remember, Leverenz is the exception. The injury happened just one year ago last week.

"His running, change of direction, and everything are 100 percent," Gutekunst said. "We're just very optimistic, because he's preparing himself very well. We just hope that he does get a full year in, because we saw what happened to us when he didn't."

Does all the bad luck make Leverenz superstitious of yet another injury? Hardly.

"You can't think about injuries when you're

out there, because you tend to play timid and your performance goes way down," he said. "You end up getting hurt more if you worry about it."

If this season is anything like his only other injury-free year at Minnesota, it is his opponents that should worry.

In 1987, Leverenz made an impact on his team, the Big Ten and the nation. He finished second in the Big Ten in tackles with 162, an average of 15 a game. That included 22 tackles against Ohio State before leaving the game in the third quarter. He earned All Big Ten honors and won the Carl Eller Award as the Gophers' outstanding defensive player. The Football News was impressed enough to put him on their Sophomore All-America team.

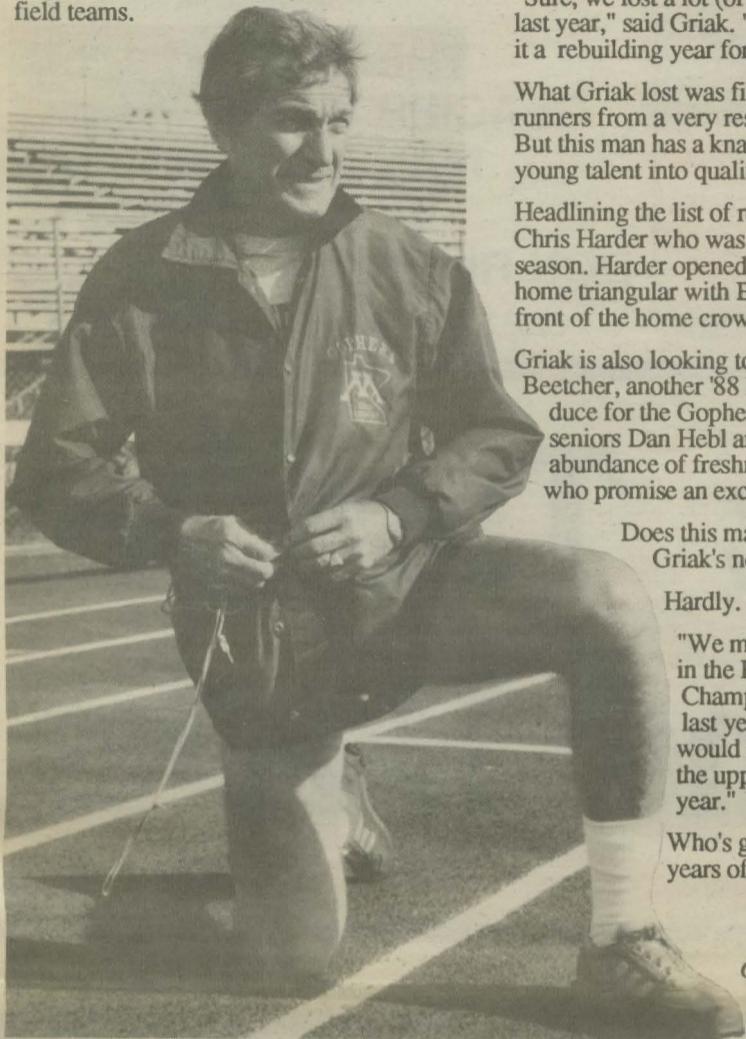
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Continued on page 6

Roy Griak, The Voice of Experience

by Steve Peckham

It is reasonably safe to say that Roy Griak has seen it all. The spry veteran is entering his 27th season as head coach of the Golden Gopher men's cross country and track and field teams.



It is probably this wealth of experience that keeps his composure when he talks about his extremely young 1989 cross country team.

"Sure, we lost a lot (of runners) to graduation last year," said Griak. "I guess you could call it a rebuilding year for us."

What Griak lost was five of the top seven runners from a very respectable 1988 team. But this man has a knack for developing young talent into quality athletes.

Headlining the list of returnees is senior Chris Harder who was a top runner all of last season. Harder opened 1988 by winning the home triangular with Big Ten rival Iowa in front of the home crowd.

Griak is also looking to senior Todd Beetcher, another '88 letterwinner, to produce for the Gophers. Along with fellow seniors Dan Hebl and Jeff Svedahl are an abundance of freshmen and sophomores who promise an exciting '89 campaign.

Does this majority of youth rattle Griak's nerves?

Hardly.

"We missed finishing fourth in the Big Ten Championships by one point last year," he said calmly. "I would expect you'll see us in the upper division again this year."

Who's going to argue with 27 years of experience?

Griak will lead a young cross country team in 1989.



Who will fill the shoes of '88 standouts like Carson Hoeft, last year's top runner.

After the Game

by
Gary Hiebert
(OliverTowne)



Those of you who couldn't make it to the big French Revolution shin blow in Paris this summer and would have gone just for the food don't have to feel underprivileged.

You can do as well right here in the Twin Cities at a couple of places described in this column and save the price of the trip and hassle of pushing and shoving your way in and out of international airports.

Almost in the far shadows of the Metrodome and a short ride from the campus is Paul Laubignat's CHEZ PAUL bistro at 1400 Nicollet Avenue.

I'm not sure how you define a pure French bistro anymore because even in Paris they fudge on the style and menu. But Chez Paul (Paul's House) comes pretty close, except for the food which is more one or two-star Michelin fare.

The place stretches across several store fronts boasts a deli in the entrance area and is decorated in rather cool colors, but with bright posters. All the tables in the front half have a view out of the big windows of the Nicollet Avenue scene, which can get very interesting

The night we were there we ordered the right things.

For appetizers, my wife and I tried the Flan de Broccoli aux Coquilles St. Jacques, which is grilled sea scallops on a bed of Cognac cream sauce with a big blob of broccoli custard plopped in the middle.

Somehow the French sounds better.

Our guest liked the warm garlic sausage in a puff pastry with caramelized pearl onions on a

Continued on page 5

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Tom Brown - 1960

Tom Brown - 1989

Where Are They Now?

by Len Levine



Tom Brown was one of the finest football players ever to wear a maroon and gold jersey.

I knew him well. We were teammates on the indoor Minnesota track team of 1958. Off the field, Brown gave the impression of being easy going and mild-mannered.

In competition he was, as one sports writer once called him, "absolutely ferocious."

Brown graduated from Minneapolis Central High School in 1954 where he played four positions in football and was a member of the swimming and track teams. In 1953 he broke the state high school shot-put record with a toss of 55' 4".

Tom went on to the University following his older brothers, Dick and Harry (both Gopher letter winners -- Dick in swimming and Harry in gymnastics), but dropped out before his freshman year was completed to join the Navy.

"I got a lot of maturity playing two seasons of football at the Great Lakes Naval Base," Brown told me recently, and "that helped prepare me for my return to the University."

Brown was given much of the credit for the University's resurgence to a football power as he led the Gophers on defense in 1960 to the eighth best defensive record in American collegiate football, was named to every All-American team, received the Outland Award

for the nation's top interior lineman, was named the Big Ten's most valuable player, and was runner-up to Navy's Joe Bellino for the Heisman Trophy.

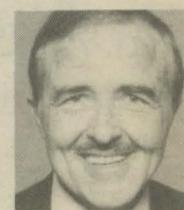
When I spoke to "Brownie" on the phone recently, we shared many sports memories of those Gopher glory years of the latter 1950's and early 1960's. He called the 27-10 win over Iowa in 1960 a "highlight of my college career that I'll never forget." It was a battle of the unbeatens. Going into the game Iowa was rated number one and Minnesota number two, with the Gophers, coached by Murray Warmath, 1 1/2 point underdogs. Iowa, coached by Forrest Evashevski, and led by halfback Jerry Ferguson, was considered to be the best Hawkeye team ever.

I remember that game in the old Memorial Stadium as if it happened last Saturday. The stadium was packed to over-capacity. Both teams had their marching bands blaring away and the air seemed to be electrically charged. It was Tom Brown's day. He was a standout on both offense and defense. On defense he regularly forced Iowa into making mistakes. His tenacious pass rush helped hold the Hawkeye aerial attack to only 46 yards. He was in on virtually every tackle. On one play

Continued on page 7

Remember When

by Don Riley



That stern, somber iron-face they hung in the coaching Hall of Fame wasn't the Gray Eagle. It was an imposter.

Oh sure, everyone loved to call Bernie Bierman the Prussian General, the Glacier Man, the Unemotional Genius; the man with the long whip, nerveless mind and fanatic of inscrutable integrity and impeccable design. More machine than human.

In fact, I had heard so much about this University of Minnesota coaching master that the first time I interviewed the Eagle as a cub reporter I was actually frozen with fear and respect. I was so paralyzed with the magnitude of the moment I couldn't even bring myself to pull my pencil out of my pocket.

Bierman...the man-god legend of the Golden Gopher hordes. A man who could freeze a halfback 20 yards away with his glare. A man whose blocking patterns resembled a threshing machine cutting down a wheat field. A man whose four national titles created a legacy only a handful of schools have inherited. The stoic craftsman was without doubt this state's number one citizen; revered, respected and often feared.

But there had to be more to this disciple of discipline than merely numbers and plays and fundamentals and basics and iron will. How about those stunning trick plays? How about those moments of blindingly quick decisions? How about the coaching strategy that sometimes seemed to defy the law of

gravity?

How about, for instance, the day he explained to the officials a certain play that would be coming up; designed without a huddle...the "talking call" that stunned a grid nation. And while Northwestern's vaunted Cats were casually walking back to the line of scrimmage, Bierman sent his tiny halfback Bud Higgins on a quick snap around end in the shadow of the giant Urban Odson to stun a foe with a long touchdown romp down the sidelines that broke open a decisive game. Nobody had ever seen anything quite like that. This was the hidden ball trick in broad daylight in full view of 50,000 fans, 11 defenders and the Football Fates.

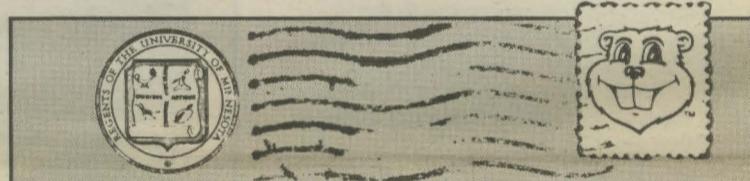
And the time he stormed into the middle of the drill field and told his Gophers on Tuesday practice, "It's obvious you don't want to prepare for the Wisconsin game Saturday. You're just wasting your time and mine fooling around. Take the rest of the week off. I don't think it'll matter one way or another at Wisconsin."

And the shaken Gophers rebounded savagely in the Badger lair by taking apart the enemy piece by piece.

This had to be more than a hard-nosed mentor...this man had to have deep, intangible vibes.

I realized that when Frank Leahy, one of
Continued on page 6

Letters



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Steven P. Lee
Rochester, Minnesota

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Profiles

by Mark Levine



THE MEN BEHIND THE SCENES

Collectively, they have 178 years of coaching experience, two masters degrees, and two Super Bowl rings, and among them you will find three former All-Americans. You probably will never hear their names on TV, read about them in the paper, or even know them if you saw them. But the assistant football coaches at the University of Minnesota are some of the most talented in the country. If the old cliche "Success breeds success" is at all true, then the former accomplishments of these men will mean future success for the Gophers.

Defensive coordinator **Dick Biddle** has been with the Gophers since 1985. While playing at Duke Biddle gained All-Atlantic Coast Conference honors twice. In his senior year he was a third team All-American and played in two college all-star games, the Blue-Grey Classic and the Hula Bowl.

Receivers' coach **Booker Brooks** spent 15 years on Joe Paterno's staff at Penn State. He was also offensive coordinator at Oregon State for two seasons until he joined the Gophers in 1986. How good of a coach is Brooks? Well, at one point in his career he had 10 former players in the NFL or the USFL at the same time.

Assistant head coach **Bishop Harris** brought a wealth of coaching experience to the Gophers in 1986. He has coached at Duke, North Carolina State, L.S.U., and Notre Dame. During all his years in football Harris found the time to obtain a Master's Degree in Education at Duke.

Assistant coach **Jim Hueber**, like Harris spent a lot of time hitting the books. He also has a Master's Degree in Education which he earned while coaching at the University of Cincinnati.

Before joining the Gopher staff in 1988, **Robert Matheson** had a celebrated career as a college and pro football player. While at Duke, Matheson was the team's MVP and Captain his senior season, gaining All-Conference and All-American honors. Matheson was the first round draft choice of the Cleveland Browns in 1967. However, most of his career was with the Miami Dolphins. He spent 9 seasons with the Dolphins and played in 3 Super Bowls.

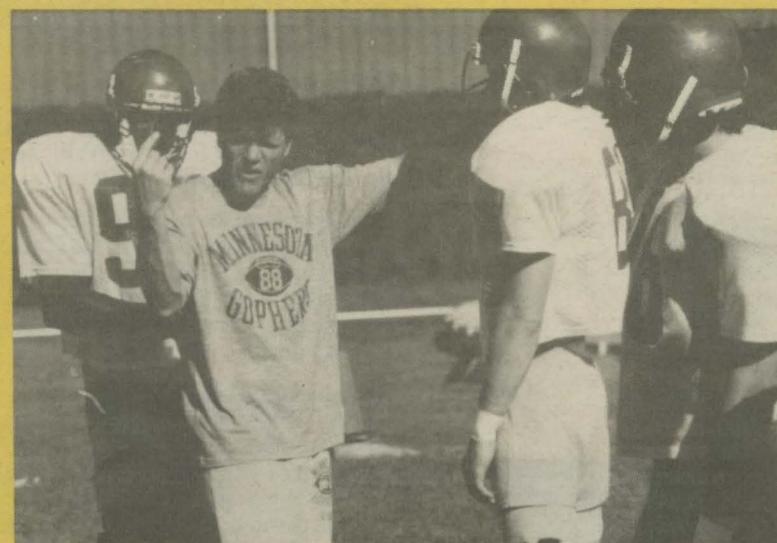
Vince Okruch, who coaches gopher defensive ends, was an assistant coach at Colorado until John Gutekunst hired him away in 1985.

George Wemeier is probably best known by Twin Cities sports fans as the Washburn High School coach whose team once went 60 games without a loss and during that streak won 46 games in a row. After 17 years of high school coaching Wemeier was asked to join the Gopher coaching staff in 1984.

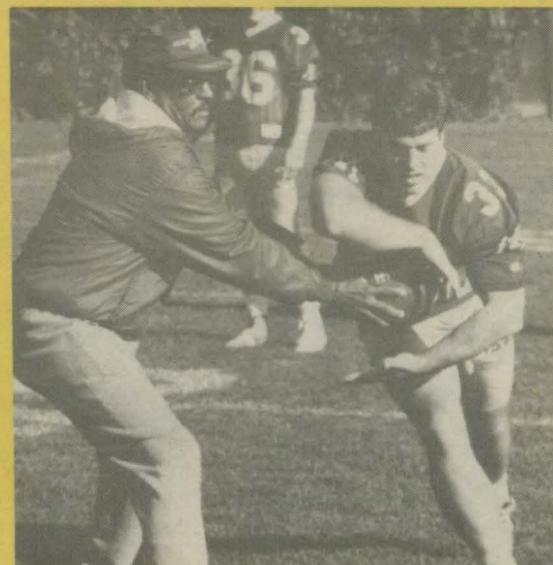
This season the Gophers welcome two new, highly qualified coaches to the program. **Ed Pinkham** comes to Minnesota after spending the past 12 seasons at the University of New Hampshire, the last seven as defensive coordinator. Talk about success, last season New Hampshire led the nation in turnovers gained and recorded a total of 50 - plus in turnovers over the past two seasons.

When it comes to coaching quaterbacks, there are few men better than **Mal Scanlan**. A great athlete in his own right (he was an All-American in baseball at St. Thomas College), Scanlan seems to breed great athletes. In seven years as Cretin High School football coach, every quarterback he has ever coached has gained all-conference honors and has led the St. Paul City Conference in passing and completion percentage. His last four quarterbacks have all been All-State selections. This is the guy that coached Steve Walsh.

These are nine winners. And a key to success in any field is to not only think like a winner but surround yourself with as many as you can. The Gophers have done that, so expect some good results.



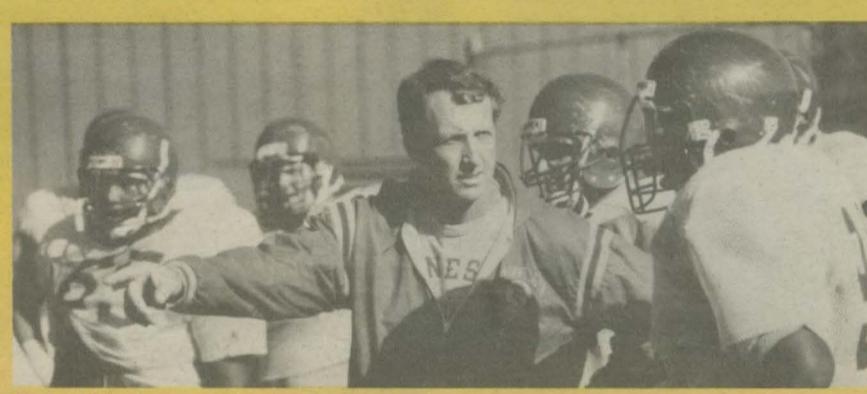
Dick Biddle, defensive coordinator



Bishop Harris, assistant head coach



Booker Brooks, receivers



Robert Matheson, defensive line



Jim Hueber, offensive line



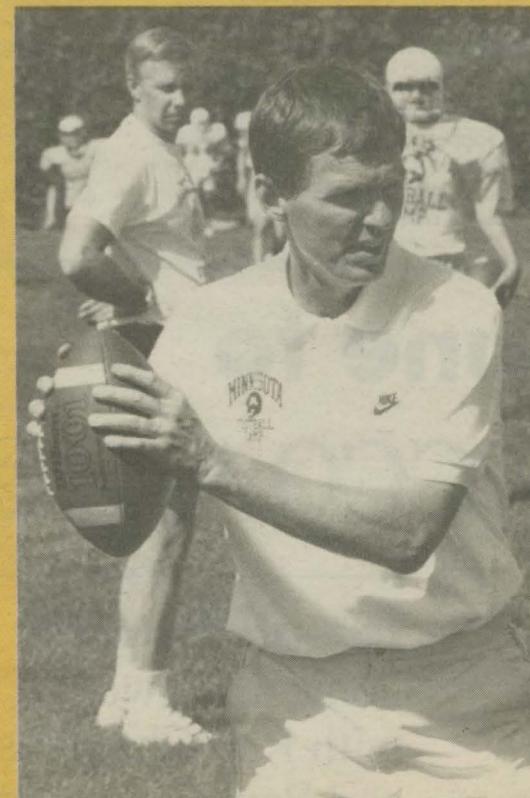
Vince Okruch, defensive ends



Ed Pinkham, defensive secondary



George Wemeier, tight ends and special teams



Mal Scanlan, quarterback

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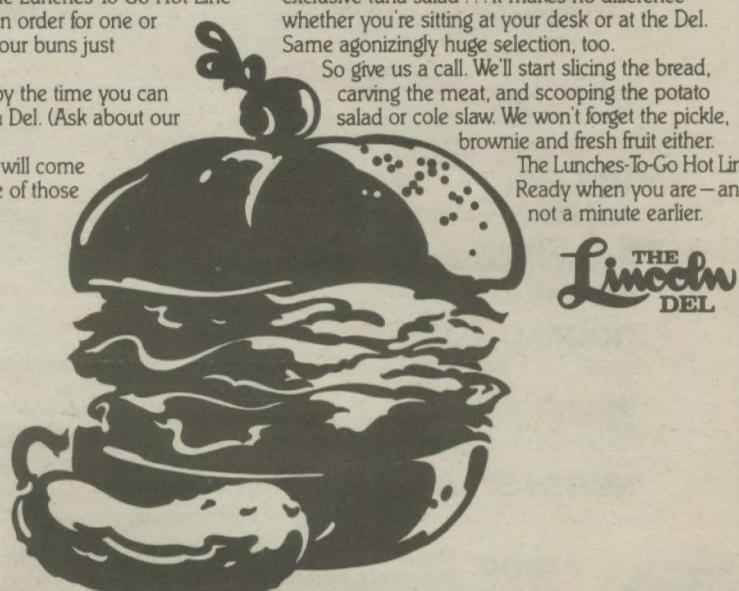
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1989 GOLDEN GOPHER FOOTBALL SCHEDULE

Date	Opponent	Site	Time
September 23	Nebraska	Minneapolis	7:00 p.m. (CDT)
September 30	Indiana State	Minneapolis	7:00 p.m. (CDT)
October 7	Purdue	Minneapolis	1:30 p.m. (CDT)
October 14	Northwestern	Evanston, IL	1:00 p.m. (CDT)
October 21	Indiana	Bloomington, IN	1:00 p.m. (EST)
October 28	Ohio State	Minneapolis	1:30 p.m. (CDT)
November 4	Wisconsin	Minneapolis	1:30 p.m. (CDT)
November 11	Michigan State	E. Lansing, MI	1:00 p.m. (EST)
November 18	Michigan	Minneapolis	1:30 p.m. (CDT)
November 25	Iowa	Iowa City, Iowa	1:00 p.m. (CDT)

Times Subject to Change

1989 GOLDEN GOPHER CROSS COUNTRY SCHEDULE

September 23	Iowa State Invitational - 8K (@ Ames, IA)	11:00 a.m.
October 7	GOPHER INVITATIONAL - 8K	11:00 a.m.
October 14	Central Collegiate Championships - IOK (@Chicago, IL)	10:30 a.m.
October 21	MARATHON SPORTS INVITATIONAL - 8K	10:00 a.m.
October 28	Big Ten Championships - 8K (@Madison, WI)	11:00 a.m.
November 11	District 4 Championships - IOK (@Charleston, IL)	11:00 a.m.
November 20	NCAA Championships - IOK (@Annapolis, MD)	11:00 a.m.

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1. Who was Minnesota's only Heisman Trophy winner and in what year did he win it?
2. What current Gopher has a perfect 1.000 percent pass-completion record?
3. How far was the longest field goal in Gopher history and who kicked it?

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We've invited some of our close personal friends to visit this fall.



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September 23

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October 7

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October 28

WISCONSIN
November 4

MICHIGAN
November 18

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Sept. 30 INDIANA STATE	\$16.00	
Oct. 7 PURDUE (Homecoming)	\$16.00	
Oct. 28 OHIO STATE	\$16.00	
Nov. 4 WISCONSIN	\$16.00	
Nov. 18 MICHIGAN	\$16.00	

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AFTER THE GAME from page 2

bed of port wine sauce.

If you're ever in France and want the same thing, look for Saucisson a l'Ail en Croute aux Oignons Confit.

After all that, you'd think we were ready for dessert, but no way. A neat salad of greens came next and then the main courses:

Oven roasted duck breast filled with chicken and truffle mousse, a duck leg, with port wine sauce and wild rice-Poitrine de Canard aux Truffles, sa Cuisse Confit.

Orange roughy with scallops and mushrooms in a lobster sauce.

I'll skip the French.

Braised chicken breast with lobster, served with wild mushroom-Cognac sauce-Supreme de Volaille Homardine.

We split a chocolate mousse cake three ways and walked a mile.

Wines in abundance, of course, but wine and beer only.

Whenever we are going to some event at the University of Minnesota, we alternate between VESCIOS Italian restaurant, 406 14th Ave. SE., in Dinkytown and the MEADOWS in the Radisson University hotel, 615 Washington Ave. SE.

The only similarity between the two establishments is that they both serve good food. Vescio's puts on no airs and is solid, straight down the middle Italian cooking from all segments of the old country. We like their premier antipasto with peppers, cheeses, sausages, salami, olives, lettuce, tomatoes; we like their hot, garlic toast crusted with cheese; I like the pasta with Vescio's homemade Italian sausage. My wife prefers the spaghetti with the sausage or meatballs.

Some people prefer the huge pizzas with everything on top.

The spumoni ice cream is a must. House wines are adequate.

Vescio's is "family" and "campus" and is long on waitresses who remind you of your favorite aunt. There is usually someone named Vescio behind the front counter or playing the role of hostess. We prefer seating in the inner dining room and we have our favorite waitress.

On nights when there are one or more events, the place fills with hockey or basketball game goers, maybe ballet or concert fans and it's all very cozy and friendly. Especially it is friendly to your wallet.

The MEADOWS in the Radisson University hotel is not friendly to your wallet, but you don't go there to save money. You go for a dining adventure.

It's one of those dozen or so places in the Twin Cities where you are glad you wore a jacket and tie and if you didn't you wish you had.

When the hotel was built several years ago, The Meadows was created as a star alongside its more laid back sister, McCORMICKS.

Of all the times we've been there, the style, decor, service and quality of food has been impeccable. I think Curt Carlson who had a hand in the original project wanted the Meadows to be quietly elegant and follow a menu long on foods grown or raised in Minnesota, focusing on healthful items, long on poultry and fish.

After all, the university needed a dining room of class and somewhere on campus and since a large number of guests do business across the street in the Medical Center, the menu ought to be of dietary excellence.

So you sit in the cozy, dark wood-paneled and deep carpeted dining areas, served by young men in almost black tie. The chandeliers glow on crisply white table cloths. And you eat healthfully prepared Minnesota-type food. Not much frying.

Maybe tonight it is a roast capon with wild rice and al dente vegetables or lake trout, baked and juicy and served with tiny boiled potatoes. There is a salad of greens and a tiny compote of vinagrette on the side. Better than

dousing the salad in the kitchen with dressing you don't need or want.

There is always a "birds of the night" main course-partridge, duck, pheasant, some such combination. And there often is venison.

But two things I always remember. The waiter pours, not plain water with ice, but sparkling water on ice with lemon slice. And the home-made chocolate ice cream is superb. It is comparable to the ice cream served by the famous Paris shop of Bertillon, which caters to the finest restaurants in that city.

Once you've eaten chocolate ice cream made by Bertillon you won't forget it and when you eat Meadows chocolate ice cream you won't forget that either.

So let us not quibble about the check.

CHEZ PAUL, 1400 Nicollet Ave., 870-4212, lunch and dinner; reservations recommended; credit cards accepted. Moderate to expensive.

VESCIO'S, 406 14th Ave. SE., 378-1747, lunch and dinner; reservations suggested; credit cards accepted. Inexpensive.

MEADOWS, Radisson University hotel, 615 Washington Ave. SE, 379-8888, dinner; reservations recommended; credit cards accepted. Expensive.

BIERMAN from page 3

Notre Dame's coaching legends, told me, "I idolize the man. You see, everyone sees a fundamentalist; a strict task-master. I see a great psychologist. He thinks beyond the play. He gets under the skin of players. He is always a step ahead. He's truly a great thinker."

Indeed. Shortly after that conversation, a rugged lineman growled after practice: "That Bierman is murder. He works you 'til you drop. Then he lectures. Then he works you some more. I don't know why in the hell I take it."

Seven years later I heard the same player say



Bernie Bierman

at an M Club party, "Bierman made us what we are. What success I've had I owe to a man who could get you to go the step beyond. He was a tough teacher. But he knew why he made every move he did. Now...all these years after...I realize how great he was...and how lucky I was to play under him."

Former All-American end Ray King put it this way: "I was the captain my senior year and Bernie would ask me: 'What does being captain mean to you? To me it means the players look up to you and want your leadership. If a captain can't be a leader he is not good for a team. Ray, I want you to be a good captain...and a great leader. Promise me you won't let me or the team down.' I never forgot his words."

But Bierman was more. As I learned over the years he had a wondrous, subtle sense of humor. His memory was vivid...down to the smallest detail. I once asked him how he happened to lose to Notre Dame 7-6 in a '37 hair-raiser at Memorial stadium after having scouted the Irish personally a week before the game.

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best you can block I can't see you playing much next week." It's the same coach who would pretend not to see a grid hero on campus, walking by to ignore the poor chap just to "get his head back in perspective."

As for his football style, it could be overwhelming or delicate. For instance, few movie buffs notice that in the "Knut Rockne All-American" movie in which Ronald Reagan starred, the film clips of supposed Irish victories are taken from the Gopher files of Bierman...the spectacular passes and laterals and broken field romps.

Bernie Bierman, you see, could coach and think and create. He was a man for all seasons, all time.

LEVERENZ from page 1

People who know Jon Leverenz are just as impressed by his love of medicine as his love of football.

In 1985, he watched as doctors operated on his broken thumb.

"I wanted to watch. It was cool," Leverenz said. "I wish I wouldn't have been so drugged up; I could have watched it more."

The 6-3, 230 pound student-athlete spent this summer as a surgical nurse's aide at North Memorial Medical Center. He carries a B average into his last year at the University of Minnesota.

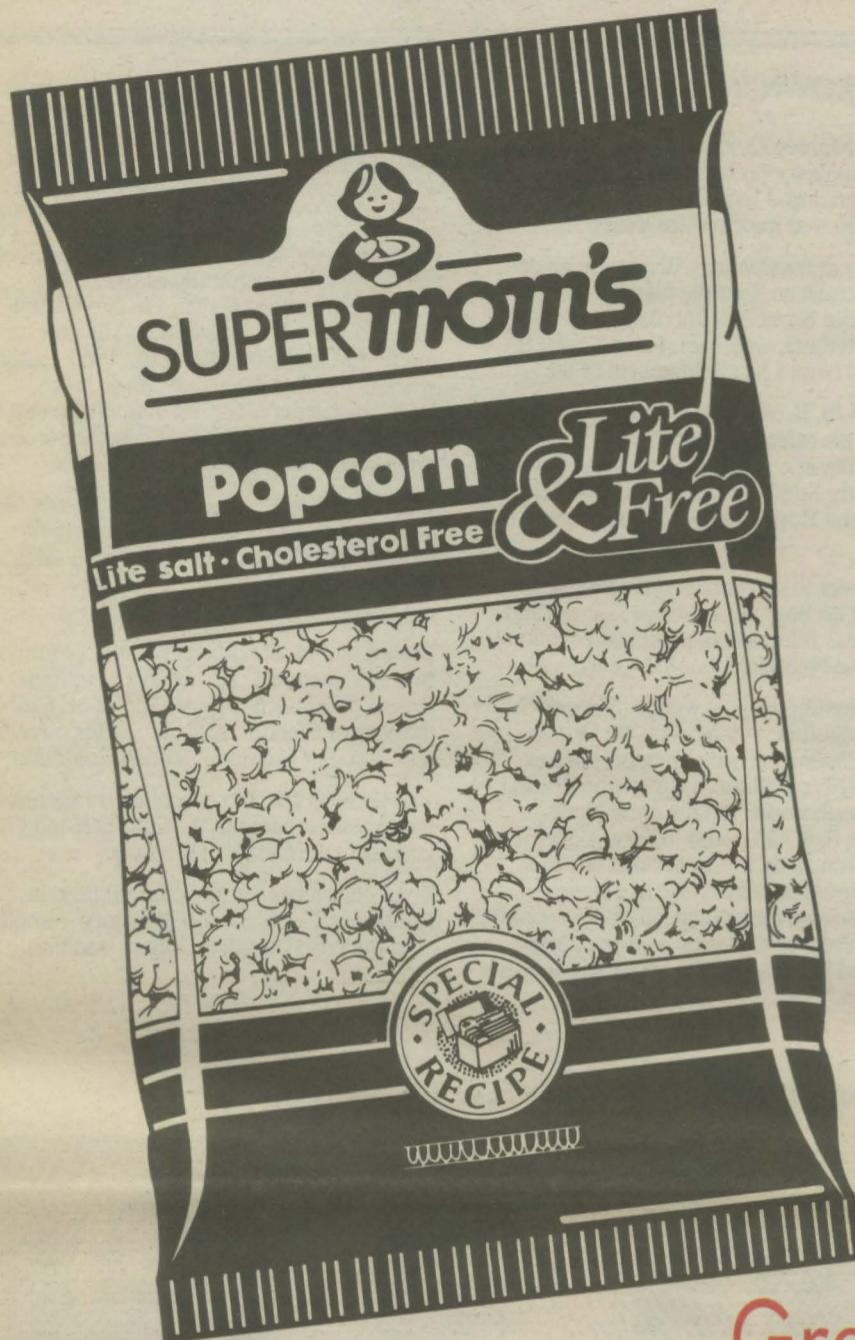
The gentle giant has already turned more than a few heads in the NFL.

"Jon Leverenz has that rare talent for hitting the books as hard as he hits ball carriers," said Gil Brandt, Vice-President of the Dallas Cowboys. "His combination of intelligence and competitiveness should lead to a wonderful success story in football and after football."

Words like that bring a smile to Leverenz's face.

"Yeah, if I had the opportunity I'd have to sign on that dotted line and play pro ball, before I go to med school," he said. "I can always use my brain later."

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SPORTSNEWS

OCTOBER, 1989

VOLUME 1

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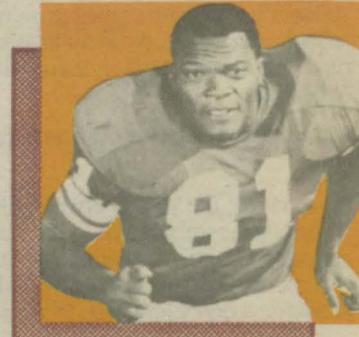
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★ ISSUE ★



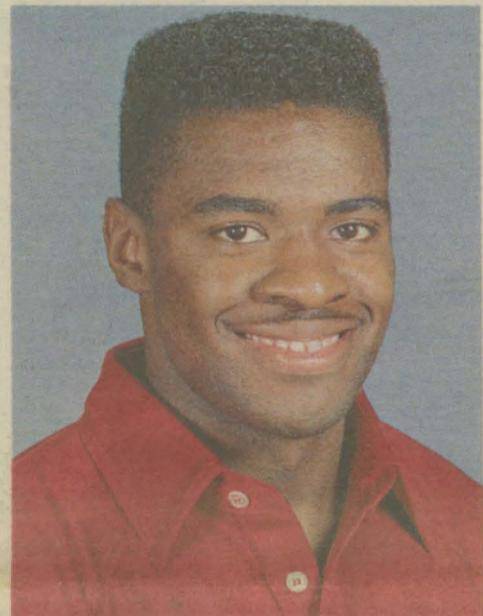
CONTROVERSY
BY
DON RILEY
SEE PAGE 2



CARL ELLER
COMMUNITY
LEADER
SEE PAGE 3



Gaiters: Gophers' Mr. Everything



Chris Gaitors

by Steve Peckham

There is no question that Darrell Thompson is the workhorse of the Minnesota Gophers' offense. The Heisman Trophy candidate went into his final season just 1,400 yards away from becoming the Big Ten's second all-time rusher.

After being banged-up much of last season, Thompson is healthy and once again ready to terrorize Big Ten defenses.

But heed this warning, defensive coordinators. The Golden Gophers have another speedster who may be just as dangerous and probably twice as versatile as Darrell Thompson.

His name? Chris Gaitors. His position? Wide receiver...and kick returner...and punt returner.

The 6'1", 184 lb. senior shouldn't be a surprise to Gopher fans. In 1988, Gaitors won the Bronko Nagurski Award as Minnesota's Most Valuable Player.

Last year he caught 42 passes for 564 yards and four touchdowns. That puts him first in the Big Ten in passes caught, among players who are returning this season.

Yes, Chris Gaitors has proven he has the talent to be a star in the Big Ten, but the Gophers are essentially a running team. Does that philosophy rub Gaitors the wrong way?

"Not at all. Everyone knows our offense is centered around Darrell Thompson," he said. "If I was the head coach, I'd be doing the same thing and even more so. Darrell is just an excellent running back."

And Gaitors is an excellent receiver. In his junior season, he caught seven passes against Indiana, six against Wisconsin and five against Purdue. But it didn't take three years for the Gopher coaching staff to figure out that Gaitors was something special.

"Even after he'd only practiced three or four days, I saw great potential," said Gopher receivers coach Booker Brooks.

"You'd have to be stupid not to see a great athlete in Chris. He's got a ballet-type quality to him. He's fluid, graceful, yet he's pow-



erful. He has an awareness of his body in space--he's able to change directions in the air."

The Ohio native is also well adept at changing direction on the field, particularly when he is returning kicks and punts.

Last year returning kicks, Gaitors ranked third in the conference with an average of 22.7 yards per return, including a 79-yard re-

occasions, Gaitors takes a modest view of his abilities.

"I wouldn't call myself Mr. Excitement or anything," he said. "The crowd pumps me up. I look at (the big play) as a responsibility-a role I play for the team."

The psychology major has also diagnosed the needs of his team. "I feel every senior has a leadership role," he said. "I'm in that position so I feel I should be a leader. When I was a sophomore and a junior, I looked up to the seniors, and I'm sure some of the younger guys on the team are looking up to me for leadership."

Gaitors is, by all accounts, an unselfish person. As the Gophers' first Big Ten game approaches, he puts his own bright future in perspective with the team's objective.

"I don't have any personal goals. I feel if I go out and work hard, I'll reap the benefits," he explained. "I have only one goal, that's our team goal, to win the Big Ten Championship."

And with weapons like Chris Gaitors, who knows.

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turn against Northern Iowa.

Gaitors also ranked third in the Big Ten last season as a punt returner. He burned Northern Illinois with a 79-yard return for a touchdown which was the longest in Golden Gopher history.

Although his breakaway speed has electrified the Metrodome crowd on more than a few

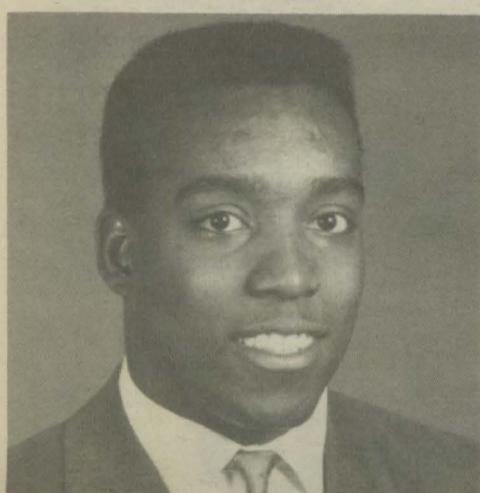
Making the Grade, and Then Some

Ours is a tragic world. You need not look further than the daily sports page to understand this statement. A baseball legend gambles on his own team. An Olympic gold-medalist uses steroids to win a race. College athletes graduate from school not knowing how to read or write.

This last scenario is perhaps the most tragic. When a young man comes to an institution of higher learning, we usually assume, and rightfully so, that he will leave with a good education.

As the headlines show, this is not always the case.

Fortunately, the University of Minnesota has made a commitment to its student-athletes. Under the direction of Dr. Elyne Donahue, who heads the athletic department's academic counseling unit, Minnesota is tak-



Pat Cummings

After the Game

by Gary Hiebert (OliverTowne)

One night about a year ago we happened to be going to some event near 11th and the Nicollet Mall in downtown Minneapolis and looked for a spur of the moment place to eat.

There it was on the northeast corner, a place called THE TIMES. Stepping into it was like leaving 11th and Nicollet and walking into some cafe-bar on Third Avenue north of 42nd street in New York City.

Everything was big city, very sporty, chic. A small crowd of singles and doubles finishing Happy Hour and staying to munch on their spicy chicken wings or baked brie for two, while new arrivals filled in to order dinner.

Waitpersons swivel hipping among the tables.

We liked it that night and we have been back often. What takes us back is what might make you a friend before or after a Gopher game, any sport.

So we order an appetizer of artichoke dip and it's a winner, served with thin slices of French bread. And once we ordered an appetizer of garlic cheese toast-French bread topped with fresh garlic, olive oil, Italian provolone, parmesan and mozzarella cheese, served with tomato basil sauce.

Actually, one of us ate that as a main course.

When we did splurge into a main meal, I tried the chicken marsala-skinless breast of chicken sauteed in wine, garlic and lemon zest. The night's low calorie item.

My wife had the scampi Provencal-shrimp sauteed in garlic, butter and vermouth.

Somebody else in our party ordered the beef spiedini-broiled skewers of roast beef seasoned with Dijon mustard, onions, wrapped around pickle pieces.

You see how it goes there-lots of creativity. But they have the old, solid plate fillers too. Burgers, steak tournados, old-fashioned beef stew. Very easy on the pocketbook.

As a Catholic nun we took there one night said: "You've got to see it to believe it."

She was referring to Champps Sports Bar in Sibley Plaza at 2471 W. Seventh Street in St. Paul and could have been talking about the other Champps at 66th and Lyndale in Richfield.

ing steps to prevent the familiar tragedy from happening here.

Academic excellence IS stressed at this University. Case in point, Pat Cummings and Joel Staats.

Pat Cummings is a 6'1", 220 lb. fullback on the Golden Gopher football team. The senior also happens to have a grade point average well above 3.5.

Cummings is a finance major in the Carlson School of Management. Since coming to the University of Minnesota, he has been employed by or had internships with General Mills, State Farm, Proctor and Gamble and IDS where he interned this summer. Working for IDS has helped Pat focus his career goals.

"I'd like to be a personal financial planner, helping people straighten out their finances and making sure they are financially secure," said Cummings.

It is obvious that this young man has learned a lot in the classroom and in the working world. But Cummings has also learned on the playing field.

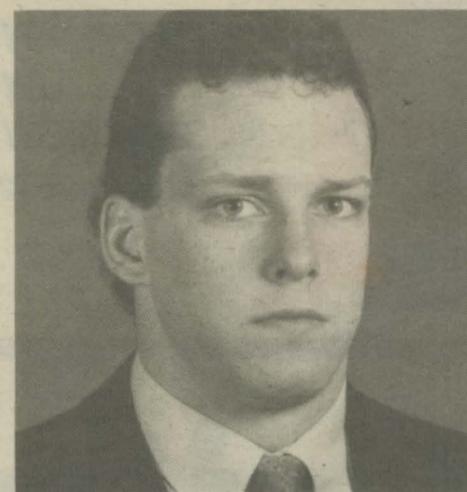
"Football has taught me how to strengthen myself through adversity," he said. "It has taught me that tough times make you stronger."

Following in the footsteps of Cummings is Joel Staats, a sophomore linebacker on the Gopher squad. Going into his second year at Minnesota, Joel has a perfect 4.0 grade point average.

Currently listed as a pre-business major, Staats is undecided about what field of specialty he will pursue after graduation.

There is little doubt that the Winona native will make significant contributions in the business world. He has already contributed greatly to the football team.

Last year, when Jon Leverenz went down with a knee injury, number 55 stepped in to become the starter for the last seven games. Like Cummings, Staats has found similarities between football and school.



Joel Staats

"There are a lot of qualities you find in football that you find in the classroom as well," he explained. "You've got to have dedication to the game and you've also got to have dedication to the books. They both take a lot of time and you've got to practice both of them if you want to do well."

Joel Staats and Pat Cummings appear to be doing both quite well, thank you.

- Story Compiled by
SPORTSNEWS Staff Writers

Letters



Dear Editor:

Will you be writing about any women's sports in this newspaper?

Mrs. J.G.
Golden Valley

Editor's note: The men's and women's athletic programs at the University of Minnesota are run separately. Each has its own athletic director, budget, etc.

The women's program has their own newspaper. It's called "Winner's Circle" and can be obtained by contacting Women's Athletic Director Chris Voelz, Bierman Field Athletic Building, Women's Athletic Office, University of Minnesota, 516 15th Ave. S.E., Mpls, MN 55455, or call (612) 624-8000.

Dear Editor:

I heard Athletic Director Rick Bay on WCCO Radio recently. It reminded me of the solid direction he is taking the University of Minnesota's sports program. He's a sound businessman and a no-nonsense leader. Keep up the good work.

R. Anderson
Minneapolis

Send all letters to:
SPORTSNEWS Letters
One Capital Centre Plaza, Suite 830
386 North Wabasha St.
St. Paul, MN 55102



by Don Riley

of an amazing 28 game winning streak. The Cats, as always, were brutish and tough and always rose to the occasion against the Gophers. Naturally they were hyped to fever pitch. Naturally they were emotionally ripe after a week of pre-game pep fests. Naturally they viewed this as the most momentous game in many seasons.

And so it was that Minnesota and a quiet All-American from Gonvik became embroiled in one of several controversies that have engulfed Minnesota's historic football program. No nicer hero ever played the game than big Ed-the complete collegiate gentleman who went on to lead the New York Giants to the world pro football championships. Ed, a tremendous tackle, could bruise, hammer and eventually pulverize his foes-but none could ever point to a late hit, a clenched fist or an evil plot. He didn't need to head hunt; he could break you in two with a shoulder down the gut or cramp your legs for a week with a low bull-rush.

Ironic

it was then, that this near perfect piece of grid machinery should wind up in the middle of a fierce argument that has raged for years--and a heart-breaking play that forever will be etched on the minds of those who saw and disbelieved.

The game was played in the mud and cold of Evanston, with the Gophers riding the crest

But historians will tell you it came down to one play; a stunning unnecessary roughness penalty on, of all people, beloved Ed. The gentle sheep dog. The guy who'd keep a wounded sparrow in his dorm. The big blond Viking from the north who would battle you on boat or cliff, but never take unfair advantage of the rules. The Gopher who had never been called for a roughness penalty in his life!

The call, again with bitter irony, was made by a Minneapolis native, referee John Getchell. He always defended the call and drew a mountainous ire from the locals.

Some even stoned his home. He never again would work a Gopher game.

Continued on page 6

**Our Best Wishes to the
Men's Intercollegiate
Athletic Program at the
University of Minnesota.**

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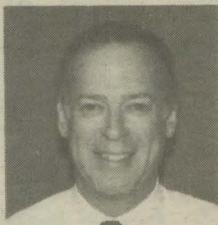
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Where Are They Now?

by Len Levine



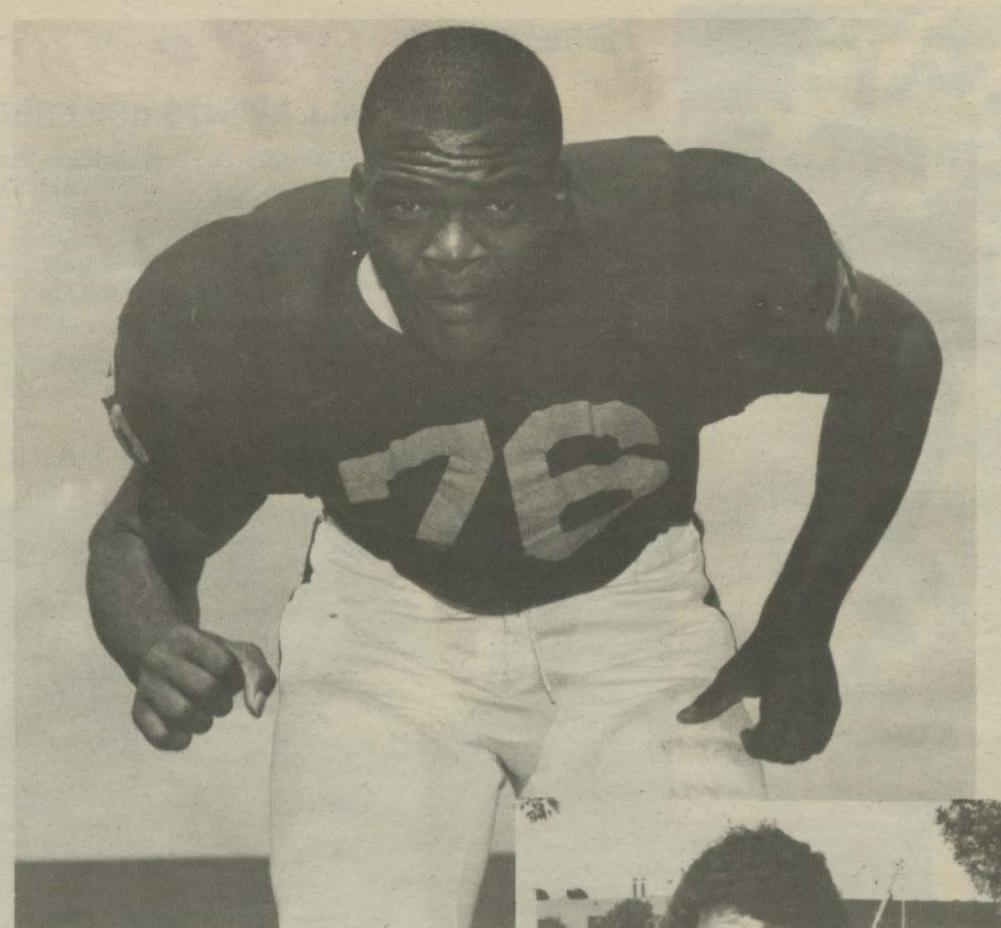
When Carl Eller was a youngster growing up in Winston-Salem, North Carolina, he never dreamed that one day his name would be prominently listed among the all-time greats in American sports history.

Eller, who graduated from Winston-Salem's Atkins High School in 1960, began his sports career as a ninth grader competing in football and track. He was an outgoing young man, active in school affairs, eventually being elected president of his senior class.

"I grew up under the smokestacks of the R. J. Reynolds Tobacco Company and just figured that some day I'd wind up working there along with the rest of my friends. As I got bigger and stronger, sports started to play a major part in my life, and I set my sights on going to college," Eller recently told me. "By the time I was a senior, I knew that 'my way out of segregation both in my high school and community, was through sports."

Eller was all-state and his team won the state championship that year and offers poured in from all over the country. Paul Amen, head football coach at Wake Forest, told Minnesota's football coach, Murray Warmath, about Eller and things began to happen. Wake Forest wasn't recruiting blacks, and Warmath jumped at the chance to get a player of Eller's ability to see Minnesota.

Carl visited the campus in the spring of 1960. He said, "I liked what I saw -- Campus Carnival in the old Field House was a big thing, and Sandy Stephens and Bobby Bell (two former Gopher All-Americans) impressed me with their enthusiasm, acceptance at Minnesota, and their hope for a winning future at the University."



Above: Carl Eller, 1963.
Right: Carl Eller, 1989.

"I knew right then that this was the place I wanted to play football and live afterwards," he said.

He made the right decision. Minnesota won the Big Ten and National Championship in 1960.

"It was the most exciting time in my life and I was really thrilled to be a part of the campus that fall. It inspired me to do well," Eller said. "I got my feet on the ground that year and by the time I was a sophomore, I was able to concentrate on both football and my education." In his sophomore year, he became a



starter, playing both ways at tackle. The Gophers went on to win the Rose Bowl, defeating UCLA.

In 1963, Eller's senior year, he distinguished himself as one of America's best college football players, being named first-team All-American tackle on everyone's list and runner-up for the Outland Trophy.

It was the last game of Eller's college career against Wisconsin that he considers the most memorable, with sports writers of that day calling it the "finest of his career." Eller was credited singlehandedly with stopping the Badgers from scoring on the Gopher goal line on four consecutive downs shortly before the end of the first half. He also caught the only pass of his career on a tackle-eligible play which gained 25 yards and set up a Gopher score. At the end of the 14-0 game, the 6' 6", 255-lb. star was carried triumphantly off the field on the shoulders of teammates Milt Sunde and Willie Costanza.

Eller was the number 1 draft choice of the Minnesota Vikings and Buffalo in the new AFL League. After graduation, the rest is history. Eller became a Minnesota Viking, playing for 15 years as a part of the famed "Purple People Eaters." He was named Rookie of the Year, the NFL's Most Valuable Lineman twice, All-Pro five times, All-NFC five times, played in six Pro Bowls, nine Conference Championships, four Super Bowls, and was twice nominated to the NFL Hall of Fame.

Eller is the Vikings' record holder with 134 career sacks, and also had 23 opponent fumble recoveries and nine blocked kicks. In 1985 he was named to the Vikings' Silver Anniversary All-Time Team. Eller's NFL career ended in 1980.

Today Eller is the executive director of Triumph Life Center, a drug treatment facility in Minneapolis which treats people of all ages and sets up programs for corporations. In addition, he was just

Continued on page 5

University of Minnesota **SPORTSNEWS**



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- What University of Minnesota football great received a \$65,000 bonus to play baseball instead of pro football? (His baseball manager was Bill Rigney.)
- In 1957, Wisconsin defeated Minnesota in football 14-6. The Gophers were stopped on the 1, 7, and 14-yard lines in three touchdown attempts. Who was the Gopher quarterback?
- On November 15, 1958, the University of Minnesota football team won their only game of the season 39-12. What Big 10 team did the Gophers defeat?

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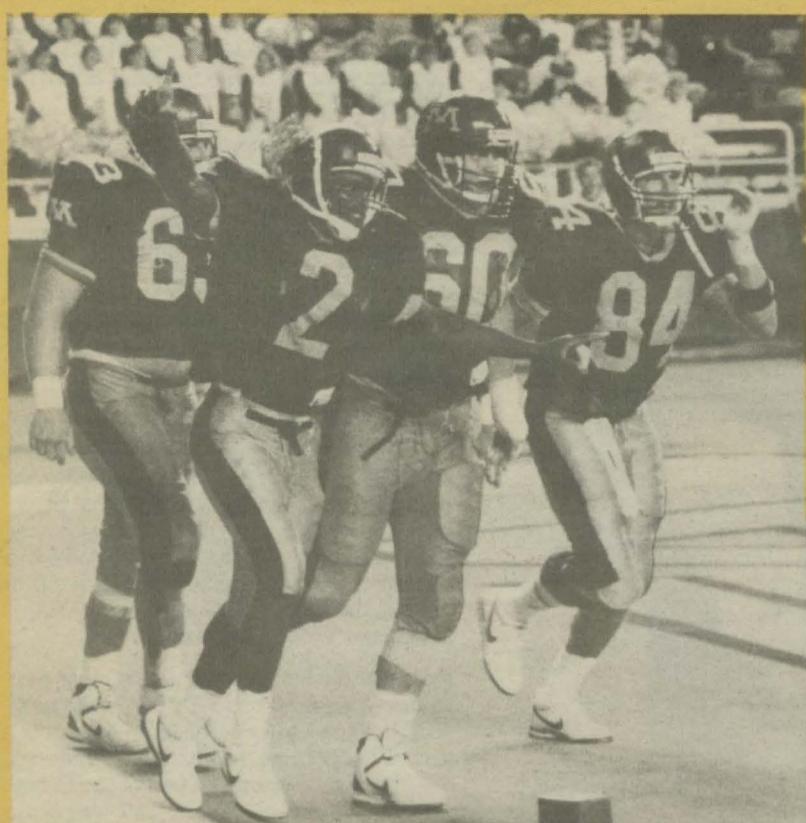
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REMEMBER WHEN from page 2

The call put the ball from the 16 to the one, from where the Cats stormed over for the only touchdown and a 6-0 victory. The protests could be heard in Snail Lake, but Ed was not among the Gopher supporters who claimed they had been mugged by the men in black and white.

"I fell backwards after having tackled the ball carrier," low-keyed Ed would explain. "As I fell, my hands wound up around the other player's face. Right in front of God and everyone else. I certainly wasn't trying to hurt him, but it may have looked that way to the officials."

Then Widseth made another point which was to endear him to the laymen and even Wildcat fans.

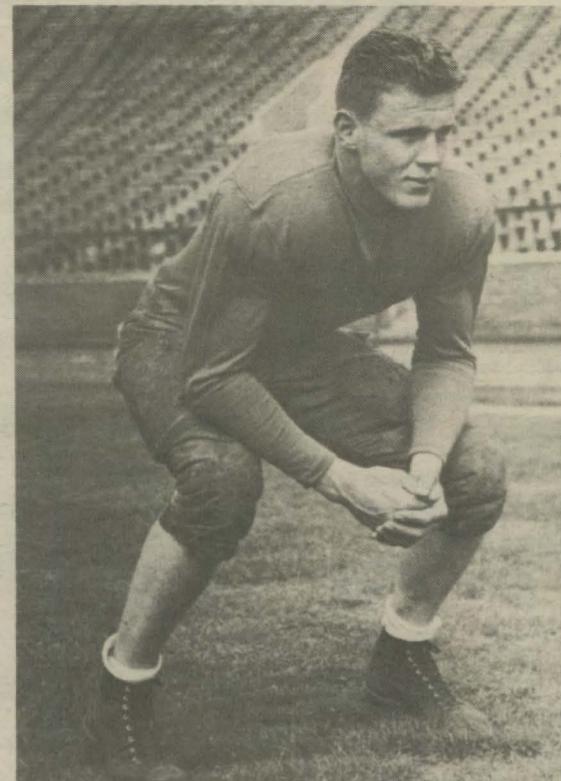
"Truth is, we had plenty of chances to win! At least three times we got deep in their territory. We outgained them 245 yards to 120, which shows our domination," he said.

To this day, Ed can't go into a restaurant or play the links without someone eventually getting around to a play which 53 years ago, seemingly cost the Gophers a national championship. But alas, Dame Fate intervened and the Wildcats paid the price. Scheduling a game against Notre Dame at the end of the year, they were upset by the Irish and the Gophers again claimed a title-their third straight. The Gods of football had evened the score for Minnesota and particularly its All-American and the gentleman of mayhem, Ed Widseth.

You need only go back to the fall of '62 under the dimming November skies of Madison to get involved in a controversy which rages whenever old Gophers and Wisconsin Badgers gather on long winter nights.

The Gophers in this one were shooting for a third straight Rose Bowl and how deliciously ironic once again; the Badgers were also gunning for the Big Ten crown.

No one could predict, however, a series of calls which would virtually rip the heart out of the Gophers and send the Badgers to



Above: Charles (Bud) Wilkinson, All-American Guard.

Above right: Bobby Bell, All-American Tackle.

Right: Ed Widseth, All-American Tackle.

Pasadena. If ever a team appeared to be mugged right out in front of 65,000 fans and a press box full of national media, this was the day.

My story lead shouted the infamy loud and clear: "The Jesse James gang road again-only this time the robbers and pillagers were lead by a man named Robert Jones."

For starters, the Gophers got called for man-in-motion so many times you'd have thought they were beginning chorus tryouts for a sixth-grade musical.

However, those questionable whistles were only the placemats, the real turkeys were to



And then the most blatant bad whistle perhaps in league history. All-American Bobby Bell sacked quarterback Ron Vanderkelen in what appeared to be the perfect tackle.

"Same kind I made for three years," Bob said.

Jones, of course, saw it differently. It was, as one New York writer put it, the most nauseous call of the season. Even Wisconsin coach and ex-Gopher star Milt Bruhn seemed embarrassed. He began his post-game comments, "It's a really hard game to explain."

Yes, Milt. Excruciatingly hard. The 15-yard penalty against Bell sustained the Badgers' winning 14-9 touchdown drive and mangled the Gophers' bowl trip.

Nearly a dozen special trains had carried thousands of Gopher rooters to Wisconsin and the ride home had to seem as if the destination were Flin Flon. Cold, angry, tormented by a day in which the men with the whistles stole destiny out of the Gophers' pocket. Small satisfaction that the Badgers lost in the Rose Bowl.

Great teams, like great generals, naturally create controversy. And both a general--of the grid-and human elements surround the controversy which ripped this state when the Gophers did not name Bud Wilkinson, a former Maroon and Gold headliner, to succeed Bernie Bierman. He was the general who stormed the heights with Oklahoma and many thought it a foregone conclusion the Gophers would woo him away from Norman.

Bud has always told friends that he was snubbed by University officials during a weekend visit. Others close to the scene said that president O. Meredith Wilson did meet with him, but that Bud had made far too many demands and wanted far too much control. It is doubtful a private eye could have sorted out the real truth. But to this day the story can split even loyal Gopher ranks.

One thing is certain: teams that win, generate the fury and furors. Let's hope we're all arguing loud and clear before season's end.

Congratulations SPORTSNEWS and Good Luck Darrell Thompson

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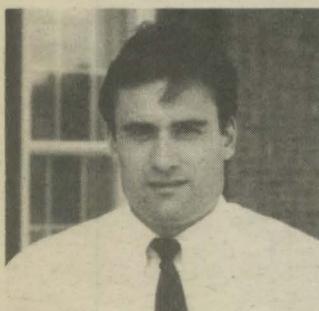
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Fan in the Stands

What does Homecoming mean to you?



Former Gopher: John Kelly, Class of 1985
"Homecoming has always been a real festive time of the year. It's a special weekend when old friends come together and relive the good times they had in college. I've always thought that the U is such a diverse campus. There is so much tradition here and it really shows during homecoming."



Denise Laliberte, Class of 1990
"I love going to the parade and the bonfire and all the Homecoming events. It's just so fun because there are so many people involved. I'm sure I'll keep coming back year after year."



Former Gopher: Dave Williams, Class of 1987
"Going back for Homecoming brings back some good memories. Homecoming always seems like the time of year when tradition at the University and genuine school spirit really come out."



Carole Sheehey, Class of 1990
"It's always so great seeing people that graduated a year or two before me. Homecoming is the time when the U almost seems like family."



Former Gopher: Darrell Bunge, Class of 1973
"For me it's an opportunity to get together with some former teammates and at least for a day, kind of act like we're 19 or 20 years old again. I still enjoy the small-campus atmosphere of the University. Homecoming is one those times when we can all enjoy together."



Mike Sweeney, Class of 1989
"Homecoming is great. The whole week is filled with anticipation. There's always so much to do, so many people having so much fun."

Aches & Pains

by Robert Hunter, M.D. Director
University of Minnesota Sports Medicine Institute



As the age at which people are enjoying overhead sports has increased to include those of middle age and above, more and more commonly patients with a painful shoulder are being seen. Though other causes of shoulder pain may certainly exist, one of the most common is irritation and inflammation of the rotator cuff tendons. This irritation is often called "impingement syndrome," and may run the spectrum between mild inflammation and irritation all the way to full thickness tearing.

The rotator cuff tendons are a series of four tendons that attach to the edge of the arm bone (humerus), and serve the important function to rotate and stabilize the ball and socket joint formed where the humerus meets the shoulder blade (scapula). The rotator cuff under normal circumstances is covered by a very thin film of tissue called a bursa. When the rotator cuff tendons get irritated and inflamed, they are often accompanied by inflammation of the bursa which is known as bursitis. The rotator cuff tendons pass underneath a protective bony arch on the scapula. With every movement overhead, the rotator cuff tendons have to pass repeatedly underneath the arch protected from it by the bursa. For some reason, incompletely understood at the present time, in certain individuals the rotator cuff may begin to get irritated underneath the arch. The earliest stages of this impingement process are generally tendon swelling and inflammation of the overlying bursa. As this process continues, there is chronic inflammation and thickening of the bursa and tendons. With this repeated mechanical wearing, the rotator cuff tendons can begin to be frayed, much like a rope that goes over a pulley is frayed as it moves repeatedly back and forth.

The patient with an impingement syndrome generally presents with a painful shoulder as the arm is used overhead. This may be with a throwing motion, with a tennis serve, with a follow through of a golf shot, or even with such things as painting a ceiling in the house. Many times the pain is relieved or may not be present at all with the arm used below chest level or close to the side. Often times sleep is interrupted and the patient may find that they cannot sleep on the effected painful side because they are awakened any time they roll over on it. There may be secondary limita-

tion or stiffness of the shoulder due to the repeated attacks of inflammation, and in fact, a "frozen shoulder" may occur. In the early stages of tendinitis and impingement, exercises to maintain flexibility and range of motion in the shoulder combined with an appropriate anti-inflammatory medication will be enough to settle the inflammation down and restore the patient's pain free use of the arm. When the pain is gone, an exercise program aimed at strengthening the biceps and rotator cuff tendons will help to prevent further attacks of inflammation of the rotator cuff and impingement.

As the process of impingement wear on the rotator cuff tendons continues, it enters the chronic stage. In this situation many times there will be pain, even when the arm is not being used above shoulder level. Even with exercises, rest from the aggravating activity, and inflammatory medications, these more chronic cases may take several months to become pain free. If exercises, rest and non-steroidal anti-inflammatory medications are not enough to provide symptomatic relief, occasionally a local cortisone injection may be useful. Cortisone is certainly a very powerful anti-inflammatory medication but must be used with caution to avoid damage to tendons. If this combination of medication and injection are not enough to relieve the pain, surgical treatment can be considered.

With advanced damage, the rotator cuff tendons may actually wear and a hole in the tendons may be produced.

If there is a complete hole in the rotator cuff tendons associated with pain, in general it is recommended that this be surgically repaired. Recovery from this procedure can take 6-9 months.

Ed Craig, M.D., Associate Professor, Department of Orthopaedic Surgery at the University of Minnesota contributed to this column.

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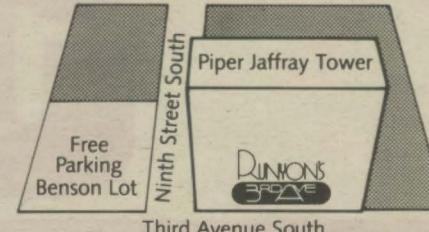
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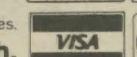


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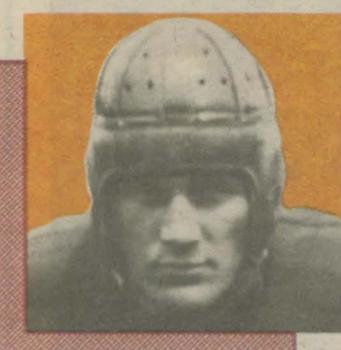
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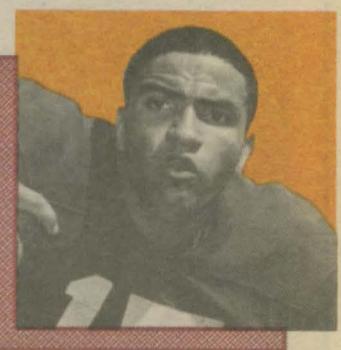
TENNIS
ANYONE?
SEE PAGE 4



WHAT DO
GLADIATORS,
PRARIE FIRES &
GOPHERS HAVE
IN COMMON?
SEE PAGE 2



TRIPLE
THREAT
FROM
UNIONTOWN
SEE PAGE 3



Mac Stephens

by Steve Peckham

When Mac Stephens was in the fourth grade at Portage Path Elementary School in Akron, Ohio, he was, by his own admission, a spoiled brat.

Grades were never a problem, mind you. "Little" Mac, who now stands six feet three inches and weighs 220 pounds, has always received high marks in the classroom.

Like many kids, however, Mac lacked respect for rules and had little sense of direction.

The problem came to a head when the school brought a student teacher into his fourth grade class. Little Mac would have none of this.

"I just didn't like her at all. I gave her all sorts of trouble," remembered Stephens. "They even had my mom come in and talk to me with the Principal, but I just didn't care."

Things could have gone from bad to worse at that point. We've all heard sad stories about the good kid turning bad. For the first time in his young life, the future looked bleak.

Fortunately, although Mac didn't care, someone else did.

Mac's regular teacher knew the Miami Dolphin legend, Larry Csonka. She brought Csonka in one day after school to talk to little Mac.

The NFL Hall of Famer asked him if he wanted to play pro football someday.

"Yeah, I am going to play pro football one day," replied Stephens.

Csonka spent the next ten minutes telling him that setting goals and becoming an all-around person were prerequisites for being a success in anything, including pro football.



schools in Minneapolis and St. Paul and talked to different kids, I noticed that they really responded to me," said Stephens. "I guess a lot of it is just because I'm a college athlete. A lot of little kids dream about doing what I'm doing and they really respect it. When I saw that it does make a few kids think, I really got into it."

Larry Csonka should be proud.

Not surprisingly, Stephens' message to kids is very similar to the former Dolphin's.

"I just try to tell young people to set goals and no matter what anyone tells them, they CAN achieve them," he explained.

"Whether I'm just talking about the college experience or I'm talking about the dangers of drugs, I always challenge them to set a goal and go for it."

Stephens' words of wisdom have rubbed off on more than just elementary school kids. This spring, the Gophers elected Mac co-captain of this year's football squad.

Larry Csonka should be proud, indeed.

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That message stuck with Mac. Today, Stephens is a political science major at the University of Minnesota. He eventually plans to go to law school and someday run for political office. So much for the good kid turned bad theory.

The voting public may have to wait a while, though. Mac's dreams of playing professional football are still well within reach.

Stephens is a starting outside linebacker for the Gophers. When Jon Leverenz went down with a knee injury last season, Mac became the anchor of Minnesota's defense. He led

the Gophers with 119 tackles, which was fourth best in the Big Ten. But Mac Stephens is more than just a good football player.

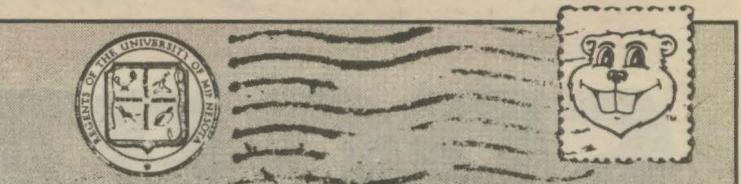
The one-time spoiled brat has not forgotten where he came from or how he got to where he is.

Throughout his career, Mac has been actively involved in doing volunteer work at elementary and junior high schools, speaking to kids about the benefits of hard work and the evils of drugs.

"When I went out to the first couple of

University of Minnesota

Letters



Letters should be signed and must include the writer's home address and home and business telephone numbers. Because of space limitations, those published are subject to abridgment.

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Goldy Gopher

Recently I saw a copy of your first edition of SPORTSNEWS at a friend's house. I especially enjoyed your article on Goldy Gopher since my husband Ron was Goldy for two years! Would it be possible for you to send us a copy so Ron can add it to his Goldy memorabilia?

Here's some additional information on Goldy: the new "macho" Goldy mascot uniform didn't come into the scene until the fall of 1985. Ron was the last one to wear the "old Goldy" (for the '84-'85 basketball season).

Yvonne Bergemann
Good Thunder, Minnesota

A 1920 Mile Relay Team That Never Made It

I was pleased to read your first edition featuring Darrell Thompson. I hope our line can open some holes for him as I am looking forward to the Gopher football schedule. I was also interested in your article Remember When. I have the following information for Don Riley:

As a freshman in the fall of 1919, I had looked forward to getting to know Arnie Oss as he in my estimation was the greatest all-around athlete at the U of M. As a basketball and track athlete at Minneapolis North High I

attended the basketball games at the University. Arnie was the star forward with Kingsley at center and had a 1000 percent record under Dr. Cooke. That fall Arnie ran wild to upset a Michigan State team.

In the 1920 track season the mile relay team won at both Penn and Drake Relays. In addition to Arnie the other runners were McNally, Kelley and B.F. Johnson.

Freshmen were not allowed to compete in those days so as my specialty was the 440 yard dash, I was looking forward to another good mile relay team and Oss and Kelley returning. Unfortunately Arnie got the flu during the end of the basketball season and his doctor advised him not to take part in track. Kelley had been elected captain of the track team but an appendix operation kept him from competing. Needless to say what could have been a good mile relay team was an "also ran."

Alfred H. Johnson
Edina

Gopher Athletes are Top Students

I read with interest your feature on Gopher athletes Pat Cummings and Joel Staats. Both are excellent students with outstanding grades. Cummings has a 4.0 GPA and Staats a 3.5 GPA. Congratulations to these fine athletes and to Dr. Elayne Donahue who oversees the academic counseling unit.

When the local press and others quit pointing out isolated instances of poor academic performances the whole athletic program will be better off.

Betty Gunderson
Minneapolis

The Minnesota Marching Band

Let's talk about that great Minnesota marching band. I have been a volunteer usher with the Minnesota Band for 28 years and they are a great spirited group. My partner has been John Baurber. He has been an usher for the band for 48 years. He is 85 and full of pep. We love them.

Jim Hennecke
Minneapolis



by Don Riley

defender's legs into a pretzel.

Step right up and choose from a variety of Golden men who could slice, dice and cut a secondary into ribboned lettuce.

Like 'em small and dazzling? How about Minnesota's first All-American, Johnny McGovern. He was only about 155 pounds, but this quarterback ran, blocked, passed and drop-kicked himself into immortality.

"In the open field he could do anything a man on two legs could be asked to do," said Coach Doc Williams of his diminutive star. "He runs like a man possessed."

From McGovern, we move to perhaps the most imposing physical specimen ever to carry the ball.

Continued on page 6

Remember When

Part thoroughbred, part rabbit, part brute and part genius.

What strange apparition is made up of these seemingly contradictory pieces of society?

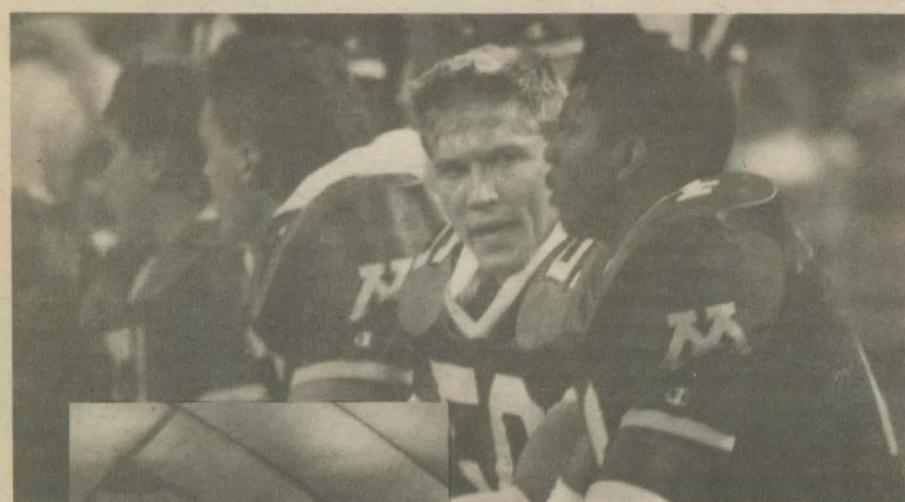
The college football running star, of course. They come in a variety of sizes from the tiny to the squat to the lanky to the behemoth; they come on like prairie fires and range antelope and macho monsters.

But in all of them are guile of the man possessed of the cunning mind, the sense of the finish line like the thoroughbred, the elusiveness of the Dakota rabbit and the raw combative will of the gladiator.

No school in grid history has had more great game-breakers in the running ranks than the Gophers; players who could go from goal line to goal line or those who could slash and rip to those who, in an open field could twist a

Our Best Wishes to the
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SPORTSNEWS

Where Are They Now?

by Len Levine



music teacher who once taught at Florida A & M University. Both are now deceased.

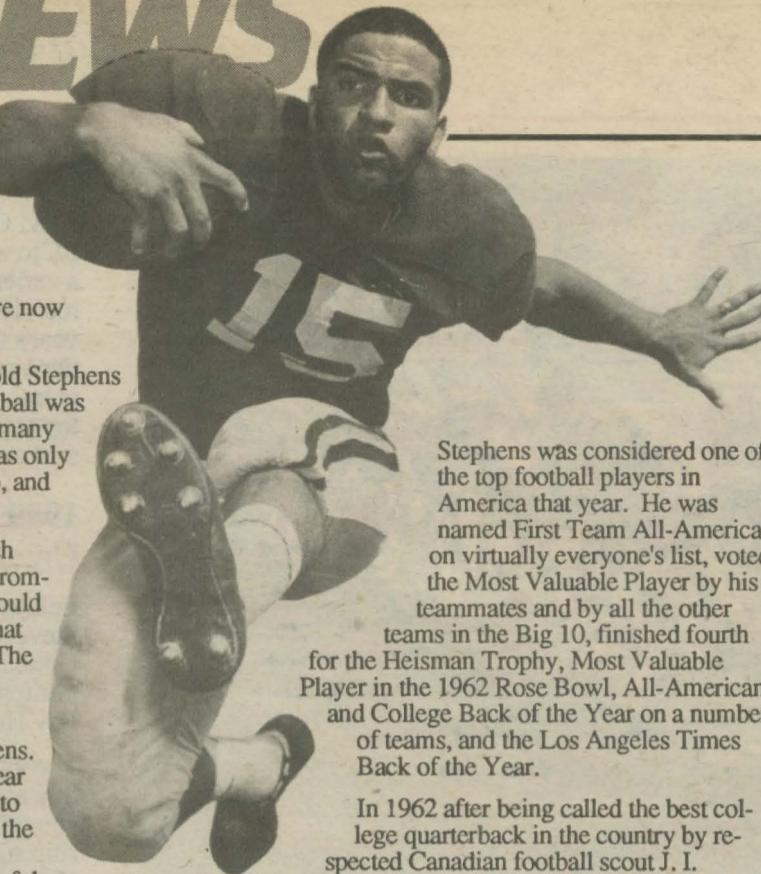
Lang and Rowan told Stephens that Minnesota football was at its lowest ebb in many years, and "there was only one way for it to go, and that was up."

When football coach Murray Warmath promised Stephens he would play quarterback, that clinched the deal. The rest is history.

Warmath built the team around Stephens. In Sandy's junior year he led the Gophers to the Rose Bowl and the National Championship. The following season the 6' 1", 225 pound senior became a feared triple threat performer. He blossomed out against Illinois for Minnesota's first victory at Champagne since 1917. He was awesome as he passed for four touchdowns and scored a fifth in a 33-0 victory. He accounted for 16 of his team's points in a 23-20 win over Michigan the following week with a 63-yard touchdown, a 45-yard touchdown pass, and a pair of two-point conversions.

The following week against Michigan State Stephens threw a 23-yard touchdown pass, averaged 34 yards on 5 punts (getting two out of bounds inside Michigan State's 13-yard line), and had 45 yards rushing.

He led his team to the Rose Bowl that year, avenging the 21-3 loss of the year before by defeating UCLA. Stephens was all over the field as he scored two touchdowns, rushed the ball ten times for 41 yards, and completed 7 of 11 passes for 75 yards. He was voted the game's outstanding player.



Stephens was considered one of the top football players in America that year. He was named First Team All-American on virtually everyone's list, voted the Most Valuable Player by his teammates and by all the other teams in the Big 10, finished fourth for the Heisman Trophy, Most Valuable Player in the 1962 Rose Bowl, All-American and College Back of the Year on a number of teams, and the Los Angeles Times Back of the Year.

In 1962 after being called the best college quarterback in the country by respected Canadian football scout J. I. Albrecht, Stephens signed a contract to play football with the Montreal Alouettes of the Canadian Football League.

His career was on the rise. But in September of 1964 his career and life almost ended. After partying with some Minnesota Vikings football players after a Sunday game he demolished his car as he drove it into a tree on Nokomis Boulevard in Minneapolis. Almost every bone in one foot was broken, and he

suffered a badly-smashed arm. The steering wheel caved in his chest. He was knocked unconscious.

At the time, his doctor said he might not live, and if he did, he probably would never walk again. He refused to accept the prognosis. After extensive therapy he began to walk, and slowly got the strength back in his legs. In June, 1966, he was given a tryout with Hank Stram's Kansas City Chiefs. He made the team as a running back. The following year he played backup quarterback to Len Dawson. Many football followers of the time

Continued on page 7



Sandy Stephens, 1989.

After the Game

by Gary Hiebert (OliverTowne)



The LITTLE WAGON at 430 S. Fourth Street in Downtown Minneapolis has been around a long time and nothing has changed.

The same dark wood bar and back bar with the stained glass canopy, the same booths along the wall with high wooden backs and cushioned seats well grooved by years of sitting.

When you walk inside, it is like walking back in time to the bar and grills of the 1940s, 50s and early 60s.

On Gopher game days or nights, the place is bulging with fans. On weekdays, especially at noon, the place fills with regulars from the nearby Star Tribune newspaper, city hallers, stock brokers, sports aficionados.

Conversation is 70 percent sports.

Some of them have sat at the same table for 20 to 30 years and with flexibility, the tables may expand from four to eight or 12 at noon. They just keep adding more tables.

I'm talking about the bar room, not the adjoining dining room, which is larger and, for my money, less lively. There is more of the P.J. Clarke's about the bar room. In fact the Wagon is a copy of those long ago bars on Third Avenue in New York City or the near North side in Chicago. It's like old Gallivan's on Wabasha Street in St. Paul used to be.

The hospitality is overwhelming.

I walked in alone, took an empty back booth and the told the motherly waitress I'd never been there before.

"Where are you from?" she said.

"St. Paul," I said.

"Well, welcome to Minneapolis and the Little Wagon," she said. And for the rest of my stay, she was a gracious hostess.

By the time I left, I'd been invited by a table of Star Tribune people to join their table any day I happened to be over for lunch.

I came in a stranger and left as if I had been a customer all my adult life.

The cuisine matches the style and decor. No nouvelle cooking here, no eclectic dishes. Meat, potatoes, gravy, French fries, great cole slaw.

No synthetic salad dressings. Mayo is mayo at the Little Wagon. On Monday, you can eat sirloin steak with hashed browns, cole slaw and roll and butter; Tuesday it's beef stroganoff or chicken breast with ham and Swiss cheese, which you lather with mayo;

Continued on page 5

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and by igniting
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SPORTSNEWS Trivia!

Answer the following three SPORTSNEWS Trivia questions correctly and be eligible to win a \$25 gift certificate from SuperAmerica and two tickets to a Gopher basketball game. Winner's name will be drawn from among all correct respondents and announced in a coming issue. Good Luck!

1. Who are the "Laughing Boys" on the 1989 Gopher football squad?
2. Who was the SPORTSNEWS very first cover story about?
3. Who coached the Gophers to their 1962 Rose Bowl win?

Mail to: SPORTSNEWS Trivia, 386 N. Wabasha St., Suite 830, St. Paul, MN 55102

SPORTSNEWS is pleased to announce that Tim Hukriede of Minneapolis is our first trivia winner.

Here are the correct answers:

1. Bruce Smith was Minnesota's only Heisman Trophy winner. He did it in 1941.
2. Darrell Thompson and Brent Herbel both have a perfect 1.000 Pass-completion record.
3. Chip Lohmiller kicked a 62-yard field goal, the longest in Gopher history.

University of Minnesota



← AND THEY'RE OFF!

Head Coach Roy Griak's Gopher Cross Country team is off to another solid start this year. After being nagged by a variety of minor injuries throughout his collegiate career, Keith Eidman from Roseville has emerged as this year's top runner. The senior paced the Gophers to a third-place finish at the Iowa State Invitational last month. Coach Griak expects the squad to be among the top teams in the Big Ten once again this year when all is said and done.

1989 BIG TEN CHAMPIONS →

University of Minnesota Tennis Team

Left to Right : Rafer Leach, Kevin Werwie, Asst. Coach Steve Willoughby, Head Coach David Geatz, Duke Uihlein, Jason Hall, Brian Uihlein, David Massart, Philippe LeBlanc, Mathias Olsson and Goldy (Secretary Bev Hanna).

The men's tennis team is set to make a run at the Big Ten title again this year. Along with a talented crop of newcomers are six letter winners from last year's championship squad. Leach, Massart, Uihlein (Brian), Werwie, Hall and Leblanc are all back this season to give Head Coach David Geatz plenty of Big Ten experience.

FOOTBALL

1989 GOLDEN GOPHER FOOTBALL SCHEDULE

Date	Opponent	Site	Time
October 21	Indiana	Bloomington, IN	1:00 p.m. (EST)
October 28	Ohio State	Minneapolis	1:30 p.m. (CDT)
November 4	Wisconsin	Minneapolis	1:30 p.m. (CDT)
November 11	Michigan State	E. Lansing, MI	1:00 p.m. (EST)
November 18	Michigan	Minneapolis	1:30 p.m. (CDT)
November 25	Iowa	Iowa City, Iowa	1:00 p.m. (CDT)

Times Subject to Change

CROSS COUNTRY

1989 GOLDEN GOPHER CROSS COUNTRY SCHEDULE

October 21	MARATHON SPORTS INVITATIONAL - 8K	10:00 a.m.
October 28	Big Ten Championships - 8K (@Madison, WI)	11:00 a.m.
November 11	District 4 Championships - IOK (@Charleston, IL)	11:00 a.m.
November 20	NCAA Championships - IOK (@Annapolis, MD)	11:00 a.m.

HOME MEETS IN BOLD & CAPS (U OF M GOLF COURSE)

AFTER THE GAME from page 3

Wednesday is roast turkey with whipped potatoes and dressing; or a hot turkey sandwich; Thursday is corned beef hash with poached egg or fried catfish; Friday walleye pike or Reuben sandwich.

Every other Friday prime rib sandwich.

Saturdays everything goes, including the baked meat loaf sandwich, mashed potatoes and gravy on the side if you like.

Little Wagon crowds drink the way they did back in the 1940s and 50s. Those who drink the hard stuff lean toward martinis and manhattans; beer fanciers drink beer and the abstainers dote on big glasses of iced tea or pots of coffee. I didn't see one wine glass on a table.

But you never did back in 1950.

"You know for Gopher fans living down around Faribault and Owatonna and even

Albert Lea, this is a natural stop for lunch or early dinner on the way into the game or on the way home-like a coaching stop in the old days," he said.

The comment of Dan Jorgenson sitting across from me at lunch in the GRAND restaurant one block off Division Street in Northfield.

Dan is the public relations director at St. Olaf College and he was pitching a unique transformation of the old 1899 Ware Auditorium Grand Theater into a restaurant of terrace and balcony by two ex-Carleton college grads. Which illustrates how old rivalries fade away.

Wasn't so long ago that anybody from St. Olaf would wear dark glasses when he or she crossed the Cannon river into Carleton territory, which is where the Grand is located. Now, here was the PR man for St. Olaf touting the place right out in the open.

What's more, both of us were eating the Mel George salad, a huge bowl of spinach salad laced with tomatoes, mushrooms, bacon bits, bean sprouts and chopped eggs, a mostly fibrous, healthful meal.

Mel George is the president of St. Olaf college and the salad is his favorite.

There are some others on the menu of the Grand, which serves continuously from near noon until near midnight.

Like the baked walleye my wife and I had one night last spring or the chicken breasts, charbroiled, barbecued with sauce or done teriyaki style. You get two big plump, skinless breasts of chicken plus the health veggies and baked potato or rice.

Huge prime rib and New York strips, of course.

Burgers and Fettuccine Alfredo and old-fashioned meat loaf and gravy.

I guess that for Gopher game goers, though, one of the Grand's taco salads would just about fuel the old machine to and from the game-tortilla big as a tub filled with lettuce, taco meat or chicken, shredded cheese, black olives, diced tomatoes, green onions and sour cream.

I saw a woman eating one and after 30 minutes, she gave up and took half still left home in a taco bag.

The Grand has all the beers and wines and tougher stuff, too and softer stuff also.

There are lots of nooks and crannies tables for tête à tête and a collegiate atmosphere across the huge terraced dining area with the Oles and Carls mingling in brother and sisterhood.

You can reach the Grand via State Hwy. 3 or a jog off I-35W. Either way, it's only 40 minutes from your seat.

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TENNIS

1989 GOLDEN GOPHER TENNIS SCHEDULE (through November)

November

4-5	ICE VOLLEYS (Crosstown) USC, Arizona State, Kentucky January @Tennessee Invitational	TBA
12-14	SMU, UC-Berkeley, Tennessee	TBA
19	NORTHERN ILLINOIS (98th Street)	6:30 p.m.
26-28	Big Ten Indoors (@East Lansing, MI)	TBA

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REMEMBER WHEN from page 2

The Bronk. Oh yes, nobody did it harder, longer, more tumultuously than Nagurski who, legend-makers say, could bowl over a freight train. But he could do everything--including pass the Chicago Bears over the New York Giants in a world pro football game. His fakes into the line and quick jump passes carried up nearly as many foes as his raw, unadulterated thrusts with his 228 lb. frame made from, many tacklers claimed, the boulders of a granite pit and the left over iron of a railway junkyard.

The one and only Knute Rockne would say after a stormy 6-6 deadlock with the Gophers and the Bronk: "The man would be the best in any position he chose to play."

So we have McGovern's scat-backing and Bronk's sheer earth-shaking power. Another battering ram was Owatonna's Herby Joesting, who hit with such force, that in many games, Bronko could be content blocking and playing defense.

Together, they may have provided Minnesota football with the most awesome combination of line-crackers in any college team's history. The weary defenders facing first Bronk and then Herb, were generally shattered and exhausted at the finish.

Of course, nobody did it better than Francis (Pug) Lund from Rice Lake, Wisconsin. It was Lund's phenomenal ability to come up with big plays in blue chip situations, particularly against Pittsburgh, the scourge of the East, which brought national recognition to Gopher football machines.

Coach Bernie Bierman put it this way: "Pug was always the man for the moment. Not the fastest. Not the biggest. Not that rugged. Not really spectacular. But he always makes the big play when you need it most."

His courage was shown when he ordered the amputation of the small finger on his left hand; a troubling bone that never had healed properly after a childhood accident. Pug had trouble handling the ball with his ailing member and elected to lose it rather than jeopardize his All-American status. He was all man,



*Herb Joesting,
All-American Fullback*



*Francis (Pug) Lund,
All-American Halfback*



*Bob McNamara,
All-American Halfback*

moved back across the field, swivel hipping his way past tackles.

"Get up, get up," yelled a teammate. And the fallen warrior asked stoically, "Why? He'll be back this way again in a couple of minutes."

The firefly: the charger; the elusive man of the shadows.

And put them together and we have probably the epitome of them all: Bruce Smith, the All-American boy; Heisman Trophy winner. Prince of Pyrotechnics, the handsome Faribault Comet. It was an old Minnesota tackle named Lucius Smith who once said after his rules infraction cost the Gophers a loss to Michigan, "Someday I'll have a son who will avenge this loss to the Wolverines."

And indeed he did. Bruce the Beautiful. He had speed; He had 185-pound speed.; he had the ruggedness to run over a tackler, the smarts to out-maneuver a defender; the stop-and-go gears to throw his man into contortions.

Avenge his father's defeat he did. His finest moment may have been his 80-yard run through the rain and fading light to dismantle Michigan and famed Tommy Harmon in

1940--in a startling era in which the Gophers smashed the haughty Wolverines and their legions of talent three straight years.

Bierman said it all about Smith whose life was turned into a movie: "He could run and think at the same time like nobody else; he could lift our teams so quickly. From any place on the field, Smith was the true All-American."

Of course some of us have our favorites. I've often said nobody ever ran more eloquently or with more withering determination than slashing Bill Daley who went on to service fame at Michigan. Sonny Franck was a slasher for the ages. Bob McNamara's exploits alone against Iowa's strongest put him in the class with the toughest competitors in an open field in football history.

And now, Thompson the Terror. I can see some of all of our greats in this one. He can dance and he can punish. He can deke and he can roll and he sees things mere mortals cannot distinguish in the tangle of bodies.

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Fan in the Stands



Scott McEathron,
Minneapolis
"I really don't care for the rule. Large crowds have been watching football games for about 40 years now and we've done fine without a crowd noise rule. I think it's unfair to the fans."



Kathy Gebeke,
White Bear Lake
"Well, I think it's kind of unfair, because it doesn't let the crowd get as involved. On the other hand, the other team should be given a fair opportunity to run a play. But a penalty is just not the answer."



Irv Serlin, St. Paul
"I don't think it's fair. If they want to make noise, that's up to them. They shouldn't be penalized. No way."



Leslie Revier, Minneapolis
"I think it's definitely unfair. In sports, it tends to help out when the crowd cheers loud. Even though they're concentrating down there on the field, they can still hear you and it does help. Crowd noise is a big part of the game."



Lolly Peterson, St. Paul
"I'm against it. The fans are there watching the game. They should be able to participate."



Al Berryman,
Minneapolis
"I think it's ridiculous. What's the point of having a 'home field advantage' if the crowd has to keep quiet? Each team plays home and away games--each team should get to enjoy their own crowd."

Aches & Pains

by Robert Hunter, M.D. Director
University of Minnesota Sports Medicine Institute



As Americans become increasingly aware of the benefits of exercise, the number of aches and pains they receive from working out will also increase. The vast majority of these aches and pains fall into the class of injuries known as overuse injuries.

Overuse injuries refer to the irritation of soft tissues around the joints that become inflamed secondary to repetitive motion. Although we frequently see this in relationship to a sporting activity, overuse injuries can also be applicable to a workman who is subject to the same motion repetitively during the day. Therefore, the man or woman on the assembly line doing repetitive action is as prone to an overuse injury as the recreational runner.

The tissue most likely to be inflamed in repetitive motion of the joints are the soft tissues around that joint. These most frequently involve tendons and secondly, bursas. Tendons are sturdy structures made of collagen that connect muscle to bones. They are usually surrounded by a sheath and one can inflame the tendon itself, i.e., tendinitis or the sheath around the tendon, i.e., tenosynovitis. Bursas are fluid filled sacs that allow smooth motion of tendons over bony prominences. These bursas can become inflamed, i.e., bursitis.

Bursitis is most frequently due to some mechanical pressure over the tissue that the bursa is protecting. The focus of treatment in bursitis in general is to eliminate that pressure. A common location for bursitis is in the shoulder region, where repetitive overhead action causes the bursa to become inflamed. Local treatment is directed at eliminating any bony prominences that compress the involved bursa.

A tendinitis or tenosynovitis can also be due to a mechanical pressure on that tendon. However, most tendinitis is due to micro-trauma within the tendon sheath itself due to repetitive stress on that tendon.

Overuse injuries should be treated with a combination of rest or reduction of activity and anti-inflammatory medication. Rest doesn't mean stopping exercise, but it can mean changing a workout by lowering total demand on the irritated area or by changing to a new workout activity. Heavy lifters become light lifters and runners become bikers.

Elizabeth A. Arendt, M.D.,
Department of Orthopaedic Surgery,
University of Minnesota contributed
to this article.

SANDY STEPHENS from page 3

felt that Stephens was the better of the two, but Dawson, who had played for Stram at Purdue, got the starting job.

Stephens' recovery was truly a medical miracle.

In 1968 he retired from football and began a series of business ventures.

Today, Stephens is an account executive at Creative Leasing, in Minnetonka, leasing autos, trucks, and equipment.

His name still brings him instant recognition throughout the United States. He is often asked to speak to business and civic groups and has been involved in numerous business

and celebrity promotions. Stephens lives in Bloomington, Minnesota.

Sandy Stephens is in the Gopher record book for all time. He will always be remembered as one of the greatest athletes ever to wear the maroon and gold of Minnesota.

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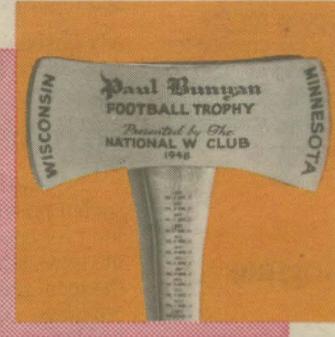
SPORTSNEWS

NOVEMBER, 1989

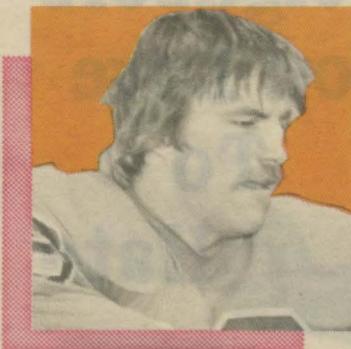
VOLUME 1

NUMBER 5

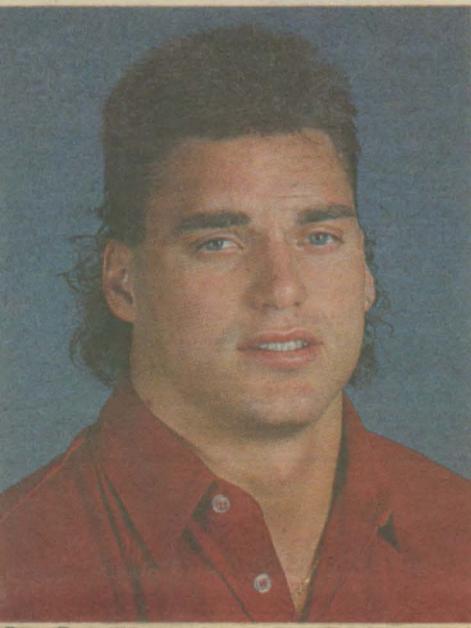
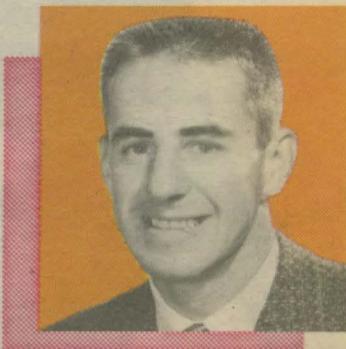
A LOVE HATE
RELATIONSHIP
SEE PAGE 2



FROM
ST. CLOUD
PREP TO
49er LEGEND
SEE PAGE 2



A RAGS TO
RICHES
ADVENTURE
SEE PAGE 3



Ron Goetz

by Steve Peckham

Anyone who grew up on football has heard play-by-play announcer after color commentator after sports analyst talk about the one player on every team who has that "linebacker mentality."

That certain something which categorized players like Dick Butkus somewhere between beast and human being.

That quality found only in a rare breed of men who go out of their way to walk down dark alleys.

But those days are over and done with, right? Didn't the golden age of tough linebackers fade away sometime around the introduction of dome stadiums and crowd noise rules?

Maybe not. The Golden Gophers' Ron Goetz is cut in the mold of the old-fashioned, hard-nosed linebacker.

If you ask Gopher linebacker coach Dick Biddle about the six foot three inch, 230 pound senior, he'll tell you that Goetz has all the tools *traditional* linebackers are born with.

"He's got good size and good speed. He's an intense person. He's got good toughness. He's a smart player and he's very competitive--he wants to do well," said Biddle.

Four years ago, Goetz's emergence as a defensive gem was a big surprise to Biddle and the rest of the Gopher coaching staff.

Ron was one of Minnesota's most heralded high school running backs in 1985. He rushed for 3,800 yards in his career at Waconia High School. He received All-Conference honors three times for his running ability not his tackling.

After a freshman year of learning the offensive system at the U and even earning the starting fullback position, Goetz could sense that he was cut out for something with a little less glamour and a lot more contact.

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

Ron Goetz: A Linebacker's Linebacker



"I guess (running back) just wasn't what I wanted," said Goetz. "Blocking assignments and disciplined pass routes may be OK for some guys, but I just knew there was somewhere on defense I could be a better player. Someplace where I could use my instincts and just go crazy."

Sound like a 'backer? You better believe it.

The next spring at his own request, Goetz was moved to outside linebacker. He's been a mainstay there for the Gophers ever since.

Last year, he led the team in unassisted tackles with 76, was second on the team and fifth in the Big Ten in total tackles with 117, had three quarterback sacks and intercepted one pass. He is once again among the top in the conference at his position this year.

So what does it take to be a Big Ten linebacker besides good ol' hard work and determination?

"You have to be very quick, strong and ag-

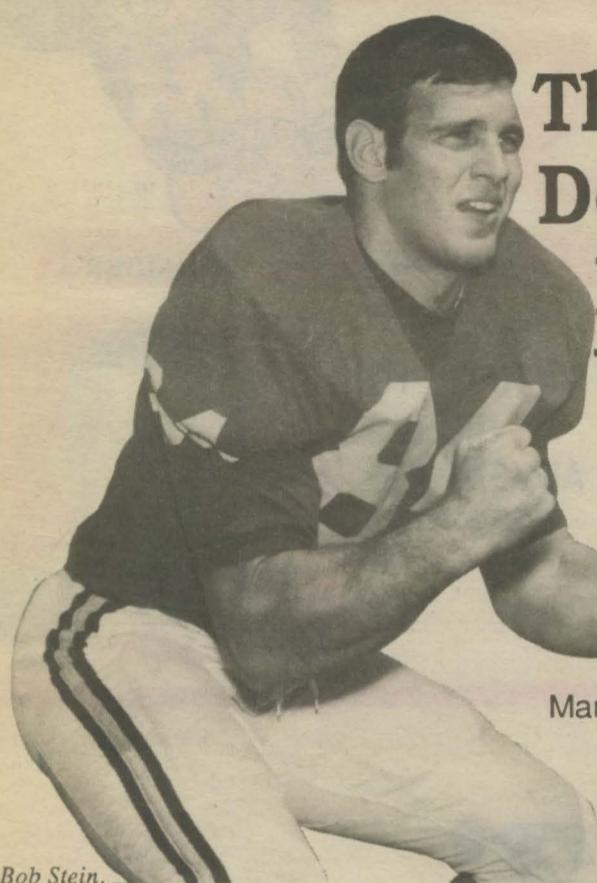
gressive," Goetz said. "You have to want to make the big play every down. Your first steps have to be right on the money or you're in big trouble. It kind of helps to go a little crazy. Not out of control, just a little wild."

It's no surprise that getting up for a game is never a problem for Goetz.

"I just remind myself that I'm as good an athlete as anybody on the field. I've gone against guys who were supposed to be the best and at times, I've gotten the best of them," he said. "Hearing the crowd at the Metrodome explode when we come onto the field for home games gives me goose bumps and adds to my excitement."

Whoever said they don't make 'em like they used to, apparently has never seen Ron Goetz play linebacker--the way it was meant to be played.

MEN'S
INTERCOLLEGIATE
ATHLETICS
516 - 15th Ave. S.E.
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The Next Door Neighbors You Love To Hate

by
Mark Levine



*Bob Stein,
Always ready to battle the Badgers*

What is it about playing the Badgers that brings out the worst in everyone? One older man who has attended virtually every Gopher-Badger football game since the early 1930s made the following analogy: "It is like having a relative who you like, but not enough to ever want to see be successful. So every time you get together, no matter how miserable your life is, you have to reach deep down, pick up the pieces and out do him, or you'll never hear the end of it." I thought that was a little strong, but then I talked to some more hard-core Gopher fans all of whom basically said, "...as long as we beat Wisconsin."

Every season regardless of team records, this is a big game. It has been that way ever since the first meeting between the two schools in 1890 when the Gophers annihilated the Badgers 63-0. The bragging rights still belong to the Gophers, they lead the series 58-37-8.

As the rivalry grew, the "W" Club from the University of Wisconsin, in 1948, decided a trophy symbolic of the rivalry should go to the winner of each season's contest. The sym-

bol they picked was a colorful axe which represents the one used by the larger than life, legendary Paul Bunyan. The axe went to Minnesota in 1948 and has been passed back and forth ever since.

At the end of the 1967 season, Minnesota and Indiana had identical 5-1 records in the Big Ten. A Minnesota victory over Wisconsin in the final game of the season coupled with an Indiana loss to Purdue would give the Gophers the Big Ten crown. Although the Gophers beat Wisconsin 21-14 it was a bittersweet victory. Indiana beat Purdue. So even though the two teams shared the Big Ten title, Purdue would be going to the Rose Bowl.

What makes this game so memorable is the emotion it was played with. Midway through the third quarter, the Indiana score was announced. Instead of quitting, the Gophers really poured it on, scoring two touchdowns within minutes of the announcement. It is safe to say that tempers on both sides were ignited. Minnesota had just lost the opportunity to go to Pasadena and the Badgers were suffering through a winless sea-

Continued on page 7



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SPORTSNEWS

Trivia!

Answer the following three SPORTSNEWS Trivia questions correctly and be eligible to win a \$25 gift certificate from SuperAmerica and two tickets to a Gopher basketball game. Winner's name will be drawn from among all correct respondents and announced in a coming issue. Good Luck!

1. What did Rick Upchurch do against Wisconsin in 1974 that put him in the NCAA & Big Ten record books forever?
2. What former Gophers are currently Minnesota Vikings?
3. What does "Ski-U-Mah" mean?

Mail to: SPORTSNEWS Trivia, 386 N. Wabasha St., Suite 830, St. Paul, MN 55102

SPORTSNEWS congratulates Randy Smith of Starbuck, Minnesota, our latest Trivia winner!!!

Here are the correct answers:

1. Paul Giel received a \$65,000 bonus to play baseball instead of football.
2. Bobby Cox was the Gopher quarterback in 1957 when the Minnesota lost to Wisconsin.
3. The Gophers defeated Michigan State on November 15, 1958. It was there only win that season.

Letters



AFTER THE GAME IS LIKE ROADMAP

Reading After the Game by Gary Hiebert is like following a roadmap for a good place to eat when we travel to Minneapolis for the Gopher games. We don't have the chance to get to Minneapolis that much and we want to know what the best places a person can eat at without having the food spoil your stomach for hours afterwards. Thanks for your newspaper.

Rose McCaffrey
St. Cloud

A POSITIVE STEP FOR GOPHER SPORTS PROGRAM

I am writing this short letter wishing to express my admiration for the persons responsible for SPORTSNEWS.

After many years of NCAA probes, firings of administration, grade point averages being low, it's about time for positive writings about U of M men's sports.

I hope this paper is just not a one year trial basis, I would like to see it grow on a yearly basis and would be happy to pay for continued subscriptions.

Gary Giesen
St. Paul

TEXANS ARE HUNGRY FOR U OF M SPORTSNEWS

Thank you so much for SPORTSNEWS. It's great and we read and re-read it--for we are so hungry for news of the Gophers.

We were season ticket holders for many years. Then we moved to Texas. News of Minnesota sports is very limited here. I am enclosing my check so that you can continue sending SPORTSNEWS to us.

My husband is an M man--wrestling, 1934.
Mrs. Lois M. Probst
Weslaco, Texas

CONTINUE SPORTSNEWS

Please continue writing about men's sports in such a positive way. Why has it taken so long for such a publication to make its way to the news stands? With all the other sports in the local press we just never get the kind of coverage we're seeing in SPORTSNEWS. Good luck to the editors and to SuperAmerica for it's part.

Roger Swenson
Minneapolis

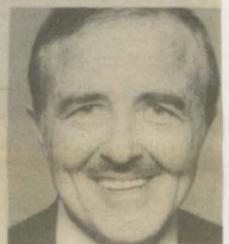
Letters to SPORTSNEWS should be short and they must be signed. Initials will only be used at writer's request.

All letters must include the writer's home address. Letters will be edited for length, taste and legal reasons. Although we are unable to acknowledge those letters we cannot publish we appreciate the interest and value the views of those who take the time to send us their comments.

Send all letters to:
SPORTSNEWS Letters
One Capital Centre Plaza, Suite 830
386 North Wabasha Street
St. Paul, MN 55102

Remember When

by Don Riley



He moves with the grace of a huge cat across the room; agile, flowing, carrying his mighty frame with dignity and assurance marking what for most men would be an eternity in the cruel wars that are professional football.

Here's the perfectly groomed GQ man of today, impeccably tailored, radiating confidence, at ease in the company of the lords of business, celebrities and kings of sport.

Frankly, he makes Tom Sellek look like a Boy Scout. The heavy mustache, the twinkle in the eye, the warm smile. This is clearly a man who never had a doubt.

Oh no?

Truthfully, there was little indication 25 years ago that a gangly, almost scrawny stringbean trying to adapt to the early rigors of high school football at St. Cloud Tech, would even survive the first scrimmage. This was a frail form that could easily wind up in pieces on the floor of the grid factory.

"At about 6-6 and 175 pounds I was tall, thin, tackling fodder-a skinny tower waiting to be toppled," said a grinning Keith Fahnhorst. "On top of it, I was slow. By the time I was a senior I had filled out a little, gained an inch, but believe me, when I was recruited by Minnesota, I thought they had the wrong boy. But my dad cautioned me against acting too surprised 'If they made a mistake and are

giving you a scholarship to a great school like the U of M, well take advantage of it. Get a great education. They can never take that away from you,' he pointed out."

The vast potential of this diamond in the rough caught the eye of Coach Murray Warmath.

"To be considered a Gopher, I just couldn't believe it," said Fahnhorst. "Know something? I had never even visited the Gopher campus. I was completely awestruck. This was the big time. This was the major league I just hoped I wouldn't make a fool of myself."

That's the same kid who went on to be a leading pass receiver with the Gophers, a Big Ten All-Conference player who eventually wound up being the bodyguard of living legend, Joe Montana of the San Francisco 49ers. Not only that, but Keith, as the towering 275-pound blocker, was considered the very heart of two Super Bowl champions and such a core leader that his glory-encrusted mates made him their captain for a dozen of his 14 years--along with being team representative in their salary negotiations. They trusted him with their futures and the protection of their No. 1 asset--Montana.

Continued on page

**Our Best Wishes to the
Men's Intercollegiate
Athletic Program at the
University of Minnesota.**

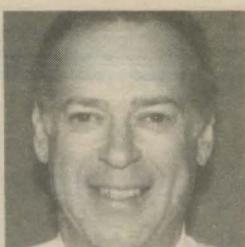
**Minnesota Teamster Joint Council 32
and Its Affiliated Local Unions**

SPORTSNEWS

3

Where Are They Now?

by Len Levine



The life of Richard "Pinky" McNamara is the ultimate success story -- he is a local Horatio Alger. His 56 years have been a modern, real life, rags-to-riches adventure that began in poverty in Hastings, Minnesota and has led to his current CEO position of a 12-company conglomerate with sales exceeding \$50 million annually.

"My early life wasn't easy," he told me recently. "My father left home when I was in the seventh grade. There were six boys in our family. We were poor. We needed government assistance to survive. We had too many bodies and too little food, but always strong support, encouragement, and love from our mother," he says.

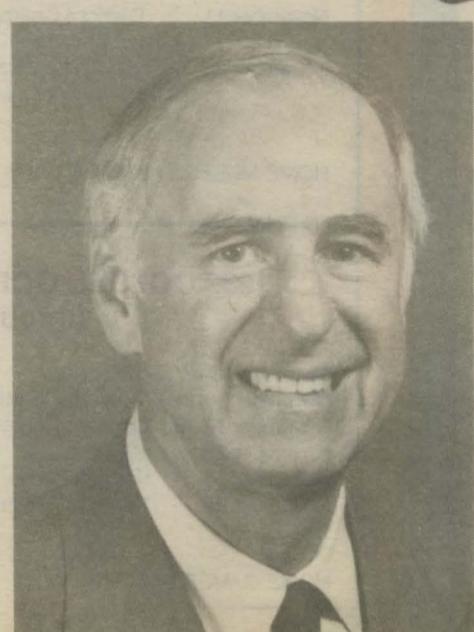
The McNamaras were so impoverished that little Richard had a very limited wardrobe -- only one pair of pants: red corduroy trousers which he wore every day to school. His mother would wash them on weekends. Eventually his school classmates noted the faded pants and began calling him "Pinky," the name he still goes by today.

McNamara says he knew that his ticket out of poverty was through a college education and he adds that the only way this was possible for him was through sports. "It seems that all I ever did when I was growing up was play sports," he said. At Hastings High School he's remembered as one of the school's best-ever athletes. He was a guard on the basketball team, ran the 100-yard dash and the relays on the track team, was a catcher in baseball, and played both ways at halfback and safety on the football team.

"I lacked a male role model in my life and through my sports I was able to get pointed in the right direction from two of my high school coaches, for whom I am forever grateful" (Lin Hildebrandt, his football coach, and

Jack Thurnblad, his basketball coach.) "They were my substitute father and they both strongly encouraged me to pursue athletics. They told me repeatedly that positive results could come from competing in sports, and they were right," he said with conviction.

In 1951 while being recruited to play football by the University of Minnesota, he was taken to the side by Coach Wes Fesler



Pinky McNamara, 1989

and told he'd have a better time in college if he went to a small school where he could

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

That's the way we go
about it, too.

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Pinky McNamara, 1956.

"play a lot of football." The 5' 10", 160 pound McNamara says he "got the message" and went to Stout Institute (as it was called then) in Menomonie, Wisconsin. McNamara scored many touchdowns that first year at Stout and led his team to the conference championship.

During the middle of that school year he was contacted by assistant football coach, Butch Nash, of the University of Minnesota. McNamara said, "He told me it was time for me to come back. There would be a new coach -- Murray Warmath -- and Nash felt confident there was a spot for me on the Gopher team and he said maybe Wes was wrong. He told me I'd have the chance to play alongside my older brother, Bob (the All-American), who was the best athlete I've ever known. It was then and there that I decided to transfer back to Minnesota."

The next year he couldn't play because of his transfer, but the following season, 1954, he played as a University sophomore, both at defensive safety and offensive halfback. The Gophers finished that season with a 7-2 record -- their best showing in ten years.

McNamara's last year of football, 1956, the Gophers were 7-1-1, and a loss to Iowa and a tie with Northwestern cost them a trip to the Rose Bowl. It was the end of a great sports career.

Armed with a business degree, McNamara began a sales training program at Archer-Daniels-Midland Company in Minneapolis.

Continued on page 7

by

Gary Hiebert
(OliverTowne)



There's a saying that you haven't been to the Twin Cities unless you've eaten at the LINCOLN DEL on the south side of I-494, west of the France Ave. exit, the original at 4100 W. Lake Street, St. Louis Park or the Del on Wayzata Blvd. near Hwy. 100.

Put it another way, if an out of town sports fan at a Gopher game asked you where to eat for a good sample of what is served in Twin Cities' restaurants, you could do it all at the Lincoln Del--before and after the game because the Del has insomnia and stays open until late, late.

At the Del everything is huge-sandwiches, salads, hot foods. I counted 108 items on the Del menu the other day, not including all the combinations.

There's an Old Calorie Counter's tale about Del's food, especially Kosher deli food burgeoning with all the salt, smoke, fat and pastry that few of us can still eat to live.

I'll admit that it takes a little willpower and discipline if you're dieting, but I'd wager half the Lincoln Del menu is "trimming" and the rest is for those who want to eat the chopped liver and lox and cream cheese along the way; the scrambled eggs with frankfurters and onions; the omelettes made with jelly and cheese, chicken liver and cheese, corned beef and cheese, washed down with chocolate whipped cream cake, the cheese cake with fudge or the strawberry cheese cake.

But when I went out there the other day, I walked right past the displays of cakes, and when I'd been seated in a bright, cheery, no-smoking section along the big windows, I passed up the grilled Reuben with corned beef, cheese, sauerkraut and mayonnaise; I passed up the Triple Tootsie (three separate sandwiches--chicken liver, corned beef and pastrami on French rolls with French fries); I ignored the cheese Bagelach-a cheese mixture rolled in a crisp stretched dough served with sour cream and strawberry jam (you get two of those beauties.)

I went for the meat cabbage borscht and a roast turkey sandwich, both of which were low calorie and absolutely overwhelming in taste and quantity.

So what can you do to a turkey sandwich? You can use real turkey that tastes like turkey in thick slices, on lettuce with a big slab of fresh tomato, between fresh onion bread just lightly touched with the Lincoln Del's mayo, a collector's item.

Continued on page 5

University of Minnesota SPORTSNEWS



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The SPORTSNEWS Roving Eye

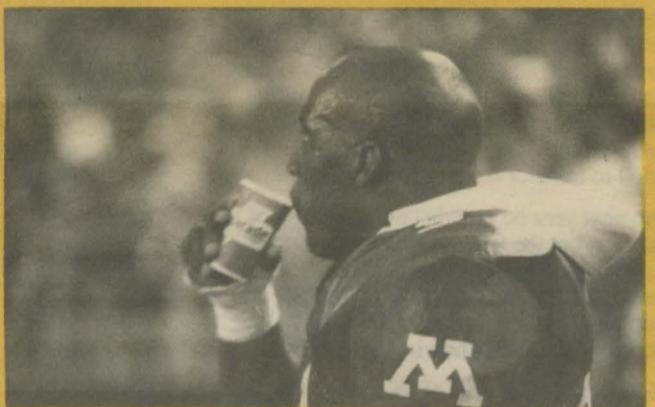


Top: Jim King finds something to laugh about

Above: Ain't nothin' like a Gopher win!

Right: The always intense Mac Stephens

Below: Gopher home games...Come as you are!



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1989 GOLDEN GOPHER FOOTBALL SCHEDULE

Date	Opponent	Site	Time
November 4	Wisconsin	Minneapolis	1:30 p.m. (CDT)
November 11	Michigan State	E. Lansing, MI	1:00 p.m. (EST)
November 18	Michigan	Minneapolis	1:30 p.m. (CDT)
November 25	Iowa	Iowa City, Iowa	1:00 p.m. (CDT)

TIMES SUBJECT TO CHANGE

1989 GOLDEN GOPHER CROSS COUNTRY SCHEDULE

November 11	District 4 Championships - IOK (@ Charleston, IL)	11:00 a.m.
November 20	NCAA Championships - IOK (@ Annapolis, MD)	11:00 a.m.

HOME MEETS IN BOLD & CAPS (U OF M GOLF COURSE)

1989 GOLDEN GOPHER HOCKEY SCHEDULE (through November)

November 3-4	Wisconsin	
November 10-11	NORTHERN MICHIGAN	7:00 p.m.
November 17-18	Colorado College	
November 22	MAINE	
November 24	Boston College	
November 25	New Hampshire	7:00 p.m.

HOME GAMES IN CAPS



All we can say is that there are only a few season tickets remaining.

Join the Timberwolves for their inaugural NBA season. For more information call 337-DUNK.



SPORTSNEWS

IT'S HOCKEY TIME !



Minnesota Gophers Hockey coach Doug Woog hopes to be "sitting pretty" once again this season as his 14 letter winners from last year and a few new faces try to repeat as WCHA Champions

CONTINUED from page 3

With that you get a Lincoln Del kosher pickle and a cup of the famed potato salad.

Or you can try tuna in various forms and the smoked whitefish, the herring and gefilte fish with horseradish sauce. Every day there is a red heart-tagged item, following the Heart Association's recommendations.

You can go vegetarian, too and you can nosh on an all fruit salad. The borscht is a Del special as are the chicken noodle and matzo ball soups. But the borscht is for me because of a bit of nostalgia. It tastes exactly like the borscht my Mennonite grandmother made when she came from Russia.

I eat Lincoln Del borscht and tears of memory come to my eyes. What's more the people who wait on tables treat you with the same tender, loving care grandma did.

What a couple of old top sergeants from the 3rd Infantry Regiment at Fort Snelling started maybe 40 years ago, the Casper family-Tom,

Rick and Jim-turned into the, CHEROKEE SIRLOIN restaurant of many cozy rooms at Annapolis and Smith Avenue on the border between St. Paul and West St. Paul.

As the name implies, steak is the password in mixed dimensions from 5 to 22 ounces, petit sirloin to robust porterhouse, with tenderloin and New York strips in between. Not to mention low-fat ground beef

There is always a "Steak of the month" special which, the night we were there, was a 16-ounce top sirloin, of which I took almost two thirds home for a second and third go around for the next week.

So you'd think that steak is the reason most people go to the Cherokee

My wife doesn't think so. She goes only for the barbecued ribs and sauce. She says the ribs at the Cherokee are the best she has ever eaten. And next to that, the baked Alaska salmon or pike almandine.

I'd have to second her vote for the salmon,

which I had on another occasion. It is fresh, moist and you can take or leave the hollandaise sauce on the side.

Scampi is a rising favorite, too and comes with white wine and garlic butter sauce. A couple next to us spent five minutes telling Rick Casper how great it was. So maybe it is.

You might not believe that the Cherokee is concerned about low fat, low sodium and low cholesterol. But it is.

The menu marks with tiny red hearts those items which meet the sodium and fat standards of the Minnesota and American Heart Association.

The one pork chop dinner is one of these; so is the low fat specially portion steer tenderloin steak. Ditto dishes.

In fact I heard a lady diner suggest that they ought to change the name to Cherokee Sirloin and Seafood House.

GOLDEN GOPHER FOOTBALL LUNCHEON

sponsored by the
"M" Club

and the
Richfield Chamber Of Commerce
OPEN TO ALL

featuring

- Coach John Gutekunst
- Gopher Football Players
- Prizes
- Dick Jonckowski, Emcee

Friday November 7th,
11:30 a.m. Social Hour
12:00 p.m. Lunch Served
\$8.50 per person

Reservations are required, call the
Richfield Chamber of Commerce
866-5100

All of this eating is done in comfortable surroundings, with West Side scenes on the walls, dark paneled woods, candles on the tables.

There's a big, long bar where you can wait for a table if you don't reserve ahead.

And overall is a warmth of what the Germans call "Gemuehtlichkeit". The Cherokee is open until near midnight or later on weekends and 11 p.m. weekdays. Just right for a late supper on the way home from a Gopher game.

Plenty of room for charter bus loads of fans, too.

WE COULD NOT HAVE SAID IT BETTER OURSELVES!

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Williams Fund Contribution			\$
TOTAL REMITTANCE ENCLOSED			\$

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John Gutekunst, Director of Football

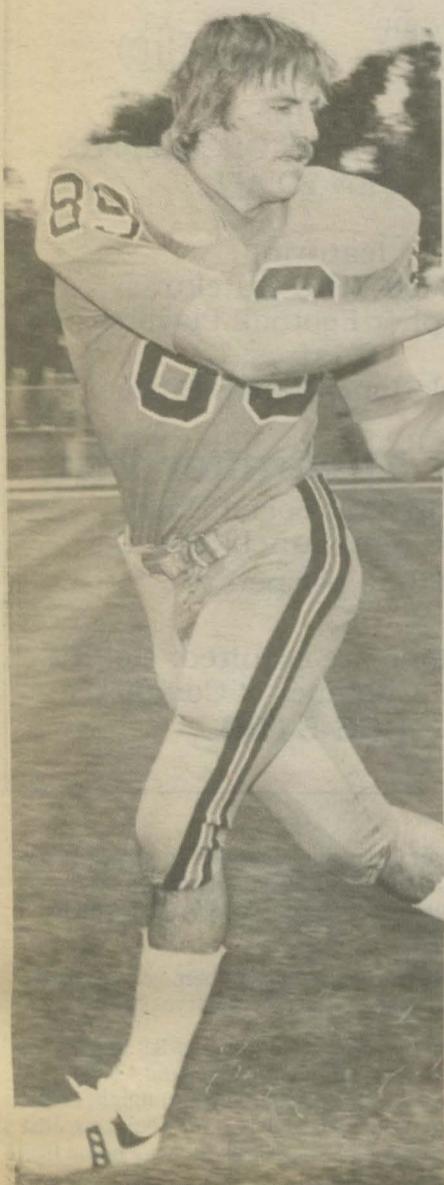
1000 University Avenue, Minneapolis, MN 55455

or to the Gopher Football Foundation, 1000 University Avenue, Minneapolis, MN 55455

or to the Gopher Football Foundation, 1000 University Avenue, Minneapolis, MN 55455

REMEMBER WHEN from page 2

Today, Keith is a successful stock broker and financial advisor with Dain Bosworth in the Twin Cities. But more; he's a walking, talking



Keith Fahnhorst as a Golden Gopher senior

ing advertisement for the University of Minnesota.

"Not only did the U give me a chance for a great education, it taught me so many values to use in sports and public life. The people I met, the friends I made, the values I acquired--so much of my life has been shaped by attending the school," Keith explained. "The U made me believe." "That's the primary reason I left the so-called glamour of San Francisco. It was tough to leave the many buddies and the fans who were wonderful. But at

Minnesota, I learned you can't beat the home-spun integrity and decency of Minnesotans. This is where I've built my home. This is where I want to raise my children. This is where I want to spend the rest of my days."

To this day Fahnhorst remains friends with his old freshman pals from Pioneer Hall. Pals like Darrel Bunge and the late Scott Irwin made it easy for the underrated and modest St. Cloud gridder to adjust to the sprawling campus. And of course, Keith's success cleared the way and inspired the rise of younger brother Jim to become a Gopher hero and now one of the most respected members of the 49er organization.

Keith points out that the U has more than athletic tradition. It has one of the finest academic reputations in the country.

"I happened to have majored in psychology, but the medical, law and engineering schools are second to none," Keith said admiringly. "Any young man who is given a football scholarship to Minnesota should be proud.

He'll never regret it."

But the hulking Keith had to make it the hard way. He had to gain 50 pounds, increase his speed to 4.85 seconds in the 40 yard dash and adjust to several positions when the Gophers replaced Murray Warmath with Cal Stoll and the veer attack.

Keith eventually became a bruising tight end and actually led the Gophers' offensive threats by catching a team-leading ten passes one year. "That shows how much we threw," he

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Keith's freshman pals from Pioneer Hall,
Darrel Bunge and Scott Irwin

"Throw in the chances I got because of injuries and freak circumstances and then to wind up with a coaching genius like Bill Walsh and a teammate like Montana. And most of all, being able to stay away from serious injuries in a game plagued by them."

"I can't explain how it all happened. But I just took what came my way and always tried to work a little harder. Again I had to change positions, but everything always seemed to turn out for the best."

It was a pleasure for Keith to belong to the protection agency around Montana.

"There were days going head to head with the likes of LA Rams giant Fred Dryer when you knew it meant a lot of bruises. But Montana is so appreciative.

"We've become very good friends. The guy is modest. He's so competitive. He's humble about all he's accomplished. And he plays in pain.

"One day he asked me if I ever woke up in the middle of the night with firecrackers exploding in my legs. I said no, but I knew what he meant. It must be so tough on him knowing that he's just one bad play away from being wrecked and having his career ended. Joe retire? Probably not until they have to carry him off the field on a stretcher. We all love the guy I hope he goes on forever."

After 14 years, Fahnhorst has earned nearly \$3 million in the pros and already after a year, is a success in the financial fields of Minnesota.

"It's all been magnificent. Mainly the coming home trip to where it all started," he says. The likable guy with the wide smile and a face and shape that makes Mike Tyson look like somebody's stooge, paused and reflected one more time.

"I really can't understand why any young footballer wouldn't want to go to school at the U. The school has everything. It gives you the best in teaching and facilities. It gives you exposure."

"Something else; it teaches you to appreciate the wonders of this state--mainly the people. I've traveled all over. Nobody beats Minnesota people."

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Fan in the Stands



Don Harnish, Lake Elmo
"Going for a tie is like kissing your sister. We're going to line up in the I-formation, run a play action fake into the line and do a little option around right end with Darrell Thompson scampering in for the win."

Decia Agnew, Minneapolis
"I'd go for the win. There wouldn't be any question. I'd use Darrell and pick up an easy six points."

George Appleby, Minneapolis
"Gotta go for it. I'd run that great running back, Darrell Thompson, right over right tackle for the win."

Frank Horack, St. Paul
"I'd definitely go for it. I'd have Schaffner give a long count and then run the quarterback sneak right up the middle."

Father Alan Moss, Minneapolis
"I'd go for it. I think we've got a pretty fair front line. I think I'd go ahead and try to push through on the right side of the line."

Craig Swanson, Fridley
"I'd send the field goal team on the field right away. Snap the ball to the holder, who shovels to the kicker, who runs around end for the touchdown. Then everybody would carry me off the field and I'd be named coach of the year."

SPORTSNEWS

Aches & Pains

by Robert Hunter, M.D. Director
University of Minnesota Sports Medicine Institute

A number of interesting and challenging questions have been sent to me and I would like to take this opportunity to address them.

Q Is a runner who jogs in areas with a great deal of vehicular traffic and therefore, air pollution subject to an increased risk of lung cancer and other lung diseases?

A There is no particular evidence that running in the face of air pollution increases anyone's risk of developing cancer of the lung beyond the risk for the population as a whole. On the other hand, there is excellent evidence that suggests that running can increase the incidence of respiratory illnesses and lung disorders. An example of this would be exercise-induced asthma, which can be much more problematic in the face of air pollutants.

Q I prefer jogging without the use of a jock strap. Is this a problem in any way?

A There is no problem with running without the support offered by a jock strap as it relates to testicular function or long term diseases. However, there is increased incidence of chafing and blistering and microtrauma caused by lack of support, which can be very uncomfortable and can result in superficial skin irritation and/or infection. Because of that, it is probably advisable to have some sort of support, either in



the form of a jock strap or the more comfortable running underwear which is now available.

Years ago we were told it was harmful to have sex the night before athletic competition. Has this theory changed or in fact does sex have a positive effect on one's athletic performance?

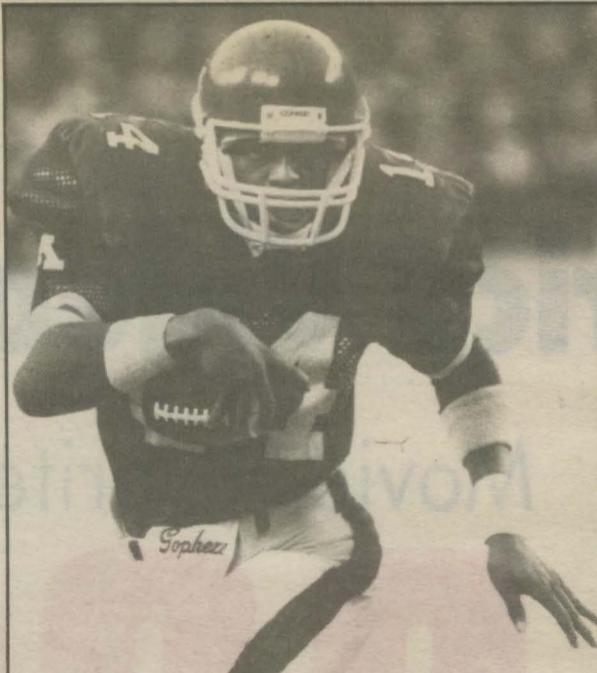
It would appear that the advice that was commonly given back in the 50s and 60s about sex and competition had no particular scientific basis. There seems to be no physiologic ill effect as a result of sex before competition. What is probably more important relative to competition is to maintain a normal pre-competition routine. (Although sex before competition does not appear to be a problem. I would discourage sex during competition, as I am quite certain that this would have an adverse effect on performance.)

If you have sports medicine related questions, please send them to:
Sports Medicine Questions
c/o Dr. Hunter
SPORTSNEWS
836 N.Wabasha Street, Suite 830
St. Paul, Minnesota 55102

GOPHERS V.S. BADGERS from page 2

son. The rest of the game was filled with a lot of all out brawls. The only player ejected was Wisconsin's Stu Voigt (as in the Minnesota Viking's Stu Voigt). Another interesting point: Minnesota's place kicker at the time was All-American defensive end and future Timberwolves president Bob Stein. He hit 3 out of 3 extra point attempts on the afternoon.

Perhaps the biggest victory over the Badgers was the 17-14 upset in 1984. It was the first time the Gophers had beaten the Badgers in seven years. In front of a capacity crowd of 78,000 at Camp Randall Stadium, the Gophers shocked the 19 point favorites who were overlooking Minnesota and thinking Rose Bowl. This was one of the best Wisconsin teams ever. Five players on that team were drafted in the first two rounds of the NFL draft the following year, including All-Pro Al Toon. A victory over the Gophers would have virtually assured the Badgers of going to one of the premier bowl games if not the Grand Daddy itself. The hero that afternoon was a wiry quarterback named Rickey Foggie. He scored on two touchdown runs of 35 and 43 yards. Some say that loss to the Gophers was the start of the downfall of the Wisconsin program which hasn't been the same since. The



Rickey Foggie, quarterback.

late Wisconsin coach Dave McClain said about the game, "It's a tough loss to take. Maybe the toughest one ever in my 25 years of coaching."

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McNAMARA from page 3

For the next seven years he managed one of their small plastics divisions.

He next purchased a small Bloomington plastics distribution and fabrication company called Seelye Plastics. Its owner had recently died and the company was close to bankruptcy. Minneapolis businessman, Lester Malkerson, was involved in the sale of the business and recalls the transaction well. "We were down to two individuals, and McNamara was one of them. He said he would work twice as hard as the next person if he could buy the company. I told him I knew that already because I had seen him play football at the University of Minnesota. I told him he was quite a competitor with tremendous determination and I knew he would be successful." McNamara wound up with the company. "I was young, single and not afraid to work long hours. I knew I had the energy to turn the company around." He was right.

Two years later Seelye Plastics was showing a profit. He was encouraged by this success and it propelled him into the acquisition of eleven more distressed and weakly performing companies. One by one, he put them back on their feet.

Today his conglomerate, which operates in the Midwest and California, ranges from sheet metal and plastics to electronics.

Looking back on his life and career, he gives a great deal of credit to the University of Minnesota.

"It was at the University of Minnesota that I got a new lease on life. Imagine what three seasons of football at the University did for me. I wound up with a business degree and was given a lifetime reputation. How do you ever repay the University for that?"

McNamara maintains close ties to his family and says his 90-year old mother, Eva, who still lives in Hastings, continues to be an inspiration to him.

"She's a pillar of strength to me and has always been there for her children. She taught us good values and brought us up with a deep commitment to our Catholic faith."

McNamara and his wife, Sharon, are the parents of two children: 20-year old son, Chris, and 12-year old daughter, Emily. The McNamaras live in Edina, Minnesota.

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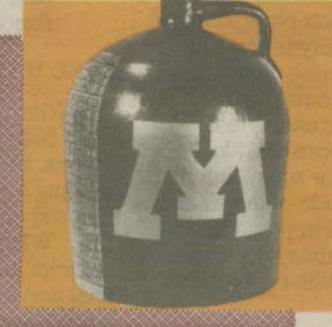
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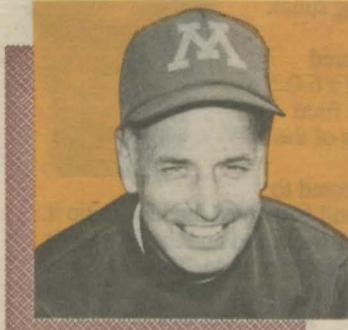
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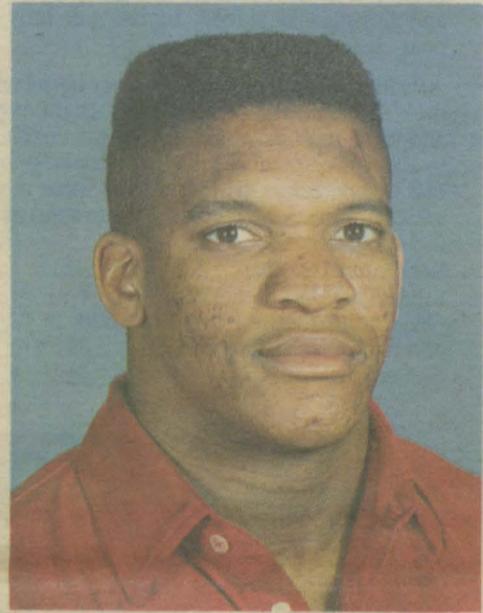
IT BEGAN WITH
AN ABANDONED
JUG
SEE PAGE 2



THE HEART &
SOUL OF
GOPHER
TRADITION
SEE PAGE 2



LEVINE
RECALLS A
MINNESOTA
LEGEND
SEE PAGE 3



Eddie Miles

by Steve Peckham

As far back as Eddie Miles can remember, he has had to prove himself. That hasn't always been easy, because somehow the cards have always been stacked against him.

Eddie grew up in the Brown housing projects of Miami. A place in Miami where you don't last long if you're not street-wise.

"Comparing it to up here, it was three times as bad as North Minneapolis," said Miles. "It was pretty bad. There were a lot of drugs and I'm talking on every corner. Gangs weren't a big thing down there. There were maybe one or two gangs. Basically, everybody was on their own, but it was real bad."

Yes, the 6-1, 230 pound defensive end has come a long way, but the road to proving himself has always been cluttered with disappointment and heartbreak.

When Miles was five, his mother was pregnant with one of Eddie's little brothers. Mrs. Miles never returned from the hospital. She died while giving birth.

"It's been rough all the way through. But when you're young, you really don't know what's going on," he explained. "When you're a kid and you realize that a parent is gone and they're not going to be there, you pretty much just think that that is just the way your family is. So that's the way we saw it. My daddy raised us."

Eddie Miles Sr. passed away in March of this year. Once again, Miles is confronted with a situation in which he will have to prove that he can make it . . . on his own.

You'd think that football would have been an escape for Miles. With all that he had gone through in his childhood, football would seem the ideal place to vent his anger.

For reasons Eddie doesn't understand to this day, his father refused to let him play the

Against All Odds, Miles Makes It Big



Eddie Miles has come a long way from the streets of Miami, to starting defensive end for the Gophers.

game. Finally, in 10th-grade, he joined the Miami Springs High School football team without the consent of his father.

Playing a new game with kids that had been learning fundamental football for five years was hardly an escape. Instead, Miles found himself on a brand new proving ground. Like always, Eddie was up to the task.

After having the quarterback and wide receiver jobs taken away from him, Miles went to his coach and told him he was going to be the best football player he had. By the time he was a senior, Eddie was a defensive back and as predicted, the best player on the team.

freshman competition under the NCAA's controversial Proposition 48.

"We were the first ones, so we went through all the little things like guys thinking we were dumb," said Miles. "I think you had to be strong about it. You couldn't just sit there and let all those things get to you. You were really on your own."

Not surprisingly, Miles met the challenge head on. The sociology major carries a 3.029 GPA and will graduate next fall.

Although Miles believes the NCAA could get kids to study without Proposition 48, he doesn't regret the setback.

"You ask most guys and they'll give you all sorts of racial opinions," he said. "My opinion is that it helped me, meaning it helped my grades and it helped me realize that life is now. You have to jump on the wagon or you're going to get left behind."

Through it all, his everpresent sense of humor has remained undaunted.

"It's on my record from here on out! If I go to the pros and become a superstar defensive whatever, I'll be a trivia question: Who's the first Hall-of-Famer to be on Proposition 48?"

Continued on page 7

MEN'S
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"I never thought about going to college for football. I mean I knew I was playing good football, but I was planning on going into the army or something," said Miles. "So, I wasn't studying that hard. When my coach told me I had scouts looking at me and I had a chance to play college football, then I started studying."

Fourteen schools from around the country recruited Miles. He needed a change and a real chance, so he decided on Minnesota.

Then, another stumbling block. Eddie's math scores on the SAT were low. He became one of the first college athletes banned from

Football's Most Famous Water Bottle

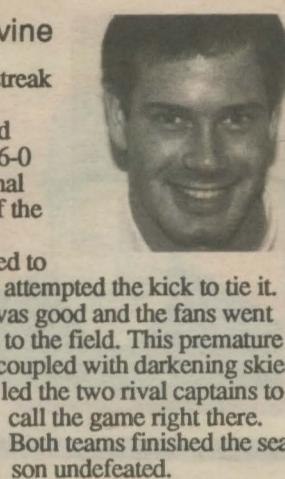
by Mark Levine

1903 was a good year for Oscar Munson. It was the year he was promoted by Athletic Director Louis Cooke from janitor to equipment manager. It was also in this very same year that this Norwegian immigrant became a Gopher legend.

Munson accidentally fell into immortality on October 31, 1903. He was gathering the equipment left on the sidelines after the Gophers and Wolverines had just tied 6-6 in a dramatic game. He had just about picked everything up when he noticed a dark water jug on the Wolverine sideline. In his strong Scandinavian accent he reported the abandoned jug to Cooke: "Jost left his Jug" (referring to Fielding Yost, Michigan's football coach).

But the whole story really begins sometime in the early afternoon of that October day. Michigan, afraid that Minnesota might try to give them contaminated drinking water, sent their student manager Tommy Roberts out to purchase a new jug to hold the water they had brought with them from Michigan. According to Roberts: "In those days there was no such thing as sportsmanship. You tried to win...fair or foul. Although the home team usually furnished the drinking water for both sides, we were afraid Minnesota might dope our water. So they told me to go out and buy a jug to hold our own water supply. For 30 cents at a Minneapolis variety store called the Busy Bee I bought the jug."

That day was no time for Michigan to start trusting Minnesota because it wasn't just an ordinary game. This was big. Michigan came into Northrup Field carrying a 29 game unbeaten streak in which they were averaging 56.3 points a game and during that stretch had out scored their opponents 163-12. Minnesota came into the game with a 10



game winning streak of their own. Michigan scored first and held a 6-0 lead until the final three minutes of the game. Then Minnesota scored to make it 6-5 and attempted the kick to tie it. Well, the kick was good and the fans went wild spilling on to the field. This premature celebration coupled with darkening skies led the two rival captains to call the game right there. Both teams finished the season undefeated.

Getting back to the jug itself, Yost found out that it was left behind and called Cooke asking him to send it back to Ann Arbor. Cooke replied, "If you want the Jug, win it back." Thus, the tradition of the Little Brown Jug was born, but laid dormant for 16 years. The teams didn't meet again until 1909 and they didn't start to meet regularly until 1919. Starting in 1919 the Jug was given to the team that won the game each year. Michigan leads the series 48-21 with two ties.

The battle for the Little Brown Jug has been one of the most exciting rivalries in college football. Michigan has dominated the series except for the early 1960s. But there have been some great Gopher victories sprinkled throughout. The most famous may be the shocking 16-0 upset of Michigan in 1977. Younger fans may remember the 20-17 upset in Ann Arbor in 1986. But of all the Gopher victories in the series, one is befitting the day the series was born: October 31.

It happened on November 9, 1940. Bruce Smith soon to be the Heisman Trophy winner ran for an 80 yard touchdown helping

Continued on page 6

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Answer the following three SPORTSNEWS Trivia questions correctly and be eligible to win a \$25 gift certificate from SuperAmerica and two tickets to a Gopher basketball game. Winner's name will be drawn from among all correct respondents and announced in a coming issue. Good Luck!

- 1.) When was the last time the Gophers won a bowl game? Who was the coach then?
- 2.) What was Clem Haskins' starting lineup in last year's sweet sixteen game against Duke?
- 3.) Marion Barber, Ricky Foggie, and Darrell Thompson are the top three Gophers on the all-time scoring list. Who is number four?

Mail to: SPORTSNEWS Trivia, 386 N. Wabasha St., Suite 830, St. Paul, MN 55102

The SPORTSNEWS staff congratulates Chris Obst of Minneapolis, our latest trivia winner! The Q's and A's were:

- 1.) Who are the "laughing boys" on the 1989 Gopher football squad?
Answer: Darrell Thompson, Mac Stephens, Eddie Miles and Chris Gaiters
- 2.) Who was the SPORTSNEWS very first cover story about?
Answer: Darrell Thompson
- 3.) Who coached the Gophers to their 1962 Rose Bowl win?
Answer: Murray Warmath

Letters



STAND WITH THE GOPHERS WIN OR LOSE

I am happy to be among the readers of SPORTSNEWS. It is exactly what's been needed in this area for a long time. The University of Minnesota sports program has been under a lot of attack lately but let's never forget the thousands of young men who have been a part of this program. Some University alumni have gone on to great things in the business and sports worlds. I know a few can spoil it for the many, but it's time to look at the positive side of things and quit pounding the Gophers. I'm proud to be a University alumni and will always be counted among those who stand with the Gophers win or lose.

G. Roger Johnson
Minneapolis

SHUTTLE BUS FOR BASKETBALL

Now that basketball is around the corner I hope University officials will provide better parking on game nights. Why not provide a shuttle bus to and from convenient remote lots on both the St. Paul and Minneapolis sides of Williams Arena? The worst part of going to basketball games in the winter is the "cold" walk after the game.

Charlene Rouser
Minneapolis

NUMBER 15 REMEMBERED

I'm glad you remembered Sandy Stephens in a recent SPORTSNEWS article. He is an important part of the history of modern Gopher

football, I feel he is not given his place in the history books as being largely responsible for turning the program around when it had dropped to the bottom in the 1950s. Number 15 will always be remembered. Thanks.

Ron Taylor
Brooklyn Park

GIEL HAD MORE GEARS

Don Riley, one of your columnists, has always been one of my favorites among sports writers. He's got the flair and the knowledge to bring a story right off the page. I'm glad he wrote about Paul Giel in your issue number four. When he said he had never seen a runner with more gears than Giel, he said it all. Giel was the greatest. I never missed a game when I lived in Minneapolis.

Irving Cohen
Chicago, IL

Letters to SPORTSNEWS should be short and they must be signed. Initials will only be used at writer's request.

All letters must include the writer's home address. Letters will be edited for length, taste and legal reasons. Although we are unable to acknowledge those letters we cannot publish we appreciate the interest and value the views of those who take the time to send us their comments.

Send all letters to:
SPORTSNEWS Letters
One Capital Centre Plaza, Suite 830
386 North Wabasha Street
St. Paul, MN 55102

Remember When

by Don Riley



Tap Butch Nash's veins and they run maroon and gold.

Look closely into the eyes and you see reflections of Minnesota grid glory.

Let's be honest: Butch Nash is the living heart and soul of the Gopher football legend; living proof of the loyalty dynamo which keeps the spirit pumps going through victories and disasters.

It must work. Butch today still has the unlined face, the Grand Canyon smile and the subtle enthusiasm of a man half his age. And as he plunges into the 70's in age and the 90's in football stock, Butch could write a book. And every page would be printed in the blood and furies of Gopher wins and losses.

At this particular moment he has some definite ideas about the excruciating pressures put on Coach John Gutekunst.

"Firing coaches at Minnesota is not the answer. We've done it over and over. The answer lies with the academic officials at the U. They must first decide if they want winning football or if they can be content with mediocrity. They must decide if they are going to fight for on-campus facilities like a new stadium or be content to let the U sports program degenerate into just another blot on a big city picture."

"So don't blame the coaches. We've had all kinds and they all had capabilities, but many of them lost for want of solid support at the top of the U right on down to fandom."

Listen closely. For nobody knows the insides of U of M football like Nash. He's still aiding the coaching staff as an assistant; over 51 years of tutoring the ends at Minnesota.

"I guess I was a Gopher buff when I was just a little tyke," Butch grins. "It's my life. As a 17 year-old, I was writing themes in school about wanting to be a football coach. Frankly, I can't remember wanting to be anything else."

Continued on page 6

Our Best Wishes to the Men's Intercollegiate Athletic Program at the University of Minnesota.

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SPORTSNEWS

Where Are They Now?

by Len Levine



Billy Bye is well known throughout Minnesota as one of the finest football players in Golden Gopher history. Since graduation from the University in 1952, Bye has enjoyed a many-faceted career, and is today one of Minnesota's most successful business leaders.

Bye grew up in Thief River Falls and moved with his family to Anoka, Minnesota, his junior year in high school. He was one of that community's top high school athletes. He played five sports: a halfback in football, forward in basketball, shortstop in baseball, was a sprinter, hurdler, high jumper, long jumper and pole vaulter on the track team and a star golfer.

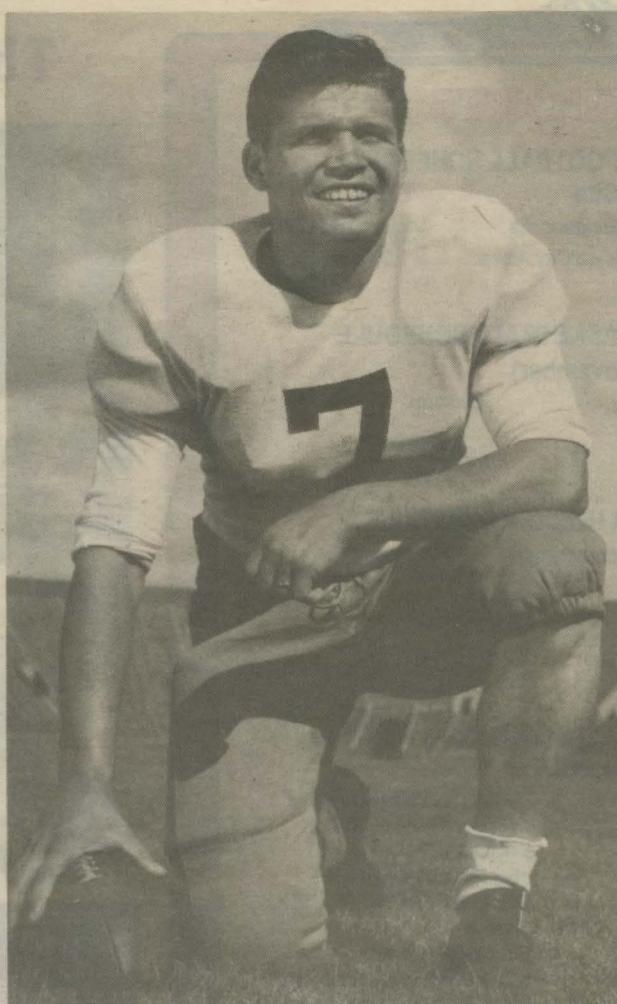
He won All-State honors in football and baseball, placed in a tie for second in the state golf championship, and won six events in the district track championship.

As a 17-year old high school graduate in 1945, he enlisted in the Navy and was sent to the Great Lakes Naval Base. Bye was assigned to Special Services, where he played football under legendary coach, Paul Brown. Bud Grant, also a 17-year old enlistee from Wisconsin, was a teammate.

The following year Bye enrolled at the University of Minnesota and for the next three years, as a 175 pound, 5' 10" football star, he became the Gophers' leading scorer and ground gainer. His 21 touchdowns ranks him number four on the Gophers' all-time scoring list -- behind Marion Barber, Ricky Foggie, and Darrell Thompson.

He was named most valuable player in his first year and All-Big Ten his senior year. His Gopher team was rated sixth nationally his senior year, but had their hopes of going to the Rose Bowl dashed by the 13-7 loss to Michigan.

After graduation, with a degree in economics, Bye played three years of professional football for the Winnipeg Blue Bombers. In 1955, he began his next career as a high school football coach at Detroit Lakes, Minnesota. The following year he coached the Minnetonka High School football team, and for the next three years ('58, '59 and '60) was the head



Billy Bye, 1946.

football coach at Edina High School, where he brought statewide recognition to the program and an undefeated season in 1960. Paul Faust and John Hankinson, co-captains of that undefeated team, later became Gopher football standouts.

In 1960 Bye made another career move -- this time becoming business manager for the new NFL Minnesota Vikings franchise. He says it was his job to "fill up the seats." In addition, he oversaw the negotiations of the original contracts of players such as Fran Tarkenton, Tommy Mason, Bill Brown, Jim Marshall, Carl Eller, and coach Norm Van Brocklin. "I'll never forget how happy we were when we learned we were getting Fran Tarkenton out of the University of Georgia as a third-round draft choice," Bye said. He smiles today when he recalls that Tarkenton signed for \$12,500.

In 1966, Bye moved on to his next career -- vice president of development of the Northwest Bank of Duluth and was credited with a doubling of deposits during his tenure. Bye next founded National Benefits, a company in Minneapolis which administers state-deferred compensation programs. The company has grown steadily, expanding into the states of Montana, Idaho, Wyoming and

Continued on page 6



After the Game

by
Gary Hiebert
(Oliver Towne)

MANCINI'S CHAR HOUSE at 531 W. Seventh Street in St. Paul hasn't gotten a lot of ink lately and Nick and his son, Pat Mancini, could care less.

Who needs it when even on a slow night, 600 to 800 diners show up to prove that steak and lobster are a winning combination. And you don't need a yard-long menu with 100 choices to keep the tables filled and the crowds willing to wait an hour or so for the privilege of sitting down.

If you're a Gopher game goer, the secret is to get there about 5 p.m. or about 11 p.m. after the game.

Which reminds me of the August afternoon 25 years ago when Nick stood nervously in front of the open charcoal grill and wondered-on grand opening day whether his gimmick would work.

The gimmick, of course, is a menu of New York strip or filet mignon steaks and lobster tails. No more, no less. You can get them in combinations or not and in kabob form. Add a big, baked potato and a tray of Italian antipasto tidbits plus some Italian bread and you've got it all.

That's the menu that was offered when Mancini's opened and it hasn't changed.

You're also offered a chance to savor the Mancini pageantry of sportsmen, fans, sports personalities, politicians, groom's dinners, retirement parties, birthdays, all displayed in four dining rooms and a Las Vegas style show and cocktail lounge.

That's the free stuff, but even the tab for the "works" with a little Chianti is the steak or lobster bargain of the twin towns. And everywhere and anywhere in the vast complex of food Nick and Pat circulate from table to table, asking:

"Is everything all right?"

And if it isn't, it will be right now.

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Continued on page 5

University of Minnesota SPORTSNEWS



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WINTER SPORTS !

1989 GOLDEN GOPHER FOOTBALL SCHEDULE

Date	Opponent	Site	Time
November 18	Michigan	Minneapolis	1:30 p.m. (CDT)
November 25	Iowa	Iowa City, Iowa	1:00 p.m. (CDT)

TIMES SUBJECT TO CHANGE

1989 GOLDEN GOPHER BASKETBALL SCHEDULE

(through November)

November 18	BRAZIL NATIONAL	7:00 p.m.
November 25	Cincinnati	
November 28	CHICAGO STATE	7:00 p.m.

HOME GAMES IN CAPS

1989 GOLDEN GOPHER HOCKEY SCHEDULE

(through November)

November 17-18	Colorado College	
November 22	MAINE	7:00 p.m.
November 24	Boston College	
November 25	New Hampshire	

HOME GAMES IN CAPS

1989-90 GOLDEN GOPHER MEN'S SWIMMING & DIVING HOME SCHEULE

FRI., OCT. 13	7:00 p.m.	ALUMNI MEET (Co-ed)
SAT., OCT. 21	1:00 p.m.	INTRA-SQUAD (Co-ed)
FRI., NOV. 3	7:00 p.m.	WISCONSIN
TUES., NOV. 28	7:00 p.m.	USS MN CHALLENGE
FRI., JAN. 5 &	Diving-7: 00 p. m.	GOLD COUNTRY INVITE
SAT., JAN. 6	Swimming-10:00 a.m.	(Co-ed)
FRI., JAN. 26	6:00 p.m.	ST. OLAF (Co-ed)
SAT., JAN. 27	12:00 noon	NORTHWESTERN (Co-ed)
FRI., FEB. 16 &	Swimming-7:00	MINNESOTA INVITE
SAT., FEB. 17	Diving-9:00 a.m.	

TO BE HELD IN COOKE HALL

1989-90 GOLDEN GOPHER WRESTLING HOME SCHEDULE

December 2,	Sat.	THE MINNESOTA CLASSIC	6:30 p.m.
January 13,	Sat.	CAL-FULLERTON	2:00 p.m.
January 19,	Fri.	NORTHWESTERN	TBA
January 24,	Wed.	IOWA	TBA
February 9,	Fri.	MICHIGAN	7:30 p.m.
February 10,	Sat.	MICHIGAN STATE	7:30 p.m.
February 14,	Wed.	NEBRASKA	TBA

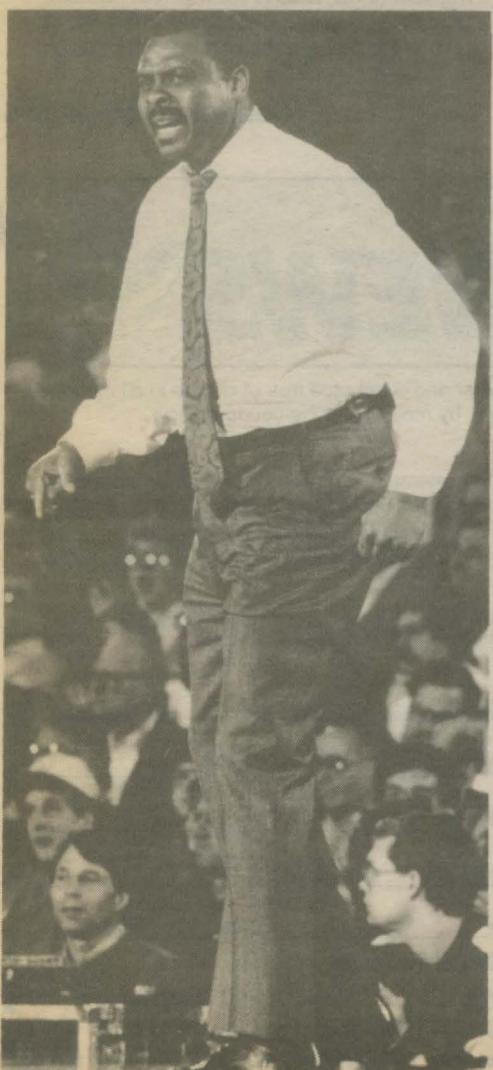
1989 GOLDEN GOPHER GYMNASTICS HOME SCHEDULE

November 11	ALUMNI MEET	2:00 p.m.
February 3	NORTHERN ILLINOIS	TBA
February 17	IOWA	2:00 p.m.
March 10	NEBRASKA	7:00 p.m.

HOME MEETS TO BE HELD IN WILLIAMS ARENA

CLIP & SAVE

Watch for Indoor Track and Tennis Schedules in next issue!



TOP: Hockey Coach Doug Woog is healthy and once again ready to lead Minnesota to the WCHA promised land.

ABOVE: Jay Caputo prepares for another exciting Gopher gymnastics season.

LEFT: The Gopher Swim team is eyeing a Big Ten Championship.

FAR LEFT: Clem Haskins is looking to get the basketball team back to the "Sweet Sixteen" and beyond.

BELOW: Gopher Wrestlers will be giving it all they've got.



A Star is Born

Seemingly out of nowhere, a new star has emerged from the University of Minnesota Cross Country team. Keith Eidman, a junior from Roseville, has distinguished himself as Minnesota's top runner after being nagged by numerous injuries much of his career.

Eidman led the Gophers to a third place finish at the Big Ten Championships in Madison, Wisconsin last month. It was Minnesota's best finish there since 1982. Head Coach Roy Griak should be looking at an outstanding team next year as he will have nearly the entire squad back with a solid year of experience.

*Minnesota's Junior Sensation,
Keith Eidman*



AFTER THE GAME from page 3

And the waitpersons swivel hipping among the tables with checkered cloths, carrying trays of foaming beer mugs or glasses of wine is just about the coziest, most comforting sight I know.

There are two dining rooms with settings reminiscent of a Gasthof in Munich's student quarter called Schwabing or on the streets in the old town of Heidelberg near the university.

If you're going to the game, get there about 5:30 p.m. because by 6 p.m., they start taking names and suggesting a ten minute wait or longer. If it's after the game, same suggestion. Earlier the better unless you come much later after a night game.

At the Black Forest, the specials are things like Wiener schnitzel, schnitzels with fried egg on top, schnitzels with anchovies; there

are the braised veal knuckles or the pork knuckles (Schweinshaxe) and the mixed sausage platter of bratwurst, knackwurst and somerwurst; there are the beef rouladen and the huge thick hamburgers; there is the famous Black Forest sweet and sour, hot red cabbage, the sauerkraut or the saffron rice. They have fish.

The sausage salad is a collector's item. But not in fall or winter unless you're there at lunch before a Saturday afternoon game. They make a light, creamy, seasoned salad dressing for their greens that is worth trying and the only dessert I've ever ordered is the mocha ice milk, which comes out thick in a deep ice cream glass. The only similar dessert I've found is at the Chestnut Street Grill in Chicago's Water Tower Place.

Reserve \$35 in your wallet and the pick of the menu is yours.

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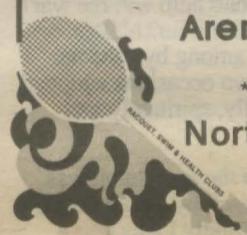
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Sports

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Gophers knock off Ohio State

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No. Tickets Amount

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Sat Dec 9	Iowa State	(3)	\$
Wed Dec 20	Washington (6:30)	(4)	\$
Sat Dec 23	Northern Illinois (1:00)	(5)	\$
Sat Dec 30	Youngstown State	(6)	\$
Wed Jan 3	Rider	(7)	\$
Sat Jan 6	Illinois	(8)	\$
Thu Jan 18	Non hwestern	(9)	\$
Sat Jan 20	Ohio State (12:00)	(10)	\$
Thu Jan 25	Iowa (8:30)*	(11)	\$
Sun Jan 28	Indiana (1:00)	(12)	\$
Sun Feb 11	Purdue (3:00)	(13)	\$
Thu Feb 15	Michigan	(14)	\$
Thu Feb 22	Wisconsin	(15)	\$
Sat Mar 3	Michigan State (1:00)	(16)	\$

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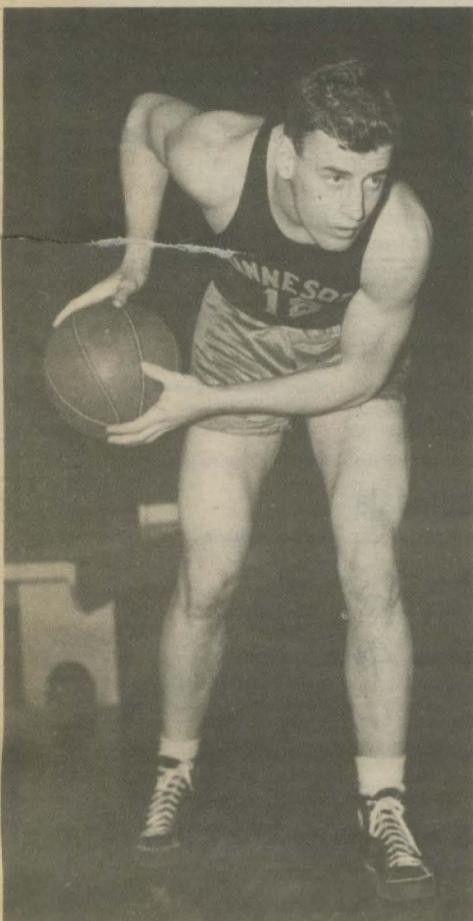
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REMEMBER WHEN from page 2

That I wound up coaching all these years at Minnesota was like frosting on the cake."

Nash will never forget how he wound up playing in Gopherville or that first day of practice.

"I came out of Minneapolis Edison High and played football and basketball, but I never thought I was big enough or good enough for the U. But Gopher basketball coach Dave MacMillan told me while I was caddying for him one day on the Midland Hills Golf



Nash played more than just football:

course that if I went to the U, he'd help me get a job. So I worked in the University ticket office while going to school and with the help of the Federal Aid program, I earned \$35 a month and gave my mother \$30 of that for room and board at home. Believe it or not, I got along on five bucks for spending money. All through the U, I worked.

"And oh, that first day of practice! The two top teams were working out and then they had four other scrub teams which, in all, encompassed 66 players. I was the only guy on the field not assigned to a team. So I went off by myself, knocking away at a blocking dummy. I really wasn't embarrassed because all my heroes were on the field. Just being in the same block with them made me proud.

"Finally, Sig Harris spotted me and said I was hitting the dummy real well. He got my name and eventually I was put on a scrub team. Then one day as a sophomore, we were scrimmaging Bernie Bierman's regulars. It just happened that I kept winding up in the right place at the right time and made a lot of

tackles. Bernie asked who I was and said I was doing better than the regulars. He promoted me right on the spot to the varsity. Then I eventually became the third end, getting in when a great star like Ray King was resting."

Eventually, Nash was one of the most respected flankmen in the country in 1938, making All-Conference and being named to Ted Huesing's All-American team. The famed announcer called Butch's spectacular 14-tackle game against Nebraska the finest defensive effort by an end he had seen all season.

Nash could do it both ways. But primarily he was known as a slashing end who could penetrate blocking convoys with a spectacular burst of speed and precision timing. On attack, he was a blocking powerhouse although never weighing much beyond 185 pounds. "I had lots of blocking help," the modest Nash recalls. "Mainly from a back like Larry Buhler who could really bowl 'em over."

Butch is not one to wallow in nostalgia. He admits that his biggest thrills were the pep-talks he gave the underdog Gophers in their last two astounding victories over top-rated Michigan teams, at Memorial stadium and at Ann Arbor.

"When Cal Stoll asked me to speak, I worried about not having notes or just what to say. But when I saw I had the players' attention by talking about the Little Brown Jug and Gopher tradition and our heralded wins over Michigan, well, I just kept going and it came so easily. If you love something dearly, it's easy to talk about it. I don't know if my words had that much impact, but maybe they helped."

Helped? Does a cannonball help win the war? Does penicillin help fight the flu? Nash's words left few dry eyes among bystanders. The Gophers on those two occasions whipped the Wolverines physically, spiritually and emotionally.

Only when you mention the fact Butch was passed over as a head coach by the U, do his eyes show sadness. "Certainly I was hurt a couple of times. But then I reminded myself how lucky I was to be a part of a major college program with the school I cherish. That's not all bad."

Ask Butch to evaluate all the coaches he's worked under at the U and he has warm words.

"Bernie Bierman was the master organizer and basics man. Underneath he was gentle and shy, but nobody ever knew more about every detail of preparation and discipline.

"Murray Warmath was a tremendous defensive teacher and a wonderful fundamentalist. Nothing escaped his attention.

"Cal Stoll proved himself at Wake Forest and he could sell his faith in his team to the players.

"Joe Salem was another bright offensive coach with some great innovations.

"Lou Holtz is the master communicator and tremendous motivator, as well as knowing where all the X's and O's go.

"And Gutey is a very intelligent football man who just needs the right personnel to win.



Nash may be remembered most for his pep-talks before two incredible upset wins over Michigan.

Billy Bye from page 3

Hawaii, with more than 60,000 public employees enrolled. Today Billy is the company's chairman, son Jim and daughters Julie Anne and Mary are operating vice presidents.

"I always believed it was important to put something back into the community of which you've gotten so much out of," said Bye. He has been on the Eden Prairie City Council for five years, was on the Duluth School Board for three years, and served on numerous committees at the University of Minnesota spanning several years.

For eight years he was a broadcaster of Gopher football games with Ray Christensen, and last season was a part of the broadcast team on TV Channel 29 which carried the Gopher football games.

Bye looks back on his football days at the University and says although he earned much personal success, it was really the friendships that he developed and which have lasted all these years that mean the most to him.

He says he still feels a closeness to the University and feels strongly that a top Gopher athletic program "benefits the entire state of Minnesota." Bye recently made a substantial financial commitment to the University's Bernie Bierman Endowment Fund which aids in the continued educational programming for student athletes.

"I want these University athletes to have a sound future after their athletic career is finished. I know the importance of that, and I'm now in a position to do something about it," Bye says.

Bye and his wife, Peggy, whom he met at the University 39 years ago this December, live in Edina.

Congratulations to Billy Bye, a Minnesota sports legend.



Bruce Smith,
All-American
Heisman Trophy
Winner, 1941

Fan in the Stands

You're the recruiting coach of the Gophers football team. What is your top priority for next season and why?



Mary Ann Yates, St. Paul
"I think we need to concentrate on recruiting intelligent players. The Gophers have started to emphasize academics and it has to continue. We need players who will represent the school well."



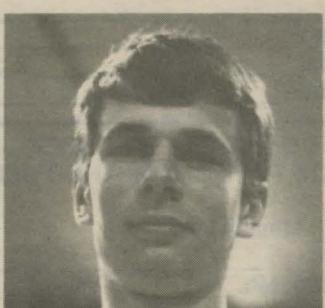
Bill Wyss, Maplewood
"I think my first priority, above recruiting any new players, would be to instill a sense of self-worth into the minds of the present players. If you believe in yourself, you're going to play better and you're going to have a hell of a football team."



Diane Lardy, Cottage Grove
"We're losing our best running back next year (Darrell Thompson). I think we should get some explosive runners and keep looking for that outstanding quarterback."



Arnie Hillmann, Bloomington
"Quarterback! We need a proven quarterback. One with a long outstanding high school record who demonstrates strong, strong leadership."



Roald Fosse, Minneapolis
"Defensive linemen! We've seen this year that even with outstanding linebackers, if you don't get a good rush on, you're in trouble. We need some big, fast, aggressive linemen."



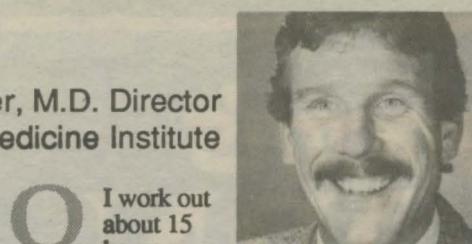
Joan Morris, Shoreview
"When I look back at the Ohio State game, I feel that we have to recruit in just about every defensive position. We need to have the strong backups when we lose key defensive players like we did against Ohio State."

CORRECTION
Golden Gopher Football Luncheon
Sponsored by the "M" Club
will be held Friday, Nov. 17th.
Phone 612-866-5100 for reservations.

Aches & Pains

by Robert Hunter, M.D. Director
 University of Minnesota Sports Medicine Institute

A number of interesting and challenging questions have been sent to me and I would like to take this opportunity to address them.



Q I am a 40 year old male who is about 30 pounds overweight. I jog two miles every other day along a country road. Can my weight and hard running surface contribute to my continual problems of knee pain?

A Knee pain in runners is a very common and at times, distressing problem. It has a variety of causes, some of which can be addressed and solved, others of which are more resistant to obvious resolution. There is no question that excessive weight puts a much higher demand on the knee joint than would be desired. Every running stride creates a load three to five times body weight across the knee joint. Therefore, a 30 pound increase in weight has a 90 to 150 pound increase on knee loads with every foot strike throughout a jogging effort. In addition, running surface seems to play a very important role in jogging, both from the standpoint of its consistency as well as its smoothness and pitch. A flat, soft running surface, such as grass or smooth dirt is probably the easiest surface on which to run. Concrete roads with Minnesota potholes and a pitch which allows drainage into the side gutters is a very inferior running surface and should be avoided whenever possible.

Proper nutrition should be a very integral part of an athlete's routine and is probably as important as how they exercise. Although most experts would discourage missing breakfast on a regular basis, if one has a relatively normal diet during the day, then it is unlikely that vitamin supplements are of much value. Taking megadoses of individual vitamins can, in fact, lead to toxic or poisonous side effects, which at times can be not only damaging to performance, but actually extremely unhealthy. It is recommended that if vitamin supplements are to be taken, that a simple multi-vitamin taken once per day is adequate to supplement the possible nutritional deficiencies in a dietary program.

If you have sports medicine related questions, please send them to:
Sports Medicine Questions
 c/o Dr. Hunter
SPORTSNEWS
 836 N.Wabasha Street, Suite 830
 St. Paul, Minnesota 55102

EDDIE MILES from page 1

Time and time again, Miles has gone against the odds. Over the next two Saturdays, Eddie, one of the smallest defensive linemen in the Big Ten, will go up against Michigan and Iowa, who have some of the biggest offensive linemen in the Conference.

All season long Miles had made believers out of his coaches, teammates, opponents and especially himself.

"If I get a chance, I can show people," said Miles. "I have to prove myself. Like everything else, it's a game of survival."



"M" Club To Raffle Off Minivan



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Feel Lucky? It's that time of year again. The University of Minnesota "M" Club's sixth annual Fundraiser Raffle features a brand new 1990 Dodge Caravan, to be given away during halftime of the Gopher-Michigan football game on November 18th.

Other prizes include vacation trips to this year's Rose Bowl, a week's stay at the Breezy Point Resort in Northern Minnesota, TV's, VCR's, season tickets to the Twins, North Stars and Gophers and much more.

All proceeds from the Raffle go directly to Gopher men's athletic equipment, academic support, and special training needs.

Raffle tickets can still be purchased at the Bierman Athletic Building Ticket Office and at the Metrodome before the Michigan game.

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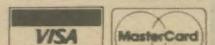
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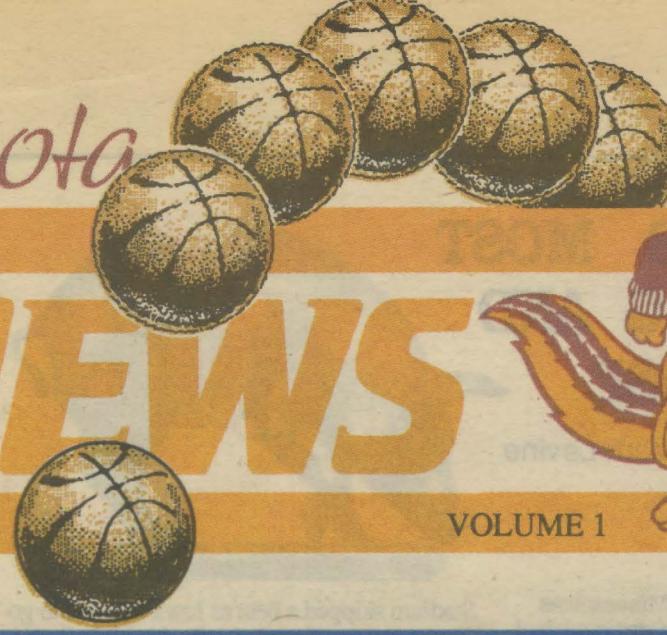
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SPORTSNEWS

DECEMBER, 1989

VOLUME 1

NUMBER 7



BASKETBALL



PREVIEW AND FOOTBALL WRAPUP



Clem Haskins, Head Basketball Coach

Steve Peckham

1982 was the last time the Golden Gophers won a Big Ten championship. Back then, guys like Trent Tucker, Randy Bruer and Gary Holmes were thrilling sellout crowds at Williams Arena.

Yes, a lot has changed since then. The University has endured one controversy after another and has left Gopher fans wondering if they'd ever have another team to be proud of.

Take heart Minnesota. The names are different, but players like Willie Burton, Kevin Lynch and Melvin Newbern just may have the stuff it takes to bring home a conference title.

The pollsters think so anyway. The Associated Press has the Gophers ranked No. 20 nationally in its preseason poll.

After last season's amazing home record of 14-2 and the surprising climax of reaching the NCAA's Sweet 16, the Gophers have everyone talking.

The man largely responsible for the re-emergence of Minnesota basketball? Head Coach Clem Haskins.

"We welcome the pressure that's going to be put on us because we're a top 20 ball club," said Haskins. "We have really put a lot of time in over the past three years preparing for this day."

Haskins is too modest. In 1986, he took over a program that was already on NCAA probation. If that wasn't enough, at that time the program was still reeling from the arrest of three players in Madison, Wis.

Haskins had to start from scratch with players nobody thought had any talent.

"Anytime you're building a program, I think the key in being successful is having a group of guys who first of all are going to work

Haskins Brings Back The Glory

Below: 1989 University of Minnesota Men's Basketball Team
Back Row: Joe Favour (Student Mgr.), Guy Andrews (Student Mgr.), Rob Metcalf, Richard Coffey, Jim Shikenjanski, Bob Martin, Ernest Nzigamasabo, Willie Burton, Junior Graves, Tom Ostrom (Student Mgr.)
Middle Row: Doug Turner (Student Mgr.), Connell Lewis, Arriel

McDonald, Nate Tubbs, Walter Bond, Kevin Lynch, Melvin Newbern, Mario Green, Travis Glampe (Student Mgr.)
Front Row: Academic Counselor Jim Hale, Assistant Coach Silas McKinnie, Assistant Coach Al Brown, Head Coach Clem Haskins, Assistant Coach Don Evans, Assistant Coach Dan Kosmoski, Trainer Roger Schipper



hard and make a commitment to get better," said Haskins.

According to Haskins, Willie Burton, Kevin Lynch, Melvin Newbern, Jim Shikenjanski, Richard Coffey and Walter Bond (see photos of all six on pages 4 and 5) were exactly the young men that were ready to make that commitment.

Clem, that commitment is paying off. The Gophers are suddenly recognized as one of the hardest working teams in the country.

"We've accomplished a lot here in the last three seasons. Starting out last season, we were picked tenth in the Big Ten and finished fifth. I thought that was a great accomplishment," Haskins said. "Not only getting into post season play, but when you're picked tenth and finish fifth, that's a credit to the players and staff and how hard they work. I was proud of that."

With the cloud of the Luther Darville trial finally clearing, one senses that nothing can stop Haskins' determined group of athletes.

"There have been a lot of distractions this fall," said Haskins. "But we can't relax. We can't look back."

The Gophers are showing no sign of looking back. Just like the 1982 team that brought home the Big Ten championship, this year's squad took an overseas tour in the off season. They came home with a 7-0 record.

"Anytime you go overseas and your team goes undefeated you have to be pleased," Haskins said, "but this trip helped us in many ways. It let us see every player who will be returning and helped show each of those players what his role will be this season. It also brought our group closer together and we hope that togetherness will carry over into the season."

It seems that all systems are go to make a run at the conference title.

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FOOTBALL'S MOST FAMOUS PIG AND IT'S PURPOSE

by Mark Levine



Real Minnesotans can be distinguished from impostors in three recognizable ways: They love doing as many activities in sub-zero temperatures as possible, they know at least 20 Ole and Lena stories, and they know every Iowa joke ever created. Ask any Minnesotan why Kinnick Stadium in Iowa City has artificial turf and all of us will tell you the same thing: because this way the Iowa cheerleaders won't graze during the games.

The rivalry between the two states goes back a long time, especially in football. A victory over Iowa can be the icing on the cake of a good season or the one thing that makes a bad season salvageable. The Gophers and the Hawkeyes first met in 1891. By the mid 1930s the tension between the schools' fans was high and their behavior was getting ugly. It got so bad that the governors of both states got involved. They decided the best way to ease the tensions was to make a friendly bet. The object of the bet was a championship hog "Floyd of Rosedale." From then on the winner of the each year's game takes the bronze statue of Floyd back to their respective campus.

Minnesota leads the series 52-28-2 almost completely dominating it during the 1930s, 1940s, 1960s, and 1970s. There have been many great games in this heated series, but some were genuine squeakers.

How about the 1964 nail biter at Memorial Stadium? Minnesota was leading 14-7 with just over two minutes left in the game when Iowa quarterback Gary Snook caught the Gopher defense breathing easy. On first down Snook unloaded a cross-field pass to halfback Craig Nourse. Nourse took the ball at the Iowa 38 yard line sidestepping four Gopher defenders and racing 87 yards past a shocked Gopher bench into the end zone. Suddenly with 1:49 left on the clock it was 14-13. All 63,350 hearts in Memorial

Stadium skipped a beat as Iowa decided to go for the victory. Snook dropped back to look for his favorite receiver Karl Noonan. Instead of Noonan, Snook found four angry Gopher defenders staring him in the face. His desperation pass sailed over Noonan's head and one of the most nerve wracking games in the history of this rivalry was history.

As the Gophers prepared for their 1978 meeting with the Hawkeyes at Memorial Stadium they had flashbacks to the last meeting there in 1976 with the Iowans when Minnesota squandered a 12-0 lead to lose 22-12. Once again like in the 1976 meeting the Gophers jumped out to a huge halftime lead, 19-0. And once again Iowa erupted in the second half scoring three touchdowns in 9 and a half minutes. With seven minutes remaining in the game the score was 22-20 and Iowa attempted the two point conversion to tie the contest. Set on not letting history repeat itself, Gopher defenders Doug Friberg and Jack Johnson sacked Iowa quarterback Jeff Green during the conversion attempt, winning our favorite bronzed pig for the first time in three years.

Who will ever forget the last time the Gophers saw Floyd? It was five years ago in November of 1984 at the Metrodome and it was the kind of victory that the players on that Gopher team will remember for the rest of their lives. Iowa came into the Dome as a 19 point favorite knowing that a victory could mean a trip to Pasadena. Crippled by injuries, the Gophers called upon freshman running back Gary Couch, a Davenport, Iowa native, to take the ball in the final minutes. Couch scampered 14 yards putting Minnesota up 20-17. In the closing minute Chip Lohmiller sealed the victory with his third field goal of the night.

Word is that Floyd is itching to move back to the comfortable confines of the Bierman Building. And what better way for the Gophers to move into the 1990's than to bring Floyd along with them.

Letters



GOPHER BASKETBALL IS THE GREATEST

University of Minnesota basketball is the greatest sport at the University. I may be slanted in my opinion because I played basketball at the U many years ago. The excitement and sports thrills that have come from William's Arena over the years is what's kept the entire sports program alive in the general public's mind.

Bill Norgard
Minneapolis

A POSITIVE INSPIRATION

I thoroughly enjoy your newspaper—SPORTSNEWS. It's a wonderful reminder of "Great Days" gone by. We need more positive notes to rebuild athletics at the University. Keep up the good work.

Wayne Applebaum
Minneapolis

DON RILEY CAN BE PLEASANT

I've always been a fan of Don Riley. He can move me into sports excitement or get me angry, especially when he knocks coaches and others. That's why I was surprised to read his excellent stories of days past. He captures the spirit of those great players and games without sticking it to anyone. He's a pleasant surprise and a fine addition to your newspaper. Incidentally, keep up your good work. The Gopher sports program is back on the way up. Basketball and hockey teams of Minnesota will be the teams to watch this year.

Arnold Cooper
St. Louis Park

THANKS TO SUPERAMERICA

My thanks to all those connected with this publication. This is just what the doctor—sports doctor ordered to give the Gopher sports program a lift. It's a good feeling to read about our great Gophers, past and present. Thanks also to SuperAmerica for being the driving force behind this effort.

Mrs. Elizabeth Anderson
White Bear Lake

Letters to SPORTSNEWS should be short and they must be signed. Initials will only be used at writer's request.

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SPORTSNEWS Trivia!

Answer the following three SPORTSNEWS Trivia questions correctly and be eligible to win a \$25 gift certificate from SuperAmerica and two tickets to a Gopher basketball game. Winner's name will be drawn from among all correct respondents and announced in a coming issue. Good Luck!

1. What two basketball Gophers are native Minnesotans?
2. What was the basketball team's home record last season?
3. Who is the basketball Gopher's all-time career scoring leader?

Mail to: SPORTSNEWS Trivia, 386 N. Wabasha St., Suite 830, St. Paul, MN 55102

The SPORTSNEWS staff congratulates Anne M. Stroh of St. Paul, our latest trivia winner! The Q's and A's were:

1. What did Rick Upchurch do against Wisconsin in 1974 that put him in the NCAA & Big Ten record books? Answer: He returned a kickoff for 100 yards.
2. What former Gophers are currently Minnesota Vikings? Answer: Randy Rasmussen, Gary Couch, Mark Dusbabek.
3. What does "Ski-U-Mah" mean? Answer: Ski means victory, U-Mah stands for University of Minnesota.

SPORTSNEWS

Where Are They Now?

by Len Levine



Little did the sports world know when teenager Bobby Lee Bell worked as a car hop at Red Bridge's Bar-b-Que in Shelby, North Carolina, that one day this young man would become one of America's leading sports figures and the owner of a nationally known BBQ restaurant.



Bobby Bell at his restaurant.

Bell is a modern day sports success story. He rose above segregated conditions in the South, growing up in the 1950's, and he says it was through football that his life changed.

His football talent was first discovered as a sophomore when he quarterbacked his six man, all-black Cleveland High School team to an undefeated season. "We were so good, there were only 13 of us on the team and no one could beat us," he said. "The other schools wanted us out," he added, and they were put into an 11-man league his junior year. "We won there too."

Bell says his parents, Pink and Zannie, knew that he had a chance to become somebody if he could play big-time college football and apply himself in school.

He told me recently that he might have gone to North Carolina State, but they were not recruiting blacks. His high school coach talked to the late Jim Taylor, who was the head coach at North Carolina State, and Taylor called his friend, Jim Camp, who was an assistant coach under Murray Warmath at Minnesota. Taylor strongly recommended that Minnesota take a good look at Bell.

Shortly afterwards Bell was invited to

Minnesota. I remember the first day he came and was met by Gopher football stars Sandy Stephens, Bill Munsey, Judge Dickson, and Bob MacNeil -- all black athletes from out of state who were leading the Gophers' resurgence to national football prominence.

Bell says he was impressed with Coach Warmath -- his knowledge of football, his sincerity, and his interest in his players. "I liked the coaching staff, particularly Butch Nash, who talked about the importance of getting an education." Bell said he liked the people he met, and was especially impressed with the cleanliness of Minneapolis. "I knew right away that I wanted to go to school there, and I called my father and told him what I had decided."

After playing quarterback his freshman year, Warmath called Bell into his office to discuss his football future. "He told me he knew I had a lot of talent, and I was a great quarterback," Bell said. He was told the coaching staff was impressed at what he had done in that position his freshman year, but they were badly in need of tackles." Bobby Lee," said Warmath, "you don't know it, but you're going to be one of the best tackles in the Big Ten."

Bell said he was stunned; he couldn't believe it. He thought Warmath was kidding. "Me, a tackle? Why, man, we both know I'm a quarterback,"

he told Warmath. The coach laughed and I laughed, and then I left. Two weeks later, when spring practice started, "I found out he wasn't joking. I was a tackle!" Bell said.

Denver Crawford, the Gophers' line coach at the time, said Bell didn't even know how to get into a lineman's stance, but he quickly learned, and with his extraordinary speed and agility, he fulfilled Warmath's prophecy and became one of the all-time best linemen in Big Ten history. In fact, sports writers of the day referred to Bell's transition from quarterback to tackle as "one of the modern wonders of football."

With Bell leading the way, the Gophers won the Big Ten championship two years in a row, a national title, and played in two Rose Bowls -- winning the second one in 1962.

Bell was voted the top college lineman in 1962 when he received the Outland Trophy, which he calls his biggest personal thrill. He was named an All-American in 1961 and 1962 on virtually every list, finished just behind Oregon State's Terry Baker in the balloting for the coveted Heisman Trophy, and received many other prestigious awards.



Bobby Bell in his football days.

Bell said the Wisconsin game his junior year is one he'll never forget. There was a pileup near the end of the second quarter, and because Bell was first in on the tackle, he was on the bottom of the pile. Several players landed on top of him. He felt a sharp pain in his rib cage, and was unable to move. Laying flat on his back, he looked up at trainer Lloyd "Snapper" Stein, and remembers Stein saying,

**Continued
on page 7**

After the Game

by
Gary Hiebert
(OliverTowne)



There are CIATTI restaurants spotted in various Twin Cities' locations, but the original and my favorite is in the lower level of an old brownstone apartment building at 1346 La Salle Ave. in Minneapolis, just behind the Hyatt Regency hotel.

It's cozy, lively, and so comfortable that there's a danger a Gopher fan may forget to go to the game and just keep on eating pasta.

The style is New Yorkish or Chicago on the near North Side.

Ciatti's is all-Italian and the menu route is fairly well-traveled by Italian restaurants coast to coast. But Ciatti's does it as well as any and comes up with some winners.

Like the eggplant parmesan, which is so classy with seasonings and sauce that you'd never know it was a meatless dish.

You'll also remember:

The Caesar salad that comes in a huge glass bowl with a dressing you'll want to get down in your recipe book.

The warm, crusty sourdough Italian bread that arrives in a napkin-wrapped basket.

The chicken oregano--two chicken breasts broiled over an open fire and basted with olive oil, lemon juice and oregano.

The veal marsala or the veal piccata, one sauced with marsala wine, the other with lemon juice, capers, mushrooms and butter.

The fettuccine Alfredo tossed with chicken strips.

I've tried them all in a half dozen forays to Ciatti's and it's a dilemma about what to order every time I go.

If you're there at lunch before an afternoon game, you'll remember the Salad Ciatti's--spinach and egg fettuccine, shrimp, crab, breast of chicken, broccoli and carrots tossed in lemon oil dressing with almonds and fresh fruit.

Now, folks, that's eatin' food. If you can handle dessert, you'll remember the turtle cheesecake, vanilla cheesecake marbled with chocolate and topped with caramel and pecans in a butter cookie crust, or the mud pie, a graham cracker crust filled with a layer of fudge, jamoca almond fudge ice cream and topped with a layer of chocolate fudge with whipped topping and chopped almonds. Oh, fudge to calories and cholesterol. Maybe the spumoni is a leaner way to go.

Better leave your car in the lot and jog to the game and back after all that.

Whenever you go, before or after the game, you'll remember the check because it's lower than you think.

Continued on page 7

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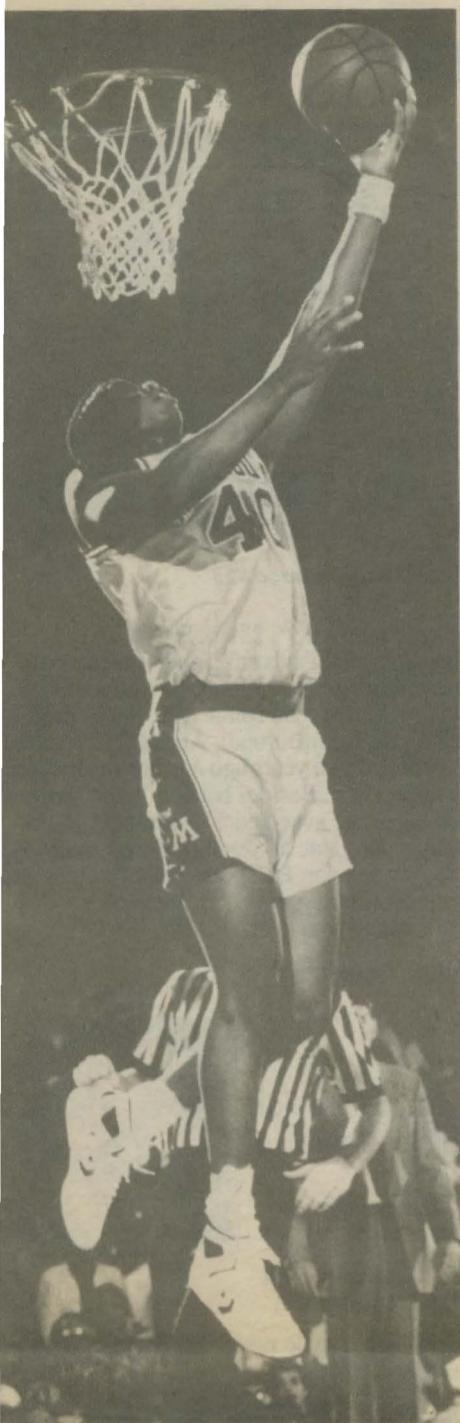
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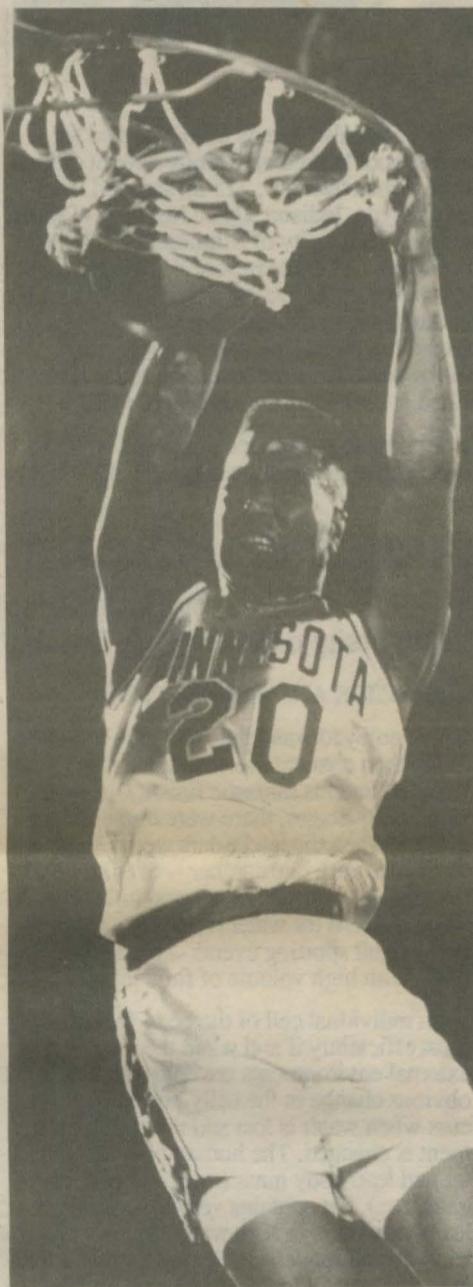
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LEFT TO RIGHT:
Center Richard Coffey from Aurora, North Carolina is already the Gophers tenth highest career rebounder.
Guard Kevin Lynch from Bloomington, Minnesota finished last season as the Gopher's third leading scorer.
6'5" Walter Bond from Chicago, Illinois dropped some weight in the off-season and will be moved to guard this year.
Melvin Newbern from Toledo, Ohio is expected to do a lot of this in the upcoming Big Ten season.
Willie Burton from Detroit, Michigan hopes to be soaring over opponents again this year once his ankle is healthy.
Senior Jim Shikenjanski from Roscoe, Illinois was Mr. Hustle for the Gophers last year.



Remember When

by Don Riley



Let me tell you about rivalries, Virginia.

In the 50's and 60's the special trains bringing thousands of Minnesota Gopher rooters to Madison, Wisconsin, covered a siding yard for as far as the eye could comprehend.

can give first hand data. After covering one fierce Minnesota-Wisconsin donnybrook I was so confused by the pyramid tracks, teaming jets and scurry of the throngs, I got on the wrong choo-choo.

And I remember," says former Gopher scholarship director, Tom Barron, "when as many as 7,000 Gopher fans would find their way to Ann Arbor's great stadium by car, train, bus and plane to follow the Gophers. The intensity of college football rivals was in a class by itself."

recall going in a caravan to Iowa City to do battle with the despicable Iowa Hawkeyes when as many as 500 autos would be virtually bumper to bumper leaving Minnesota after work Friday nights to cheer on the Maroon and Gold.

But the special trains were the cauldrons that boiled the school spirit. If you can't form relationships with your team on a 48-hour 2,000-mile rail journey to Seattle for a battle with the Washington Huskies you are either a recuse or a monk.

Great collegiate grid rivalries are spawned in many ways. It can be a natural feud with a neighboring rival, such as the Wisconsin series. It can be ignited by ugliness--such as the angry perpetration of the Iowa match-up after Hawk fans flung beer and pop in the faces of the Gophers as they left the field.

It can be kindled by a freak happening--such

as the Little Brown Jug rivalry with Michigan. It can be simply a match of perennial powers such as the Ohio State-Michigan classic. Or it can be an inter-state war like Indiana and Purdue which turns the fervor pitch up another notch. Or it can hold vast intersectional implications such as Notre Dame and Southern California which went on the scheduling boards when Mrs. Knute Rockne was tempted to influence the game after she heard California hotels put fresh fruit in the hotel rooms for guests.

Or it can be an ancient service rivalry between Army and Navy which is dependent more on the glories of the uniforms and the spectacle, than on the competitive skills. They may play like marshmallows, but the ferocity of the legend is unquestioned.

The Gopher-Michigan State rivalry took on special meaning when suddenly the Spartans became a national power with their pony backs and precision strikes. But in reality, it was primarily turned into a promoter's dream because ex-Gopher Biggie Munn was the prime force as a coach and athletic director behind the Spartan ascendancy to headline status.

So it can be personal or monumental or arrogance or tradition or just a damn good backyard brawl to turn a cozy confrontation into something special.

Of course, for longevity and hallowed memories, nothing in Minnesota's past can quite match the Jug clashes with Michigan. Oh, there have been tempestuous times when the loudness and the brass and the Rose Bowl ambitions of Wisconsin made this a natural foe. And the semi-annual invasion of 20,000

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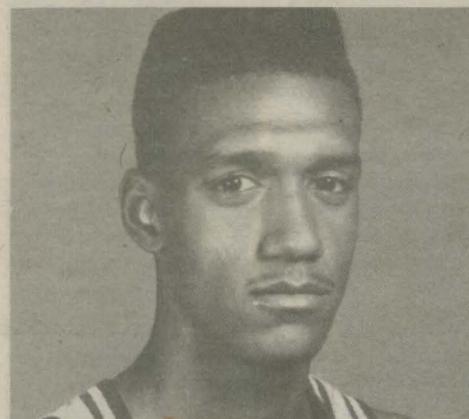
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Basketball Freshmen Point To A Bright Future

Clem Haskins has three fresh faces that are hoping to get valuable playing experience this season. Although all three had star-studded careers in high school, one or more of the rookies may be red-shirted to save a year of eligibility.

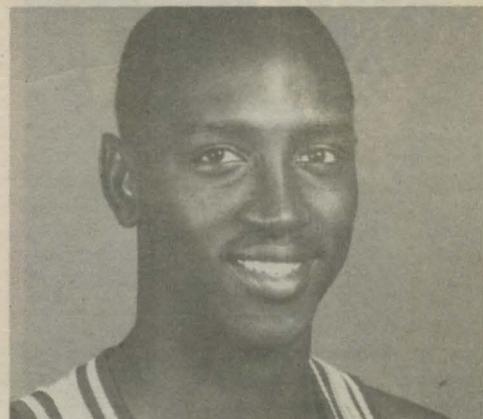
Many experts think 6'2", 195 lb. Arriel McDonald is the future point guard of the Minnesota Gophers. McDonald played high school ball in the heart of basketball country. As a senior at Athens Drive High School in Raleigh, North Carolina, he averaged 24 points, six rebounds and nine assists per game. The one time Player of the Year in his



Arriel McDonald #10



Nate Tubbs #4

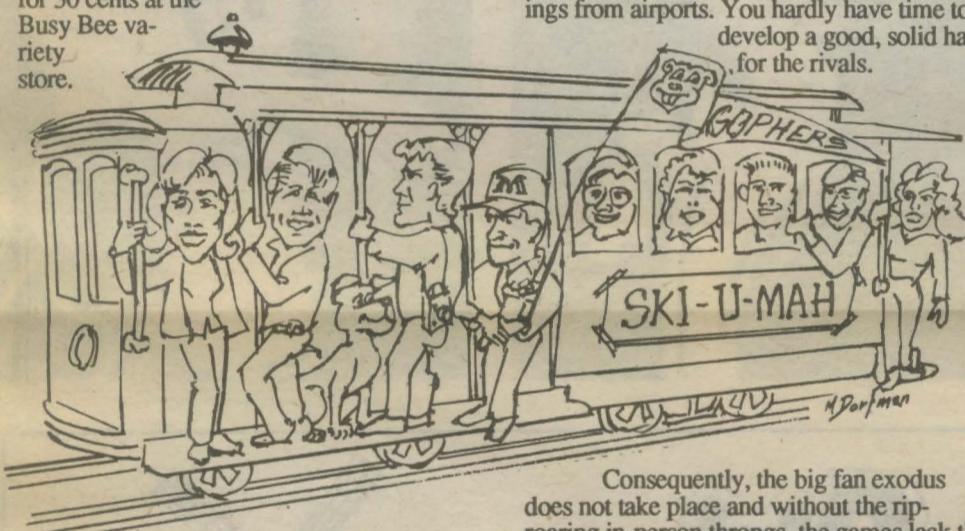


Ernest Nzigamasabo #53

REMEMBER WHEN from page 5

Hawk fans make the Iowa series the most dramatic and grating of them all. But for determination of national honors and class acts, the Jug series has it all.

And it all started in such a frivolous manner. Imagine, Michigan's trainer was suspicious that Minnesota might try to tamper with the water on the Gopher campus. So, just before game time, he bought a five-gallon clay jug for 30 cents at the Busy Bee variety store.



The Wolverines would fill their own bottle in case Dr. Hyde was prowling the premises.

And of course Oscar Munson, a Norwegian immigrant and janitor, would find it after a stunning 7-6 Minnesota upset in 1903. His pronouncement, "Jost left his jug" meant he had discovered the Michigan water container which famed Michigan coach Fielding Yost could have cared less about. It wasn't shiny and it wasn't brown. It was a dirty putty colored thing—but Minnesota painted the score of the game on it and announced that if the Wolverines wanted it back, they would have to win it back.

Today it stands as one of football's most prized possessions. And while Michigan has claimed an overwhelming amount of victories, the spectacular Gopher victories led by Bruce Smith and the recent two startling upsets over top rated Wolverine teams still make this an inspirational piece of crockery.

The Gophers have fought over the metal pig, the Floyd of Rosedale trophy with Iowa. This

was inaugurated as the symbol of supremacy with Iowa by the respective Governors to diminish some of the heat the intense fan conflagrations were causing.

What has happened to the zest and fury of the old rivalries?

Well, for one thing, fast jet travel has virtually wiped out the fun-loving party groups which used to take two, three or even four days to make this more like a crusade than a game. It's pretty hard to develop big followings from airports. You hardly have time to develop a good, solid hate for the rivals.

Consequently, the big fan exodus does not take place and without the rip-roaring in-person throngs, the games lack the vocal zest. And today rarely do bands travel with teams, a common practice until the cost of transportation got out of hand.

Which means, honestly, a lot of fun has been zapped from the rivalries. And even getting tickets to the field of a prominent rival has become a chore.

Today's hottest games depend on the standings of the teams. Records and ratings rather than legends create the action.

As Butch Nash said one day, "You can't imagine what it felt like to be playing on a rival's field and suddenly you see and hear all those Gopher rooters. It was like somebody pumping blood into your veins. I wish the youngsters today could feel that. It was wonderful."

And those special trains with the all-night party crowds.

In fact, I'd welcome the chance just get on the wrong one every week!

Nate Tubbs also comes from a hotbed for high school basketball. Bobby Knight missed a gem when this 6'6", 215 lb. forward from Fort Wayne, Indiana signed his letter of intent with the University of Minnesota. Tubbs was a two-time All-State pick at Wayne High School where he averaged 22.5 points and 10 rebounds per game as a senior. In addition to citizenship awards he earned at Wayne, Tubbs was a ten-time letter winner as he excelled at basketball, football and track.

Learn how to pronounce this name now, because you're going to be hearing it a lot in the

years to come. 6'9", 235lb. Ernest Nzigamasabo (that's en-Zig-ah-ma-sah-bo) was recruited out of Mound-Westonka High School right here in Minnesota, but he originally hails from Burundi, Africa. Ernest came to America two years ago and has made quite an impression. Besides being a "huge" basketball talent (he averaged 24 points and 10 rebounds per game at Mound), Ernest is an amazing scholar. He speaks six languages and plans on entering the U's Institute of Technology next year.

-Steve Peckham

Aches & Pains

by Robert Hunter, M.D. Director
University of Minnesota Sports Medicine Institute

EXERCISE AND HYDRATION

If you enjoyed watching the Tour de France 1989, then chances are you saw Greg Lemond and his fantastic finish. During the race's early stages, there were numerous occasions when the lead riders would share water bottles with one another — even as they labored up some of the steepest hills. The same concern for water replacement should occur in all sporting events — particularly those with high volume of fluid loss.

Each individual cell of the body functions most efficiently if and when the internal and external environments are constant. The most obvious change in the cells' environment occurs when water is lost and the cells' environment is changed. The human body contains fat and lean body mass (muscle, bone, organs, etc.). Fat contains very little water, but lean body mass is 70% water. Since women carry approximately 10% more body fat than men, the typical female carries about 50%+ of body weight as water, while men carry 60%.

If inadequate quantities of water from beverages are consumed, there will be a decrease in body weight from fluid loss throughout the athletic event.

Here are five points on fluid hydration:

1. Performance begins to diminish after 1-2% weight loss in fluids.
2. The thirst sensation is delayed to respond at 1.5-2% weight loss.
3. Water replacement is best in small volumes, 3-6 oz., more often.
4. Most people in cold, dry climates do not

drink enough water.

5. Water is the best fluid replacement.

So here are some practical solutions to hydration and athletics:

A. Weigh yourself before and after a workout. For every pound of body weight lost you should drink two (2) 8-oz. cups of water.

B. 1-2 hours before the event drink 10-20 oz. of water.

C. Drink 10-15 oz. of water 15-20 minutes before the event.

D. Drink 6-8 oz. of ice-chilled water (most rapid absorption) every 15-20 minutes or in relation to effort/humidity/temperature/dew point/perspiration rate.

E. Err on the side of too much fluid and never, ever, restrict fluids.

F. Avoid caffeine and alcohol which promote dehydration.

G. Water is still considered to be the best for fluid replacement, but there are "ultra-events" that require additional glucose and electrolytes in the water. Check with your dietitian, nutritionist, physiologist, coach, trainer, and/or physician.

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

Sports Medicine Questions

c/o Dr. Robert Hunter

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AFTER THE GAME from page 3

G'Day Mates! As they say in old Melbourne Minnesota's first Australian Pub is down under old Fire Station 19 at Oak and University, a short kangaroo hop from Williams and Mariucci arenas. And it's a couple of kangaroo jumps from all the dorms, fraternity and sorority row.

So what is different about an Australian Pub? The atmosphere, for one thing.

There are memorabilia transported all the way from down under-sketches, maps, posters, hats, pottery, chess and backgammon encouraged at wooden tables set in cozy corners. Throw a quarter in the jukebox and out come outback and other Australian ballads.

The Pub Down Under is a singular establishment in more ways than one.

It belongs to Darvia Herold, a true Aussie, and her Minnesota-raised husband, Marvin Plakut. The pub also is a realistic translation of the master's thesis Darvia wrote to earn her MBA at Metropolitan State university.

The management promises to tout Australian holidays just as it touts Australian beers, wines and a modest menu of Australian pub foods.

I tried a typical Australian pub lunch-meat pie of beef, in gravy and spices, packed into a

crusty puff pastry shell. Served, what else, with chips, except that instead I got a salad of lettuce, red onion, tomato, croutons and salad cream dressing (that's creamy Italian).

Then there's the typical Australian Pastie-ground beef, potatoes, onions, spices in puff pastry, served with gravy and salad.

You can't have an Australian pub without fish and chips or a vegemite sandwich.

Come again?

Vegemite is a dark spread served on slices of buttered toast. It's said to be part of growing up in Australia and will evoke strong pangs of nostalgia for the homeland.

What it will do for you is questionable.

By definition, vegemite is brewery yeast slurry blended with water, salt, onion and celery flavoring.

That's the Australian national dish? That's what Darvia and Marvin will suggest.

It's for pioneers and explorers.

But "back up over," you can find something called Buckley's Chance-Roast beef and cheddar cheese slices piled on a French loaf with mushrooms and served warm. You can switch the beef to turkey. Lots of finger foods and salads, too. And you get a short history of Australia on the menu along with your vegemite.

Bobby Bell from page 3



"It's the ribs. Don't move." He was carried off the field.

In the locker room during half-time while the doctor was examining Bell, he heard his father come through the door saying, "Boy, I didn't come up here to see you lay on this table." Bobby said, "That was enough for me. They put on a lot of tape and some kind of a big cover over my ribs and I slowly rolled off the table ready to play."

Bell sat out most of the third quarter but kept asking to be put back in. He finally got in and

played the rest of the game, which the Gophers lost 23-21. After the game doctors discovered that Bell had fractured two ribs. His recovery period lasted six months.

After graduating from the University with a degree in recreational therapy, he was drafted by the AFL's Dallas Texans (the following year they became the Kansas City Chiefs). The rest is history.

The 6' 4", 220 pound Bell played the next 12 years as outside linebacker and defensive

end for the Chiefs. He was credited with taking them into two Super Bowls - number I in 1966 in which they lost to Green Bay, and number IV when they defeated the Vikings in 1969. During his 12 years of pro football, he was named All Pro Linebacker ten times. He was inducted into the Chiefs' Hall of Fame in 1980, the North Carolina and Pro-Football Hall of Fame in 1983. The Chiefs honored him in 1983 by retiring his number 78 jersey.

Today Bell owns the BOBBY BELL'S BAR-B-QUE Restaurant on North Oak Street in Kansas City, Missouri. In itself, it is a sports hall of fame, housing pictures and memorabilia of football's greatest sports legends. He attracts customers from all over the country,

including President Bush. Whenever U.S. Congressman Tom Coleman comes home, he stops by Bell's restaurant to take "some of my meat and sauce to the White House," Bell said.

Bell, his wife, Linda, two-year old son, Joshua, and his children from a previous marriage -- son, Bobby, Jr., and daughter, Tracie, live in Kansas City, Missouri. When Bobby is not in the restaurant, he spends what little spare time he has in "good causes." He gives talks to school children on drugs, and participates in a variety of charitable events.

Congratulations to Bobby Lee Bell -- a credit to the University of Minnesota and the entire sports world.



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