

Sports

Track team captures three events at ASU meet

by Tracy Horne
Staff Reporter

The UNCA track and field team participated in three events at the Mountaineer Valentine Indoor Track Meet at Appalachian State University on Feb. 11. "The main reason we took people to this meet was to get seed times for the Big South Conference Meet," said coach Dean Duncan. "With certain times you get into the better heats."

The standouts on the women's side were distance runners Emily Mase and Elsa Allstaedt, according to Duncan.

Mase won the mile run with a time of 5 minutes, 20 seconds.

Allstaedt captured first place in the 3,000-meter race with a time of 11:15. Teammate Kimberly Worland, distance, came in second place with a time of 5:33 and Michelle Ziegler, distance, came in 13th with a time of 5:59.

Duncan, distance, came in 13th place with a time of 2:46.

The women's team also took first place in the 4x400-meter relay with a time of 4:17.

"The distance runners are doing really well this year and are expected to help out a lot at the conference meet to get both individual awards and put up points for the team," said Duncan.

On the men's side, seven Bulldog runners placed in the top 14 for their individual events.

Troy Young, decathlon, captured fifth place in the 55-meter dash with a time of 2:02, and Ivan Scott, with a time of 6:71, finished just two places behind Young in seventh.

In the 800, Jason Jackson, middle distance, finished in fifth place with a time of 2:02. Nick Barrier, distance, finished in sixth place posting a time of 2:04, and Sam Roberts, distance, finished in 10th place at 2:09.

Joel Quirk, distance, finished 13th in the mile with a time of 5:02.72, and Nick Christian, distance, took 14th place with a time of 5:02.97.

"The men's 4x400 team had another chance to fine tune their skills before the conference meet," said Duncan.

The small meet was only a running competition. Most of the teams there wanted to improve times, just as the Bulldogs wanted better times, according to Duncan.

ASU hosted the meet in their Holmes Convocation Center. Virginia Intermont, Mars Hill, Lees-McRae and King College competed in the meet, along with SoCon members East Tennessee State, UNC-Greensboro and Wofford.

"The meet was small but served its purpose," said Mase. "It was sort of a last chance for those to run fast before conference."

The Bulldogs start their outdoor season with the 49er Classic in Charlotte on March 18.

"The distance runners are doing really well this year."

Dean Duncan
track and field coach



Senior Troy Young practices his long jump. The UNCA track and field team starts their outdoor season at the 49er Classic in Charlotte on March 18.

CHARLOTTE CLAYPOOLE/STAFF PHOTOGRAPHER/REPORTER

MLB needs to clean up its act

by Dustin Jordan
Staff Reporter/Photographer

There is no room for substance abuse in professional sports. Major League Baseball has lost its edge because of its reported acceptance of steroid users and substance abusers.

With the surge of steroid accusations, most notably through the work of Jose Canseco's book, "Juiced: Wild Times, Rampant 'Roids, Smash Hits & How Baseball Got Big," America's pastime is now nothing more than a joke.

Some argue Canseco should shut his mouth and not ruin the reputations of MLB superstars. Others say he is doing what should have been done years ago.

OPINION

Canseco and other players were using illegal anabolic steroids 10 years ago. He reportedly told baseball security chief Kevin Hallinan his findings and nothing was ever done, according to FBI special agent Greg Stejskal.

Ten years and no action has finally led to a new MLB steroid-testing program that will randomly test players year-round. First time offenders will be suspended for 10 days.

But, is that enough? Baseball needs to be cleaned up, and a 10-day vacation is too weak.

Strip Barry Bonds of his accomplishments. Erase the record books. He is a fraud.

Not so fast. Consider this, certain steroids and growth hormones were not considered banned substances in the league during the '80s and mid '90s. So, erasing past records during the steroid hay day is useless. Instead, these players' records coinciding with their substance abuse should be considered when they are up for Hall of Fame voting.

This list could easily include Mark McGwire, Juan Gonzalez, Rafael Palmeiro, and Ivan Rodriguez - all of whom have denied using steroids in the past. But, since there is no way to check if these guys were using illegal substances, it is a battle of "he said, he said," according to Canseco.

So, why is it conceivable that baseball pros would succumb to steroid usage?

"Steroids can make an average athlete a super athlete. It can make a super athlete incredible. Just legendary," said Canseco in his book.

In Canseco's book, the 1988 MVP said, "I was hands down the best player in the world," he wrote. "I had it all: The body, the personality, everything. I was Hollywood."

Some say Mr. Hollywood is now low on funds and his accusations could be a ploy to make a quick buck. He reportedly owes the state of Massachusetts \$32,783, and releasing a book right before spring training could prove to be quite lucrative.

But, what if his accusations are bogus? Serious falsities will have players defending themselves for things they did not do.

And what if he isn't lying? If that's the case, Canseco is not only a strong hitter, but also a vengeful writer reaping the benefits of others' misfortunes.

Either way, the moral of the story is this: If you did it, you don't deserve your awards. If you are doing it, you might want to stop. If you're caught, I hope you are made to be a disgrace to the sport and a cheater in every sense of the word.

So, professional baseball, it looks like you have struck out with fans yet again. Good luck with the ensuing cover-up scandals. But, let me make an injection, I mean, interjection, try to conceal the needles. I hear they've been sticking around the league for at least a decade or so.

'Dogs drop two games in a row, first time since November

by Ben Walsh
Staff Reporter

The women's basketball team lost on the road to Liberty University on Feb. 12 and Radford University on Feb. 15.

The Bulldogs lost 74-62 to first place Liberty in a hard-fought game, according to coach Betsy Blose.

"I thought it was a great effort by our team," said Blose. "I felt like we just didn't sustain it at the end and kind of ran out of steam."

The Bulldogs sank six 3-pointers in the first half, keeping Asheville close to Liberty.

An off-balance, 3-point shot by Kristal Hood, sophomore guard, brought UNCA within one point (34-33) at halftime.

The second half started off promising, and Velinda Vincannon, senior guard, tied the game on a 3-pointer with 16:31 left.

Liberty came back on a 10-2 run to lead 50-42 with 10:32 left.

The Bulldogs came as close as six points before Liberty pulled away lead by Katie Feenstra's play.

Feenstra scored 13 of Liberty's final 16 points, finishing with a game-high 31 points.

Even though the team lost, it was a well-played game, according to Blose.

"I think it's the best effort we've had since I've been here against them," said Blose. "I think we gained some confidence."

Katie Baldwin, junior guard, recorded a career-high 15 points in 15 minutes coming off the bench. She also added six rebounds.

Hood finished with a team-high 20 points.

"I think the first time around,

maybe we weren't as mentally focused in the game," said Lindsey Roche, senior guard.

In the first game against Liberty, UNCA shot only 18 percent. This time the team shot 34 percent from the floor and 80 percent from the free throw line.

The Bulldogs also hit 47 percent of their 3-pointers.

The team played hard and attacked the basket, according to Blose.

"We just get killed in the paint," said Blose. "Their rebounding, their dominance inside just wore us down."

Feenstra, Liberty's 6-foot-8 center, was a large part of the problem in the paint, grabbing 19 rebounds in the game.

Liberty out-rebounded Asheville 50-22 in the game.

The team is optimistic about their chances after the game, according to Blose.

"We walked out of there with our heads high," said Blose. "We're getting there."

The Bulldogs then traveled to Radford where they lost 79-69 in overtime Feb. 15.

The game was close last time and the team anticipated a tough game, according to Blose.

The teams battled back and forth throughout the game.

Radford built a 13-4 lead to begin the game, but Asheville came back on a 7-2 run making the score 15-11 with 13:51 left.

Radford then increased their lead to 25-17 before Asheville led on another run.

The Bulldogs' 12-1 run gave them their first lead, 29-26, with 4:17 left in the half.

Hood's layup to end the half put the Bulldogs up 39-32.

The Bulldogs built a 57-43 lead in the second half on a 3-pointer by Roche. Roche matched a season-high 11 points in the game.

Like in the first half, Radford

"You have got to win your home games and steal a couple on the road."

Betsy Blose
women's basketball coach

then came back on a run of their own.

Midway through the second half, Radford took the lead, 60-57, with 6:40 to play on a 16-0 run.

"You have got to win your home games and steal a couple on the road," said Blose.

Radford literally stole the game away.

With the score tied, UNCA had a chance to win with the last shot of the game, but Taryn Causey stole the ball from Hood, and Radford missed the last shot sending the game into overtime.

Radford began overtime hitting back-to-back 3-pointers to set up a 8-0 run.

UNCA hit only one shot in the overtime and Radford pulled away.

Radford also hit six free throws to secure the victory.

Hood played an outstanding game, but she can't do it all herself, according to Blose.

Hood shot 10 of 18 from the field and finished with 28 points.

She now has three 20-plus point games in conference play and five such games overall.

It was the first time Asheville dropped back-to-back games since losing the first four games of the season.



Junior guard Katie Baldwin takes a shot for the Bulldogs. UNCA plays next at Coastal Carolina on Feb. 26 at 2 p.m.

DUSTIN JORDAN/STAFF PHOTOGRAPHER/REPORTER

The game moved Radford into a three-way tie for third place in the Big South Conference with Asheville and Charleston Southern.

It was a big game, like all the games are at this point in the season, according to Blose.

The Bulldogs could still finish anywhere between second and sixth place in the conference depending on how the team plays, according to Blose.

"We're all fighting for that top four seed (in the conference)," said Blose. "It'll be a battle."