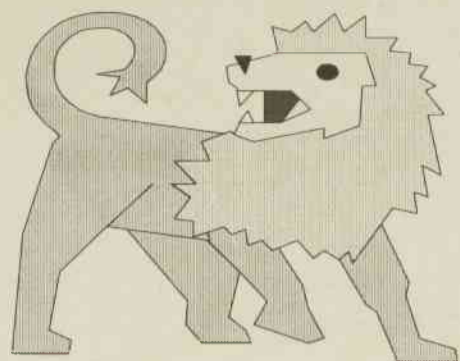


Upcoming Sports Events



Men's Basketball

Dec. 1 at home vs. Chowan College, 7:30 pm
Dec. 12 at home vs. Newport News Apprentice, 7:30 pm
Dec. 14 at home vs. Savannah College, 2 pm

Men's JV Basketball

Dec. 1 at home vs. Chowan College, 5:30 pm

Women's Basketball

Dec. 2 at home vs. Meredith College, 7 pm



Cheerleader ignites weight debate

By Lisa Bertagnoli
College Press Service

A former Marquette University cheerleader who is suing his university over back injuries says there's lots of room for increasing safety on the nation's countless cheerleading squads.

Douglas O'Reilly, 23 of Lombard, Ill., says he was injured during tryouts while tossing and catching a cheerleader who he says was too heavy.

"Coaches need to be more attuned to safety," says O'Reilly.

"I heard on Rush Limbaugh that there are more injuries in cheerleading than any other sport," he continues. "I don't know where he got that from, but I believe it."

The female cheerleader weighed 120 pounds, 15 more than his partner the previous year, O'Reilly says. In addition, he says the woman had no experience.

"That makes a difference," he notes. "You have to know what you're doing."

O'Reilly, who says his 6-foot, 200-pound build is average for male cheerleaders, had cheered two previous seasons at Marquette before he was injured during April 1996 tryouts.

O'Reilly says he asked for a new partner, but squad coach Jane Vinson-Kafura refused his request. After five or six tosses, O'Reilly stopped because of the pain; a month later a doctor told him he had a broken vertebra. He spent the summer in physical therapy, and is suing Marquette because his insurance wouldn't pay for the therapy.

As of press time, Marquette hadn't been served with the suit, says Bob Nenno, media relations manager at the Milwaukee school. "I haven't seen details so you know what the word is--no comment," says Nenno.

He did say, however, that the school has been sued in the past for a cheerleader's injury. That cheerleader was confined to a wheelchair after a tumbling accident at a basketball game. Nenno says that although insurance did cover his medical bills, the cheerleader, now a dentist, sued the school for negligence. The case was settled out of court.

Meanwhile, O'Reilly's case has stirred a debate about whether female cheerleaders should face weight restrictions. According to Robert Beach, executive director of the American Association of Cheerleading Coaches and Advisors (AACA), the issue of how much female cheerleaders weigh is, well, a weighty one.

"People use 120 pounds as a benchmark of whether you're too heavy, but it's hard to make that case," he says. Skill level and the woman's distribution of weight come into play as well, he adds.

Jennie Arps, who was a cheerleader at University of Wisconsin-Madison from 1991 to 1994, agrees. "A 120-pound person can seem like a lot more if she doesn't know what she's doing," says Arps, who now sells cheerleaders' uniforms in Chicago.

For that reason, she is opposed to weight limits on cheerleading squads. "Being in shape and strength training is more important."

Schools, for their part, tend to steer clear of weight limitations for legal reasons. In July 1991, a cheerleader filed a sexual-discrimination complaint against the University of Connecticut after she was cut from the squad because of her weight. Michele Budnik, who was 5-foot-6 and 130 pounds, filed a complaint with the Connecticut Commission on Human Rights and Opportunities, seeking reinstatement to the squad.

Budnik told the commission she was cut after she weighed in five pounds over the team's limit.

At the time, university spokesman Mark Roy defended the weight limit, saying it was a "risk management" policy designed to prevent injury during acrobatic routines.

"She was cut because she had a bad attitude," says Neal Kearney, cheerleading coach at the university. The case did go to trial, and was eventually settled in favor of the school. Budnik appealed, but without success, adds Kearney.

At most universities and colleges, cheerleading coaches would rather focus on safety training, Beach says. In fact, Vinson-Kafura, Marquette's coach, is member services manager at the AACA, a five-year-old association that recently refocused its efforts on safety training. "She is considered a champion for safety education and has devoted time and energy to it," says Beach.

He also says Marquette is known for a training regimen that requires cheerleaders to learn basic moves before progressing to more difficult ones, and for stressing strength training and conditioning as well.

Beach says AACA's basic safety course and printed manual cover safety and spotting during training as well as liability issues, medical responsibility and environmental factors that can cause injury.

O'Reilly, now a first-year student specializing in sports injuries at the National College of Chiropractic, says he has an easy way to resolve the weight debate: Don't have any weight restriction for the squad, but make 120 pounds the limit for being lifted. Did he fly that idea by Marquette's coaches?

"Yes, and it flew right back at me," he says.

Leadership class provides training in Covey's Seven Habits of Highly Effective People

By Amanda Fellers
Editor

Fourteen students graduated "Covey certified" from the Introduction to Leadership course Dec. 1.

Stephen Covey is the author of the best-selling business book, *The Seven Habits of Highly Effective People*. Although this is the fifth semester the course has been taught using Covey's book as the main textbook, it is the first time it has been taught with the Covey training program, which includes a series of videos for students to watch.

Dr. Suzan Cheek has been teaching the course since it was first offered. She continues to use Covey's text because she believes it provides a strong sense of competence and confidence in oneself. "It lets you think about your strengths," Cheek said, "and it teaches you to take charge; you're in control."

Cheek hopes that students who take the course will gear what they've learned toward the campus when talking about leadership. She would like to see students build a campus vocabulary, beginning with the word "proactive." The course teaches students to be proactive and to assume responsibility for their own actions.

Sarah Rapalje, a senior in the course, said she enjoyed the community service requirement of the course most. She completed her ten hours of service tutoring children ranging from kindergarten to ninth grade. "It's about taking action in your community and being a good leader." She believes that college students need to get involved in the community.

Cheek enjoys teaching the class most when she sees students taking on the material as their own. "[Students] are in control of their feel-

ings and reactions," she said. "Young people are used to being told what to do. It's time to realize that you tell yourself what to do."

The two-semester hour Introduction to Leadership course will be taught again next semester by Cheek. As Cheek encourages students to join her class, she hopes that they are aware of today's expectations in the workplace. "Companies are turning to employees to take their own responsibility," she said. Cheek went on to say that statistics show only ten percent of employees have what it takes to be effective.

The course is designed to be interactive and includes a lot of discussion. Cheek noted that it is not a probing class that reveals personal information. Students who would like more information about the Introduction to Leadership course should feel free to contact Cheek at 630-7070.

Football seniors proud of their legacy

By Georgette Singleton
Sports Editor

Twelve has proven to be a magical number for the Monarch football team.

These twelve football players came to Methodist in 1994 with two goals: to obtain a college degree and to play football. They learned how to adjust to college life and college football. They also learned new rules, patterns, and the importance of a team unity. They are DeCarlos West, Allen Avant, Leonard Bellamy, Jerome Crews, Andrew Farriss, Dedrick Gaddy, Owen Martin, Sigmund Platt, Todd Purgason, Frank Santora, Randal Webster, and Scott Swartzler.

During their four years, the seniors saw players come and go. They also saw their number of wins increase. The seniors recorded records of 5-5, 5-5, 6-4, and 9-1 for their career at Methodist. The Monarchs were ranked nationally for this entire football season, and they ended the season ranked 19th in the USA III Football poll.

The twelve seniors have made important strides in Monarch football. They are the largest group who have stayed with the program for all four years, and they have tallied the most wins for Methodist football in its nine-year history.

"We knew that if we stuck around and worked hard we would

win," Leonard Bellamy, Methodist's all-time leading single season receiver, said.

The Monarchs worked hard in practice on special teams, as well as the offense and defense. Every Monday, if you happened to be riding past the football field around 4 p.m., you could expect to see the Monarchs conditioning by running 16 to 18 timed 80-yard sprints.

"I've gotten stronger and quicker," offensive tackle Randal Webster said. "I've improved on my pass blocking since my freshman year."

Fullback Dedrick Gaddy stressed the importance of practice when it came to winning. "Off-season is real important," he said. "Half of the seniors were here during the summer working out."

Not only have these 12 seniors grown within the program, they have also developed outside of the program.

"I've learned to make better decisions in my life," DeCarlos West, the all-time leading scorer and rusher, said. "The classes that I take now, I take more seriously because I will be using them in my career."

If you ask these seniors, they'll say experience is a good teacher. The unity and leadership that the 12 seniors established this season gave the freshmen confidence

and knowledge about how to adjust to college football.

"They (the freshmen) have really stepped up and contributed when we needed them most," West said.

The seniors have encouraging words for freshmen to come.

"Not all freshmen will have the chance that my class had as far as being starters," Sigmund Platt, a defensive tackle, said. "I will encourage them to stay in there, even if the door doesn't open up right then, their time will come eventually."

"Stick around, and you will win," West added. "Look at the seniors this year. We were patient, and look where we are now."

"They should wait for their turn," Bellamy explained. "It's going to be hard to make a major impact when they first get here. They should get in and work hard in practice and in the weight room. Most importantly, they should learn from the coaches and up- perclassman. If they have patience, their time will come."

Coach Jim Sypult planted a seed six years ago. He worked hard on his garden of Monarch football by recruiting, bringing in coaches and a love for the game, and much patience. Sypult saw the program's record grow from a bud of 0-10 to a blossomed record of 9-1.

With hopes for playoffs dashed, Monarchs join football conference

By Georgette Singleton
Sports Editor

After an impressive 40-12 victory Nov. 15 over Frostburg State, a team that the Monarchs had never beaten, the Monarchs gathered at the far right side of the football field to pray.

When the prayer was over, sophomore Stacey Cook yelled, "We want in." And not long after the air was filled with the unison sound of "We want in! We want in!"

The Monarchs wanted to be voted into the NCAA-III playoffs. They would not find out if they received the vote until the next day.

On Nov. 16, the Monarchs received words that would ring in their minds forever. They had not received the votes that would let them continue practice on Monday for preparations for another game.

"Coach (Jim Sypult) had called the voting panel earlier to tell them to wait until after the Frostburg State game to make their decision," Randal Webster said. "We are independent, which leaves us hanging out to dry. If we were in a conference, we would have already gotten into the playoffs with a 9-1 record."

The Monarchs needed Trinity, out of Texas, to lose in order to have a shot. "I'm kind of upset," Webster said. "I think we deserved to make it into the play-offs, especially the way we beat Frostburg."

A recovered onside kick in the first quarter by the Monarchs gave them an extra boost to seal the victory. Their opponents never recovered after that. They even allowed the Monarch defense to score. Junior strong safety Trayfer Monroe intercepted Frostburg State's pass and

returned it for a 44-yard touchdown.

"I'm hoping that they will think of [this] win as a deletion of our lost against Ferrum," Leonard Bellamy said. Ferrum defeated the Monarchs 31-12 on Oct. 25, but Ferrum also lost to Frostburg State 31-0.

The work that Methodist put in to get into a conference came through on Nov. 17. The Monarchs became a charter member of the Atlantic Central Football Conference. They will be joined by Chowan, Ferrum, Frostburg State, Salisbury State and Wesley in the new Division III league. This season, the Monarchs were 3-1 against their future conference rivals.

The Monarchs' participation in the ACFC won't begin until the 1999 season due to previous scheduling commitments.

Congratulations,

December

graduates!

Bachelor of Arts:

Kimberly Joell Bates, Public Accounting; Ronald Bellamy, Business Administration; Frank Borghese, History; Lolita R. Crawford, Criminal Justice; Kionara Delcid, Spanish; Carlos Duarte, Spanish; Faith Christine Lee, Business Administration; Jodi Ann Mancastropa, English; Jonathan F. Mellette, Music; Barbara Louise Pack, Business Administration; Sarah Gibson Smith, Psychology with a Counseling and Clinical Concentration.

Bachelor of Science:

Eric Von Abendschein, Criminal Justice; Julie Leary Badger, History; Steven Patrick Basilici, Sociology; Priscilla L. Belliveau, Health Care Administration; Clifton T. Bennett, Business Administration; Sondra Kay Davis Benson, Elementary Education; Elizabeth Carol Black, Business Administration/Health Care Administration; Natalie Frances Blanchard, Sports Management; James R. Bowling, Secondary Education/Math; Courtenay Lynn Braemer, Accounting/Business Administration; Valerie Hughes Brannigan, Sociology; Andrew T. Conant, Business Administration; Terrence James Cummings, History; Isabella Noelle Curtis, History; Salvor Thora Davidsdottir, Business Administration; Kelli Lynn Davis, Chemistry/Math; Francine Airjel D'Beaujac, Business Administration; Alvah Burton Dickerson II, Criminal Justice; Herman Franklin Dixon III, Finance/Economics; Chad Dockery, Business Administration; Bobby Ray Dorman, Education/Math; Terrance Lamont Evans, Health Care Administration; Scott David

Evelyn, Criminal Justice/

Sociology; Derek Channing George, Sociology; Shannon Goodrich, Business Administration; Alan Louis Gruel, History; Liz M. Guzman, Biology/Microbiology/Cell Biology; Freddy L. Hardison, Health Care Administration; Eileen M. Humphreys, Biology/Microbiology/Cell Biology; Alescia Beatrice Jackson Claiborne, Sociology; Scott Niels Jensen, Business Administration; Bernard Rae Jividen, Accounting; Jeffrey Dwayne Johnson, PGM; Bettye Jean Johnson-Hyde, Sociology; Julie Ann Jones, Elementary Education; Sheila R. Jones, Elementary Education; Tamera M. Josephson, Sociology; Eric Gene Kaiser, Business Administration; Dominique Langira, Chemistry; Donna Leinbach, Sociology; Charity Lynn Lott, Health Care Administration; Daniel Wayne Fort Lupton, Sports Medicine; Daniele Marie Malvesti, Criminal Justice; Michael Ara Manavian, PGM; Roger Wright Mancastropa, History; Andrew Joseph Marchetta, Criminal Justice; Danielle Nikole Marlow, Health Care Administration; Kimberly Denise Massey, Finance/Economics; Jennifer Ann Maurer, Physical Education; Rhonda Thomas McMahar, Business Administration; Paul Scott McMurray, Accounting; Paula Davis Melvin, Business Administration; Rene Michelle Mitchell, Criminal Justice; Douglas Leroy Morrin, Jr., Sports Medicine; Jonathan Mark Moses, Biology; Jennifer Lynn Mour, Elementary Education; Toshitsune Murata, Business Administration; Sandra Anke Neill, Special Education; Kelly Horton Norman, Business Administra-

tion, Lewis Scott Oatman,

Health Care Administration; Michael Swen Olin, History; Roy W. Painter, PGM; Jermaine Parks, Criminal Justice; Melissa J. Ramos, Education; Tammy T. Reid, Biology; Carol Elizabeth Schaeffer, Business Administration/Accounting; Teresa Renee Shepherd-Owens, Business Administration/Accounting; Ramona Marie Smerz, Social Work/Sociology; Torrey Lynn Spradlin, Math; Elmer Davore Starkey, Political Science; Larry A. Steele, Criminal Justice/Sociology; Earl Drew Unger, Business Administration; Janelle K. Ushery, Business Administration; Robert A. Vachon, PGM; Vanessa Jean Vann, Business Administration; Laurie Parker Waite, Health Care Administration; Brenda Yvonne Ware, Elementary Education; Raymond Scott Watts, Accounting; Erick A. Williams, Psychology; Michael Womack, Health Care Administration; Joy M. Woodworth, Special Education; Tracy Wood, Sports Management; Scott Zapko, Physical Education/Sports Management; Angela Lewis Simon, Social Work; Nikole Lea Vance, Social Work.

Associate of Art:

Michael C. Blackburn, Mittie Canady Elliott, Aleyzer Mora Jimenez, Benjamin Parker Kotin, Lisa Livingston, Beth A. Nelson, Wayne Darren Newton, Peggy Teresa Proctor, Jason P. Sutton, Michael T. Swartz, Carol Devonia Thompson, Rie Watanabe.

Associate of Science:

Brandi Annice Byrd

