

Capel's All-Around Play Steals Tar Heel Spotlight

North Carolina sophomore Jason Capel leads the team in free-throw percentage and 3-point accuracy.

By BRIAN MURPHY Senior Writer

Jason Capel is a thief — North Carolina teammate Kris Lang has the videotape to prove it.

"He steals some of my rebounds," Lang said. "Jason stole a couple against Stanford (on Sunday). I was watching the video, and he stole two of them that they even showed on tape."

If Capel is indeed a thief, just add it to

the list of things he can do on the court.

This season, the 6-foot-8 sophomore has played shooting guard, power forward and his more natural position, small forward.

He can score (12.7 points per game), rebound (6.8 rebounds per game), shoot free throws (fourth in the ACC at 82.8 percent), shoot the 3-pointer (a team-best 38.7 percent) and defend (held Stanford freshman and All-PAC 10 performer Casey Jacobsen to five points).

But talk about the Tar Heels best players and Capel's name is rarely men-

tioned. His teammates, though, are quick to acknowledge Capel's importance.

"He does a lot of things that don't show up on the stat sheet," center Brendan Hayward said. "He made a big play against Stanford, diving for a loose ball. He got the loose ball to Ed (Cota), and we got a layup out of that. That's an extra possession right there."

"Those are the type of things he always does."

But they weren't always the things Capel did. He said he was never that type of player until high school.

"I learned that when I went to St. John's (Md.) Prospect Hall," Capel said. "That's something Coach (Stu) Vedder and Coach (Kevin) Sutton made us do.

It wasn't an option.

"Now that's something that I actually enjoy doing because I know it's something that every team needs in order to win."

So Capel sacrifices his body to collect loose balls. He sacrifices his offense to defend Jacobsen. And he sacrifices his ego to help out his team.

"We need somebody that's going to

play defense and dive on the floor," Capel said. "If that has to be me, fine."

Last season, a back injury hampered Capel as he tried to fulfill his promise as a McDonald's All-American and live up to the shadow cast by his brother, former Duke player Jeff Capel.

Herniated discs in his back limited Capel's practice time. By season's end, he was a dejected bystander, playing just four minutes in UNC's first-round loss to Weber State.

Capel had back surgery in March and expected to be the Tar Heels starting small forward. But injuries to Lang and Brian Berstickler moved him to power forward.

"I just feel blessed because I'm not in pain any more," Capel said. "I'm just

having a lot of fun. I'm cherishing every minute of it."

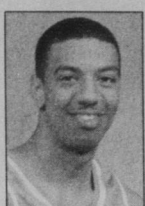
And it shows. Capel, the son of Old Dominion coach Jeff Capel Sr., plays with visible enthusiasm. He screams on the court. He displays emotion. He pumps his fists.

But even that doesn't get Capel much attention.

"Jason doesn't get enough credit on this team," UNC coach Bill Guthridge said after the Stanford contest. "He does all the dirty work."

But Capel doesn't mind. Besides, attention might be distracting — especially for a thief.

The Sports Editor can be reached at sports@unc.edu.



UNC forward Jason Capel held All-PAC 10 performer Casey Jacobsen to five points Sunday.

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APARTMENT FOR SUBLEASE. Foxcroft. No deposits, short term lease. Large 2BR/2BA unfurnished apartment. CHGA, full size W/D, balcony overlooking woods. Pets OK. 1150 sq feet. On bus line. \$650/month. Available May 1. Please call 248-6148 or 968-1214 (evening).

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AVAILABLE NOW. TWO girls looking for roommate to share unbearable 3 bd, 2 1/2 ba townhouse in Southern Village. Fully furnished. W/D, parking, deck, more. \$450/ month+ 1/3 utilities. Call Sarah. 932-9470.

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The Daily Tar Heel Classifieds

962-0252

HOROSCOPES

by linda c. black

Today's Birthday (March 22)
Careful planning leads to stardom moves this year. Curtail your spontaneity in favor of thorough research. Get your eyes on the prize in March. Watch out to minimize a setback in April. Money's abundant, but expenses are high in May. A solid connection renews you in August. Worry about money could drain you in October. Don't let your past get in the way of your future in December. Don't spend too much on a team effort in February. Confidential information helps you make a wise investment next March. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)
— Today is an 8 — "Everybody's watching!" You're under pressure to perform, but that's fine with you. You're going for the gold, and that always draws attention. You're being out in front, but don't look back. Something might be gaining on you!

Taurus (April 20-May 20)
— Today is an 8 — Your partner is the key to your success. You can do a lot, and soon you'll do even more. You're tough — and getting even stronger. Be smart by not overloading yourself. Let others do what they can, especially your closest friend.

Gemini (May 21-June 21)
— Today is a 7 — You'll have to scramble to keep up. There could be a lot of new assignments, as well as something that needs to be done over. If you don't know what to do yet, don't worry. You're liable to find out soon. No slacking!

Cancer (June 22-July 22)
— Today is a 7 — You're tuned in to what's going on. Trust a hunch; it's probably right on target. Don't trust your anxieties, though. Hunches and anxieties feel different. One is a natural knowing, and the other is more like being afraid. Follow the former.

Leo (July 23-Aug. 22)
— Today is a 7 — You may feel antsy. You'd like to get out for a change of scenery. You're stuck in a routine, however. Something at home needs your attention, too. You may have time for a jog, but postpone the longer journey until later.

Virgo (Aug. 23-Sept. 22)
— Today is a 7 — Your best bet would be to find a quiet place and to study. You'll learn quickly now, so use these conditions to your advantage. A romance novel might be fun, but something on the stock market might pay off a lot better.

Libra (Sept. 23-Oct. 23)
— Today is a 6 — Make as much of you as you can for the next few days. You want to be something that's caught your eye. A partner might be willing to bail you out if you go into the red, but that's not a good idea. Paying for it on your own is better.

Scorpio (Oct. 24-Nov. 22)
— Today is an 8 — Your energy level is still high, but you may start to get wired. Try not to lose patience with a temperamental co-worker. Focus on the job, not the personalities. A rude person will make life difficult enough, so let a nasty remark go.

Sagittarius (Nov. 23-Dec. 22)
— Today is a 7 — Start off by finishing something that's overdue. Check that off your list now, once and for all. A private conversation could help you achieve the results you're after. You don't have to tell everybody everything, by the way.

Capricorn (Dec. 23-Jan. 19)
— Today is an 8 — You've got a meeting to attend — and a private rendezvous, too. If you have to choose, put off the more intimate get-together. You'll have more time to relax tomorrow or the next day. The group's decision should be made by then.

Aquarius (Jan. 20-Feb. 18)
— Today is a 6 — The boss, the professor or even the traffic cop could give you a tough assignment. You probably will have to follow these orders, so take notes. It's easy to forget something you don't want to do. That's not a good idea.

Pisces (Feb. 19-March 20)
— Today is an 8 — You're in a learning phase, and you should be able to concentrate well. Get yourself into a supportive environment. Cut down on the distractions, and you might increase your income. With your talent, you should be wealthy, so go for it. Linda explains what's going on in greater detail at (800) 950-9000, for 99¢ per minute. To leave a message, call (888) 522-9533 for free.

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