

# spectator

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## Nutrition support group forms

by Jan Schroeder

or any type of obsession with food.

Where are eating problems most likely to be found? Some of the statistics most frequently reported point to college-aged people as being those who have the most problems related to eating. A number of recent studies summarized by Cheney and others suggest that 20 to 30 percent of all college women may be involved with some form of over-eating, binging, or other type of problematic eating. With men the estimates are much more conservative, but overeating is still a problem for those who are involved.

Problematic eating is not something to be taken lightly. Whether you feel overweight, gorge yourself on three pounds of Doritos at one sitting, or refuse to eat for days at a time, your actions are not ones that are likely to go away by themselves, nor will they just last for a year or two while you're in college. Just as eating is an ongoing activity in your life, so problematic eating can be ongoing as well. Your eating problems may not even seem to be major to you right now, but they could be. All eating disorders present serious physical and emotional consequences.

In order to allow you to respond

to the possibility of this problem on our campus, the Career and Life Planning Center will be starting a support group at the beginning of spring semester. The group will have a wholistic focus, covering everything from stress and self-concept to nutrition and appearance.

If any of the following symptoms of eating disorders apply to you, please join the group:

- Consuming large quantities of food in short periods of time
- Feeling self-conscious or embarrassed about your eating, snacking, or lying about your eating.
- Regular attempts to lose weight quickly by fasting, laxatives, fad diets, shots or pills, or induced vomiting
- Obsessions about food and weight - constantly thinking about eating and worrying about "being fat," or having your weight determine your self-esteem
- Feeling out of control around food
- Excessive exercise; little or no exercise

If you are interested in more information about the group or are interested in becoming a group member, please contact Jan Schroeder at the Career and Life Planning Center on the main floor of Miller Library.



FAMOUS FRIENDS — Members of the Lady Red squad pose with Micky and Minnie at Disneyland.

## California Dreamin'

While most McPherson College students were enjoying a mild Midwestern Christmas, the Bulldog and Lady Red basketball teams were experiencing a California dream come true. The road trip (or should we say "sky trip") was a success (for sure) for the Lady Red as they flew by their competition, defeating Redlands and LaVerne, a sister college. The Bulldogs went 1-1 on the trip, defeating LaVerne and losing a close one to L.A. Baptist. Basketball, however, was not the only game in town. In keeping with the Liberal Arts tradition, players were treated to a number of enjoyable and educational experiences.

Activities included a tour of the UCLA campus, a trip to Disneyland, shopping, an L.A. Raiders football game, a tour of Universal Studios, and audience participation at the live taping of the popular show, "Solid Gold."

What did players enjoy the most?

"Disneyland," say Kelly Unruh (sr., Galva) and Russell Allen (sr., Halstead). "Pirates of the Caribbean" and "Space Mountain" seem to be the favorite of the rides.

Sandy Nichols especially enjoyed seeing David Hasselhof, star of the "Knight Rider," series. She also enjoyed staying with families and the airplane ride home.

Kayla Corbett (so., Osborne) enjoyed "teaching those California people a thing or two about basketball." Trying to eat on \$3 a meal was her greatest challenge. "Or maybe it was trying to find our way around," she stated.

Cindi Harrison, (so., Ohio) and Peggy Sanders (sr., Longmont, Co.) enjoyed "Seeing the sights at UCLA."

Carol Zink (so., Leoti) remembers "Space Mountain at Disneyland and the opportunity to compete against bigger schools."

## MAC student enjoys England

by Kathy Moore

Does going to college in another country sound good to you? Have you wondered what can be experienced as a student in a foreign place? A program called BCA, Brethren Colleges Abroad, enables upperclassmen to attend school in Europe and this year Mac students are in England, Spain, and West Germany. One that has returned from a term overseas is Carolyn Horning (jr., Lombard, Ill.) She spent three and a half months in Cheltenham, England, as a BCA'er at the College of St. Paul and St. Mary.

First of all, the college Carolyn attended was a teacher's college with about 1400 students enrolled. Unlike the routine at McPherson, which requires certain courses in each major but allows for individual choices of other classes, their program isn't as flexible. Depending upon the specific major, the curriculum is preset and they have no options. Fortunately the BCA students weren't forced into the courses but were given room to choose. Most BCA'ers take some classes only for them. Carolyn's schedule included Theatre in Britain, a BCA English history course, New Testament, and two education (continued on page 3)

## Actors plan touring dramatics

The McPherson College Touring theater group, often referred to as "Rick's Roadies" are on the road to success it seems.

The group consisting of selected students, will be performing at a wide variety of places this interterm and spring semester, with performances including such entertainment as

"CATS", and variety of valentine performances to be done for different social clubs.

The company also plans to tour Iowa, Missouri, and Kansas, in mid-April.

Upcoming engagements for the company include "Free to be You and Me" which will be performed at Park School in McPherson on Thursday the 27th, as well as

convo on April 22.

The group's faculty sponsor is Rick Tyler. Robin Rose (Kansas City, Ks.) who is a member of this elite group stated that this is a very positive experience, which gives the students a chance to experience first-hand a touring company. "I am really enjoying it and looking forward to the performances," she said.

## MAC Personals . . .

Kevin, Jan, & Mike,  
Thanks for a fun semester as spec editors.

Kerri

T.,  
You're crazy but cute!

## January 3-on-3 schedule

Mon., Jan. 21

7:00 DeWayne Jackson vs. Eugene Potts

7:00 Doug Fitzmorris vs. Kathy Howell

8:00 Mike Hall vs. Ken Becker

8:00 Gary Overla vs. Tim Warren

Tues., Jan. 22

7:00 Terri Vinson vs. DeWayne Jackson

7:00 Doc Green vs. Doug Fitzmorris

8:00 Mike Hall vs. Eugene Potts

9:00 Gary Overla vs. Doc Green

All of these games are to be best out of three to 15 points by ones. If unable to meet the above schedule, games can be rescheduled on your own time. The tournament is scheduled for Jan. 25.

# Has anybody seen my publication?

by Michael Kravets

Working for the "school newspaper," and having a wife who edits the yearbook, has put me in an interesting position this year at Mac. It has given me "behind-the-scenes" perspective.

The first two years I was here, I used to laugh and chuckle at the newspaper (this is a college paper?), and accepted the yearbook at face value. It

seemed that others shared my views.

This year I had the time, and got involved. Immediately I was thrust into a working environment with other, talented co-editors. People who took the time to try to make the paper better.

I also got the opportunity to see just how much cooperation the "at large" student body gives the

publications. Frankly, I was depressed.

Shocked, even. Though a few (very few) dedicated people get out a paper mostly every week, and even fewer assemble a yearbook, most people just don't "have the time."

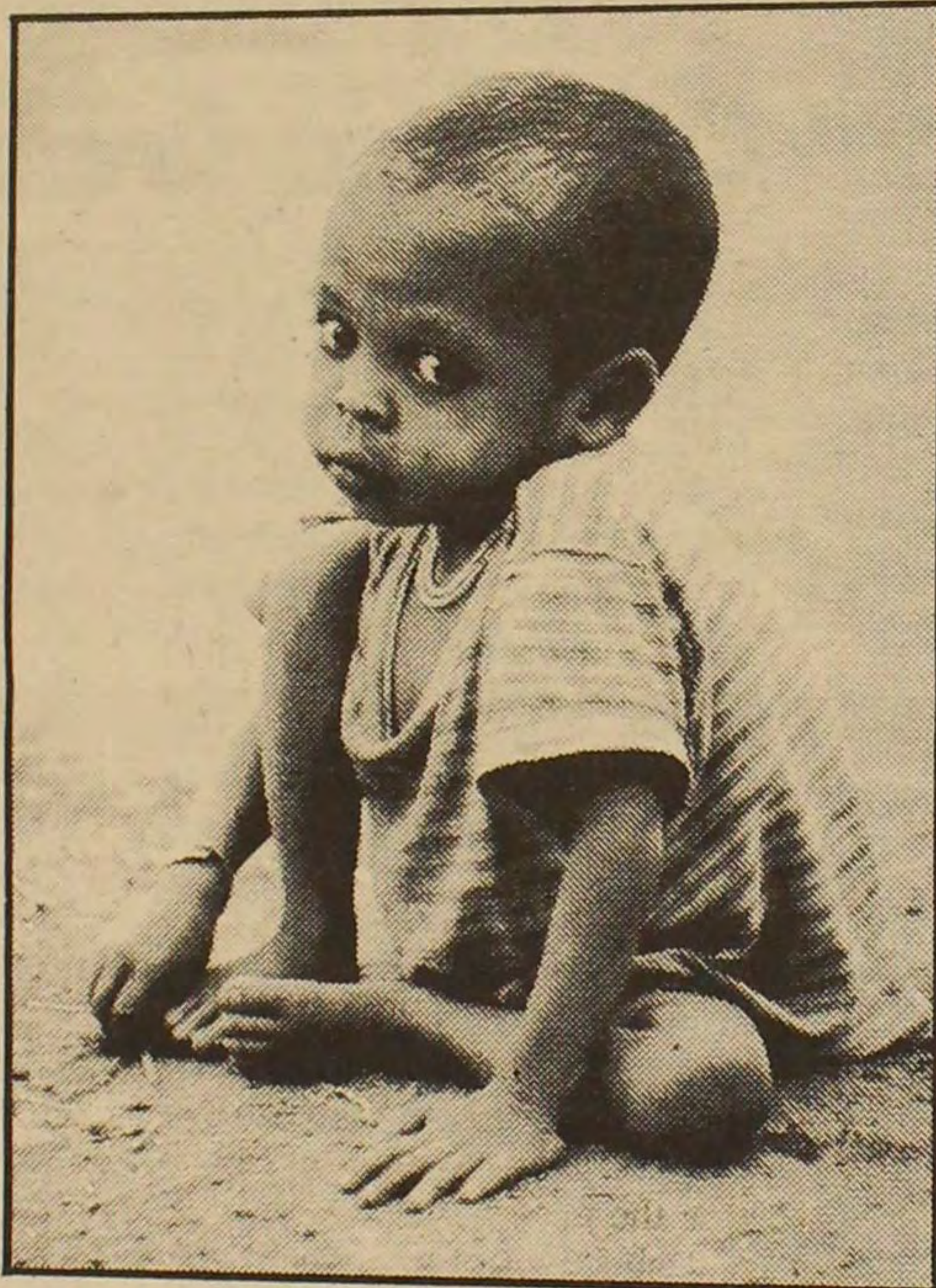
After all, why should anyone care? Both publications are freebies anyway — they just give them away. Why should I waste

my time; if it's free it can't be worth much, and my time's valuable.

But they aren't free — the student activity fee that each student pays as part of his college expenses pays for these publications, in part. And at the very least, everybody should want to get their money's worth.

But most of all, it's fun. And it doesn't really take all that much time. We can always use good reporters, and the yearbook really needs contributors. So get involved — it can't hurt, and adding your personal touch to the history of the school can be gratifying.

# CAMPAIGN for AFRICA



CARE photo by Rudolph von Bernuth

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# Why interterm?

by Deanie Holloway

That four week period in January known as Interterm seems to create more discussion and change than any other during the college year. It has always been like this.

The ACCK offered Interterm seminars, courses and trips in 1967 for the first time. Before then, McPherson College had Christmas breaks at the same time and duration as the school system.

As Dr. Norma Tucker recalls, "Christmas was a time to study for finals and to do term papers which were left to the last minute, of course. Students waited until the last, just as they do now."

For the first Interterm, 36 seminars and 9 concentrated secondary methods courses were offered through the six colleges participating in the ACCK.

McPherson College was offering a George Bernard Shaw Workshop including a performance and production of "Candida."

"Teaching in the Inner City" was directed by Dr. Dayton Rothrock, professor of education and psychology and Dr. Monroe Hughbanks, then an assistant professor in education. The field experience was in Chicago.

Dr. Kenneth C. Bechtel, professor of sociology and language, and Robert E. Keim, assistant professor in sociology, were also in Chicago with a group taking the "Seminar in Urban Life."

As a sign of the times, the November 16, 1967 Spectator indicated that many male students would need extra hours to fulfill the selective service requirements of 31 semester hours each calendar year. There was a charge of \$25 per semester hour during Interterm.

In a post Interterm assessment, it was found that a number of students complained. Some complaints were that a whole semester was worked into two weeks, while some professors were easier on their students, or so some of them thought. There were complaints about the payment for transportation to other colleges, while Bethel's students got compensation. Kansas Wesleyan students didn't pay for Interterm fees — but McPherson's did.

In 1971 additional courses brought the total up to 150 among the ACCK colleges. This gave students many more choices than before.

European trips were the order of the day in 1973. Paris, Rome, Florence, London and Athens were popular that year. Bethany offered "French and Ski in the French Alps."

BEOG grants were available for the first time that year. A drama tour of "The Glass Menagerie" was given during interterm with 2 troupes of players.

Two field trips offered in 1973 were jeopardized by the gasoline crisis. It made the trips more exciting since they didn't know when they could get gas.

Through the years the campus has been supportive of the programs during January. There have been the problems arising from the Vietnam war, gas shortages, not enough students interested in some planned courses, which then had to be dropped and money has been tight. This is the big problem now with many students. Some are having to work during Interterm in order to come back for second semester. Some would like but can't afford some of the trips.

Throughout the years one of the most popular has been marine biology which has taken trips from Florida to California's coast.

Marcia Walters and Vickie Trimmell say that the attitudes of students are different this year. They are more serious and are clearing classes for February.

A study of each year since its inception shows that although students may disagree about the popularity of Interterm, none of them ignore it. Many make plans for classes that they would not otherwise be able to take and that was the big reason for Interterm in the first place.

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# Carolyn tells of BCA-England experience

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(cont. from pg. 1)

courses. Because the college is a teachers college, each class has an emphasis on teaching. She liked the theatre class the best and enjoyed seeing "Hamlet" at the famed Stratford Theatre.

For roommates, Carolyn had two other BCA students who were from Elizabethtown College in Pennsylvania. She says that when she first arrived, she "felt like (she) had 'American' written across my forehead." Somehow they just knew she was from the U.S. The girls are very fashion conscious and trendy in how they dress. A typical British girl wears skin-tight jeans, (most are super-skinny legged) baggy tops, and boots or pumps. Scarves and spiked hair are popular accessories. Basically only physical education majors seemed to wear tennis shoes. As for the guys, they appear to be smaller and more fragile in stature than Americans. They usually wear jeans, not totally unlike guys here.

The favorite pasttime for young people is going to a pub. One has to be fourteen and have an adult with them to even get into one, but those sixteen and up can go in unattended. The pubs are only open from 7:00 to 11:00 in the evenings, so they are the place to be. It is very trendy or "in" to smoke, and Carolyn was surprised to see so much more of it than she first expected.

While there, Carolyn didn't just go to school. She traveled around a bit, too. She visited London, "a beautiful city," and saw the Tower and changing of the guard at Buckingham Palace. A group of students went to Wales for a week. In England, Carolyn went to Durham, which is fifty miles from Scotland, spent a day in Gloucester, and she visited York, in northern Yorkshire with two friends. She took a ferry to Amsterdam, Holland, and also went to Belgium. After school was out she went to West Germany for two and a half weeks and visited other BCA students from Mac College. For the most part, she stayed in Cheltenham though.

Being on campus was a little different than here in McPherson. The college used to be the two separate institutions of St. Paul and St. Mary. Their campuses aren't adjacent and require quite a bit of walking back and forth. One of the three residence areas of the college was half an hour's walking distance away, while another was an hour away. But it was worth the trips she made. Carolyn describes St. Paul's as beautiful and "like an old fortress."

Along with going to classes and getting used to the geography of Cheltenham, was the food. Breakfasts would usually be toast, sausage, baked beans, or

boiled tomatoes. (I can just see each reader saying "Good stuff Maynard" and rushing for the next plane to London for breakfast there!) At 10:30 in the morning, coffee is consumed. Lunch is the main meal with a meat and potatoes theme. Sometimes Carolyn and her friends would walk half an hour to the McDonald's for real food. Brussel sprouts are a common cafeteria torture item, with one week having a four-day run on the nasty little things. At 5:00 p.m. it is tea time, and most people drink it with milk as a flavoring. The evening meals again are a meat and potatoes fare. Carolyn commented that potatoes are very much a staple item in the English diet. She tried Yorkshire pudding and liked it, but steak and kidney pie didn't appeal to her. Pizza Huts are in the larger towns and McDonald's weren't too hard to spot. Some foods she missed were Doritos, peanut M&M's, Oreos, Tootsie rolls and ice cream.

Added to getting used to food, the language was different. Although Carolyn didn't acquire an accent, she has a good slang terms vocabulary. A list of American terms and their British counterparts can prove to be interesting.

- American
- Mom and Dad
- French fries
- Cigarettes

- Toilet
- Boots
- Hood of a car
- Trunk of a car
- Diapers
- Cookies
- British
- Mummy or Mum and Dad
- Chips
- Fags
- Loo
- Wellingtons, Wellies
- Bonnet
- Boot
- Nappies
- Biscuits

Calling names here is insulting, but using the term "bloody" in your cut-down is the worst thing to do to someone. Some other general information concerns celebrities of sorts. For example, Prince Charles and Princess Diana are such big news in the U.S., but to the Britons, they aren't as exciting at all. Margaret Thatcher is referred to as "Marge." And many of them, just like some of us, wonder how and why Ronald Reagan was re-elected. (Sorry, but it is true.) The weather is unpredictable, one moment being sunny and the next a total downpour. Carolyn liked the trendy clothing, hairstyles, and loved the music. The radio station she listened to was Radio BBC1, which is government funded. She found riding on the left side of the road, as well as sitting in the driver's seat without having a steering wheel to drive with to be strange.

There were definite ad-

vantages of going abroad for Carolyn. She felt that no expectations were on her. She could do what she wanted and change like she wanted. She said, "It's the place to change if you want to change." She did experience good relationships with her roommates and made close friends with some of the British girls. She also had the universal syndrome of "finding my money leaving me before I knew what happened," but she survived.

There are things Carolyn has missed since coming home. Some are the little towns with their old historic buildings, purple Cadbury chocolates trucks, the clean cities, cobblestone streets, houses made of stones, and of course the people she grew close to.

To sum things up, Carolyn said, "I can tell you I had a great time, but you'll never fully understand unless you've been there." She has a lot of stories and memories to share with us and that's something she counts as being important to her. That's a common experience of many BCA participants. If you would be interested in this, Jan van Asselt is their source for information and encouragement. (This was not a paid-for-by-BCA commercial announcement.) Anyway, welcome back to Carolyn! You might consider stopping to visit with her and sharing in the experiences of her semester abroad.

## 1926 Roadster restored

by Lois Lehman

Mission: take a pile of rusted metal, and in less than four weeks, transform it into a car that looks like it's been in a museum for the last sixty years. The men for the job? McPherson College Auto Restoration department, of course!

Every January, the auto restoration department completely restores a Model T. This year's project is a 1926 Roadster. By the end of January, the particular car will be in good running condition, painted bright red "from stem to stern" — to resemble a fire chief's car. This is unusual, as most of the cars have been finished in the traditional, more somber colors.

The work itself is being supervised by professors Dennis Stichter, Rod Custer, and Jim Willems, who teach Mechanical Restoration, Sheetmetal Restoration and Painting, and Wood and Trim Restoration, respectively. Each of the classes is worth three credit hours, but involves class and lab time all day — 8:30 to 5:00. Don't let anyone tell you there isn't a lot of time involved in restoration!

The "men with the mission" are the approximately thirty students who have enrolled in one of the three courses. All but four

or five of them are regular students in the auto restoration program. The others include a former student who is finishing his degree, the father of one of the department's graduates, and a couple of men who are just interested in the program.

Auto restoration students have their choice of what class to take during Interterm, provided they don't take the same one twice. This gives them a chance to do some concentrated work in the area or areas of their interest.

During the regular semester, classes are quite varied in Templeton Hall. In January, however, because everyone is working on the same project, there is much more overlapping of classes. The restorees are encouraged to see what the other groups are doing, building in turn a sense of unity.

And what does unity produce? See for yourself! The Roadster will be on display in Templeton Hall after Interterm ends. You won't be able to miss it if you go over there.

Another chance to see the car will be the May Day Parade. By then, the gold-leafing specialist will have paid his visit, and all will be complete. If you appreciate fine work and old cars, don't miss this one!

## There's more to life than basketball

by Sheri Rashir-Johnson

It's 1:00 a.m., the van doors open and the McPherson College Bulldogs sleepily stumble out. Most of them head for the dorm. But four of the players head home. Not to their parents' home but to the homes they have with their wives.

It's 2:00 a.m. Justin is crying and Kelly has a big game that night. But while he is holding Justin he doesn't seem to think about it.

"It makes a difference being a father. I have a child to support and I know that Justin comes before basketball."

Sue puts in her time at home and at the Canton-Galva Elementary.

"I like it when basketball starts. We do have less time together but I feel that it is worth it."

Kelly Unruh is a senior at Mac and his wife Sue live in Galva. They have a one-year old son, Justin.

The apartment is warm and decorated in country style. Deb lived here before she and Rusty married last July. Deb comes home at 5:00 and makes supper. She has twenty minutes before

Rusty will be home to eat. He'll then return to school to get ready for the game.

Deb says, "A lot goes on in a little amount of time. Rusty eats and runs, but I don't mind. I like the season. There is a type of comradery between us wives." Rusty is a math major. He calculated his chances of getting financial aid before he and Deb married.

Deb jokingly says that is why they got married. "I feel that I am a lot more disciplined now that I am married. I think the reason is that I don't live in the dorm," Rusty said.

Rusty Allen is completing his last year at Mac and his wife Deb works at Julian Dental.

Terry and Steph are the newlyweds of the bunch. Steph said that she doesn't notice them having less time together. "I was out for volleyball so the hours are the same. Now, Terry is the one that is gone in the afternoon. I enjoy the time because I can study, clean, prepare supper; it is my time."

Steph attended Barton County for two years and transferred to Mac for the fall semester. She and Terry would see each other

when they could but both were busy with their studies and sports.

"I got tired of driving somewhere just to get to see her. Being married has certainly cut down our gas bills!" Terry said.

Terry and Stephanie Ostmeier attend McPherson College and live in McPherson.

The last couple is well known to me because I am half of it. My husband John plays here at McPherson College. He played at FHSU for two years before. "I was tired of traveling and having no one to come home to. I was ready to get married," John told me.

I guess I was too. We will be married two years in March. I don't mind him playing basketball because I think I have more fun than he does. I love to watch him play.

John has always been a disciplined person. I don't think that being married has helped him in that way. This is the last year that John will play ball. I would definitely give up a couple of hours a day if he could have four more years.

My husband John Johnson and I are both seniors at McPherson College.



Coach Paul Graber hopes that eight is enough

were brought in to be a part of this three-day event. Twice out of three tries they snatched defeat from the jaws of victory in a way that left McPherson fans ooing (or was that booing?), to set the tone for what has been a logic-defying, head-scratcher of a season, at least to this point.

Away from the friendly (?) confines of the Sport Center, the Lady Red managed a win against an over-matched, under-talented, Bartlesville-would-kill-them, Ottawa team on the strength of their weakness—free throw shooting. No sudden rise in percentage mind you, but they converted just enough (18) of their attempts (43) for a comfortable win.

Focus your attention please, on the conference record, which at

Yeah, two parts suntan lotion, one part elbow grease. One part Disneyland and two mickey mouse teams. Wa la!

If the Californians weren't quaking at the thought of playing McPherson, the after shock of Mac's two lopsided wins must have been considerable. First the Lady Red won with the greatest of ease, under the big top against their sister school, LaVerne. Redlands College was the next to fall.

But when the trip was over, it was the Kansans, not the Californians, who were surveying the damages.

When the Lady Red got back to Kansas, they were plus two wins, but minus two more players. Shirley Stramel's knee injury cut short a productive season, just when she and the team as a whole, was starting to click (and then there were nine).

Freshman Aleica Barber vanished into the night like a Lady Red first-half lead, without so much as a word to her coach (and then there were eight). Here we go again.

So after being blitzed by Sterling the stage was set for one final act for The Show, a double-El Foldo with a less-than-dazzling second division finish.

But when Tabor came to town for the start of The Show, the Lady Red abandoned their folding ways, weathered several Blue Jay comebacks, and ended up winning by twelve.

More slight of opponent? Maybe. But the turnovers have been reduced, and though the free throw shooting still isn't where it should be, McPherson seems to be playing more like a team, instead of just clowning around.

So, there may yet be time for an upswing in this up and down season. In any event, The Show must go on.

## Rebound McPherson

From the opening tip against Marymount, the stage was set for a rollercoaster season. **by Kevin Burton**

Forget Barnum and Bailey. Forget the state fair and the county fair. Forget the trapeze, forget the cupie doll, forget all that stuff. The Greatest Show On Earth is right here in McPherson, and the Lady Red are it.

If you are at all a fan of women's basketball, you will have to admit that this year's Lady Red season has been interesting, even if it hasn't left you screaming for more.

So tell all your friends about The Incredible Shrinking Team, and please turn out at six o'clock tomorrow to see them in action against the Texas-sized Saints from St. Mary's, in the Center Ring—uh—Sport Center, and try not to gawk.

For their first act, the Lady Red appeared in the never-before-attempted McPherson College Classic. Teams from Salina to Bartlesville, Oklahoma

that point stood at 1-0 despite a lot of sub-par play.

Tadaa! A win is a win. She who laughs last. Turning point.

The Lady Red had new life, not through slight of hand, but through slight of opponent.

But when The Show came home, the losses started up again. Kansas Wesleyan for the second time in as many weeks, Southwestern, Friends. Exit Tina Troxel (and then there were ten), free throws were still off, and all those turnovers. This was getting serious. Call in the freshmen! Wait!—

Eureka! Suddenly there it was, a solution. Doctor Graber's Magic Elixior (patent pending), two parts suntan lotion, one part elbow grease. Best when used in warm climates like that of California for instance. Keep out of the reach of Bethany.

## Stars of the fall

During the fall, several Mac College athletes distinguished themselves and gained all conference honors.

Roy Grosbach earned all-conference honors by placing seventh at the KCAC cross country final. Grosbach, a senior, was McPherson's most consistent runner for the past two seasons.

Five Bulldog football players received honorable mentions this fall. Defensive back Michael Hall was among those players, although it was clear that he deserved some higher mention. Hall led the team in interceptions, and when called upon, doubled nicely as a wide receiver.

Ed Crumpacker and Mark Wellbrock, at defensive line and linebacker respectively also were honorable mention picks. Randy Corns was an honorable

mention offensive lineman, and Tony Tranbarger was named to the team as a receiver.

Denise Race was a unanimous all conference selection in volleyball this year. Teammates Stephanie Ostmeyer and Cindi Harrison were named to the honorable mention team.

The fortunes of the Lady Red tennis team took a drastic turn upward this year. There was a tremendous influx of freshman talent, including Julie Oltman, who earned second place at the conference tournament, and lost only once in KCAC play all year.

Cindy Griffis and Lisa Jarrett also placed second at that tournament, at third doubles.

Third-place finishers included Jean Rowland (1st singles), Cindy Powell (3rd singles), Shelly Garlow (4th singles), Lisa Jarrett (6th singles), and Oltman and Powell at second doubles.

## Builder attitude poor

As for myself, I prefer to watch a basketball game that is played fairly, in a sportsmanlike manner. McPherson may not have won the game (Dec. 4 vs Southwestern) but their conduct, even when provoked (for the most part) was admirable.

Southwestern, following their coach's example, behaved as would be expected of a hyperactive group of grade schoolers. Though they have talented individuals, and are a promising team, most memorable, to me, will be the "Performance." They put on quite a show—the "foul" attitude in particular was most unimpressive.

In the future we can cheer our team on to victories (I hope). As of right now we can be proud of the Bulldogs.

Sincerely,  
"A Bulldog Fan"



Dawn Merrifield (left) and Cindi Harrison (right) tried but could not recruit this Disneyland character for the Lady Red. (He signed with Southwestern).

## 'Dogs turn around

Eleven games into the basketball season, the Bulldogs stand at 3-8, not exactly what coach Roger Trimmell had in mind or what Bulldog fans expected.

Also, their 1-5 KCAC record (at press time) doesn't give them much hope of a title.

This could be called a transition year for McPherson. Trimmell knew it would take time for the team to play as a cohesive unit because so many of the players were new. Still, the record might be better had injuries not played such a bothersome role in the early season.

It's been the rare game, that all of Trimmell's troops have been healthy. At present Tyrone Sims is out with a stress fracture for the next two weeks. Rusty Baker also has a leg injury that is keeping him out of action.

Although the picture for the entire season has been bleak, recently things have been looking up.

Last Saturday at the Sport Center, the Bulldogs systematically dismantled the reigning KCAC champs, the Tabor Blue Jays, 93-79. The Bulldogs led by as many as 25 before winning by fourteen, in what was easily their best performance of the season.

Trimmell was pleased with the balanced play, as five Bulldogs scored in double figures. "It was hard to pick one player who stood out above the rest," said Trimmell. "We had a balanced attack, and scored 93 points with what was a patient offense. Those are the things you like to see."

Bill Wempe, who didn't play inside much at Hutch Juco last year, is currently second in the KCAC in rebounding. He'll be counted on for continued strength inside, especially so since Baker is out.

Meanwhile Kurt Kinnamon, another Hutch transfer, has progressed quite nicely at point guard. He scored 15 against Tabor, including 9 of 12 free throws, before fouling out.

St. Mary's Cavaliers will be the Bulldogs' opponents tomorrow in an eight o'clock game at the Sport Center.

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