

# SPORTS

## Gather's Death Inspires LMU

Mark "Air" Jordan  
Capital Times Sports

The Loyola Marymount men's basketball team, inspired by the death of teammate Hank Gathers, won 3 straight NCAA Tournament games before succumbing to the Rebels of UNLV.

Hank "The Bank" collapsed and died while playing for the Lions on March 4th. Loyola dedicated the tournament to Hank. They played with great emotion during their stay in the tourney. Their motto was "The dream lives on." With fans across the country pulling for them, the Lions upset New Mexico State, Michigan and Alabama.

The dream lasted until the final eight, where they lost to UNLV. Bo Kimble,

Hank's close friend and teammate, averaged nearly 36 points per game in Loyola's tourney games.

The Lions' stay was not about winning and losing. After losing Hank, games were not that important. The team gave 100 % in every minute of every game. Although they were not national champions, it is quite possible that they will be the team remembered as synonymous with the 1990 NCAA Basketball Tournament.

The entire country will remember Loyola's record 149 points against Michigan, and Bo Kimble's left-handed free throws in honor of Hank. It is no wonder that the Lions of Loyola Marymount captured the hearts of basketball fans and non-basketball fans alike.

Also contributing to this article were: Bobby V. Linden & Jimmy P. Schreck

## Woman's Fitness Program at PSH

Vicki Cuscino  
Capital Times Sports

Staff and faculty--lace up your aerobic shoes and head for the gym to get in shape with Sally Bingaman every weekday!

Bingaman, the Recreation and Athletic Specialist at PSH, began a women's fitness program one month ago for staff, faculty, clerical personnel, and any woman employed by the university.

The main emphasis in each class "is most importantly to have fun," said Bingaman.

The classes begin with two warm-ups and then proceed to aerobic conditioning, cardiovascular conditioning, strength, flexibility, and finally end with relaxation techniques. Bingaman said the classes consist of low-impact exercises because studies indicate that these exercises are just as beneficial as high-impact, and that low-impact exercises may be better for you. She varies the exercises in the classes to add fun and variety for participants.

Bingaman heard that a woman's program did not exist at PSH and that there was possibly an interest in such a program, so she decided to implement one. She said women's fitness is one of her own interests and she taught similar classes at Alfred State College previously.

During the noon hour 8 to 16 women attend the classes and 4 to 10 attend the

evening classes. Most of the women attend consistently 1 to 2 times a week or more.

Bingaman also recently began a weight reduction program through the clerical club. She said any PSH women faculty are welcome to attend. During this program, she discusses proper nutrition and the composition of a proper diet. "We dealt specifically with trying to decrease the fat intake by reading labels and knowing what foods are high in fat and how many grams per day a person should have," Bingaman said about her first day of the weight reduction program.

"We should all be on a diet for life--a good well-balanced diet," Bingaman stressed.

Bingaman said these classes give women a start as to what to look for in a proper diet. Twenty-six women attended the first class and Bingaman plans to have weekly weigh-ins for participants.

"If the word gets around and the student interest is there...I'd be willing to meet with them," Bingaman said.

The classes are free of charge to all women faculty and staff. Also if anyone has any questions, she would be happy to answer them.

College Ball from 16 basketball today is out to make big money.

UNLV, Georgia Tech, Duke and Arkansas--this year's final four--will receive about \$1.4 million each. This incredible figure causes college programs to become corrupt and misguided. This game was created for the players. They

only receive the satisfaction of knowing that they gave 100% and helped their team to a victory. The school only receives thousands and thousands of dollars thanks to their effort. College basketball has become a great example of capitalism. That was not what Mr. Naismith had in mind.

### WOMEN'S

### FITNESS

### SCHEDULE:

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12:15 - 12:45

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by PSH

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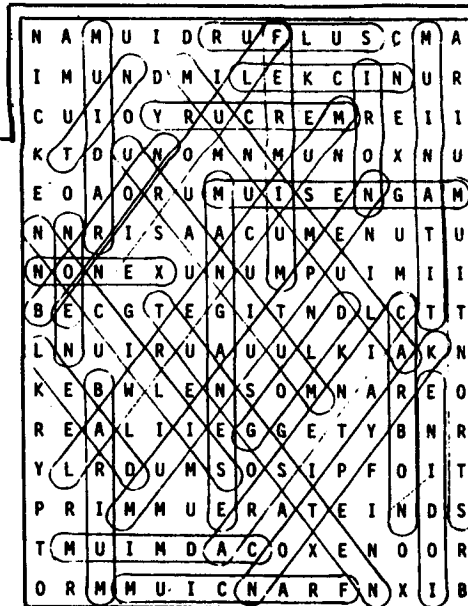
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