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# Whispering Cedars, February 17, 1978

Cedarville College

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Footer Logo

# Cindy Hall Chosen AX Sweetheart

By Martha Sprano

Valentine's Day saw the men of Alpha Chi introduce their 1978 Sweetheart and her court to the world.

An anxious crowd gathered in the college gymnasium for the Cedarville-Rio Grande basketball game and witnessed the crowning of Cindy Hall by 1977 Sweetheart Mary Humbert at half time. The coronation ceremony came complete with AX escorts and a quartet of vocalists who serenaded the new "Sweetheart of Alpha Chi."

This year's court is comprised of Karin Angel, a speech major, Deb Blackburn, an elementary education major, Joan Surso, a chemistry major, and Miss Hall, who is a social science major.

The AX Sweetheart tradition is a

carry-over from the Ivy League fraternities which choose girls believed to have character and insight as representatives of the organizations. Each year the men of Alpha Chi select four girls from the Junior Class whom they feel display exemplary Christian character.

After selecting the court, AX invites the four women to meet with the members at a semi-formal social to briefly express their interests and goals.

During the course of the year, the four girls will work closely with Alpha Chi to give them a feminine point of view in planning organizational activities.

Phil Miller, vice president of the club, believes that it is an honor for AX to choose a Sweetheart. The court is a distinction, and the choice is based upon Christian character in the women who will represent the organization and the school.



Cindy Hall is crowned by AX President Tim Altimus; last year's sweetheart Mary Humbert presents her flowers.

## Plan Updated

By Ron Phillips

Last week Dr. Jeremiah brought before the student body an up-to-date report on the present status of the college, and some possible future plans. Several projects have been discussed by the Long Range Planning Committee. These are, however, only proposals, and no definite plans have been made as of this time.

An extension to the present library was one of the projects listed first. The present facility needs to be enlarged to accommodate a greater number of students.

Another project discussed frequently is that of a new fieldhouse. This may be done in one of two ways. A new gymnasium could be built near the present athletic fields, and the present building turned into classroom space and more cafeteria space. Another proposal is to build a new student center and then merely expand the present gymnasium.

The Music Department is also in need of more and better facilities. The present buildings are not only too spread out, but are also insufficient to meet the needs of the music program.

Another problem yet to be dealt with is the future of Alford Auditorium. The most practical suggestion seems to be that of renovating it into a more usable drama facility.

There is also a need for more classroom and office space. There has been talk of changing Williams Hall into office and classroom space, following an extensive clean-up.

Although dormitories may be a need, there is not a problem here, as they are self-liquidating, making the construction of a dormitory possible at most any time.

Dr. Jeremiah then mentioned a multi-phase fund raising project that is to be launched by the Development Department next fall. Phase one of this project will be a Major Gifts Campaign, set to begin in October. This will be a private, "behind-the-scenes" campaign, involving solicitation of sizeable gifts from businessmen on a peer basis. This will be followed up roughly a year later by a General Campaign, which will involve a more public appeal.

Once again, it should be stressed that these are all in a planning phase, and no definite decisions have been made.

In concluding his "State of the Institution" address, Dr. Jeremiah pointed out the fact that nothing has been or will be accomplished without the prayer support of all concerned, including the student body.

Cedarville College

# Whispering Cedars



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Feb. 17, 1978

## College Receives Large Contributions

During the month of January, Cedarville College received two contributions of approximately \$10,000 each. The gifts were donated to the school by the Andersen Foundation of Bayport, Minnesota and Master Chemical of Perrysburg, Ohio.

Both companies are proponents of free enterprise and annually support private colleges. Director of Development, Lee Turner said that the notable aspect of the grants is not their size, which is large by Cedarville standards, but the fact that they were given because the

school does not accept state or federal funds.

Turner said that it is encouraging to know that businesses appreciate the stand the college takes concerning public funding. One of the gifts has been promised again for next year. The money will be used toward retirement of the chapel debt.

Cedarville was recently denied membership in the Ohio Foundation of Independent Colleges, Inc. which is a clearing house for business contributions to small private colleges.

The college was informed that it

would be admitted into the foundation when it received regional accreditation. However, the admission was denied due to a decision by the board to institute more stringent membership requirements. The college must wait two years before applying again.

## Campus Spotlight on Missions Features Three BMM Speakers

Missions will be the theme of a three-day presentation during the chapel services of February 27 through March 1, when three representatives of Baptist Mid-Missions will be featured as speakers.

In a continuing effort to challenge Bible-college students for missions, Baptist Mid-Missions launched this new campus ministry last fall.

Entitled "Campus Spotlight on Missions," the program calls for three staff members to spend three days on campus. They will minister in the chapel services, speak in the missions classes as well as counsel with the students. The staff members working with "Campus Spotlight on Missions" are Rev. Leigh Adams, North America Secretary, Rev. V. Ben Kendrick, Deputation Coordinator and Director of the Missionary Apprenticeship Program, and Rev. Joel Kettenring, Candidate Secretary.

Rev. Kettenring is responsible for this special outreach which is geared to provide excellent opportunities for missions-minded students to learn about the worldwide ministry of Baptist Mid-Missions. The operation of the mission as well as candidate procedures will be part of the program presented.

## Number of Applications Down

After a banner year of applications last year, the number of total applications received this year is down somewhat.

John Street, Cedarville College registrar, in a recent interview with *Whispering Cedars*, stated that the College may be "reaching a plateau of admissions," but he hastened to point out that this year's number of applications is still above that of any year previous to last year.

Street also commented that the drop from 107 applications which were accepted in January of 1977 to the 49 which were accepted this past January is deceptive. According to Street, December of 1976 was an "extraordinary month" with over 160 applications being received.

Many of these applicants were accepted in January, and this would account for the high total. Street also said that it would be impossible to ascertain if there had been a drop in applications until at least May.

Although application figures may be down, Street remarked that literature requests are up. In 1976-77, 209 catalogs



Registrar John Street comments on the decreased enrollment for next year.

were requested; in 1977-78, 332 catalogs have already been requested.

252 general letters have been sent out to students who have shown some interest in the college as compared to 91 such letters last year. Even the number of applications which have been sent out this year is up (185 compared to 105).

## Senate News

By Rick Jones

At its meeting of February 8, 1978, Senate announced that election of officers will be held at a different time than in previous years. Nominations should be turned in February 20 through 24. Primaries will be held on February 28, and final elections on March 14.

This is being done to give new officers a chance to learn of the role of their office before starting their work.

Many Senate members expressed concern over the reported conduct at one of our recent wrestling matches. (see "Need More be Said," *Whispering Cedars*, February 3, 1978, page 3). Discussion indicated that there was nothing Senate could do about this problem, for it seems to fall within the realm of the hearts of these people.

In a surprise move, Vance Maloney asked for, and received, \$300 for which has been termed "an as yet undisclosed, student-oriented, Student Senate-sponsored activity." He would reveal no details of this project, but commented that this is "one project that will knock this campus on its ear."

## In This Issue

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## A Word of Encouragement

As all of us know, the Senior Class has been urging us as a College family to encourage one another throughout this week. It would be a terrible oversight if we did not thank the Seniors for their efforts to motivate students and faculty to be concerned about each other as people.

Senior Class Chaplain Carl Zelonis has made each day's theme something worth practicing through his unique presentation of them to the campus after chapel. His message from last Sunday night may not have pleased those seeking a typical sermon complete with alliterated outline, but in its simplicity it managed to drive home the point that we do need each other, and that we need to stand in that gap that God has called us to fill.

Many Seniors have set the example by doing their best to be encouraging to others, and their example has been followed by many others. More importantly, the notion that it would be a good practice to express concern and appreciation for one another seems to have caught on in the minds of more than a few on our campus. It is refreshing to see that there are students willing and desirous of implementing this biblical pattern of behavior into their lives.

Seniors, especially the officers of the Senior Class, are to be commended on their innovative idea. Perhaps, during the course of this day, we should all express our gratitude to those who have sponsored this project and helped to make it a positive experience for the college. —CM

## Keep It Up, Fans!

In my limited file of ideas for thought-provoking editorials was a criticism of the Student Body's lack of sportsmanship at sporting events. I was going to rant and rave about the booing of officials and opposing team members, and also add a little appendix about apathy at games.

However, at the last few games there has been a dramatic change in the stayed decorum of Cedarville fans. There has actually been excitement, yelling, cheering, and such tension in the bleachers that the pressure is almost unbearable! Fingernails are bitten in anxiety and hands become swollen from clapping so hard.

What's happened to promote the switch? First of all, the team's improved record, especially at home games, has created a school pride in fans; the closeness of the most recent games has made CC fans rise to the occasion. Secondly, the high caliber of opposing teams (Rio Grande is ranked nationally in small college teams) has made students realize the significance of a win. The comic spontaneity of our mascot and the evident hard work of the cheerleaders has proved a winning expertise by someone other than the players. Self-appointed cheerleaders (complete with megaphones) have added to the overall enthusiasm. Even CZ has clandestinely contributed to the definite increase in spirit.

I have a feeling that there was a reprimanding lecture in the making, to be delivered by a dean, coach, or chapel speaker on the subject of "The Etiquette of Conducting Oneself at Sporting Events." Hopefully, the attitude of the students has demonstrated that we don't need that lecture as long as the present spirit is maintained. —CP



## Chaplain's Corner

By Rich Young

"For we would not, brethren, have you to be ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, inasmuch that we were despaired even life." II Cor. 1:8.

This last weekend it was my turn to feel pressure. I thought I was going to lose my mind as I considered Monday and those unfortunate days which were to follow. I wondered, "Oh God, what is my fate!", because I had already been deprived of my sleep, by (Well, you name it!) and my weekend was already conveniently possessed by my commitments.

I asked myself, "when would I study?" I began to panic. "Oh God! How can I make it?" I cried. How can I ever complete my studies and how can I ever get the grades it takes to stay in this institution?" My body told me I was a masochist.

Inwardly I was a bundle of nerves, despairing even life itself. It seemed to me that I had only one hope, so I kept telling myself "Have faith and MONDAY will not come! After all, did not God say that if we had the faith of a mustard seed that he would move mountains? Surely He can move Monday! He can just make it a typographical error."

Guess what? Monday came and I'm glad it did because the Lord has taught me some lessons which I would like to share with you.

I am sure many of you can identify with the monologue above. You have pressures and there seems to be no way out! So you panic and because there seems to be no way out, you begin to pray for faith without realizing that when we pray for faith God sends trials to increase your faith. I did just that and

God has increased my faith through trials!

I want to share with you how Christ sustained me while teaching me to trust in him alone. Basically he did it in two ways. First by allowing me to meet two Godly women who live by faith, and secondly, by showing me in the Scriptures how I can build up my faith.

Mark 9:24 says "Lord, I believe, help thou mine unbelief." This plea was uttered by a concerned father whose child was hopelessly possessed by demons. The Scripture says following this that "Jesus took him by the hand, and lifted him up; and he arose. (Mark 9:27) Christ honored that request and answered his prayer for his child. He will honor our prayers, also.

Friend, God has showed me through his servants and through his word that he does care and he is faithful to Scriptures which say; "What things soever ye desired, when you pray believe that ye will receive them, and ye shall have them." (Mark 11:24) I want to submit to you that we suffer trials, (mid-terms, exams, term papers, financial problems, and family problems). Because "We both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, especially those that believe." (I Timothy 4:10).

God wants you to trust in him and to be aware he is a living God.

It is easy enough to be pleasant when life follows on like a song But the man worth while is the man with a smile.

When everything goes dead wrong.

"Blessed is the man who endureth temptation for when he is tried he shall receive a crown of life which the Lord has promised for those who love him." (James 1:12).



## WEEKLY SPECIAL

By Jack Anderson With Joe Spear

WASHINGTON — The Internal Revenue Service is quietly trying to cope with a growing taxpayers' rebellion. An estimated 2,000 activists are joining the revolt every day.

The American people are up in arms over soaring taxes and declining government services. Polls show that three-fourths of the populace regard the federal income tax as unfair.

They also groan against its complexity. Our income tax code is an ant bed of regulations — 6,000 pages of exceptions, exemptions and alternatives.

But the chief cause of tax resistance, aside from man's reluctance to be plucked like a chicken, is the runaway rise in taxation.

Hundreds of thousands of taxpayers have settled the problem simply by refusing to pay any more taxes. Since the Watergate scandals, the anti-government mood has sharpened; the tax bite has deepened; and tax resistance has grown.

The resistance has gone far beyond the usual manipulations of loopholes and shelters. Billions were lost last year because of outright criminal evasion by once law-abiding, average Americans.

Yet it is still a submerged revolution. It's true that thousands of principled tax rebels are in open defiance, deploying constitutional strategems against the government. But most of the millions of evaders don't advertise their insurgency. The government keeps it quiet, too, for fear that publicity could cause a wildfire contagion.

The open resisters have staged no Boston Tea Parties. But they have declared their defiance in more orderly ways. publish newsletters and manuals, launch membership drives, retain legal counsel and work with legislators.

Many resisters sign blank returns to avoid the criminal charge of non-filing. Then they append to the blank return a collection of legal arguments.

The IRS is moving cautiously against these tax rebels. Tax agents fear that a court ruling in favor of a resister on one point or another could set off an avalanche of resistance. So many escape the day of reckoning. But over the years, the IRS has obtained convictions against some tax fighters.

It remains to be seen who will win the tax rebellion. But it's a battle that is hard to deny in a nation that was born in a tax revolt.

## IN YOUR OPINION

Dear Editor:

At the end of this week of encouragement, we as a student body shouldn't forget to encourage and thank Maintenance for the job it did in trying to unbury the campus after the recent blizzard. We thought we were cold while walking to classes; those poor guys were frozen after all their hours of shoveling and plowing.

We should also be praying for Mr. Grisham as he tries to conserve electricity on the campus. That must be an awfully frustrating task.

Thank you Maintenance!

—Lisa McClure

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YELLOW SPRINGS NEWS

# Campus Hears 'New' Style

By Steve Myers

Something new in the way of post-game fellowship was introduced last Friday evening — a concert featuring recording artist Christine Wyrzten. A good portion of the student body turned out for a tasty performance by the



Christine Wyrzten visits with the audience after her performance.

daughter-in-law of Jack Wyrzten of Word of Life fame.

Ms. Wyrzten was backed by the use of studio tapes and her own piano accompaniment.

Although she has only been touring for two years, Christine has developed a set which allows one to feel comfortable as well as appreciate the music.

I could not help but be reminded of Olivia Newton-John or Karen Carpenter by Ms. Wyrzten's warm voice and mellow pop vocal style, despite her limited range. It seems that the rock and ballad backgrounds were especially tailored to Ms. Wyrzten's style and, indeed were quite tasteful.

But the sound was not balanced to resemble a live performance. One of these days live musicians will accompany soloists on the Cedarville stage, and certainly not too soon to satisfy this critic. Some listeners enjoy concerts when they are performed live and not in the studio. Yes, Ethel, drums and guitars do exist, and can be used to praise the Lord. This has been proven often, and last Friday was no exception.

Back to Christine Wyrzten. Several of her tunes were her own compositions, in which she accompanied herself on the piano. Her material is original compared to the variety of Christian arrangers and songwriters today.

Many of her lyrics deal with God's love for us and her love for God. The subject itself is not new, but her way of expressing it is. Compared to Phil Keagy's intellectual instrumentals, and Pete Carlson's contemplation of God's wonders, Ms. Wyrzten communicates thankfulness in a sweet and simple way.

If Christine Wyrzten is ready for a concert career, I'm sure her audience is quite ready.

By the way, her albums are available in the college bookstore.

# Concert Pianist to Perform Tuesday

Mr. Sam Rotman, concert pianist, will perform in the college chapel on Tuesday evening, February 21 at 8 p.m. The concert, which was originally slated for this evening, was postponed because Mr. Rotman was taken ill.

Mr. Rotman was born in San Antonio, Texas in October, 1950. He began his musical training at the age of 9 and by the age of 11, he was committed to his goal of becoming a concert pianist.

He made his debut at the age of 16 with the San Antonio Symphony, giving five performances. Just one year later, he was called "a truly talented young pianist with abundant potential" in the Baldwin "Keynote Magazine." His subsequent career affirms that he has continued to develop that potentiality.

The artist earned his Bachelor and Master of Music degrees at The Julliard School, where he studied with artist Jacob Lateiner. While attending The Julliard School, he became the recipient of numerous piano awards, including the Otto G. Storm Award and the Hiram S. Lewine Prize.

Having given over 100 public performances, Mr. Rotman has specialized in the music of Beethoven, becoming interested in it during the bicentennial anniversary of the birth of the composer in 1970. At that time he performed a series of All-Beethoven concerts as well as giving a lecture-performance on National Educational Television.

His performance of the music of Beethoven was climaxed in June, 1973 when he participated in the Fourth International Beethoven Competition, sponsored by the Music Conservatory in Vienna, Austria. Mr. Rotman was chosen one of the 12 contestants to receive the Award of Commendation diploma, the only contestant who had not studied at the conservatory in Vienna.

# Today is the Day to Start

By Elvin King

"In 1975, the most recent year for which figures have been established, approximately one million Americans had heart attacks. Their average age was only 35 years, nine months, and this average is dropping precipitously. If this

### Last Part of a Series

trend continues, by 1980 it will have dipped below 30, and by 1985 it will be only twenty-eight." These data presented by James F. Fixx in *The Complete Book of Running* are startling.

Exercise is not the complete answer to this problem. However, gaining better cardio-vascular (heart-lung) fitness will lessen your chances of becoming a statistic. Exercise will contribute even more to your quality of life than to the length of life.

We Americans have been a spectator-oriented society. Thousands of people come out to watch an outstanding athlete attempt to break the world's record in the mile. With our national interest in exercising on the increase, it is hoped that soon we can see those thousands of people attempting to run a good mile themselves. With the emphasis that Christians place on caring for the body, (smoking, drinking, etc.) the temple of the Holy Spirit, we should provide some of the leadership in physical fitness.

So how do you get started? First, you need to decide what you want to accomplish through the exercise. It is generally agreed that the most important type of conditioning is aerobic. This means activities that require heavy breathing and can be sustained for at least 10 minutes, such as basketball, swimming, running,

walking, soccer, tennis, cycling, rope skipping, etc.

A pioneer in this field of exercise, and still the leading authority, is Dr. Kenneth Cooper, of Dallas, Texas. His book *The New Aerobics* is well worth the \$1.95 price tag and is available at the college bookstore. Through his research he has attempted to answer the question of how much exercise do we need to attain and maintain physical fitness.

Now you know the type of program you need. The second step is to make a definite commitment to stick to it. No one ever said that anything worthwhile was easy. Newton's law of momentum seems to apply to us in relation to exercise: "An object in motion tends to stay in motion and an object at rest tends to stay at rest." It will take at least eight weeks of continued activity to make it a habit.

You need to exercise at least four days per week to gain a continued training effect. To choose tennis when you do not have access to the courts 4 days per week would require you to supplement this with another activity that requires little or no equipment, such as running or walking. Another pitfall of a skill sport is that the conditioning obtained is directly proportional to your skill level. (Low skill level, little conditioning). It is generally better to use walking, running, etc., to get into condition before adopting a sport activity as your exercise program.

The third step is to buy good shoes for whatever activity you choose. You must take care of your feet. The \$20 to \$40 spent here will pay dividends by preventing injury.

The fourth step is to understand the principle of progressive adaptation to stress. Don't try to run a 10-mile race on your first day. Don't get ahead of your conditioning level. You can follow Dr. Cooper's program or one of many others available today. Another good way to start is to follow Dr. Joan Ulyot's advice, walk and run without worrying about distance. Your goal is to condition to the point that you can jog for 30 minutes without stopping. When you reach this goal, which may take you eight weeks, then you may, if you wish, see how far you are running and slowly try to increase your speed. Don't be surprised that you have a few sore muscles in

(Continued on page 4)

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# Cedarville, Hottest Team In League, Wins Three Squeakers Last Week

By Fred Greetham

Unbelievable! Incredible! Unreal! These are just a few of the words which can start to describe the "Miracle of the Ville," which happened this past week on the basketball floor for the Cedarville Yellow Jackets. Here is a brief capsule of the happenings of the week:

Date: February 10

Place: Cedarville Gymnasium

Opponent: Walsh College

Score: Walsh 79-Cedarville 78

Time remaining: 19 seconds

Walsh gains control by rebounding the missed Cedarville free throws. Guards are handling the ball in the backcourt, and are looking to pass down court. Thirteen seconds remain. Walsh player releases pass and seemingly out of nowhere 6'1" senior guard Kevin Waiters steps in front of the Walsh receiver, takes the pass, drives, and lays in the winning bucket for Cedarville with ten seconds to go in the game, giving the Yellow Jackets the lead and the game by a final score of 89-79.

If that wasn't enough excitement for the week, take a look at game number two.

Date: February 13

Place: Kentucky Christian

Score: Kentucky Christian 74 — Cedarville 73

Time remaining: 14 seconds

Cedarville works the ball inside to senior Captain Jeff Reep who banks the ball off the board and gives the Yellow Jackets a short-lived lead of 75-74. (Time left — 10 seconds) Kentucky Christian quickly inbounds and brings the ball up-court passing it off to one of the wings, who spins off and hits a fall away jump shot with four seconds to go, turning the lead back over to Kentucky Christian at 76-75.

Cedarville calls time and sets up a play. Four seconds remain. Cedarville inbounds under the Kentucky Christian basket. Ball is inbounded to Kevin Waiters who moves up the court quickly and passes off to Dan Reep, all in one motion. The younger Reep, not to be outdone by his brother, promptly turns and fires a near 35' foot jumper, which zips through the cords at the buzzer, giving the Yellow Jackets "heartstopping" win number two of the week, with the final score Cedarville 77 — Kentucky Christian 76.

Not to cheat the home fans out of any excitement, the hoopsters came home to face league leading Rio Grande the next night. Here's the capsule of that one.

Date: February 14



Kim Kauffman, leaping for the ball, shows determination.

Place: Cedarville Gymnasium

Opponent: Rio Grande College

Score: Rio Grande 79 — Cedarville 78

Time remaining: 29 seconds

Rio Grande is moving the ball around in the stall, quickly Butch Potter, a last-minute defensive sub, steals the ball away from the Rio Grande attackers. Cedarville, after calling time-out runs the clock down to ten seconds and calls for another time-out. The play is set up and as it is developing, a Redman defender kicks the ball away and out of bounds under the Cedarville basket. Five seconds remain. Waiters inbounds to freshman Eric Mounts who is breaking to the sideline away from the basket.

Mounts quickly rights himself and goes to the air from about 25 feet and hits nothing but net, as the Cedarville fans go crazy. The clock shows two seconds, and the scoreboard had Cedarville on top by one at 80-79. After a quick Rio turnover on an attempted long pass, Jeff Reep was fouled and he hit on both to make the final tally 82-79.

How's that for a week? The wins hiked the Yellow Jacket win streak to 5 games, and gave them their tenth win in their last 12 games. They also moved to 12-10 overall, and notched their M.O.C. record up to 8-4, almost assuring them of a play-off berth for the M.O.C. tournament.

A more indepth look at the leading scorers and performers in the games of the week show Eric Mounts hitting 23, and Jeff Reep 22. In the Walsh game Kevin Waiters only scored six but was

tremendously instrumental in the win as he helped lead the comeback with his steals and assists, not to mention his game winning steal and basket. Kim Kauffman also did a fine job by coming off the bench and hitting for 11 points.

In the Kentucky Christian game much balanced scoring was prevalent as five players hit for double figures. Dan Reep led the way with 16, including the game-winner, closely followed by Jeff Reep who had 15, Kim Kauffman, Dave Short, and Eric Mounts, hit for 14, 12, and 12, respectively.

In the Rio Grande game, Eric Mounts led all scorers with 27, including the gamewinner. Jeff Reep added 25. Dan Reep was the only other Cedarville player in double figures as he scored 12.

Again as evidenced in the other games of the week, Cedarville overcame a sizable second half deficit to gain the win. Rio was ahead by as many as 7 with less than 5 minutes to go, before a couple of key steals by Kevin Waiters keyed the Cedarville comeback.

Hopefully, the "Cedar-Mania" will continue through to Saturday night as Tiffin University comes to town in the next to last regular season home game starting at 7:30 p.m.

# Cedarville to Host NAIA Tournament

By Craig Vielguth

Tomorrow the Cedarville gymnasium will be the scene of non-stop wrestling action as the Yellow Jackets host the NAIA District 22 Tournament.

Along with Cedarville, teams that will be represented include Bluffton, Central State, Defiance, Findlay, Malone, Urbana, and Wilmington.

Although several of the teams have a shot at winning the team championship, Defiance and Findlay are the pre-tournament favorites.

In last week's action, the loss of numerous individuals continued to show its effect, as the squad lost in matches with Xavier, Marshall, and Huntingdon.

Numerous forfeits at six points apiece, were the deciding factor in several of those losses. However, Coach Fields has high regard for those members of the squad who continue to dedicate themselves to contributing to the team's success.

District 22 action begins in the gym tomorrow at 10 a.m. Next week, the squad faces Northern Kentucky in an away dual meet, and then wrestles in the MOC meet on Thursday at Malone College.

## Get Started

(Continued from page 3)

the first three weeks. It's a sign that your body is reacting to the exercise.

The fifth step requires that you are able to be yourself. Be an actor, not a reactor. If you feel healthier and enjoy life more as a participant than you do as a spectator, don't become discouraged by those who feel that sports are only for kids and retired men. In my personal debut as a distance runner at the 15-mile Charleston Distance Run last year, I was beaten by many men in their 50's and 60's, not to mention the 40 or so women, a blind man and a man in a wheelchair. My greatest victory was when I finally caught up with and passed 70-year-old John Pianfetti after ten miles of hard running.

This does not become a discouragement to runners but rather a real promise of the health that can be maintained if they continue to be active. It challenges them to continue training to see if they can be in better condition at 45 than they were at 44.

No person really wants to be unable to participate due to lack of physical fitness or poor skills. No one really wants to be overweight and unable to bring their body under subjection. Yet many people are unwilling to make a real commitment to alleviating these conditions.

With the physiological knowledge available today in the area of weight control and physical fitness, proper body weight and physical fitness can be achieved. The same God who is a very present help in time of trouble is certainly interested and can meet our needs in this very important area of our life.

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