

SPORTS BRIEFS

Pesky Hornets nip Spurs at wire, 111-110

CHARLOTTE, N.C. (AP) — After the Hornets blew a 22-point lead, Larry Johnson scored on a layup with 14 seconds remaining to lift Charlotte to a 111-110 victory over the San Antonio Spurs on Wednesday night.

With the Hornets trailing 110-109 with 23 seconds left, Johnson converted the game-winning basket on a perfect feed from Muggsy Bogues.

San Antonio had one last chance to win it, but David Robinson's shot was blocked by Alonzo Mourning just before time ran out.

Charlotte, which has won nine of its last 10 games, got its 12th straight home victory.

Johnson led six Hornets players in double figures with 24 points. Bogues scored 12 points and added 15 assists.

The loss wasted a 42-point night by Robinson, who keyed the Spurs' comeback in the last quarter.

Shaq leads Magic in 108-97 victory over Dallas

DALLAS (AP) — Shaquille O'Neal had 23 of his 42 points in the first half to send the Orlando Magic to its fifth consecutive victory, 108-97 over the Dallas Mavericks on Wednesday night.

O'Neal overpowered the smaller Mavericks inside, converting 10 of his first 11 shots and 17 of 25 overall as the Magic won its ninth game in the last 10 outings.

The Mavericks pulled to 85-81 with 8:13 remaining, but Dennis Scott's 3-pointer triggered a 9-2 run that included four points from O'Neal, and Orlando built its lead back to 94-83.

Jamal Mashburn scored 29 points to lead the Mavericks, who lost for the third time in their last four games. Jim Jackson added 23 points and Popeye Jones had 10 points and 19 rebounds for Dallas.

Knicks seek revenge, respect from Rockets

HOUSTON (AP) — It's too recent an event to rank as nostalgia. Not for recollections, though, and there will be plenty of that Thursday night at The Summit.

The New York Knicks last visited the building to play the Houston Rockets in Game 7 of the NBA Finals in a memorable defensive battle that the Rockets won 90-84 to capture their first title.

Now, it's the first regular season rematch with all the mental baggage that comes with it.

Knicks guard John Starks won't be able to avoid thoughts of his 2-for-18 shooting performance or his NBA playoff record 0-for-11 shooting from 3-point range. Starks didn't watch a replay of the June 22 game until Dec. 13.

'T-Mack': A&M's prime-time stopper

□ Aggie defender best at making opponents play their worst.

By Tom Day
THE BATTALION

SHHH!
Don't tell anyone, but the Texas A&M men's basketball team has a secret weapon. In fact, the Aggies have had this weapon in their arsenal for the past three seasons. His teammates call him "T-Mack," but

the fans know him as Tony McGinnis. Unknown and underrated, the 6-foot-5-inch senior guard has quietly played what head coach

Tony Barone has called the best defense in the league. But, despite his efforts, McGinnis is not exactly a household name in Texas. This lack of recognition is not a hindrance to McGinnis.

"It bothered me a little at first, but I try not to worry about it now," McGinnis said. "I know eventually somebody will see me and it will help me out in the long run."

McGinnis' quickness and versatility fuel his dominating

defensive presence.

"I take pride in my defense," McGinnis said. "It's a hard job and I feel it's one of the strongest assets of my game."

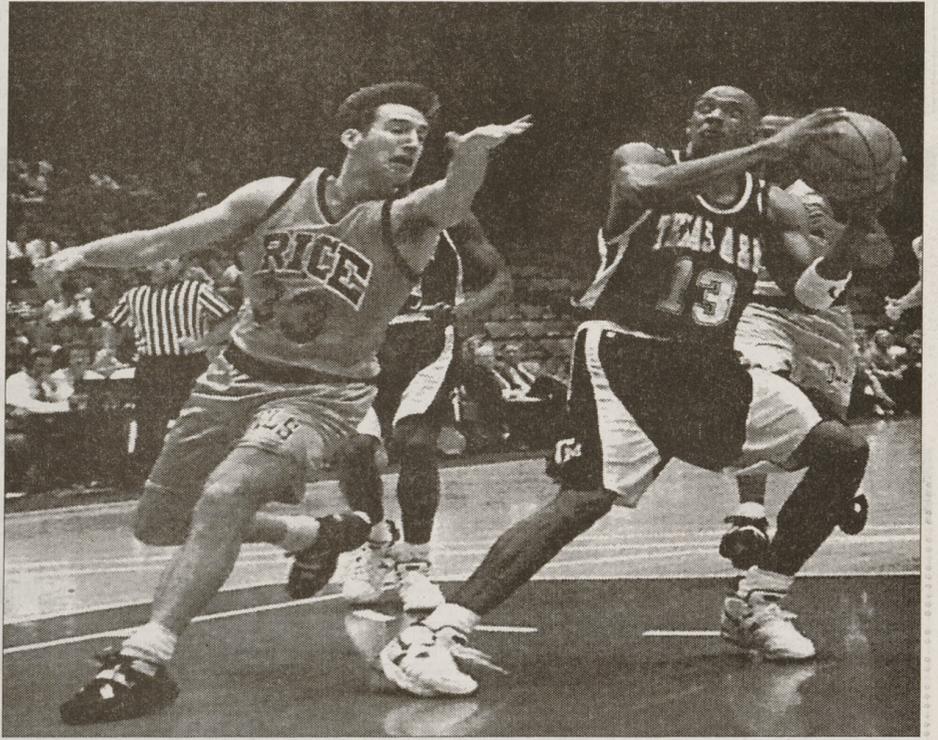
According to Barone, McGinnis' defensive strengths are solid no matter what the situation.

"He has a knack of keeping the ball away from an offensive player," Barone said. "He plays very good on-the-ball defense and he gets in the way of a lot of plays that other teams like to run." McGinnis' consistent play has earned him the tough assignment of guarding

some of the Aggies' opponents' best players. "Defensively, he's always guarding the best player on the other team, unless that player happens to be six-nine or six-ten," Barone said.

McGinnis said however, that he does not worry about fulfilling his role as the team's defensive specialist. "There's not really any pressure, but it takes a lot out of you and you can't do some of

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Dave Winder/The Battalion

Senior guard, Tony McGinnis, grabs a rebound during the game against Rice Tuesday.

Lady Aggies shoot down Owls, 75-54

Staff and Wire Reports

The Texas A&M women's basketball team used a record-setting performance by junior point guard Lisa Branch to blow by the Owls of Rice University Wednesday night at Autry Court, 76-55, in front of a crowd of 645.

Branch broke two of her own school records by hitting on eight of 13 three-point field goals and scored 30 points to lead A&M, now 11-4 in the conference and 2-1 in the South-west Conference, to the road win.

Branch's point total was the second-highest of her career, surpassed only by her 34-point outburst in last year's Dr. Pepper SWC Classic championship game against Texas. She also contributed seven steals to the Lady Aggies' cause.

The Lady Aggies shot a measly 29 percent from the floor in the first half, and trailed Rice 29-26 at half-time. But the team's shooting heated up significantly in the second 20 minutes, as they connected on 19 of

35 shots and outscored the Owls 50-26 in the second half to take home the victory.

The eight three pointers made and 13 attempted broke Branch's school records of six and 12, which she recorded last January 26 in a victory over Texas Christian University.

Also producing for the Lady Aggies Tuesday were junior post Martha McClelland with 10 points and sophomore guard Lana Tucker with eight points, six assists and three steals.

Solid efforts off the bench were turned in by junior post Angel Spinks, who scored six points and grabbed six rebounds in just 15 minutes, and by sophomore center Marianne Miller, who also grabbed six boards.

The Owls, now 5-8 overall and 2-1 in SWC play, were led by Brenda Conaway, who scored 14 points and led all players in rebounds with eight.

The Lady Aggies return to action on Saturday when they return to Houston to take on the University of Houston Lady Cougars at 7 p.m.



Stew Milne/The Battalion

Junior center, Kelly Cerny, concentrates on the hoop as she prepares to shoot a free throw.

Hill College coach fights scandal

WACO, Texas (AP) — A junior college basketball coach is trying to work a deal with prosecutors to escape fraud charges arising from the Baylor basketball recruiting scandal, his attorney said.

Vinson Metcalf, Hill College assistant men's basketball coach, already has spent about seven hours discussing with prosecutors and FBI agents his involvement in the scandal, said his attorney Ralph Strother.

"He has talked at length with them and has told them everything he knows about the case and his involvement in it," Strother said.

Metcalf, 28, who also is women's basketball coach at the Hillsboro school, has pleaded innocent to charges of three counts of wire fraud and one count of mail fraud.

Metcalf, former Baylor men's basketball coach Darrel Johnson and six others were indicted by a federal grand jury in November for their roles in an alleged scheme to provide junior college recruits with fraudulent academic credit.

The indictments, resulting from an eight-month investigation by the Waco office of the FBI, allege that the Baylor coaches orchestrated the scheme.

Each charge carries a maximum penalty of five years in prison and a fine of up to \$250,000.

Metcalf proctored several correspondence course exams for former Baylor player Tyrone Davis last summer. The results from at least one of those exams reportedly was altered, then forwarded to another college so Davis could be eligible for admission to Baylor.

Metcalf played for Johnson when he coached at Oklahoma Baptist University and they have remained friends over the years.

"His involvement in this thing has been so peripheral that had he told them everything he knew originally, I don't think he would have been indicted in the first place," Strother said.

Stop the insanity! New semester means time to shape up

Think of all the new starts you have right now; a new year, a new semester, a new lifestyle. A new lifestyle?

Yes, you heard me right, a new lifestyle. With the semester just underway, your hopes for a 4.0 are fading as you find other "more important" things to do. Your year probably started with many New Year's resolutions which, you have now resolved, probably won't happen. Am I right?

If those resolutions included getting in shape, you still have a chance. This semester can be different. Choose today. Start on a regular workout routine to get in shape for yourself. How do I start to get in shape, you might ask yourself. Well, it's not as difficult as others may tell you.

First, find an athletic activity that you enjoy. Whether it's running, aerobics, biking, lifting weights, shooting hoops, or joining an intramural team, find an activity that you will enjoy and stick with it. Talk to other friends who like to run, for example, and hold each other accountable throughout the semester.

SHELLY HALL

SPORTSWRITER

Okay, now that you have a vague idea of what you want to do to keep in shape, there are other things to keep in mind before you attempt to become the next Arnold Schwarzenegger or Cindy Crawford.

First of all, don't start off with too much too soon. This is the same syndrome that "weekend warriors" acquire when they work for five days straight and then, on weekends, think they can leap as high as Michael Jordan, jump as far as Jackie Joyner-Kersey or run as fast as Deion Sanders.

The thing to keep in mind is to start off slowly and work your way up to your personal goals. Remember the old adage, "No pain, no gain?" Well, this philosophy should have died with

the dinosaurs. The only gain you will obtain is a mass of injuries.

The second thing to keep in mind when planning a workout schedule or other athletic activity is to keep things in perspective. Know your limits from the beginning. Don't expect to go out on the first day and run a sub-five minute mile or press 200 pounds of weight. If it takes having a private talk with yourself, do it.

Your body will tell you when that muscle is being pushed past the limit, or your heart is pounding into infinity. Listening to your body will help you stay with your goals as opposed to forfeiting them because of an unexpected injury.

Now that you have heard enough of my lecture on pushing your own limits, I have just a few quick reminders before you go out to slay the "I'm outta shape" foe. I know that all of your tests, projects, busy work, etc. can pile up causing you to pull the infamous "all-nighter." But with a small amount of planning, sleep, believe it or not, can work into your "I'm taking 18 hours and working three

jobs" schedule.

Also, don't forget to drink at least eight ounces of water before you endeavor on your first workout and take plenty of water with you to refresh yourself during and after exercising.

One last thing, try to eat healthy. I know that those of you who know me, know that I struggle with this one more than anything else in my fitness goals. But, I'm sure we can all attest, that I'm not the only one who finds it easy to go an entire week living on pizza and hamburgers, the two most popular Aggie buck items available on campus or off.

So, like me, you may have to try real hard to find a good, balanced diet to fit with your schedule and your workouts.

Before I let you go, remember, that a positive, "Never say die" attitude is essential to your success not only in the classroom, but also in the gym. So, now that you have a whole new semester ahead of you, what are you waiting for?

I'll see you in the gym.

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