

Championship isn't everything

by Gabriel Campisi

The recent defeat of the UNLV men's basketball team is a sad tragedy. Our hopes of winning back-to-back NCAA Championships will have to wait for another time.

Despite this fact, we should not dwell on the negative aspects of the situation. After all, no one can take away last year's championship title. We will go down in history as an underdog who triumphed in the end.

Our basketball team is recognized across the nation as one of the greatest teams of all time. Consider the fact that players from Duke University's basketball team were quoted on national TV as saying, "UNLV proved all season they were the best team in the nation—they just had a bad game tonight, that's all."

We have nothing to be ashamed of and everything to be proud of. The last team to win the national championship back-to-back was UCLA in 1972 and 1973. Since then, no other team has ever come so close to a repeat other than UNLV, with the possible exception of Duke University (they were in the Final Four the last three years in a row).

Cancelling the appreciation rally for the Rebels' welcome home is certainly understood, but not very fair. When the Rebels lost the game, fans everywhere fell with them. They were not alone in their loss. We felt the same gut-stabbing emotions they did when the clock ran out and the sudden realization of losing to Duke became a reality.

The appreciation rally is just as its name depicts and nothing more. It is to appreciate the valiant effort the players committed to win the national title in the name of UNLV—whether they won or lost is irrelevant. There is probably not a person on campus or across the city who does not appreciate the efforts of the players.

Everyone understands they are human and were bound to lose eventually. Ask yourself when was the last time you got straight A's

on your report card two years in a row. Or when was the last time you got promoted at your job two years in a row because you impressed the heck out of your boss? The average person would have to answer not very often.

With this in mind, the appreciation rally should not have been cancelled. I understand Stacey Augmon, Greg Anthony and Anderson Hunt went home to their families and would not have been present at the rally even if it had commenced as scheduled. But then why not reschedule it?

Perhaps the Rebels feel they let UNLV and their fans down by losing the game. This is entirely absurd. Through thick and thin, I'm positive all fans will continue to stick by their Runnin' Rebels. The only way they are letting their fans down is by not rescheduling the appreciation night, by not giving their fans the chance to let them know how they feel, and by not acknowledging their own overall success as a team.

We must remember that winning a title isn't everything. Without losing every once in a while, we could never properly feel the overwhelming joy of totally annihilating an opponent. As for the Rebels' outcome in the Final Four, it isn't really fair to say they lost—that's too strong a word for a team with so many positive elements. Winning, after all, exists only in the eye of the beholder.

Campisi is a sophomore and an assistant editor with The Yellin' Rebel.

Sit up straight

by Deborah Soper

Do you remember when you were younger and your mom would say, "Sit up straight?" Didn't you hate that? I could never understand why she was always harassing me to sit up in my chair. After all, I wasn't beating up my brother, playing in the mud, watching re-re-reruns of Star Trek, or evading homework. But now that I'm older, I am altogether too aware of why she was so insistent.

Do you realize good posture exemplifies a good attitude? You walk into a room and command attention, because your head is held high and you walk in long, graceful strides. This attitude commands attention. Don't you notice people who display confidence, rather than people who walk with their heads down inside their shoulders?

Along with the positive appearance good posture provides, we come to the main benefits of posture—mechanical efficiency. Bad posture develops incorrect muscle development, tension, spinal deviations and lower back disorders. These reduce flexibility. Without flexibility and long muscles, the joints have no absorption in walking or running. This can cause the joints to deteriorate.

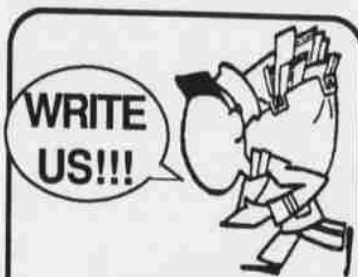
If these basic points have not convinced you to "sit up straight," let me mention one

word—osteoporosis. By definition, osteoporosis is a condition characterized by a decrease in bone mass with decreased density and enlargement of bone spaces producing porosity and fragility, resulting from disturbances of nutrition and mineral metabolism. In layman's terms, you'll look like the hunchback of Notre Dame. A person with osteoporosis loses the ability to sit up straight and actually looks hunched over.

While you're sitting there reading this newspaper, remember your mom saying, "sit up straight." And, if all else fails, remember your attitude is showing.



Illustration by Gabe Campisi



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