

UNLV professor tabbed for Pan Am coaching duties

Special to Sentinel-Voice

UNLV Physical Education professor Al McDaniels has been named assistant coach for the U.S. women's track and field team.

The four-time Big West Conference coach of the year will lead the team at the 1999 Pan American Games, July 24 through Aug. 8 in Winnipeg, Manitoba, Canada.

The former UNLV track head coach, who participated Dec. 2-6 in the 1997 USA Track & Field national convention in Dallas, is a member of the men's and women's development, the masters track and field and the officials certification committees.

McDaniels coached the women's cross country and track and

field teams at UNLV from 1974-1992, leading the women's outdoor team to five Big West Conference championships and 10 NCAA championship appearances, including a sixth-place finish in 1992.

McDaniels has coached 29 All-Americans, including 1984 NCAA heptathlon champion Sheila Tarr, 1987 indoor 1000 meters national champion Trena Hull and 1996 U.S. Olympic 400-meter hurdle alternate Trevaia Williams.

He also worked with Lisa Austin, track and field coach at the Meadows and eighth-place finisher in the triple jump at the 1996 U.S. Olympic Trials.

Power

(Continued from Page 9)
We want to be seen as "powerful" so others will respect us and perhaps fear us. Sadly our focus on external authority makes us oblivious to the vast reservoir of inner physical, mental, emotional, and spiritual power available to us. Most people go to their graves never fully actualizing or utilizing these powers.

Our ignorance of our connection to the power that creates and sustains the universe causes us to think and act as if we are impotent when, in fact, we are mighty! It's comparable to driving a turbo-charged racing car thinking it only has 10 horsepower and

can only go 35 m.p.h.! We have not grasped the reality that life itself is a form of energy; that to be alive is to be in possession of power, and therefore, the ability to think, cogitate, act and effect our environment through the use of thought, imagination, creativity and physical activity. In fact, it is the harnessing, focusing and application of this inner power that leads to the other forms of power.

Most of us lack the knowledge and wisdom to utilize our powers correctly, to make our lives exciting, productive and enjoyable. Inscribed above the ancient temples in Kemet were the

words, "Man, Know Thyself." This admonition is just as relevant today as it was thousands of years ago. We must begin to learn who we are and the vast powers we possess. We need to know we are spiritual beings clothed in a magnificent physical body designed by *Infinite Wisdom/Intelligence* to be co-creators on this planet. The *Life Force* that takes in energy from the air and foodstuffs and transmutes them into energy to sustain the body is *power*. Corpses do not possess this energy or intelligence. By being alive you have special powers.

Check your pulse, if you

still have one you are alive! What are you doing with your energy and power? Are you efficiently and effectively mobilizing the energy you have available to you to do great things and magnify the Creator who so graciously supplies this energy to us? If not, why not?

You are greater than you realize, far more dynamic and powerful than you think. We talk a lot about empowerment. The truth is, we are powerful (full of power) already. The problem is we are ignorant of our potential. Meditate on the truism, "*The Kingdom of God is within you.*" and decide how you will manifest that reality in your life.

Armstrong

(Continued from Page 3)
their belongings, and left.

A young Armstrong found solace at the North Little Rock Boys & Girls Club, turning his anger and attitude into power and personal responsibility.

He began to excel academically after joining the Club in 1989, eventually becoming a member of the Student Council, Human Relations Team, a junior Rotarian and part of STORM (Success Through Outstanding Role Models) while in high school.

He was also listed in Who's

Who Among American High School Students.

Armstrong credits the Club with building his self-esteem and developing his leadership skills.

"At a time in my life when a positive male role model was needed, Mr. Dwayne Noble [A youth professional at the Club] became the older brother I never had," Armstrong said. "I watched every move he made and studied the way he handled problems."

Whether testifying before Congress or speaking to leaders of industry on the benefits of

Boys & Girls clubs, then aspiring politician uses the skills he acquired while serving as vice president of the Golden Knights Keystone Club, a teen leadership group at the club and a recruiter for youth counseling sessions geared toward conflict resolution.

For his grant-writing efforts, Armstrong was recognized in the Capitol Rotunda in Washington, D.C.,

as one of Prudential's national winners of the Spirit of Community Service Award.

In addition, he was elected governor for the Arkansas Boys State, and June 6, 1996, was declared Eddie Armstrong Day in North Little Rock.

"That's not a bad return on a \$5 investment made by a fifth-grader," said Armstrong, referring to the fee he paid to join the North Little Rock Club eight years ago.

Sports Quiz

1. Name the only two pitchers in major league baseball to lose more than 300 games.
2. Name the only major league pitcher to allow more than 500 home runs.
3. Name the only two major league pitchers who have appeared in more than 1,000 games.
4. Name the Montreal player who holds the Expos' all-time record of 97 stolen bases in a single season.
5. Name the only Atlanta Brave to hit four home runs in one game.
6. Name the only New York Yankee to hit four home runs in one game.
7. What player has participated in the most NBA basketball games?
8. Name the only NBA player to average more than 50 points a game for a full season.
9. Who holds the single-season record for scoring by a kicker in the NFL?
10. Name the first New York Met to take an at-bat in World Series play.

SPORTS QUIZ ANSWERS

1. Cy Young, 313 and Pud Galvin; 2. Robin Roberts; 3. Roy Williams, 1,070 and Ken Tekulve, 1,054; 4. Ron Leflore, 1980; 5. Bob Horner, 1986; 6. Lou Gehrig; 7. Kareem Abdul-Jabbar, 1,560 games; 8. Willie Chamblain, 50.4 a game; 9. Mark Moseley, 61 points for the Redskins in 1983; 10. Tommie Agee, 1969.

Heritage Sisters & Nubian Queens

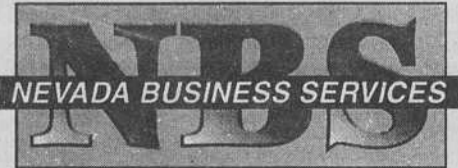
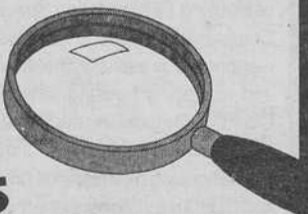
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