John Bell comes from Norfolk, so he knows about rough seas. And John Bell has learned, while getting his college and football education, that even in the mountains, things can get rough, water or no.

A couple of weeks back, the junior gridder was demoted from the Virginia Tech's first defensive unit.

To make a rather long—and sad—story short, Bell came back.

In the Tech loss to Memphis State two weeks ago, Bell picked off his second interception of the season. That, in this year of a very porous Tech defense, made him the team leader in that department.

Saturday in Blacksburg against Florida State, Bell, a monster back, turned his comeback into a ringing success.

Three times FSU aerials wound up in Bell's hands and the last time he made up for the near-miss TD return on the second interception by carrying the ball 33 yards to the Seminoles' end zone.

**COMING ON THE HEELS** (only 12 playing seconds separated the scores) of a TD pass from Tech quarterback Eddie Joyce to wide receiver Ricky Scales, Bell's sixpoints shocked FSU into submission and gave Tech a lock on its second win of the year, 36-13.

"John's had his ups and downs this season," reflected Tech coach Charlie Coffey. "Maybe this will get his confidence up."

Added to an alert fumble recovery and a couple of tackles, Bell certainly should get a lift from it all. And who knows, maybe the seas will smooth out a little.

Whether they do or not, nothing can detract from the fact that on a cold Saturday in the mountains, with nary a drop of water in sight, John Bell was in command.

Because he was, he is The Times-Dispatch Defensive Player of the Week.