



Food for thought
What's healthy for students' diets? What isn't? Do students really care?

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'Tis the season
For this week's Student Voices, we asked kids from the Child Development Center for their Christmas lists...

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House hoops
Both the men's and women's Cobra basketball team updates...

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P Prospectus

Since 1969

Volume 29, Issue 15

The Student Newspaper of Parkland College

Wednesday, November 29, 1995

Policy states students' rights to appeal grades

by Jon Nitschke
Prospectus Staff Writer

If students believe they have been graded unfairly, where do they go? What do they do?

Although in most cases grades are final, Parkland students who question instructors' evaluations have an avenue of recourse: filing a grade appeal.

According to the Student Policies and Procedures Manual, there are three reasons why a student may appeal a grade: if the grade was based on criteria other than "academic and behavioral performance"; if a teacher en-

forces "more exacting or demanding" standards upon the student than s/he does on the rest of the class; or if the grade the student received does not correspond with the instructor's published standards.

According to the procedures manual, any student wishing to appeal a grade should first speak to the instructor who gave the grade. The manual then advises students to contact the instructors by midterm of the following semester and request a "review and accounting of how the grade was determined."

GRADES...cont'd. on pg. 7



Photo by Jeff Simpson

'I don't need no stinking sticker!'

In a somewhat blatant display of regulation defiance, the driver of this van parked it in a spot reserved for vehicles bearing approved "handicapped" signage. As this van has none, an understood mental handicap should apparently be assumed.

PC Theatre's 'Lucky Stiff'—one zany comedy

by Christine Wing
Prospectus Staff Writer

A "lucky stiff" takes a trip to the glitzy city in the Parkland Theatre's latest production.

Lucky Stiff is the zany musical comedy chronicling one man's post-mortem vacation to the island of Monaco.

In his Uncle Anthony's will, Harry Witherspoon is instructed to take his late uncle's body to the French Riviera. Never having gone anywhere in life, Anthony intends to enjoy Monaco as a corpse just as he would have during his lifetime. He promises his nephew \$6 million for chauffeuring him around—wheelchair and all.

Discontented shoe salesman Harry vacillates between objecting and welcoming the opportunity to escape his mundane existence, if only temporarily.

Anthony's wife, Rita, portrayed hilariously by Gemma Ann Wall, is responsible for her husband's untimely demise. Unhappy

in her marriage to "Tony," Rita had decided to seek fulfillment elsewhere. In a shootout meant to "hurt, but not kill" him, Rita inadvertently ends her husband's life. But she and her new love still want to lay claim to part of the millionaire's riches.

She discovers that Anthony has designated the money to his nephew, whom she has never met. In her effort to shirk responsibility for the crime, she makes her brother, Vinnie, an ophthalmologist also disillusioned in his marital life, a target of possible physical retaliation and coerces him into going with her to Monte Carlo to hunt down Witherspoon and get her hands on the money.

Wall and Michael Powers, who portrays Vinnie, make a hysterically funny pair as they run from one end of Monte Carlo to the other, always one step behind Witherspoon and his deceased companion.

Tom Cravens' portrayal of Harry Witherspoon conveys not only the bizarre

humour of his character's situation, but it also reveals Witherspoon's own genuine and sincere character.

Anthony's nephew is motivated, as almost anyone in the situation would be, partially by monetary gain as he considers what \$6 million would mean to him, but also as he sits in their Monte Carlo hotel room and questions the absurdity of his actions, he realizes that honoring his uncle's last request is the only ethical thing to do.

Yet another party hungry for the \$6 million is a Miss Anabel Glick, of the Universal Dog Home in Brooklyn. Anthony was apparently among the Home's more generous benefactors, so Glick (portrayed by Suzanne Adams) flies to France to make sure Universal secures a piece of the pie.

To Rita and Vinnie's comedy of errors and Witherspoon's hapless humour, Adams adroitly adds the off-beat antics of a nosy, aloof corporate Sally, who

THEATRE...cont'd. on pg. 2



Photo by Don Manning

Luck be a dead guy tonight

Rita LaPorta (Gemma Anne Wall) is reunited with her lover, the now-deceased Anthony (Christopher Magg) during the Parkland Theatre's production of the musical comedy 'Lucky Stiff.'

News Staff News

News Briefs

Lifelong Learners series

Parkland's Lifelong Learners are invited to "unravel the riddles of Nepal" during the third lecture in the *Travelogue to Adventure* series on Dec. 5 1:30 to 3 p.m. at the Champaign Public Library.

There is a fee for non-members.
For more information: 217/351-2544

Refrigerant certification

Parkland will offer its EPA-approved refrigerant certification testing on Dec. 2.

Technicians wishing to enroll in the training or to take the test are asked to call Parkland's Business Training Center: 217/351-2235

There is a fee for the workshop.

Potential homeowners seminar

A two-part informational seminar for potential homeowners will be offered on Dec. 7 and 14 7 to 9:30 p.m.

The Homebuyer's Seminar will offer guidance on budgeting, home inspection, prequalification for loans, closings and other important steps involved in purchasing a home.

There is a fee for the seminar.
For more information: 217/351-2235

Ensembles combine for concert

Parkland's Community Band, Chamber Choir and Choral Union will combine their voices and instruments for *A Parkland Christmas* on Dec. 10 at 4 p.m. in the American Lutheran Church in Rantoul.

For more information: 217/351-2366

Real estate seminar series

Parkland's Business Training Center will offer two continuing education real estate workshops.

Being the Real Estate Professional will look at standard ethical procedures on Dec. 7, 8:30-11:30 a.m.; *Fair Housing* will concern the Federal Fair Housing Act and the Illinois Act on Dec. 7, 1:30-4:30 p.m.

The seminars will meet in room E102. Each seminar meets the requirements mandated by the state of Illinois for continuing education licensure.

There is a fee for each workshop.
For more information: 217/351-2235.

Scholarship deadline near

The application deadline for the \$500 Champaign Rotary Club Vocational Scholarship is Dec. 11. The scholarship is awarded to Champaign Central, Centennial, Judah Christian and University High School seniors or graduates who will be attending Parkland.

Applications are available at the Parkland Financial Aid Office.

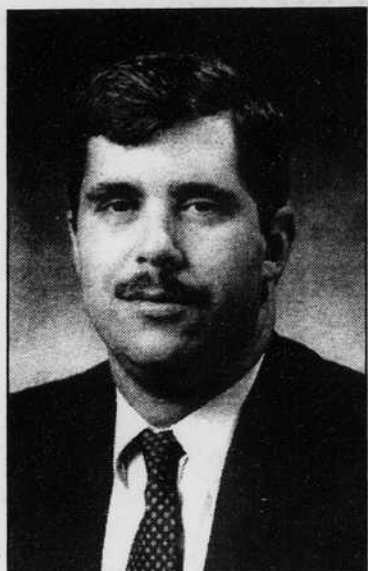
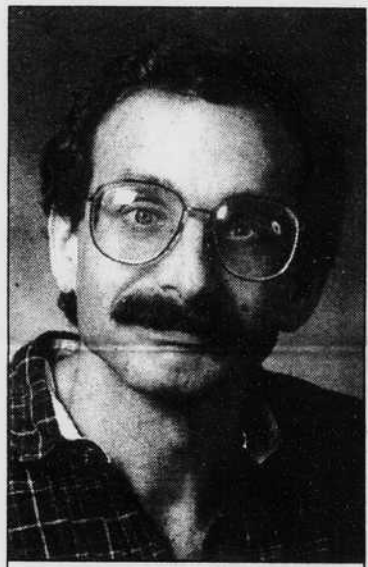


Photo by Don Manning

Paul Sarantakos, director of Parkland's Office of Public Safety, has been appointed state director of RADS (Rape Aggression Defense Systems), the largest women's self-defense organization in the country.



Prospectus File Photo

Don Manning, Parkland College photographer, is one of two featured photographers in the fall 1995 issue of *Loupe*, the magazine of the Chicago/Midwest Chapter of the American Society of Media Photographers.

A color photograph of Parkland's William M. Staerkel Planetarium graces the cover of the publication, while the inside features a two-page spread of Manning's photographs of Carle Foundation Hospital's Trauma Center, along with a short biography.

Killing for that last news fix? Read this weeks Prospectus over and over for your daily dose.

...THEATRE...continued from front page

takes her job all too seriously.

However, her cold exterior slowly but surely melts as she finds herself teaming up with Harry in an attempt to outwit Rita and Vinnie, and, ultimately, the two realize they are on the same side.

The musical score in the production fits the wild and wacky tone of the show. The tight harmony on *Him, Them, It, Her* contrasts well with the subtle sweet-



ness of songs like *Nice* and the outrageously funny absurdity of *Dogs Versus You*.

The outlandish situations detailed in the play are anything but realistic. However, the characters in the play exhibit emotions with which almost anyone can identify. The excitement that Harry believes is missing in his life coupled with the loneliness that Anabel tries to conceal are feelings universal to the human experience.

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Prospectus

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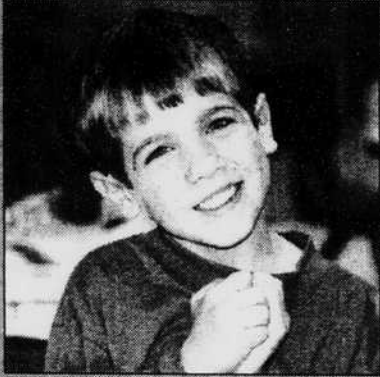
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Student Voices

What do you want for Christmas?



Jordan
"Motor-cycle, Goofy Hat, Barbie House and Candy."



Aliya
"Barbie with stroller, baby in a bed and slime."



Brenna
"New Easel, Space Ship, Lambchop, Fisher-Price Pirate Ship."



Jace
"Batman Belt, Motorcycle Helmet."



Khanben
"Toys."



Leslie
"Stocks so I can buy a new car when I grow up."



Mary-Kate
"Barbie on a horse and that kitty thing where the big dog chases it around."



Robert
"Power Ranger."



Tucker
"Dump Truck and a Backhoe."

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McDonald's			
Food Item	Fat grams	Calories	% fat calories
Big Mac	26	500	47%
Quarter pounder	20	410	44%
McLean Deluxe	10	320	28%
Fillet-O-Fish	18	370	44%
French Fries lg.	22	400	50%
Egg McMuffin	11	280	35%
Apple Pie	15	260	52%
Strawberry Shake	10	380	24%

Hardee's			
Food Item	Fat grams	Calories	% fat calories
Bacon Biscuit	21	360	53%
Big Deluxe Burger	30	500	54%
Big Roast Beef	11	300	33%
Fisherman's Fillet	24	500	43%
French Fries lg.	17	360	43%
Chicken Stix 6 piece	9	210	39%
Apple Turnover	12	270	40%
Strawberry Shake	8	440	16%

Wendy's			
Food Item	Fat grams	Calories	% fat calories
Big Classic/Kaiser Bun	23	480	43%
Single w/everything	23	440	47%
Egg Omelette Sandwich	15	312	43%
Fish Fillet Sandwich	25	460	49%
Baked Potato w/cheese	24	550	39%
French Fries lg.	22	450	44%
Apple Pie	11.8	236	45%
Frosty-Dairy	10	340	26%

Taco Bell			
Food Item	Fat grams	Calories	% fat calories
Beef Burrito	21	431	44%
Taco Salad w/salsa	61	905	61%
Taco Supreme	15	230	59%
Tostada	11	243	41%
Cinnamon Twists	8	171	42%
Mexican Pizza	37	575	58%
Nachos	18	346	47%
Chicken Fajita	10	226	40%

Kentucky Fried Chicken			
Food Item	Fat grams	Calories	% fat calories
Breast extra crispy	21	344	55%
Breast Original	14	260	48%
KFC Nuggets	18	284	57%
Buttermilk Biscuits	12	235	46%
Mashed Pot. w/gravy	2	71	25%
French Fries	12	244	44%
Hot Wings Brand 6 pieces	33	471	63%
Chicken Sandwich	27	482	50%

Steak & Shake			
Food Item	Fat grams	Calories	% fat calories
Steakburger	7.12	277	23%
Super Steakburger	12	375	29%
Triple Steakburger	17	474	32%
French Fries	10.2	211	44%
Chili Mac w/4 saltines	12.4	311	36%
Chocolate Shake	37.8	608	56%
Cheese Cake	11	368	27%
Baked Beans	3.68	173	19%

*The Complete & Up-To-Date Fat Book

Fast Food in the Nineties

The confusion of eating healthy



by Prospectus

Going to classes, studying, meeting friends, working...life on the student track doesn't leave much time for leisurely lunches or dinners by candlelight.

It's usually shouting into the mike at a fast-food outlet, grabbing the goodie sack, gobbling the burger and fries, or whatever—and hoping it all isn't eventually lethal.

From 1970 to 1989, 140,000 fast food outlets in America have served 46 million people daily at a rate of 200 hamburgers per second, according to *Life* magazine.

Brian Wiedert, freshman in liberal arts, says he eats out six to eight times a week, usually eating a Cheeseburger or Chicken McNuggets at Gulliver's or McDonald's.

A freshman in electrical engineering says he ends up eating out 20 times a week.

According to Leo J. Shapiro, a Chicago market researcher whose firm has studied Americans' eating habits for 40 years, "The food is not that important anymore. We used to eat when the food was ready. Now we eat when we're ready." The latest research shows that the three most important factors in a consumer's decision on where to eat are 1) time of day, 2) how long the customer wants to spend eating and 3) price.

Rob Elshire, sophomore in biology says he eats out five times a week. Elshire says he goes to places that have buffets, like House of Hunan, for a healthy diet containing variety.

Sara Harris, freshman in nursing, eats out three to four times a week at fast food places like Kentucky Fried Chicken and Taco Bell.

Hamburgers (28 percent), chicken (19 percent) and pizza (13 percent) are the three most popular fast food take outs, according to the National Restaurant Association. Pizza is the the most popular item for

home delivery at 84 percent. William Dietz, a pediatric obesity specialist at Tufts University School of Medicine, says "There is an increasing reliance on fast food and restaurants, as opposed to home-cooked meals, and there is a preference for high caloric density in foods."

When students come home at night, they're exhausted Who wants to cook a homemade meal?

According to *The Public Pulse*, a newsletter of the Roper Organization, take-out remains most popular among adults younger than 30, with 61 percent having it weekly. But the industry is also attacking growing numbers of baby boomers and people between 45 and 59 years of age.

A sophomore in nursing says she eats dinner out six to seven times a week, usually at Friday's or Carlos O' Kelly's. She says she eats salad or chicken — "never a hamburger." She claims she eats on the healthy side.

Clearly, Americans are busy — read the paper, listen to the news, listen to your friends, look at the expressways. It seems everyone's eating time has been crunched to help increase time for other activities. But is all this eating out healthy for us?

In the last two decades, the number of overweight adults has risen from one fourth to one third, according to the Center for Health Statistics.

Obesity among adolescents has also risen within the last decade by six percent. In 1991, twenty-one percent of children between 12 and 19 were overweight. Research shows that obesity is on the rise and that an obese adolescent will most likely end up an obese adult.

In 1970, Ronald McDonald could be identified by 96 percent of all American children (second only to Santa Claus), according to *Life* magazine. And since 1977, fast-food outlets began being introduced inside

children's hospitals and schools. Today, a typical American child sees up to 10,000 food commercials a year.

"Unless parents and children take steps now, about one third of today's children will have their adult years shortened by heart attacks, strokes, hypertension, diabetes and other diseases associated with obesity," said Aida Miles, a pediatric nutritionist at Eggleston Children's Hospital.

Americans are health conscious but don't seem to go through with their good intentions of eating healthy. Studies show that over half of all Americans say the availability of healthy food affects their choice of fast food restaurant, yet only 1 in 4 order food based on its healthful content.

When it comes down to it, people order what tastes good, not what's good for them, according to a survey conducted by the Food Marketing Institute.

Harris claims she eats on the healthy side even though she eats out at fast food restaurants three to four times a week. And he electrical engineer, who eats fast food hamburgers and cheeseburgers ten times a week, claims he eats on the healthier side.

Ann Harkins, food manager of Gulliver's, says their fast food (Value Express) is their "biggest seller," over their healthy menu from the other Gulliver's.

To accommodate those of us who claim we want healthy food, fast food restaurants have widened their menus to include such items as salads, baked potatoes and light sandwiches.

McDonald's spent millions introducing the McLean sandwich, which was supposed to be 91 percent fat-free. It was discontinued after nine months because consumers didn't buy it.

According to Michael Evans, spokesman for Burger King, fast food restaurants must still cater to the fat-conscious consumers because they may be the ones that

might otherwise veto the rest of the family's going out for burgers and fries.

"In a family or a group of friends, there's always one person who's on a diet or who doesn't eat red meat," said Evans. "We have to offer a broad enough range of products to have a wide appeal for everyone."

Almost all fast food restaurants also offer menus that list all the foods they offer along with each foods fat, caloric and nutritional content. But menus may be deceiving.

According to Michael Jacobson, executive director of the Center for Science and Public Interest, Taco Bell's taco salad contains a whopping 61 grams of fat — 31 grams of fat over the recommended daily intake of 30 grams of fat. Mc Donald's Chef salad with croutons, a Big Mac and Wendy's salad with blue cheese dressing all have around 38 grams of fat.

According to Consumer Reports, you can't even rely on the nutritional information of a restaurant even if you are health conscious enough to take the time to request it. The U.S. Food and Drug Administrator allows the same latitude for the fast food industry as it is for nutritional labels on packaged foods. According to Consumer Reports, fat was often more than 20 percent higher than the numbers manufacturers list on the labels — fast food restaurants take the same liberties. (Have your regular french fries always contained the same number of fries?)

So far, the fast-food industry has responded to consumer demands but Americans have not exercised their power to demand nutritionally sound food.

Verma Evans, sophomore in Child psychology, eats out about every day at places like McD's and KFC. She said what may be true for many Americans: "I don't know what healthy is."

...But they still eat fast food

Students care about their health

Students find eating fast food to be more convenient

by Kevin Cash
Prospectus Staff writer

Seventy percent of Parkland students interviewed say they care about their health and that they carefully watch what they eat, according to recent random interviews.

In addition, most students say they try to avoid hamburgers and cheeseburgers as much as possible, opting instead for foods less fatty in composition.

According to Gulliver's manager Ann

Harkins, however, the bulk of the business' food sales centers around more fast-food items, such as burgers and fries, rather than more health-oriented items, such as salads and bagels.

Many of the students interviewed admitted that healthier foods are at least a part of their diets, but that fast food indeed comprises the bulk of their dietary intake.

This corresponds with the reported average number of days during which students said they eat out during the week—from two to seven.

Those who reported dining mainly on healthier foods also said that if, given the option of going out for fast food or dining at home, they would either go home to eat or simply not eat at all.

Many also said they go home and fix their own lunch in order to avoid having to dine on fast food.

Tips for eating fast food

▲ Think Small. The small or junior-size burger generally has 250-300 calories, 9-11 grams of fat.

▲ Select a Salad only if you're willing to eat the low-fat, fat-free, or reduced-calorie dressings.

▲ Forget Sandwiches made with chicken or fish that is breaded and fried.

▲ Trim the Trimmings. Hold the special sauce, tarter sauce, mayo, and cheese—or remove them at the table.

▲ Skip the Biscuits and Croissants—45 to 55 percent of their calories come from fat.

Source: Good Housekeeping

Top 10 Food Purchased by Teens

- 1) Gum
- 2) Ice cram (including sandwiches, bars, cones, etc.)
- 3) Fast-food hamburger
- 4) Chocolate candy
- 5) Pizza
- 6) Nonchocolate candy
- 7) Breath mints
- 8) Cookies
- 9) Hard candy in a roll
- 10) Potato chips

Source: Teenage Research Unlimited

We Say We Care

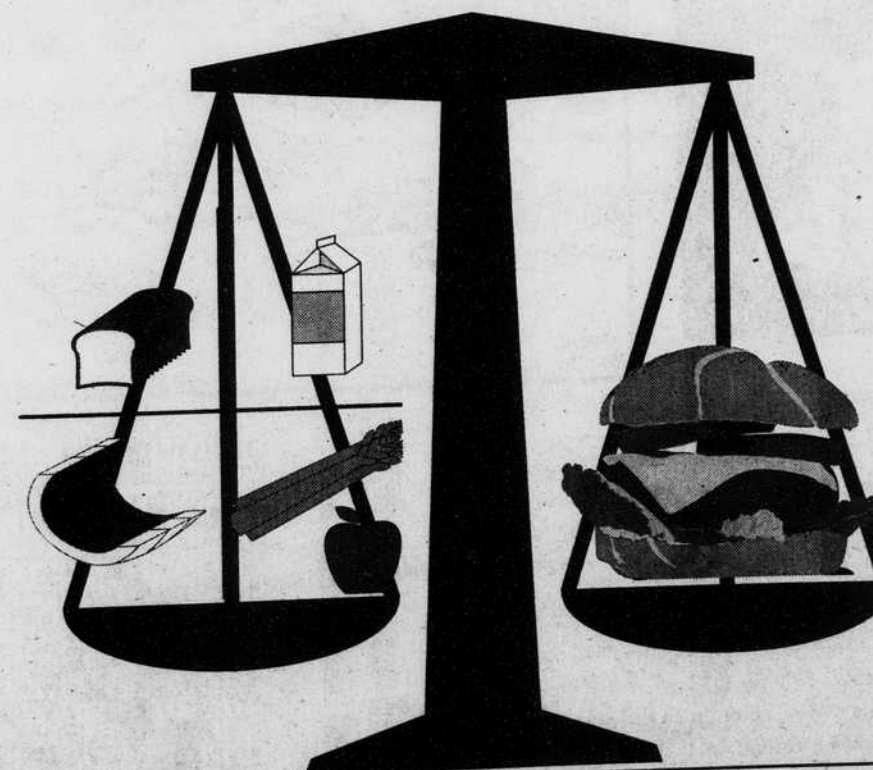
Over half of all Americans say the availability of healthy food affects their choice of a fast-food restaurant. But when they reach the counter, only 1 in 4 order based on what's healthful.

Source: Chick-Fil-A Nutrition Monitor

Fast Tip for Kids' Meals

Compromise on the special meals by asking for milk instead of the usual sugary soft drink. Most fast-food chains are happy to make the substitution.

Source: Good Housekeeping



Across

1. Valuable violin
6. Member of the wedding
11. Slash
14. Played again
15. Chum of Moe and Curly
16. Pretty — picture
17. Those in a poker game
19. Chafe
20. Loll
21. Of neap and ebb
23. Bundle
27. Sweet and cloying
29. Words of a song
30. Hindu's divine
31. Mountain ridge
32. Pert
33. Scottish cap
36. Koppel and Danson
37. Comic Victor
38. Romantic isle
39. "—was going to..."
40. Blueprints
41. Drawing room
42. Armed forces
44. King's seat
45. Teachers of a school

47. Trendy one

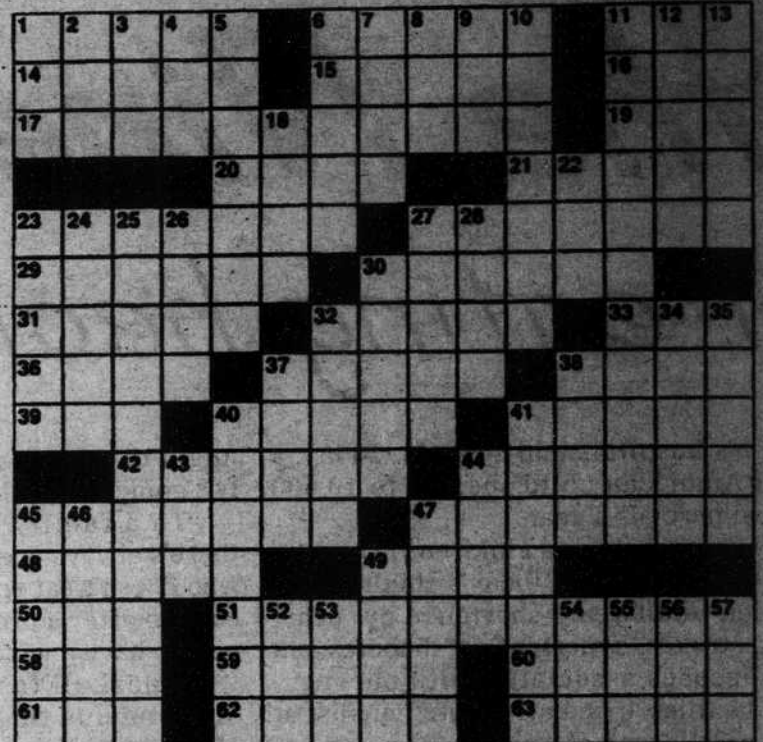
48. Marble
49. Part of the leg
50. Debussy's "La—"
51. Small pasteboard of a kind
58. Terminate
59. Love affair
60. Grusome
61. Drunkard's affliction
62. Lama land
63. Omit a syllable

Down

1. Bow
2. —culpa
3. Timetable abbr.
4. Small amount
5. Properly situated
6. Shiny coating
7. Comedienne Martha
8. Mine material
9. Hocky hero
10. Chime novel, e.g.
11. Library item
12. Ordinary
13. Furniture piece
18. Fails to keep up

22. "— a Camera"

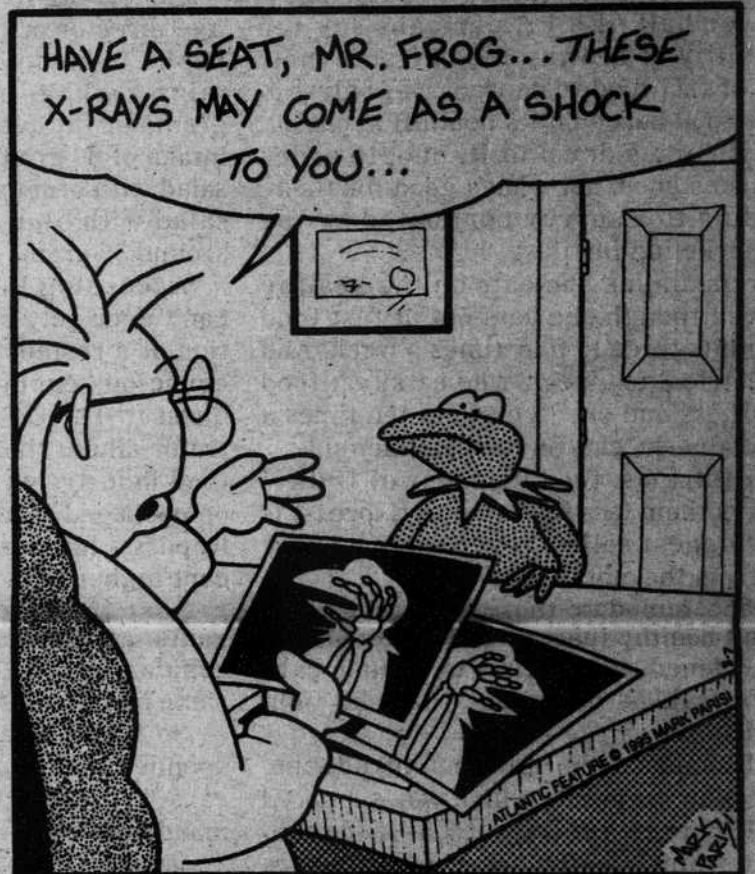
23. Rio de la —
24. Hollywood's Dr. Kildare
25. Cash substitutes
26. Sets of articles
27. Goons
28. Ethnic group
30. Mends
32. Sudsy
34. Without help
35. Forty-niner
37. Stain
38. Farm building
40. Skunk
41. Lawyer's sign
43. Stagnant routine
44. One of two
45. Notable
46. Go-between
47. Blouse
49. Turn sideways
52. Friend:Fr.
53. Tennis stroke
54. —de-sac
55. "Exodus" name
56. Free
57. Ike's monogram



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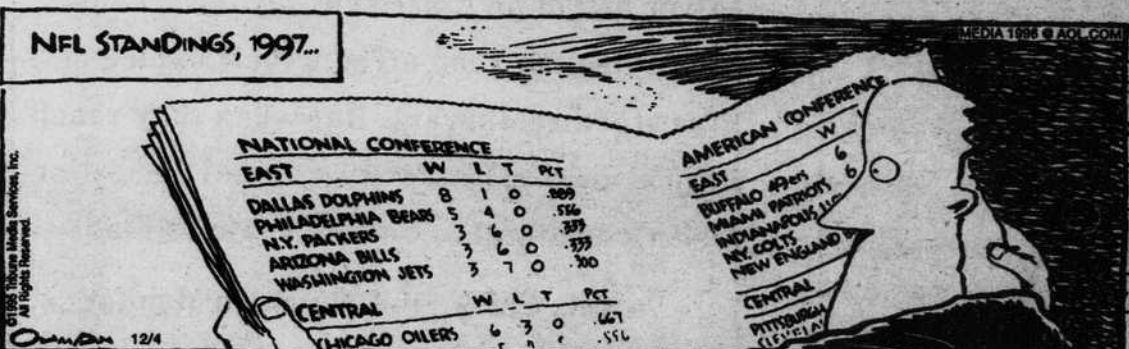
off the mark

by Mark Parisi



MIXED MEDIA

by Jack Ohman



CHASE'S CALENDAR OF EVENTS 1996

Bingo's Birthday Month. Dec 1-31.
 To celebrate the innovation and manufacture of the game of Bingo in 1929, by Edwin S. Low, which today has grown to a five-billion-dollar-a-year charitable fund raiser.

Stay Home Because You're Well Day
 Nov. 30, So we can call in "well" instead of faking illness, and stay home from work.

Computer Security Day.
 Nov. 30, The use of computers increases daily. This annual event reminds people to protect their computers, programs, and data at home and work.

Birthdays This Week

Gary Shandling, 47, comedian, born Chicago, IL, Nov. 29, 1949
 Paul Simon, 68, US Senator, born Eugene, OR, Nov. 29, 1928
 Dick Clark, 67, host of American Bandstand, entertainer, producer, born Mount Vernon, NY, Nov. 30, 1928
 Robert Guillaume, 69, actor, born St Louis, MO, Nov. 30, 1927
 Bo Jackson, 34, baseball player, former football player born Bessemer AL, Nov. 30 1962
 Lou Rawls, 61, blues singer, actor, born Chicago IL, Dec. 1, 1935
 Richard Pryor, 56, actor, comedian, born Peoria, IL, Dec. 1, 1940

ANSWERS



...GRADES

cont'd. from front page 1

If not satisfied with the review, the student's next option is to contact the department chair or program director, who will again review the grade and gather data from the student and the instructor.

The department chair and the instructor, if in agreement, will then change the grade, the manual states.

If the grade isn't changed and the student still wishes to appeal, the department chair can make an appointment for an appeal.

A panel comprised of three faculty members and student representatives will then convene to review any and all information regarding the appeal, according to the manual.

If the panel determines that an appeal is earned, they will grant the student an equitable grade.

But, if the student still finds the grade unacceptable, s/he can petition the appeal further to the vice president for academic and student services.

The vice president will investigate the process carried out by the preceding committees, then determine if the procedure was flawed.

Dean of Students Carol Steinman says that even if an appeal doesn't change the student's grade, the procedure allows the student an open door of "due process."

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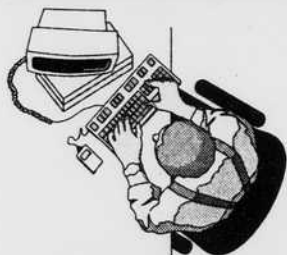
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Athlete of the Month: Towles

Freshman golfer J.T. Towles of Charleston has been named Parkland College's Athlete of the Month.

Towles earned the award by placing fifth at the Region 24 meet and qualifying for the NJCAA Championship in North Carolina.

For the season, Towles averaged an excellent 75-8 score per round of golf.

His lowest round of the season was 70 with an overall score of 144 to tie for individual medalist at the Danville Invitational.

Lady Cobras win first game, lose second

by Andrew Howey
Sports Editor

Lady Cobra's basketball is up and playing .500 ball this season.

Parkland won their first game against Lewis and Clark College (64-60) Nov. 18, but they were unable to defeat the nationally ranked John Logan College (76-32) Nov. 21.

Coach Argie Johnson said, "John Logan had played more games and has had more experience during this season."

Parkland was in the game close up until half-time, down only by three points. But John Logan

upped their defense, Cobras didn't score a point for 9 1/2 minutes into the second half.

Cobras are being led by the scoring of Stacy Terneus, shooting guard. She scored 18 points the first game, and is averaging 15 ppg for the young season.

Terneus is also leading the Cobras in free throw shooting at 91.2 percent (11-12).

Nicole Hawthorne is the second in scoring with 11 ppg and shooting 38.1 percent from the field.

Hawthorne is tied for the lead in rebounds with Stephanie Huelsing at 13.

Cobras back on winning streak

by Tammy Stanke
Prospectus Staff Writer

The Parkland Cobras Men's basketball suffered their first loss Nov. 14. Wabash, currently ranked number one in the nation in Division I, beat the Cobras 113-78.

At one point in the game, the Cobras had a 12 point lead and they led going into the first half. Durrell Robinson was the top scorer with 15 points. David Freeman and Turk Watson also contributed with 14 and 13 points, respectively.

But Wabash Valley had "good players all up and down their line-up," Nudo said. Wabash's Anthony Kumes, from Champaign Central, and Chauncey Jones outscored the Cobras with 19 and 23 points respectively. Their 6'8" center, Wylie, dominated the inside post as he added 14 points and seven blocked shots to help Wabash win.

"They have a lot of height with 6'4" guards and 6'7" forwards," Nudo replied. Watson, of the Cobras, had a personal best of 7 rebounds. Nevertheless, the Cobras were out rebounded 48-26 at the key of the game.

The Parkland Cobras had a great comeback at home over Division II Olive Harvey Nov. 21. With tremendous fan support from about 500 people, the Cobras beat out Olive Harvey 109-104.

Cobras offense was back on track and they had four people in double figures. Robinson led the way in scoring with 29 points. Demitrious Liberty was behind him with 24 points, followed by David Freeman and Jeremy Pettit with 16 and 12 points, respectively.

"We needed this win after Wabash. It brought back the confidence that they could do this," Coach Nudo said. "A lot of players

were played, and they all did well."

Liberty had his best game at point guard. "I believe he finally got the feel of what his job is on the floor," Coach replied.

Robinson and Freeman each pulled down seven rebounds. Watson stood out with nine points and six rebounds.

"I was disappointed that we didn't have very good defense. We can't continue to win if we give up 100 points. We need to hold our opponents in the 80's," Coach Nudo replied.

So far, the Cobras have averaged 109 points, which should rank them in the top four or five.

Cobras are home this weekend, hosting the Christie Clinic Shootout. A lot of "high power, scoring teams" will be here this Saturday and Sunday.

"There will be no easy game," Coach Nudo said.

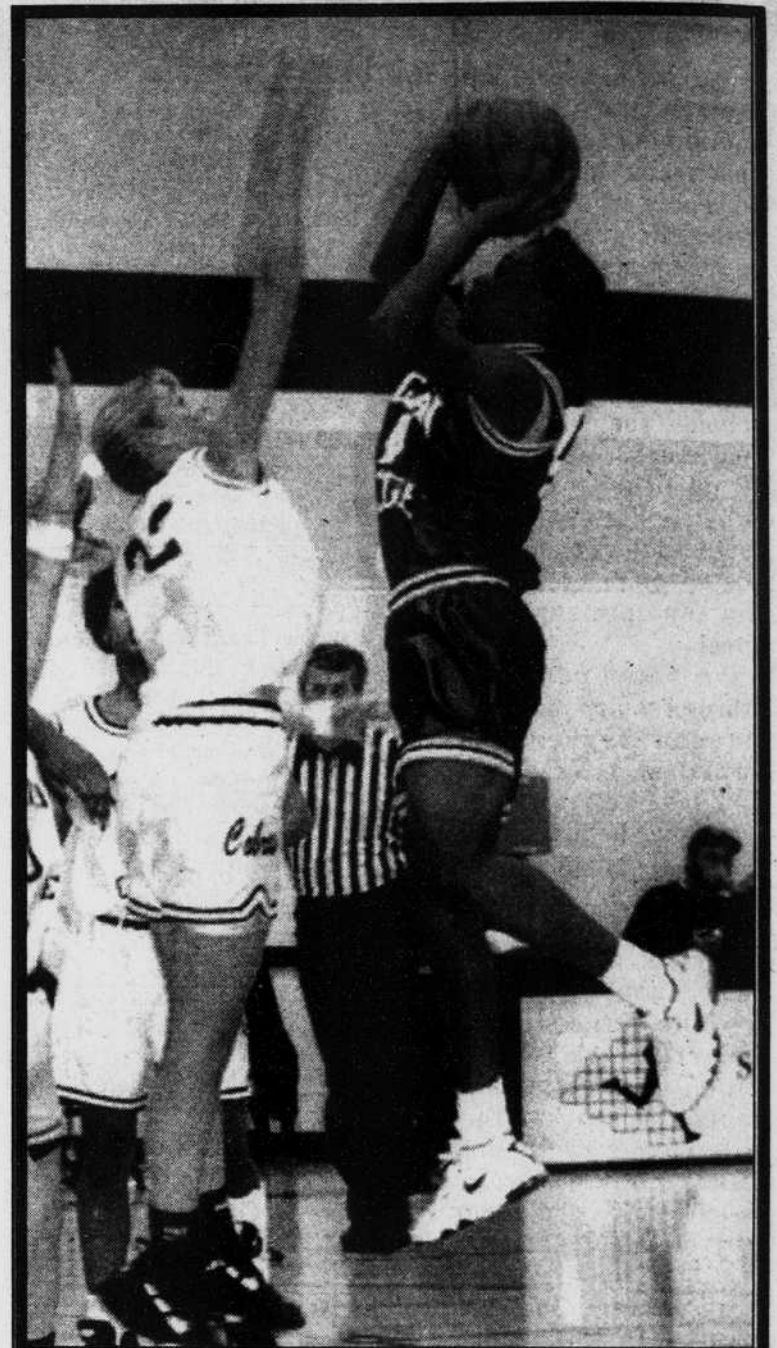


Photo by Tracy Wieland

'Block this!'

Sophomore Lady Cobra Jaime Newnum leaps to block a jumper attempted by a John A. Logan College player. The Lady Cobras dropped the Nov. 21 contest to Logan, being bested by the visitors 76-32. The team will take part in the Christie Clinic Shootout Dec. 2-3.

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