

Parkland enrollment up again

By Patrick Yeagle

Parkland College is seeing what Michael Henry calls "a nation-wide trend". Mr. Henry works in the Admissions Department at Parkland, and keeps careful statistics on enrollment at Parkland. The "nation-wide trend" he refers to is mainly the increase of "seats" for Internet courses, but it also applies to enrollment as a whole. Parkland now accommodates over 9,241 F.T.E. (Full Time Equivalency, 15 credit hours) students, which is a 3% increase over the past three years. Records show a 27% increase in Internet enrollment, which raises the figure to 2,644 seats. These figures were totaled at the ten-days count, and are likely less than the actual figures, according to Mr. Henry's estimate.

Hispanic enrollment has been a large factor in enrollment increases, while African-American and Asian enrollment

has stayed relatively constant. Caucasian enrollment has actually decreased 4% over the past four years which Mr. Henry attributes to fewer students taking more and more classes, also a recent trend. The data also reveals a 12% increase in enrollment directly from district high schools, indicating that Parkland's recruiting of recent high-school graduates has been greatly effective. The district itself ranges from North of Paxton to South of Arcola, and from East of St. Joseph to West of LeRoy, covering a broad area.

Age also plays a part in the enrollment trend. Besides the increase in enrollment from district high schools, there has been an increase in both the 21-24 year-old bracket and the 56 and up bracket. Despite the increase in older students and alternative students, however, the average age of Parkland

enrollees continues to decline, due to the previously mentioned increase in recent high-school graduate enrollment.

The cause of such large increases in most areas of enrollment is likely due to the large number of Internet courses available through Parkland. Parkland Community College is said to offer the most Internet courses of any community college in Illinois, and likely surpasses many universities in Internet offerings as well. Being centrally located is also a great advantage to Parkland, since the district covers so large an area. Additionally, the low cost of admission and credits at Parkland brings many students who wish to save money over the high costs of many universities. Furthermore, Parkland provides attentive staff and professors, as well as outstanding transfer and housing opportunities.

Stressed but being paid for it

By Jordan Holmes

Deadlines and stress seem to go hand in hand. This is all too familiar to anyone who works or goes to school, but especially to those of us in school. There are deadlines for papers, class projects, extracurricular activities, and work. However, stress in our lives can prompt us to reach goals we might not otherwise achieve.

As the fall semester begins, the Prospectus is experiencing the stress of transitions as new editors and writers combine their energy, time, and abilities to bring students, faculty, and administration an excellent publication. This is a newspaper written by and for students in an

area full of activities and student news that should be covered. What should be covered that is not already? What do you want to see printed in black and white?

To assist the many new and returning writers along with the two new editors (Jesse Woodrum and myself) in meeting this challenge (and the stress of deadlines!), we invite you to give us suggestions of what you want to see covered in the Prospectus.

Jesse and I are pleased to be the new editors of this publication and look forward to your input.

Not your typical student?

By Leah Nordness

"I'm a baby boomer. What's your generation called?" A professor posed this question to her ENG 106 class last week. The entire class was silent. Finally a student raised his hand. "It depends how old you are," he said. This student brought light to the diversity of Parkland.

While the stereotypical college student falls into the 18-22 and single demographic, Parkland students "come from all walks of life," reads the President's Message in the 2003-2004 Parkland Catalog. "Sixty-five percent of our students are 21 years or older."

So where are they? These atypical students are in your classes, but maybe you don't notice them. You may see them in the halls, but don't know their stories. Following are some of those stories. Parkland takes all kinds.

Susan Dial is a thirty-seven-year-old married mother of two. This is her second semester at Parkland. She is pursuing a degree in Dental Hygiene, and so far, it hasn't been difficult to balance kids and school "because I'm part-time. Once I

get into the full-time Hygiene program, it may be harder."

Dial is enjoying herself at Parkland. "I like Parkland because I like meeting new people. I like hearing their stories, hearing about why they're here," she said.

Forty-eight-year-old freshman Roger Fontana is also enjoying himself at Parkland. When asked if he liked college, his answer was simple. "I love it!"

"College is something I wanted to do my whole life, I was just afraid," Fontana said. After a career-ending injury two years ago, Fontana decided to go back to school. His goals are high. "I'm still young enough to get a Master's or a PhD and still have a career before I retire."

The most difficult thing about returning to school, Fontana said, is using computers. "I have no computer skills. It's like Greek to me. That is probably the biggest stumbling block. That, and also to re-discipline myself to have study skills and time management."

Time management is no big deal to a twenty-six-year-old

student who wishes to be called only Cherilyn. "I'm the type of person who likes to have more than one thing going on at the same time," she said.

That's a good thing, because Cherilyn is a busy woman. In addition to being a full-time Parkland student, she works and takes care of her sons. Cherilyn lives in transitional housing right now, because of bad times that befell her in Chicago last year. She has lived in the Center for Women in Transition since August.

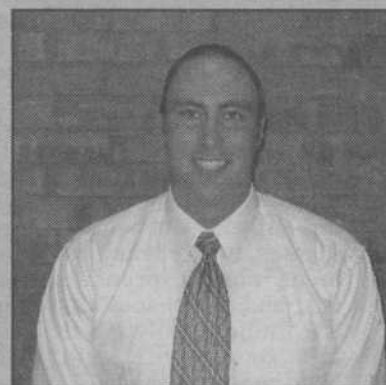
"The job market in Chicago sucks right now. It was so hard to find a job even with secretarial skills and previous experience," Cherilyn said. "The only way to make it now is to get an education and pursue a career."

And that's what Parkland is for, getting an education, no matter your age or background. Despite challenges in life, students of all kinds thrive at Parkland.

"Education is my main focus," Cherilyn said. "I really feel positive despite the adversity."

Prospectus says:

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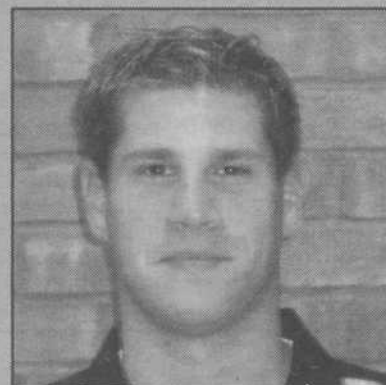
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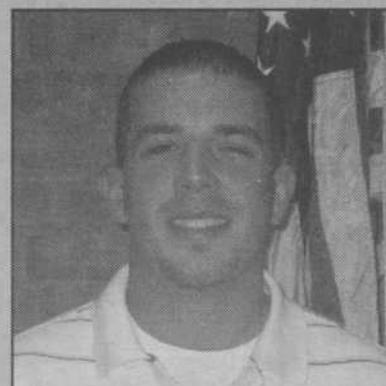
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Features

PROSPECTUS

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Your first trip to the gyno

or "What does that thing do?"

By Rachel W-Domain

Health care for women has not always existed in the form it is today. Although there are many battles still to fight, such as including contraceptives in all health insurance plans, women's health care has come a long way. Unfortunately, many women still rely on word of mouth and other unreliable sources to learn about their bodies.

After many years of fighting for equal rights in health care, women have created safe places that other women can go to take care of their health needs, such as Planned Parenthood. Places like this did not always exist. Many women's health needs went ignored and unmet, causing horrible and sometimes fatal results. Today, women's healthcare has become a huge field, with highly trained researchers, nurses and doctors all working towards the advancement of health care for women.

However, many women still find reproductive health care frightening, especially when you have to address the issue for the first time. Just like the invasion of puberty, that first visit comes at different times to different women. If you are 18 years old, even if you have never been sexually active, it is important to see a gynecologist. Almost every woman at Parkland is 18 or older. Therefore, this is NEED TO KNOW stuff.

Also, if you are younger and seriously considering becoming sexually active, or have already, you should schedule a visit. This article is designed to tell you exactly how your first

visit will be for those who have never been, and for those who have, give you a little more information about why they are doing what they're doing.

I know from my own experience that seeing the gyno for the first time is really scary. I mean, there's this huge building full of doctors with thick glasses, bizarre medical equipment, pokers, prodders, pickers, and what does that thing do? Endless hallways that lead into rooms with cold metal beds and what the heck do they do to you in there?

It is definitely not uncommon to have a phobia of the gynecologist. However, you should never sacrifice your health to the Anxiety Demons. To help overcome the myths and fears associated with gynecology, I took a tour of the local Planned Parenthood in Champaign. While there, I interviewed two fabulous women, and they explained to me exactly how a first visit would work.

Vicki Forbes is a Registered Nurse at the clinic, and also a Health Center Manager for the Clinton satellite and Multi-Health Center. Despite her hectic schedule, she took a few hours out of her day to answer all my questions about the exams, which is where most of the information in this article comes from. She also gave me a tour of the facilities. She described her co-workers as "a great staff of dedicated people, who are both passionate and compassionate."

When you first walk in to the clinic, you must fill out several papers. These papers ask for information such as your name and address and somewhere that they can reach you, either

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Wednesday, September 24 is National School Backpack Awareness Day and a backpack weigh-in will be held in the Gallery Lounge (sponsored by the Occupational Therapy Assistant program, the Office of Student Life, and the Wellness Center). Stop by the Gallery Lounge, weigh your backpack, sign up for some prizes, and get more backpack facts.

—June

For additional health information, visit the Wellness Center in room L-122, contact June by email at jburch@parkland.edu, or *Just ask June* by dropping your question in the box at the Information Desk.

by saying that it is Planned Parenthood calling or by using a code name. They do this because even though they support talking about these health concerns with parents and significant others, they realize that talking to your family is not always possible. This should never be a reason that you are not receiving health care.

One of the papers asks for information about your income. If you have health insurance, it's important that you bring that information with you. If you do not have health insurance, or you are unable to tell your parents or significant other that you are visiting the clinic, you can apply for a discount. The staff will look at your income and decide how much you are able to pay.

The last paper will ask about your medical records. They want to know if you have a history of cancer in your family, if you have ever had major surgery or been anemic, if you smoke—that sort of thing. It will also ask you about your sexual activity. All this information tells the doctor how best to treat you.

All the information you give to your doctor or clinician is strictly confidential: That means no one—not your mom, boyfriend, girlfriend, husband, cat—no one can call and find out information about you. The staff at Planned Parenthood think that this is very important. "You have to know you can trust who you're talking to," said Forbes. It's important that "anyone who comes here can feel that for whatever reason they need to come, it's staying right here."

Then they lead you out of the waiting room where you have been watching a soap opera. They seat you in what's called an intake room, where you may talk to a CNA, a nurse, or a clinician. You can tell them if there's any specific reason why you're here, such as if you want to start taking birth control pills. They will take your weight, your blood pressure, and stick your finger with a pin. "The finger stick" is definitely my least favorite part of the visit; they take a drop of blood from your finger and test it to make sure you are not anemic.

After the intake room they show you to a bathroom and you have to pee in a cup. The urine is tested for signs of dehydration and diabetes.

Finally, you are taken to the exam room. This sounds like the worst part, but it's not. In fact, all you have to do is lay back and relax! The rooms do their best to be inviting. On my tour of the facilities, I saw all four of the exam rooms, and each one is decked out in its own theme. The jungle animals were my favorite. The bed that the patient lays on had a leopard print pillow with matching leopard print stirrup covers so that your feet don't get cold. There were pictures of giraffes on the walls and jungle-scene wallpaper. The other rooms had similar get-ups with an angel theme, a gardening theme, and a lighthouse and beaches theme. Forbes told me that the designs are intended to help patients relax.

These are officially "the back rooms." In one of these rooms you will be asked to undress and cover yourself with a sheet. You will be given time alone to do this and to get comfortable on the bed.

Sharon Girard is a clinician at the clinic and a consultant for the state of Illinois in these matters. She also received national recognition for her medical abortion expertise. She performs exams like this one, and told me exactly how it would be done for a first-timer.

"If it's the first one, it can be very scary," says Girard. But the staff at Planned Parenthood does their best to make it as comfortable as possible for their patients.

When your clinician comes in they will ask you some questions to make sure nothing is bothering you. Then they will do a breast exam. This is to check for any abnormal growths or lumps.

It is important to examine your own breasts for lumps every month. If you do not know how to perform this exam on yourself, they will teach you. If this is your first visit or if you tend to be pretty uncomfortable with this kind of stuff, the exam can be done in two parts: a waist-up exam on the first visit, and then a waist-down exam on a return visit.

Finally, the clinician will ask you to put your legs on the stirrups. They will check the interior of the vagina for any abnormalities. After checking to make sure there are no visible signs of problems or irritation, the clinician will run a pap smear.

Almost everyone has heard of a pap smear, but not everyone knows what it is. A pap smear checks for abnormal cells on the cervix that can eventually lead to cancer if not treated. By the age of 18, all women should have had their first pap smear. Many women think that if they are not sexually active, this is not necessary. However, growth of cancerous cells is not sexually transmitted. It can happen even if you have never had sex.

So how do they take a pap smear? They use a simple device with a scary name: a speculum. During the Women's Health Movement in the 1960s, this device was used by women who, being denied this sort of health care by mostly-male doctors, formed their own groups and cared for their own health.

The speculum is usually clear plastic and disposable. It gently holds open the vagina, in this case for the purpose of getting the pap smear. It reminds me of a duck bill, inserted closed a few inches into the vagina, and then slightly opened. It comes in all sizes, so as to best fit and be most comfortable to each individual woman's body type.

Small ones are about the size of a tampon. In order to retrieve the cells, clinicians use what looks like a large Q-tip to swab the inside walls of the vagina. During this time, they will also test for the bacterial sexually transmitted diseases Chlamydia and gonorrhea, as well as vaginitis. It may be uncomfortable at its worst, but never ever painful. If it is, let your clinician know right away. This entire examination process should take no more than a few minutes. And that's it!

The clinician will give you time alone to get dressed. Feel free to ask any sexual or reproductive health questions that you may have. Let them know if you are worried about sexually transmitted infections or if you want to get on birth control. As Vicki Forbes insisted, and most of the staff would agree, education is one of the most important things that Planned Parenthood does. So don't be afraid to ask!

Also, if you request it, or if your clinician thinks you may be at risk, they will do a blood test for HIV.

Most of the clinicians that are doing these exams are women. If your clinician is a man, they will ask to make sure that it is okay with you. If not, just let them know.

After you are finished asking questions, the doctor will give you a check out sheet to give to the front desk. See? That wasn't so bad!

Planned Parenthood believes that everyone is entitled to reproductive health care regardless of age, race, sex, religious beliefs, origin, sexually orientation, or for any reason at all. As Forbes said, "We don't pass judgment... there's nothing anyone could walk in the door with that's gonna shock anybody." Don't be afraid or embarrassed to ask questions about your body, or to want to keep yourself as healthy as you can be. Health care for women is something that women have fought for; it is a right that we deserve, a right that no one should be afraid to use.

Prospectus

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LETTERS AND EDITORIAL POLICY

- The Prospectus is a student publication.
- It is published weekly during the Fall and Spring semesters, intermittently in summer.
- Views expressed are opinions of staff and contributors
- Advertising is accepted which is non-discriminatory and not in violation of any laws. The Prospectus reserves the right to refuse any advertising. Publication of advertising constitutes final acceptance.
- Advertisers must verify ads for accuracy.
- The Prospectus welcomes letters to the editor.
- The rules of correspondence: all letters must be signed with a phone number and address. The Prospectus staff must verify the identity of letter writers. E-mail to the Prospectus must also include a full name, phone number and address. Unverifiable letters will not be printed. Correspondence may be edited to accommodate the space requirements of the paper.
- Guest writers are welcome and subject to the same rules as other correspondence. We welcome writers from the Parkland community and the public. The editor will consider original works of fiction and short writings, if space is available.
- The Prospectus deadline for all advertising and other submissions is 5PM of the Wednesday immediately before the upcoming issue.

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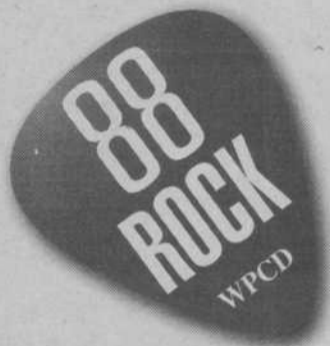
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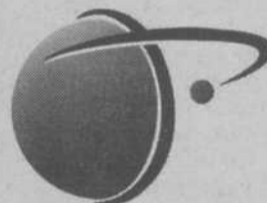
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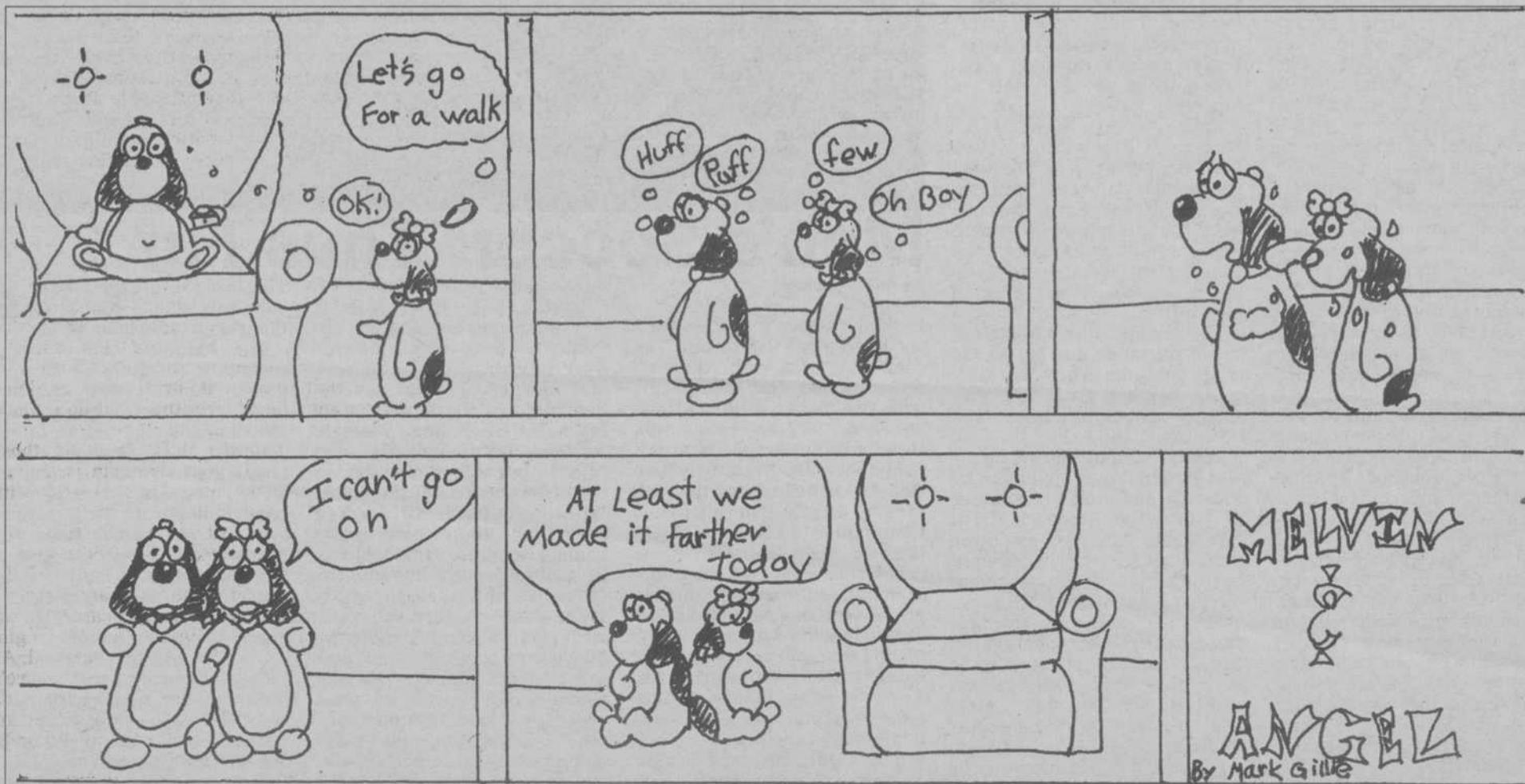
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The Parkland Channel



Grrrlfest prides itself in 'throwing like a girl'

By Danielle McFarland

This past weekend, September 12th through the 14th, marked the third annual and unfortunately last Grrrlfest for Champaign-Urbana. Grrrlfest is a weekend long extension of Girlzone, which was founded and directed by Aimee Rickman (also a member of the local band, The Violents).

Girlzone ended its eighth and final year with a rocking weekend of music, workshops and many festivities. Over the past eight years, Girlzone has been voted Champaign-Urbana's 'Best Workshop' and 'Best Non-Profit.' They have also been given 'Trailblazer' honors by the Illinois State Treasurer, and received honorary recognition of 'Girlzone Day' by the cities of Champaign and Urbana, as well as extensive media coverage both locally and nationally.

Girlzone and Grrrlfest were inspired in part by the Riot Grrrl movement, which proclaims that women too, have a safe and important place in front, behind and on the floors of the music scene.

This idea was also represented in the "terms" that girls taking part in the Grrrlfest had to agree to. Girls registering were asked by Girlzone to sign a list of expectations, saying that they were "willing to try new things," and to "support other girls." The organizers made certain that this was a safe and enjoyable learning environment for all kinds of girls and women, of all ages and backgrounds.

This weekend provided an extraordinary opportunity for girls and women of this community to come together. It started with music Friday night and continued all weekend with musicians such as Gina Young, Kayla Brown, Triple Whip, Equinox, Eleni Moraites, the Maybellines and ending with, of course, The Violents.

Workshops continued Saturday and Sunday hosting a number of activities for girls of all ages. Girls and women had a chance to learn about everything from Yoga, knitting, break dancing, skateboarding, how a trial works, how to better view their own body image, how to play guitar, Zine making, rock ballet, aikido, boxing, bike repair and self-defense. The activities included a wide variety so as to attract all kinds of different females. All workshops were taught by women who volunteered their time and expertise to this project.

Thanks to their exhausting efforts, the Grrrlfest organizers recovered enough funding to make this last and final fest affordable to all, with reasonable prices for weekend passes to the events. They wanted to be sure that everyone got a chance to take pride in 'throwing like a girl'.

However, further funding is not possible to continue the valiant efforts of this phenomenal group. During one of the workshops that focused on finding other resources for girls, Rickman explained that there are just not enough sponsors willing to give grants to cover the operating expenses it takes to run Grrrlfest and Girlzone. Women and girls from all over the community come together to make this event completely volunteer run. Without these enthusiastic and loyal volunteers, Girlzone and this weekend's festival could not have been possible.

Many grants request information about the number of participants involved in order

to continue funding. Although there have been over 1000 participants over the years, it is not enough to qualify Grrrlzone for more grants.

In response to requirements for high participation, director and founder Aimee Rickman said she feels that "reaching a lot of people is one thing, really reaching people is another." Crowded workshops tend to feel rushed and give the impression of an unsafe atmosphere for young girls to learn and actively participate. Numbers are not important to this group. The main goal of Girlzone and Grrrlfest is to make safe spaces for girls, and women to learn and to be. It is not enough to make a space for girls, but to make it a space worth their time and make them feel safe in that space.

With a lack of places today for girls in the community to feel really comfortable to be themselves, it is not always easy for girls to feel confident enough to learn something new. Many activities usually seen as belonging to the opposite sex, such as skateboarding, they may be intimidating to girls who first want to learn. Grrrlzone's mission is not to start a movement, but to make a big enough difference to a few individuals that they will be able to carry this experience with them and pass it on to more people, and so forth.

Emotions were strong and powerful in the last discussion held Sunday evening at the Independent Media Center. Girls and women, and even a few boys and men from the community came together to discuss what efforts could be made to continue this great opportunity for females in Champaign-Urbana. Many of the volunteers, workshop organizers, and participants expressed interest in continuing workshops such as these. It was evident that Girlzone and Grrrlfest changed and inspired everyone in some way. Women of forty and over shared stories of finally learning something they were always too afraid to do. Young girls expressed their desire to have more safe spaces to be who they are without the fear of being judged or over-shadowed. Some even proposed trying to make a Boyzone. Younger participants expressed views that they felt that youth, and especially girls, are really under represented in this community.

There is still a need for Girlzone. Rickman stresses how important it is to help young girls "quiet the self-critique" and realize that they can have fun at something without being really good at it. She would also like to see "girls taken seriously, not treated like fluff."

The main goal of the attendees of this final meeting was to try to continue in any way they could helping girls find safe spaces, spaces to explore and be curious, and to find the true potential within themselves. It was stressed over and over by Rickman and a fellow volunteer of four years, Rebecca Crist, "We don't think we empower them, because girls already have the power inside them; we just want to help them realize this." Although this appears to be the last meeting for Girlzone and Grrrlfest, it went out with a bang of enthusiasm and hope for tomorrow's girls and women of Champaign-Urbana.

If you are interested in creating a group similar to this or helping existing efforts, please email me at

dmcfarlan@parkland.edu and I will attach you to the email list-serv created for this purpose.

Local

PROSPECTUS

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Why is it so hard for a 30-year-old to think about retirement?

When you're young, retirement planning is pretty far down on your list of concerns. Say, somewhere between the melting polar ice caps and dishpan hands. And that's completely understandable. But by planning early and sticking to that plan, you can increase the money you'll have to enjoy retirement, and potentially decrease the years you'll spend working. We offer a range of different options, including tax-deferred retirement plans, SRAs, and IRAs, all with low expenses. Now that's something to fall in love with.

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Men's Soccer: Thus Far

By Adam Luckey

Parkland's men's soccer team is currently 4-2-1 and on somewhat of a roll. Although they started the season off with two losses, a tie, and just one win, they have now won three straight as of Thursday, September 18. They travel to Belleville on Saturday the 20th to play Southwestern Illinois Community College. SWICC beat the team last year in the regular season, and then defeated them again in the regional semifinal, so it should be a game played with as much or more intensity than any other game that's been played so far. According to sophomore Sam Bush, a win is imperative at this point in the season. "They beat us twice last year, one time being in the regional semifinal to knock us out of the tournament, so this is going to be a game that could make or break

our season," states Bush.

In the past three games, the team has outscored opponents 16-3, with victories over Lincoln, Illinois Central, and Lincoln Christian. At the beginning of the season, scoring goals was a huge obstacle for them, but they finally seem to have put things together on the offensive side of the game. With the defense still holding strong, and the offense finally coming together, the team is primed for a run going into the latter half of the season.

The roster is deep this year, with players who come off the bench still playing as much as many of the starters. Having so many players that are good makes it extremely tough for other teams to wear them down. With so much talent, and no noted weak spots in the lineup, it's hard to foresee this team not accomplishing their goals for the rest of the season.

The last three games have all been big wins, so don't expect the wins to stop coming.

The schedule isn't exactly forgiving to them, with the game this Saturday and the next two games being against Lincoln Land and then St. Louis - Forest Park. Both of those teams are extremely strong as well. Fortunately, the Lincoln Land and Forest Park games are both at home, with the Forest Park game on Friday the 26th. Playing at home is good for the team, as they expect more people to start showing up to cheer them on.

With a big crowd behind them, cheering the whole time, expect the team to play well and keep their winning ways. Be sure you don't miss out on being part of that stellar crowd, and make it out to the games. They represent you with pride, so make an effort to show your appreciation.