

# SPORTS

## DuPage plays tough with national contender

By Bob Bajek  
Sports Editor

After handling Moraine Valley convincingly, the women's soccer team had confidence that they could beat Rochester, the fourth best team in the nation.

This attitude carried over to the overcast and wet game Sunday.

It took Rochester everything it had to hold off DuPage in a 1-0 victory.

"It is nice to see that we can play against the number four team," head coach Jason Hunter said. "If a few bounces go our way, there's a different outcome."

Hunter's team played aggressively in the first half. Forward Laura Lehman wasn't afraid to knock down a couple Yellow Jacket players. Midfielders Kristen Skiston and Ashley Bergman pursued the ball well.

"We're starting to play college soccer where we have to play more physical than ever before," Hunter said. "You have to ask them to have physical contact. That's what you need to be successful at the college level."

In the first 25 minutes, the Chaps kept attacking the Yellow

**'Tough' on page 23**



Photo by Bob Bajek

Defender Lauren Kepler outraces Rochester forward Sarah Snyder to gain an offensive possession.

## Second time's a charm

*Cross country runners improve times when they revisit Park Side*

By Bob Bajek  
Sports Editor

Cross country on Saturday ran at the Wisconsin Park Side course for the second time this year.

The men and women's team made significant improvements in time. Every runner but one improved his or her time by 23 seconds or more.

"We had a very successful race this past weekend," head coach Jane Vatchev said. "We saw great improvements in time."

The men placed 11th out of 17 teams. Runners John Fisher and Justin Jones were the top finishers for the men while runners Becca Smith and Ashley Majors were the women's top runners.

Vatchev said that she was proud of Smith, Fisher, Jones and Kevin Spicer's performance at Park Side.

"Our top athletes stepped up and worked together," Vatchev said. "That was something we emphasize in our training—running as a pack and working together."

It helped that many of the runners ran the course before.

"It was a really hilly course so I know when the hills were

coming up and where the downhill were," Smith said. "I didn't have to guess."

"You know the course well and the ones who don't know the course can follow you in a pack," Fisher said.

Runner Rick Malek said that Loyola helped in this race.

"We tried keeping everyone in a pack for the race," Malek said. "We went out more conservatively for the first few miles. It really benefited us."

The runners have only the regional and national meets left for their season. They said that they are going to work hard on speed drills.

The men are already in nationals. This is only one full team in their region and the top two advance.

The coaches said they are making sure their athletes don't overlook regionals.

"The next focus is our regional meet," Vatchev said. "We take one step at a time and our next step is regionals."

"The next 10 days will be their hell week," assistant coach Michael Lucchesi said. "They will be the hardest days for them. I do that one month before nationals."

The regional meet is at Palos Hills, Ill. next Saturday.

## Lack of execution hurts gridgers

By Bob Bajek  
Sports Editor

Before DuPage took the field against the North Iowa Trojans on Saturday, the sophomore players were recognized individually for playing their final regular season home game as a Chap.

Many of the players were pumped up after the introductions. It seemed like this would be a special game. However, when kickoff rolled around, a special day turned into a disappointment.

The football team did not perform well against the Trojans in a 23-6 loss.

"I think we didn't execute enough," head coach Fred Fimbres said. "When you don't execute, it is pretty difficult to win football games."

The offense had problems against the North Iowa defense. They went three and out numerous times and gave up five turnovers.

Running back Nick Booth said he was frustrated with the offense's performance.



Photo by Aldo Blanco

Receiver Warren Gorman battles for extra yards against a Trojan defensive back.

"We were making mistakes," Booth said. "We had bad mistakes on first down. If you can't do well on first down, you have to go away from the run game."

Many of the mistakes were bad snaps and a couple of  
**see 'Lack' page 22**

## Swept into the wind

Netters struggle against Cyclones

By Bob Bajek  
Sports Editor

The volleyball team has the talent, yet that talent was put to the test against a smart Moraine Valley team.

On Tuesday night, the Cyclones swept them in three sets due to their disciplined play.

"They had excellent ball control," head coach John Pangan said. "They played well in their system; not doing anything outside their capabilities."

"This was a great test for us. Moraine Valley is in the top five. If (we) don't come out to play, this is what is going to happen."

The Cyclones blocked well. When a Chaparral would go for an attack, Moraine Valley would block the ball and get a point. They would also overcome DuPage blocks.

"It's frustrating because I had a hard time setting a block and middle were slow

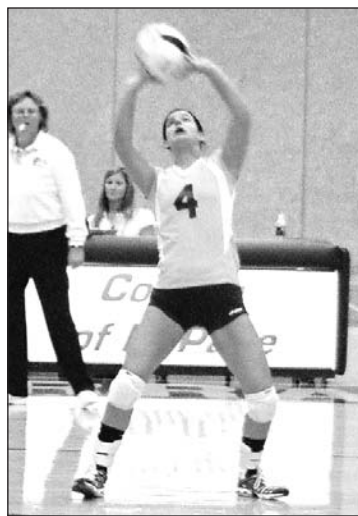


Photo by Shannon Torri

Setter Lauren Verstat puts the offense into motion.

coming in," right side hitter Christa Pomatto said. "It would make the back row vulnerable for an attack."

"We gave them opportunities. They have good hitters that can block. They are also a good serving team."

Hitting was a problem for the Chaps. They were very inconsistent with it. Some attacks were good kills or hard to set ones.

Outside hitter Tracy Brennan and middle hitter Amanda Connelly had some intense hits. Others would be

hit outside the boundaries. They struggled with their placement.

"We were having a hard time finding the court today," Pomatto said. "Some of us wanted to get a good kill because of a good set. We hit it too hard and forgot our spotting and positioning. We weren't playing smart."

The netters are still plagued by penalties. There were countless lifts and illegal formations. Moraine Valley received free points off these mistakes. The Cyclones final point to win the match was on a penalty.

"It is unforced errors," Pangan said. "They need to control their emotions. They understand what needs to be done."

Pangan said he is disappointed that his team hasn't learned how to channel their passion into the matches. He thinks that is an important aspect for success.

"They have the ability to get it done," Pangan said. "There is a big difference playing to win and playing not to lose."

The netters next game is at Ancilla, Ind. on Saturday.

**'Lack' from page 21**  
missed blocks. The offensive line also was overpowered by the Trojan attack. Without proper blocking, Booth couldn't be effective.

The wide receivers dropped open passes early when they beat the North Iowa cornerbacks. The Trojans then tightened their defense and didn't allow the Chaps another opportunity.

"I have to give them credit," wide receiver Warren Gorman said. "They wouldn't let us get behind to beat them deep."

The defense kept DuPage in the first half. They were behind 9-0 at the half. The defensive line put good pressure on Trojan quarterback Lorenzo Brown. Defensive end Dan Bermea flattened Brown with two sacks.

"I think the defensive line played great," Bermea said. "We stepped up in the last two games. We did have our slip ups (though)."

After putting another seven on the board in the third quarter, North Iowa kicked off to Gorman instead of return specialist Xavier Glenn.

Gorman made them pay for that decision. He zipped passed Trojan coverman Michael Klacik for 60 yards to the North Iowa 28.

The next play, quarterback Thomas Specia was intercepted by Trojan defensive back Alicks Saintil.

"It just took the wind out of us," Gorman said. "You throw an interception like that and it takes the wind out of your sails."

North Iowa converted on key third downs and Brown had a few big pass plays to Trojan wide receiver Brad Theilen and running back Kevis Streeter to set up scores. Streeter scored three rushing touchdowns in the game.



Photo by Aldo Blanco

Running back Nick Booth shows his disappointment on Saturday's loss.

"We had too many missed tackles today," cornerback Jason Gay said.

The lone DuPage score was on a 16-yard run from Booth. By that time, the game was out of reach.

Even with the loss, the Chaps are 5-3 and have secured a playoff spot. Fimbres and his players said that have a shot in the postseason.

"We're definitely going to bounce back from this," Gorman said. "We'll definitely be a force when the playoffs hit."

The Chaps wrap up the regular season Saturday against Ellsworth.

## Athlete of the Week



**Name:** John Fisher  
**Sport:** Cross Country  
**Major:** Fire Science  
**Year:** Sophomore  
**Age:** 20



Photos by Bob Bajek

**Q:** What has cross country taught you?

**A:** It taught me how to be a more polite and respectful person.

**Q:** What is your favorite part of cross country?

**A:** Running a lot of miles. It keeps you more focused and more prepared for what is coming ahead of you.

**Q:** Who influenced you?

**A:** The person who inspired me the most

was my coach from York High School Joe Newton.

He taught me how to run and to be more respectful to others.

If it wasn't for him, I wouldn't be here running today.

**Q:** Have you won any awards?

**A:** Last year I was an All-American Second Team.

**Q:** What are your goals this year?

**A:** My main goal is to see our team win the

national title. I also want to get All-American again.

**Q:** How do you feel about your team?

**A:** I'm excited about this team. I've known so many of the runners since high school.

They are my brothers.

If we keep working hard and together, we might win nationals.

**Q:** Why do you run cross country?

**A:** It keeps me focused and it relieves my stress

# NO "PHARM" ON OUR FARMS.

How our chicken is raised, naturally, makes all the difference.

In fact, both the chicken and pork we serve in Chicago are free of antibiotics and added growth hormones, fed a vegetarian diet and raised humanely. We think that meat raised naturally is better.

Serving naturally raised meat is another step in our ongoing *Food With Integrity* journey – bringing you the best ingredients from the best sources.



— SERVING ANTIBIOTIC-FREE CHICKEN IN CHICAGO —

**'Tough' from page 21**

Jacket goal. Lehman and midfielder Sarah Coleman had a few fast breaks for the goal but they couldn't capitalize.

"Our forwards were making some great runs outside the 18-yard box," Coleman said. "(However) we had shot fever. We couldn't keep our knees over the ball."

The strong physical defense that the Chaps put on the Yellow Jackets affected their play.

Goalie Allison Lopez frustrated her opponents all day at goal. She deflected and caught numerous balls. Many challenging shots were from Rochester forward Sarah Snyder.

"It was a little difficult," Lopez said. "I trusted my defense. Lauren Kepler did a good job."

In the second half, DuPage lost some of its energy. Rochester started to continuously attack the goal.

During the 60th minute, Rochester midfielder Nikki Borkhuis cut through the defense and booted the ball past Lopez for the go-ahead score.

"The intensity was down when they scored," Hunter said. "I just think that we had a few key injuries. We were getting knocked around."

The Chaps increased their intensity again after the goal. They drove the ball into the Yellow Jackets' side of the field.

They had some good opportunities at goal yet they would over kick the ball.

Rochester's Rachael Behnke held up



Photo by Bob Bajek

Midfielder Katie Bowman (left) steers an opponent off course.

during the final minutes under constant pressure to lock up a Yellow victory.

With taking Rochester to the limit, Coleman said she is confident that her team will avenge their loss if they face off in the playoffs.

"We couldn't get the ball in today but we played with hunger," Coleman said. "We need to come out with as much intensity as today."

The Chaps end the regular season at home on Saturday against Joliet.

# Sport Schedule Fall '07

## FOOTBALL

AUGUST		
Sat., 18	Scrimmage vs. Marian (IN)	
*Sat., 25	ROCK VALLEY	W 29-27
SEPTEMBER		
*Sat., 1	at Joliet	W 34-22
*Sat., 8	GRAND RAPIDS (MI)	L 27-30
*Sat., 15	at Harper	W 43-27
Sun., 23	CARTHAGE (WI) JV	W 66-12
*Sat., 29	IOWA CENTRAL	L 14-44
OCTOBER		
*Sat., 6	at North Dakota Science	W 21-20
*Sat., 13	NORTH IOWA AREA	L 6-23
*Sat., 20	at Ellsworth (IA)	1 p.m.
Sat., 27	PLAYOFFS	TBA
NOVEMBER		
Sat., 3	PLAYOFFS	TBA
Sat., 17	Bowl Game	TBA

## VOLLEYBALL

AUGUST		
Sat., 18	Jamboree at Harper	
Fri., 24	12th Annual DuPage Classic	L, L
Sat., 25	12th Annual DuPage Classic	L, L
Thu., 30	OLIVE HARVEY	W
SEPTEMBER		
Sat., 1	at Ancilla (IN)	L, L
		L, L
*Thu., 6	at Rock Valley	L
Sat., 8	18th Annual DuPage Invite	W, W, L
*Tue., 11	JOLIET	L
Fri., 14	at Lake County Tourney	L, L
Sat., 15	at Lake County Tourney	L, L
*Tue., 18	ROCK VALLEY	L
Thu., 20	SOUTH SUBURBAN	L
*Tue., 25	HARPER	L
Fri., 28	16th Annual Chaparral Invite	W, L
Sat., 29	16th Annual Chaparral Invite	L, L
OCTOBER		
*Tue., 2	at Triton	W
*Thu., 4	at Joliet	L
*Tue., 9	at Harper	L
Tue., 16	MORAIN VALLEY	L
Sat., 20	at Ancilla (IN)	9 a.m.
*Thu., 25	TRITON	6 p.m.
Sat., 27	Triangular at Highland	11 a.m.
		& 1 p.m.
Tue., 30	REGION IV PLAYOFFS	6 p.m.
NOVEMBER		
Sat., 3	REGION IV FINAL @ Lake Country	TBA
Fri., 16	NJCAA Division III Nationals at Rochester, MN	TBA
Sat., 17	NJCAA Division III Nationals at Rochester, MN	TBA

## WOMEN'S SOCCER

AUGUST		
Sun., 26	PARKLAND	L 1-2
Fri., 31	JOHNSON CO. (KS) at Oakton	L 2-5
SEPTEMBER		
Sun., 2	vs. Iowa Central at Oakton	L 0-4
*Wed., 5	JOLIET	W 6-1
*Fri., 7	TRITON	W 5-0
Thu., 13	SOUTH SUBURBAN	W 9-0
Sat., 15	TRINITY CHRISTIAN	L 0-2
*Wed., 19	HARPER	W 1-0
Thu., 27	LAKE COUNTY	L 3-4
Sun., 30	OAKTON	L 0-2
OCTOBER		
*Wed., 3	at Joliet	postponed
*Fri., 5	at Triton	W 5-0
Sat., 6	at Elgin	L 1-2
Mon., 8	MORAIN VALLEY	W 6-0
Sun., 14	ROCHESTER (MN)	L 0-1
*Wed., 17	at Harper	3:30 p.m.
Thu., 18	at Waubensee	3:30 p.m.
Tue., 23	REGION IV PLAYOFF	3 p.m.
Sat., 27	REGION IV FINALS	12 p.m.
NOVEMBER		
Fri., 2	Dist. Tournament at Region IV	3 p.m.
Sat., 3	Dist. Tournament at Region IV	12 p.m.
Sat., 10	NJCCA Division III Nationals @ Tyler, TX	TBA
Sun., 11	NJCCA Division III Nationals @ Tyler, TX	TBA

## WOMEN'S TENNIS

AUGUST		
Wed., 29	ST. FRANCIS	W 8-1
Thu., 30	CALUMET COLLEGE OF ST. JOE'S	W 9-0
SEPTEMBER		
Tue., 4	at Elmhurst	W 9-0
Thu., 6	BENEDICTINE	postponed
Sat., 8	Dave Webster Doubles Classic	9 a.m.
Mon., 10	at Lewis	L 3-6
Wed., 12	at Rock Valley	W 9-0
Sat., 15	at Rend Lake	W 9-0
Wed., 19	at McHenry	W 9-0
Fri., 21	DuPAGE-DePAUL INVITATIONAL	2 p.m.
Sun., 23	DuPAGE-DePAUL INVITATIONAL	9 a.m.
Mon., 24	MORAIN VALLEY	W 8-1
Sat., 29	ROBERT MORRIS	W 9-0
OCTOBER		
Mon., 1	at North Central	L 3-5
Wed., 3	at Univ. of Chicago	L 3-6
Sat., 6	Region IV Tournament	W 9-0

## MEN'S SOCCER

AUGUST		
*Thu., 16	ST. XAVEIR (scrimmage)	1 p.m.
Sat., 25	Owens (OH) at South Bend, IN	L 1-2
Tue., 28	at Lake County	T 3-3
SEPTEMBER		
Sat., 1	PRAIRIE STATE	W 3-1
*Wed., 5	at Joliet	W 3-2 (2ot)
*Fri., 7	at Triton	L 0-2
Sun., 9	OAKTON	T 2-2 (2ot)
Sat., 15	vs. Jefferson (MO) at Lincoln Land	L 0-1
*Wed., 19	at Harper	W 1-0
Thu., 20	ELGIN	W 2-0 (2ot)
Sat., 22	at Lincoln Land	T 0-0 (2ot)
Sun., 23	ILLINOIS CENTRAL at Lincoln Land	L 0-1
Tue., 25	KENNEDY-KING	W 4-1
Sun., 30	KISHWAUKEE	W 2-0
OCTOBER		
Tue., 2	McHENRY	W 5-0
*Wed., 3	JOLIET	W 1-0
*Fri., 5	TRITON	L 0-2
Sat., 6	MORAIN VALLEY	L 0-1
Mon., 8	MORTON	L 2-3
*Wed., 10	HARPER	W 3-0
Sat., 13	SOUTH SUBURBAN	T 2-2 (2ot)
Sun., 14	vs. Jefferson (MO) at Lincoln Land	L 1-2
Sat., 20	REGION IV PLAYOFFS	12 p.m.
Sat., 27	REGION IV PLAYOFFS	12 p.m.
NOVEMBER		
Sat., 3	DISTRICT PAYOFF @ Region XI	12 p.m.
Thu., 15	NJCAA Division I National Tourney at Tyler, TX	TBA
Fri., 16	NJCAA Division I National Tourney at Tyler, TX	TBA
Sun., 18	NJCAA Division I National Tourney at Tyler, TX	TBA

## CROSS COUNTRY

AUGUST		
Fri., 31	at Elmhurst College, Elmhurst, IL	5 p.m.
SEPTEMBER		
Sat., 15	Midwest Collegiate Kenosha, WI	1 p.m.
Sat., 29	at Loyola University	11 a.m.
OCTOBER		
Sat., 13	at University of Wisconsin	1 p.m.
Sat., 27	Regional IV Championships at Palos Hills, IL	10 a.m.
NOVEMBER		
Sat., 10	NJCCA Division III Nationals at Long Island, NY	

## GOLF

AUGUST		
Fri., 24	Freeport, IL	cancelled
Fri., 31	Port Byron, IL	10 a.m.
SEPTEMBER		
Thu., 6	Romeoville, IL	12 p.m.
Sun., 9	Bloomington, IL	12:30 p.m.
Mon., 10	Bloomington, IL	8 a.m.
Fri., 14	Sterling, IL	10 a.m.
Tue., 18	Plainfield, IL	11 a.m.
Fri., 21	Oglesby, IL	11 a.m.
Sat., 22	Oglesby, IL	8 a.m.
Fri., 28	Byron, IL	12:30 p.m.
OCTOBER		
Thu., 4	Region IV Tournament Byron, IL	10 a.m.
Fri., 5	Region IV Tournament Byron, IL	9 a.m.
Sat., 6	Region IV Tournament Byron, IL	9 a.m.

\* denotes conference games  
HOME GAMES IN CAPS

Sports schedule updated weekly.  
View online at [www.cod.edu/courier](http://www.cod.edu/courier)

**Addison**



**Bloomington**



**Carol Stream**



**Naperville**



**West Chicago**



**Westmont**



### College of DuPage Off-Campus Centers

# We're in Your Neighborhood!

We offer credit and non-credit classes for all ages. And we're close to home and work!

#### C.O.D. Addison Regional Center

301 S. Swift Road  
Addison, IL 60101  
(630) 942-4600

#### C.O.D. Bloomington Center

162 S. Bloomington Road  
Bloomington, IL 60108  
(630) 942-4900

#### C.O.D. Carol Stream Community Education Center

500 N. Kuhn Road  
Carol Stream, IL 60188  
(630) 942-4888

#### C.O.D. Naperville Regional Center

1223 Rickert Drive  
Naperville, IL 60540  
(630) 942-4700

#### C.O.D. West Chicago Community Education Center

930 E. Roosevelt Road (Lorlyn Plaza)  
West Chicago, IL 60185  
(630) 231-3348

#### C.O.D. Westmont Regional Center

650 Pasquinelli Drive  
Westmont, IL 60559  
(630) 942-4800

For more information, please visit  
[www.cod.edu/RegionalCtrs](http://www.cod.edu/RegionalCtrs)

*"It's just not the right time"*

# CARENET

Free Pregnancy Tests.  
Confidential.

Glen Ellyn • Downers Grove  
Wood Dale

[www.pregnanthelp.com](http://www.pregnanthelp.com)

