

SPORTS

BIG MAN
ON CAMPUS

“Kevin has taught me about kindness and loyalty.”

- Matt Nadelhoffer

By Bob Bajek
Sports Editor

For the past 25 years Kevin Lee has found a second home in the PE Building, changing many lives and making many friends.

Highest among the friends Lee has made are swimming teacher Jeanne Madoch and head basketball coach Don Klaas. He has known Klaas for 25 years.

“(Swimming teacher) Jeanne Madoch became interested in Kevin and took him under her wing,” Lee’s mother Marjorie said.

Former men’s assistant basketball coach Matt Nadelhoffer met Lee in 1998, when they started going to Alfie’s for lunch.

Two years later, Nadelhoffer invited Lee and his family to his wedding in Michigan. Lee poured his heart out at the reception, saying “I love Matt and Rebecca.”

“Kevin has taught me about kindness and loyalty,” Nadelhoffer said. “He taught me that attitude is everything.”

Lee volunteers part time at the Social Security Office in Wheaton on Tuesday mornings. There he is proud of his job.

“I put the paper in the machine like spaghetti,” Lee said.

Lee can be found throughout the PE Building Monday through Friday, usually carrying his favorite snacks, M&Ms and Pepsi.

Lee is a regular in the Fitness Lab and frequently asks other athletes to wrestle, Lee’s favorite sport. He wrestled in high school at Glenbard East.

“My family and friends used to watch me and are glad I’m not wrestling anymore,” Lee said. “I’m not retiring for three years until I’m 50 years old.” Lee will be 47 in December.

Lee frequently travels to other high school wrestling meets and watches college wrestling on video.

Lee’s friend, strength coordinator Matt Cousins, frequently kids with him about the subject.

“He told me if I wrestle one more time I would be out of the PE (Building),” Lee said.

Besides wrestling, the long time student participated in swimming, track and field and gymnastics in his teenage days. He even bowled a 188.

Although Lee and Klaas are good friends who like to joke around and laugh, Lee is concerned for his ‘animated’ friend during practice.



Kevin Lee shows off his muscles in the Fitness Lab on Monday. Lee loves going to the Fitness Lab because “(It) is always open. Everyone is always there.”

Photo by Aldo Blanco

“Every time Don gets mad (at his team), he could get a heart attack,” Lee said.

Lee told his friend that and the coach took it to heart.

“It was like he was watching my back,” Klaas said. “I’ll never forget that.”

Throughout the years, Lee has become a part of the PE Building’s family. On his 40th birthday, the PE staff put 40 plastic cows on his lawn. Madoch made him an M&M stuffed bear. When Lee had open-heart surgery in 1998, his friends came and visited him in the hospital.

When Lee’s father John passed away from Parkinson’s a couple years ago, he found support from his PE Building friends.

“My mom called Jeanne Madoch and she hugged and kissed me,” Lee said.

Lee regularly talks to athletes at the PE Building and they love it. He brightens their day with his smile.

“It would be a different place without him,” Cousins said. “He brings a light hearted nature to the department.”

Lee said that he plans to continue going to the PE Building to make new friends and hopefully get someone to wrestle him.

Athlete of the Week



Name: Tim Niles
Sport: Basketball
Major: Communications
Year: Sophomore
Age: 21



Photos by Aldo Blanco

Q: Have you played other positions?

A: I played point guard, shooting guard and small forward.

Q: Which position do you like the most?

A: I like point guard because the ball is always in my hands and I can get my teammates involved.

I'm a team player and am excited when they score.

Q: What are the challenges of being a point guard?

A: You have to deal with a lot of pressure.

Being a point guard, you have to start the offense. You control the tempo of the game.

Q: What is your favorite memory?

A: It was a game winning lay-up with five seconds left at Morton College last year. It was a set play. I was fouled on the shot and it counted. The free throw won the game.

Q: What are your goals?

A: Winning regionals to go to nationals and to make my parents and coaches proud.

Q: Who inspires you?

A: My dad because he has a winners never quit and quitters never win mentality.

Q: Do you play other sports?

A: At Main West High School in Des Plaines, I played basketball and ran track and cross country.

Q: How do you prepare for a game?

A: I usually listen to hip-hop instrumentals and read a passage from the Bible. I don't tie my shoes until game time.



Photo by Aldo Blanco

Point guard Shany Jones is blocked on her way to the basket. Jones had eight points and three assists in Tuesday's 57-45 victory.

Big shots help Chaps edge Chiefs

By Bob Bajek
 Sports Editor

The Chiefs had a game plan to stop the women's basketball team Tuesday night at Sugar Grove, Ill. They took away the middle so the Chaps couldn't score inside.

They dared guard Bonnie Nge and her teammates to beat them on the perimeter.

Nge rose up to the

challenge and led her team to a 57-45 victory.

"Their zone was really lazy," Nge said. "They left everyone open around the arch."

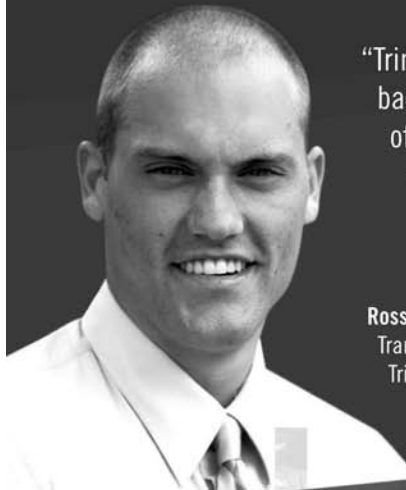
Nge buried three trays, including two to open the game 10-0. Nge's shooting helped the rest of the offense by opening up the inside.

Center Mary Beth Broda was very effective early in the game. Point guard Shany

Jones was passing Broda the ball and she was scoring. The Chiefs noticed this and started to pressure Broda with double teams. This effectively slowed down the Chaps post game.


"They took away our post," Jones said. "They collapsed on us. That's when Bonnie was stepping it up."

With this win, the Chaps improve their record to 4-3.



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Swimmers don't take their sport lightly

By Bob Bajek
Sports Editor

Back and forth... Back and forth...

Many feel that the sport of swimming is only accomplished through monotonous repetition.

Swim practice, though, requires intense training, mental preparation and strict diet to perform well at a meet.

"All our meets are an extension of our practices," head coach Marc Gamble said.

"The sets and training we do in practice prepares the swimmers for their races."

Gamble said that his practices are an overview of the season. In the first half of the year he has his swimmers concentrate on endurance and technique.

Racing strategy is incorporated in the second half while the last four weeks before nationals the swimmers have light workouts.

Practice runs from 1:30 to 3:30 p.m. Monday through Friday.

"I try to stick it out," swimmer Mike Rose said. "I know it is only a two hour practice and I could push myself hard."

Every practice starts with a warm up or a light swim. This is the similar to stretching in other sports.

"It loosens up your muscles and gets you ready for a main set," swimmer Carly Murray said.

After the warm up, practice can vary. Some days they perform only the stroke they specialize in and others they do individual medley sets.

"It's a sequence of the fly, back, breast and free strokes (for 100 yards each)," swimmer Robert Augustine said.

Diet plays an important role for the swimmer. They need



Photo by Aldo Blanco

Diver Stephanie Yasz jumps off the high dive during practice. Yasz qualified for nationals in the 200-yard free style relay.

to avoid food heavy in carbohydrates and eat more protein for muscle growth.

"You shouldn't eat junk food," Augustine said. "All the stuff you like to eat like McDonald's sits in your stomach during practice."

The divers have a different challenge. Diving requires more concentration and body awareness than swimming. Approach is also more important.

"I usually get to the end (of the board) and concentrate on what I'm going to be doing and tell myself not to be scared," diver Samantha Brady said.

Diving coach Holly Higgins breaks down diving moves one piece at a time. They

work on body positions to learn body awareness first before the dive.

"By the time you put it all together, you have the move," Higgins said.

Swimmers must warm up and prepare before the meet even starts. Augustine knows the importance of mental preparation.

"Most of swimming is mental," Augustine said. "If you think you will lose your are going to lose. If you have a positive attitude, you are going to win."

Augustine and his teammates will compete at the Wheaton Invitational at Wheaton College Friday and Saturday. The meet starts at 9:30 a.m. both days.



Photo by Shannon Torii

Sophomores Otis Scarver (left) and Mike Wood double team Waubonsee's Steven McNabb in Tuesday's loss.

Chaps suffer second half meltdown

By Bob Bajek
Sports Editor

When the second half began on Tuesday night at Sugar Grove, Ill. the men's basketball team trailed Waubonsee 35-32. They were still in the game, but not for long.

Chief starter Torrien Minor dunked on a fast break in the opening seconds and his team started to pull away. Waubonsee went on a 16-5 run that put the game away in an 88-60 loss.

"The first five minutes of the second half set the stage for the rest of the half," head coach Don Klaas said.

Klaas' team looked tired as the game progressed. They didn't adjust well to Waubonsee's offense at halftime.

"The biggest adjustment was to get back on defense because they were like a freight train with fast breaks," Klaas said.

Waubonsee guards Jeremy Arrington and Johnny Walker had eight three pointers in the second half. Waubonsee hit 10 out of 14 from the arch. The Chaps were three for 13 with

three pointers.

"Waubonsee came out with more energy than we did and they hit a lot of threes," point guard Tim Niles said. "Our shots weren't falling for us."

Forward Jon Gillett said it's challenging to overcome a big deficit.

"You can't have many mistakes on offense," Gillett said. "You got to score every time."

Waubonsee was able to apply pressure on any phase in the game. They trapped on inbounds passes, pressed when DuPage dribbled up court and intercepted passes when they sealed the gap between defenders.

They had 25 steals in the game and forced 21 Chaparral turnovers.

Trailing 71-45 with seven minutes left, Klaas substituted five players at once. Niles described how he knows when his coach is mad.

"Usually when he flares his arms and rattles his chair," Niles said.

The Chaps fell to 1-3 with the loss. Klaas said that the loss shouldn't affect the team.

"It's just another game," Klaas said.

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SportsBriefs

Men's Basketball

The men's basketball team fell short on Nov. 17 to Olive Harvey on the road 64-60.

Starters Tim Niles and Otis Scarver led the team with 18 and 15 points, respectively. Scarver and teammate Ryan Tyszkiewicz each added eight rebounds.

The Chaparrals rebounded last Tuesday for their first win of the season. They defeated Kishwaukee 78-55 at the PE arena.

Niles controlled the game with 26 points, five rebounds and three steals. He and his teammates dominated at the line by shooting 29 out of 34 for 81 percent.

Women's Basketball

Cotton's squad lost to Odyssey 52-50 on Nov. 15 at the PE arena.

Guards LaChelle Williams and Bonnie Nge each added 11 points.

On Nov. 17, Anoha-Ramesey put the Chaps away in a 75-56 win. Williams led the way with 18 points.

Kishwaukee again defeated the Chaps at the PE arena by the score 75-66 last Tuesday.

DuPage was leading 35-30 at the half but Kishwaukee put up 45 points in the second half.

Shany Jones and Williams tallied 12 points each while Ngo put in 10 points.

Swimming and Diving

The DuPage swim team did well at the Illinois Wesleyan Invitational on Nov. 17 at Illinois Wesleyan University in Bloomington, Ill.

Stephanie Yasz finished in sixth place on the one meter diving board. The women's 200-yard free relay team made up of Carly Murray, Katelyn Davis, Marian Cardwell, Samantha Brady swam a time of 2:08 and qualified for nationals.

Other great swims included Carly Murray finishing 4th in the 100 fly with a time of 1:07.

Their next meet is the Wheaton Invitational at Wheaton College starting Friday at 9:30 a.m.

Obtain a membership

To use the athletic facilities students must be enrolled in at least six credit hours and have a P.E. pass.

Community members can purchase an annual or seasonal membership card that allows use of the facilities.

Gold memberships cost \$350 annually and \$100 seasonally, bronze memberships cost \$300 annually and \$80 seasonally and silver memberships cost \$250 annually and \$70 seasonally. Seasonal memberships are valid for three months.

The P.E. and Community Recreation Center includes the strength complex, P.E. arena, diving and lap pools, fitness center, and racquetball.

Contact the Athletics office for more details.

P.E. passes available

Obtain a student I.D. in the P.E. building for \$5. You can obtain a pass from 8 a.m. to 1 p.m. and 5 p.m. to 8 p.m. on Monday through Friday and 8 a.m. to 12 p.m. on Saturday.

Sport Schedule Winter '07

MEN'S BASKETBALL

NOVEMBER		
Tue., 13	LAKE COUNTY	L 93-96(3ot)
Sat., 17	at Olive harvey	L 60-64
Tue., 20	KISHWAUKEE	W 78-55
Tue., 27	at Waubensee	L 60-88
Fri., 30	DUPAGE TOURNEY	6 & 8 p.m.

DECEMBER		
Sat., 1	DUPAGE TOURNEY	1 & 3 p.m.
Tue., 4	PRAIRIE STATE	7 p.m.
Thu., 6	BENEDICTINE JV	7 p.m.
Tue., 11	OAKTON	7 p.m.
Fri., 14	William Bear Classic at Highland College	
Sat., 15	William Bear Classic at Highland College	

JANUARY		
Fri., 4	MORTON	7 p.m.
Sat., 5	at Sauk Valley	7:30 p.m.
Tue., 8	at South Suburban	7 p.m.
Thu., 10	KENNEDY-KING	7 p.m.
Sat., 12	at Illinois Valley	3 p.m.
*Tue., 15	JOLIET	7 p.m.
Thu., 17	MALCOLM X	7 p.m.
Sat., 19	ROBERT MORRIS JV	7 p.m.
*Tue., 22	at Rock Valley	7 p.m.
*Sat., 26	at Harper	3 p.m.
*Tue., 29	WRIGHT	7 p.m.

FEBRUARY		
*Sat., 2	TRITON	7 p.m.
*Tue., 5	at Joliet	7 p.m.
*Sat., 9	ROCK VALLEY	7 p.m.
*Tue., 12	HARPER	7 p.m.
Sat., 16	at Moraine Valley	3 p.m.
*Tue., 19	at Wright	7 p.m.
*Sat., 23	at Triton	7 p.m.
Thu., 28	REGION IV PLAYOFFS at Harper	TBA

MARCH		
Sat., 1	REGION IV CHAMPIONSHIP at Harper	TBA
Thu., 13-15	NJCAA Division III Nationals at Delhi, N.Y.	

WOMEN'S BASKETBALL

OCTOBER		
Tue., 23	NORTHWESTERN CLUB (scrimmage)	5 p.m.
Sun., 28	at Ill.-Springfield (jamboree)	TBA

NOVEMBER		
Sat., 3	at Malcolm X	W 61-52
Tue., 6	at Madison (Wis.) Tech	W 53-50
Tue., 13	McHENRY	W 57-50
Thu., 15	ODYSSEY	L 50-52
Sat., 17	ANOKA-RAMSEY (Minn.)	L 56-75
Tue., 20	KISHWAUKEE	L 66-75
Tue., 27	at Waubensee	W 57-45

DECEMBER		
Sat., 1	at Highland	12 p.m.
Tue., 4	PRAIRIE STATE	5 p.m.
Sat., 8	SAUK VALLEY	1 p.m.
Tue., 11	OAKTON	5 p.m.
Thu., 28	HOLIDAY INVITATIONAL (Kishwaukee, Lake County, and Malcolm X)	5 & 7 p.m.

WOMEN'S B-BALL CONT

NOVEMBER		
Fri., 29	HOLIDAY INVITATIONAL	1 & 3 p.m.

JANUARY		
Fri., 4	MORTON	5 p.m.
Tue., 8	at South Suburban	5 p.m.
Thu., 10	KENNEDY-KING	5 p.m.
Sat., 12	at Illinois Valley	1 p.m.
*Tue., 15	JOLIET	5 p.m.
Sat., 19	MADISON (Wis.) TECH	5 p.m.
*Tue., 22	at Rock Valley	5 p.m.
Thu., 24	KANKAKEE	5 p.m.
*Sat., 26	at Harper	1 p.m.
*Tue., 29	WRIGHT	5 p.m.

FEBRUARY		
*Sat., 2	TRITON	5 p.m.
*Tue., 5	at Joliet	5 p.m.
*Sat., 9	ROCK VALLEY	5 p.m.
*Tue., 12	HARPER	5 p.m.
Sat., 16	at Moraine Valley	1 p.m.
*Tue., 19	at Wright	5 p.m.
*Sat., 23	at Triton	5 p.m.
Wed., 27	REGION IV PLAYOFFS at Harper	TBA

MARCH		
Sat., 1	REGION IV CHAMPIONSHIP at Harper	5 p.m.
Thu., 13-15	NJCAA Division III Nationals at Delhi, N.Y.	

SWIMMING AND DIVING

NOVEMBER		
Fri., 9	Maroon Invite-University of Chicago	6 p.m.
Sat., 10	Maroon Invite-University of Chicago	9:30 a.m.
Sat., 17	at Illinois Wesleyan University	10 a.m.
Fri., 30	Wheaton Invitational-Wheaton College	9:30 a.m.

DECEMBER		
Sat., 1	Wheaton Invitational-Wheaton College	9:30 a.m.
Sat., 8	North Central Invite at Naperville Central High School	12 p.m.

JANUARY		
Fri., 18	at University of Chicago Invitational	6 p.m.
Sat., 19	at University of Chicago Invitational	9:30 a.m.
Fri., 25	at Lincoln	6 p.m.
Sat., 26	at Benedictine University	10 a.m.



FEBRUARY		
Sat., 9	Titan Diving Invitational at Illinois Wesleyan	11 a.m.
Fri., 15	REGION IV CHAMPIONSHIP at Lincoln, Ill.	11 a.m.
Sat., 16	REGION IV CHAMPIONSHIP at Lincoln, Ill.	10 a.m.
Fri., 22	Midwest Invitational at Wheaton College	TBA
Sat., 23	Midwest Invitational at Wheaton College	TBA

MARCH		
Tue., 4 - Sat., 8	NJCAA National Championships at Indian River Community College Fort Pierce, Fla.	TBA


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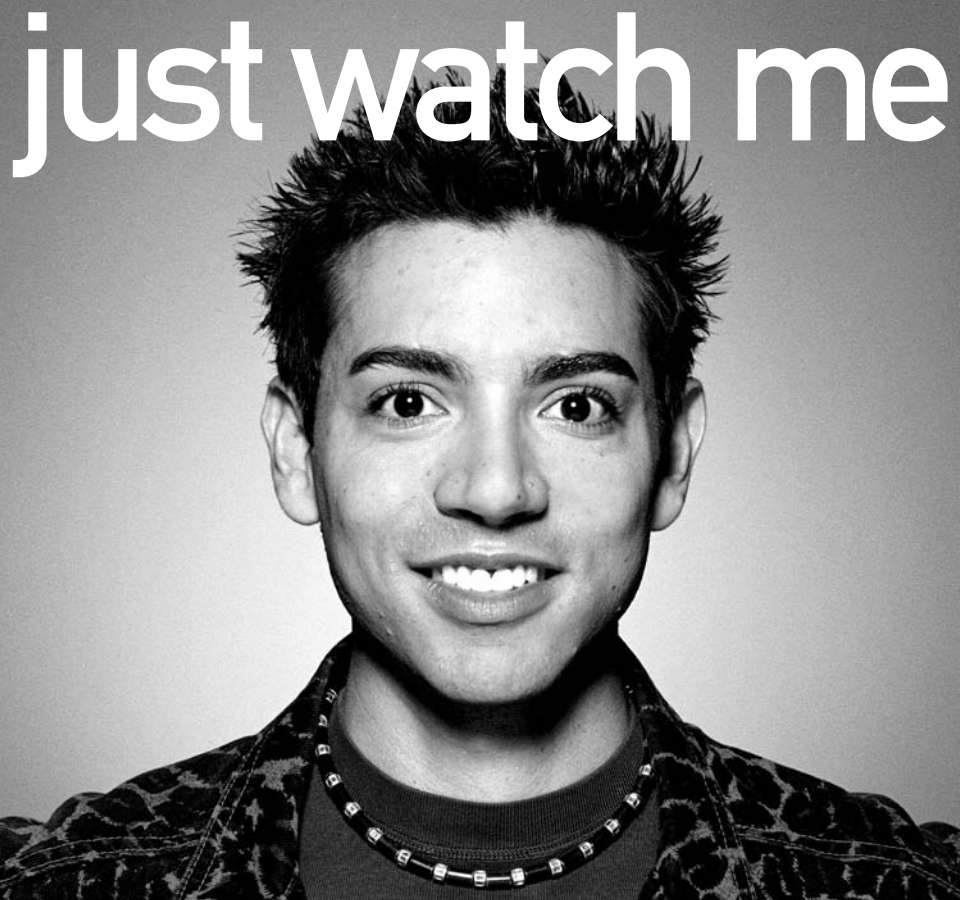
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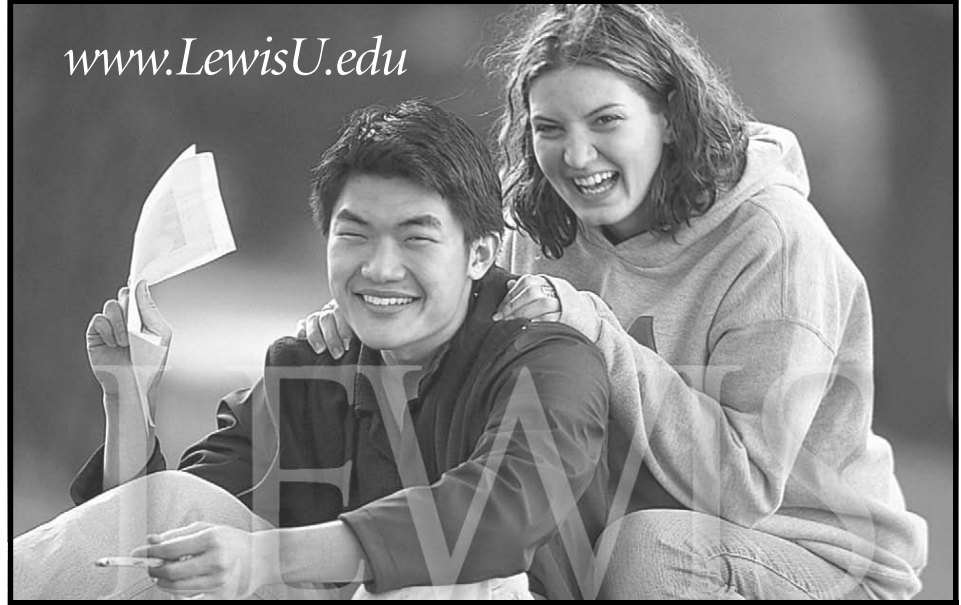
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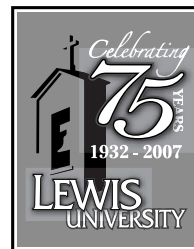


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Elmhurst has a special relationship with the College of DuPage. Over the years, thousands of COD students have transferred successfully to Elmhurst. You can even enroll at Elmhurst while still a COD student. Our Dual Admission Program ensures that all your courses will transfer, and allows you to complete many higher-level courses.

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Our average class has 19 students. That means you'll work side by side with an education faculty that has earned recognition from the national news media and the National Council for the Accreditation of Teacher Education (NCATE). And you'll be eligible to receive scholarships from the Golden Apple Foundation, celebrated for its excellence in teaching awards.

Get real.

Through our acclaimed Satellite Network, you'll enjoy a home base for field experiences at one of our 101 network schools throughout the Chicago area. Our education curriculum culminates with a term devoted to full-time classroom teaching. You'll receive complete support from your professors and professional mentors during your important term as a student teacher.

Go far.

You'll find Elmhurst alumni teaching at great schools across the United States and around the world. Many alumni hold leadership positions in the profession. And with more than 1,700 graduates teaching in Illinois public schools, Elmhurst ranks number one in teacher placement among the Associated Colleges of Illinois.

Majors in Education

- Early Childhood Education
- Elementary Education
- Music Education
- Secondary Education
- Special Education

For students 24 and up.

Many education majors are adult learners who come to class already well equipped with skills, knowledge, and experience. Elmhurst gives credit where credit is due. You can earn up to 32 semester hours for significant learning beyond the classroom. And you'll work with an academic advisor to plan the most efficient way to earn your degree.



Elmhurst College