Nationwide educational study
Spin on study hides poor performance

Ronnie Jordan
Assistant News Editor

The results of a nationwide study on education indicates that Colorado's elementary and middle school students are demonstrating a significantly higher level of proficiency in certain subjects than students in most other states.

Information gained through the study reflects Colorado's 4th and 8th grade students' performance on the National Assessment of Educational Progress (NAEP), a rigorous group of tests covering several academic subjects. Results of a student's performance on the NAEP indicates the level of a student's understanding of what national experts have determined to be a necessary level of proficiency in a variety of academic areas.

In the area of mathematics, the percentage of Colorado's 4th graders who at or above the proficiency level rose from 17 percent in 1990 to 25 percent in 1996. Only eight states in the nation registered significantly higher percentages. In the area of 8th grade science, 32 percent of Colorado's students scored at or above proficiency, with only four states demonstrating higher results.

Although the NAEP suggests that Colorado's students are performing well, some educators suggest that the evidence presented in the study indicates the exact opposite. Dr. Robert Kribel, dean of the School of Natural Sciences and Mathematics at MSC, interpreted the data as an illustration of the unsatisfactory performance of students in the area of math and science.

"I think that's not that we're doing so well, it's that the rest of the country is doing so badly," Kribel said. Although Colorado ranked high among other states in the area of math and science, Dr. Kribel argues that the findings are not necessarily a representation of Colorado's success. "The fact that only eight other states in the nation scored higher tells us something sad about the whole nation rather than something good about Colorado," he said.

The exact definition of the term "proficiency" is also a matter of concern among some who review the results of the test. "Well, I think that proficiency was what was considered satisfactory," Kribel said. "That's not even an outstanding category."

Information gathered from students' performance on the NAEP indicates that Colorado's 8th graders are capable of performing on the same level as their peers in Canada, England, Germany, and the Russian Federation. In the area of science, only Singapore would be expected to outperform Colorado's 8th grade students. Colorado students in the 8th grade also show an understanding of science which is on a level with students from Canada, Germany, England, Japan, Korea, and the Russian Federation.

Even though the U.S. performed well compared to other countries, there still remains a considerable diversity in the overall performance among students from around the world. "Internationally, we're not doing well in science and math. We're not even in the top 15," Kribel said.

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Juvenile behavior results in club banning minors

A few weeks ago, I was thankful for the attempt that Grand Junction made to create some sort of night life. When Nina Storey came to the new Mesa Theater, the atmosphere of the club and the people running it told me that, even before visiting the bar for the first time, the club was a worthwhile place to hang out. However, the best part of that night was that I, as well as most people in the club, would have a lot of fun without alcohol. Why? It was an 18 and over show.

But alas, last Thursday, during the DJ dance night, someone snuck back stage and cut the phone lines and circuit breakers from the back of the building. And with 400 people who cannot handle that much excitement, you have a situation that becomes out of control.

After the news came out, the stark realization hit me like a boulder off the Bookcliffs. The underage crowd in Grand Junction cannot handle night life. During my first few years here, I would have longed for a worthwhile place to go on the weekends. But then again, those places were actually around. Xanadu’s, or Zanidus’s (or however you say the club’s name that was across the street), catered mainly to the 18 and over crowd. What happened? Gang problems came about, and they had to shut it down. There was another club near Clifton that had a similar club atmosphere, but it suffered the same fate under similar circumstances.

The problem, however, has not been that there was a lack of interest in a place for college students to hang out. Instead, people will take the same kind of behavior exhibited at parties in the desert and bring it indoors where it just is not acceptable.

This is what the management at Mesa Theater said that a major problem had been, and it is no wonder they decided to make the club 21 and over for last Thursday night.

However, that is not the worst part. College students and teenagers in this town complain to high heaven that there is absolutely nothing to do in this town, but when someone finally takes the initiative to give them something to do, those same people take it for granted.

After speaking with Rob Lersch, the food and beverage manager of Mesa Theater, he said, “It’s not to say we’ll never do another 18 and over night again, but we’ll just wait and see. This was just a decision that needed to be made.”

Across the Street

By Roseena Martinez

Rules are rules, sir. First word gets out that I didn’t make the back stop here, then you have animal anarchy on your hands.

Consideration necessary to reduce danger on 12th

Dear Editor,

The city of Grand Junction and Mesa State College did the students a much needed service by adding medians and signs to 12th Street. I think I can speak for a majority of the student pedestrians when I say that this effort is appreciated.

Twelfth Street has transformed into the Indy 500, and the breaks in traffic are so few that students know that some students, in frustration, will just start walking in hopes that they don’t end up kissing the pavement. It is true that some students are careless in crossing and that some blindly walk across without a care in the world; however, some of the drivers are extremely careless as well. As a cyclist, I have seen unbelievably careless acts by some of the motorists on 12th Street in their rush to get where they are going. In a reckless frenzy, some drivers forget all the basic rules of driving and put the pedestrian at great risk.

I consider myself to be quite cautious of my surroundings on my way to school, yet I have nearly been hit a few times by drivers forgetting to use their turn signals, turning on red when pedestrians are attempting to cross at an intersection, and many other careless moves. In last week’s one-sided article, Stephen Bair suggested that the pedestrians held hands, look both ways, cross only on crosswalks, and never step into oncoming traffic. These are really good rules to follow.

I have some advice for the drivers — stay alert. Put down your double-cheeseburger and get your hands back on the steering wheel. Take out your Colorado Drivers Handbook, blow the dust off it, and read the chapter entitled “Basic Rules of Driving.” Let’s work together to avoid a future fatality on 12th Street.

Kimberly Kates

Student Votes

Dear Editor,

While my fellow students were welcoming another Friday night, I drove to the mall to cast my ballot during early elections. I walked up to the booth and was instantly reminded of the many hours spent in history classes that explained the struggle for equality for American citizens and our right to vote. I would like to thank the volunteers that hung around the College Center and made it so convenient for students to register.

Angela Redden

Mesa State College CRITERION

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continued improvement," Romer says that many of the NAEP's findings are good news for both parents and students. "Our progress in these key academic areas is a credit to the hard work of students and teachers alike, and should serve as an incentive for continued improvement," Romer said.

Despite his praise for students' performance on the NAEP, Romer adds that there remains room for improvement. "As this report shows, only one out of four students in Colorado knows what he or she needs to know in mathematics," he said. "And only one out of three has demonstrated proficiency in science."

Romer also states that even though some results of the test are not as promising, the NAEP provides means in which education efforts and student performance can be focused. "We'll never get where we need to be if we don't know where we are," Romer said.

Kribel said, "There's some major reform needed in science and math education in our country, and when you start comparing yourself with others just in the United States, you're doing a disservice to the students."

The NEGP has been charged with the responsibility of monitoring and making progress toward eight national education goals. One of the objectives the NEGP hopes to accomplish is Goal 3, which states, "By the year 2000, all students who leave grades 4, 8 and 12 having demonstrated competency over challenging subject matter including English, mathematics, science, foreign languages, civics and government, economics, art, history, and geography, and every school in America will ensure that all students learn to use their minds well, so they may be prepared for responsible citizenship, further learning, and productive employment in our Nation's modern economy."

Herman names Ramer staff person of the month

Callista Pearson
Staff Writer

Mesa State College is recognizing Brad Ramer for his exceptional efforts by naming him Classified Staff Employee of the month of October.

Ramer has been employed by the college since April of 1980 and has lived in Grand Junction for 19 years. He is the maintenance foreman for the Facilities Management Services Department and serves as a member of the Campus Safety Committee.

Tired of the same election advertisements, barking speeches and down right dirty lies?

Got Crite???

ASG 99-06 goes to committee

Richard Marcus
Opinions Editor

The Associated Student Government (ASG) addressed the biggest issue to date this year last Thursday with an active discussion of the ASG 1999 through 2006 (99-06), Biannual Budget Reconciliation, which deals with the on-campus student organizations' budgets. The committee, "...receives concerns from the rest of the campus about safety issues...such as dim lighting, broken sidewalks, and other hazards," Ramer said.

Being able to interact with the rest of the campus, as well as students and faculty, is one of the many things Ramer really enjoys about MSC. In the meantime Ramer enjoys taking an occasional class here at school for his own personal satisfaction.

Tired of the same election advertisements, barking speeches and down right dirty lies?

Got Crite???
Four MSC students receive Cox scholarships

Kami Walton
Special to the Criterion

Four Mesa State College students who excel in the mass communications program have received Cox Foundation scholarships for their interest in journalism careers this year through The Daily Sentinel.

The Daily Sentinel, one of several news organizations owned by Cox, allotted $5,000 each year to encourage college students seeking careers in journalism.

The scholarships went to Sara Schauer, Jon Mitchell, Amy Bynum, and Dani Weigand. These mass communications students all entered essays in response to The Daily Sentinel ads last spring, a process, according to managing editor Dennis Herzog, that has been done for the past five years. Each student received $1,000.

Schauer is a 1996 graduate from Parker, Colo., who plans to go into public relations. She is currently doing a practicum at the Criterion in the advertising department.

Mitchell is a 1995 graduate from Colorado Springs, Colo., and currently works at both KMBS and the Criterion as the sports director and an opinions/special assignments writer, respectively. He also has done work for The Daily Sentinel in the sports department.

Bynum is seeking a dual emphasis in public relations and journalism. Also from Parker, Colo., she helps with the classified section at the Criterion.

Weigand graduated from Fruita Monument High in 1994 and came to Mesa State after attending the College of Eastern Utah. She is the editor-in-chief at the Criterion and is also a member of both the MSC Media Board and the Society of Professional Journalists.

"It's good to know that someone in the community is looking at the future of their business and encourages the students to continue to excel," said Bynum.

Last year's Cox scholarship winners from MSC included BillCraig, Julie Lane and Jeff Kirkland. All three graduated in May, and Craig is now a reporter for Carbondale's Valley Journal, Lane is a copy editor for The Daily Sentinel, and Kirkland is in marketing with KKEK.

"We certainly appreciate the Cox Foundation and The Daily Sentinel in helping our students," said professor Byron Evers, director of mass communications.

ASG from page 3

 allocation process." The bill then went to Conference Committee where two members of ASG and two members of FAC will fine tune the bill.

"The senate had a lot of legitimate concerns," according to John Marshall, ASG senator at large. "Our job as a senator is to address these concerns. The act of the senate to send it to conference committee was our attempt to address these concerns," he said.

The main problem in the bill arose from the newly formed Debate Team. Previously the Debate Team existed under the Club Advisory Board (CAB) until the team requested to become an actual member of the student fee funded boards.

Members of the ASG felt that the Debate Team was going to receive more money than it should have, and several members were also wanting to change the bill in order to send it to a student referendum.

There was also discussion on the number of other boards that did not receive the funding the ASG felt they should have.

The conference committee has already met for one meeting and plans to meet again Wednesday, Nov. 4 at 6 p.m. in the ASG suite in the W. W. Campbell Center.

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"TIAA-CREF sets the standard in the financial services industry."

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KMSA Car Giveaway Entry Form

Address -

Mesa State College/Swire Coca-Cola Marketing Committee Funds Available!

A marketing committee has been developed as a result of the new partnership between Mesa State College and Swire Coca-Cola. The purpose of this committee is to support and enhance campus activities while promoting Coca-Cola products.

Campus organizations wishing to develop marketing events that promote their organization and Coke will have the opportunity to submit one-time requests for funding, product or prepackaged promotion.

Examples of requests would include: requesting T-shirts with a Coke logo to be printed with a specific event or club name; a case of Coke product for an activity; or possibly distributing an advertisement for an activity incorporating a Coke coupon. Requests for direct funding will also be considered. This fund is not designed for purchase of equipment or other capital expenditures.

Evaluation criteria will include the following:
- Overall presentation of request form
- How Coke will be marketed during your event
- How many students/faculty/staff will be affected by this event

Please pick up a funding request form at the College Center Information desk.

The requests are due to the College Center Information Desk no later than 5 PM Nov. 12th. Questions can be directed to Deb Hoefer, assistant College Center director, 248-1643.

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“No, No, Nanette” debuts Thursday: Sassy show sure to be a hit

Erin McIntyre
Features Editor

During the next two weeks, the Mesa State College Theatre will feature a sassy musical comedy ready to transport the audience back to 1925.

F. Scott Fitzgerald’s “The Great Gatsby” sold like there was no tomorrow, the John Scopes Monkey Trial shocked traditional educators, and Charlie Chaplin scampered across silent black and white movie screens to rinky-tink piano tunes.

“No, No, Nanette” debuted that year and soon became one of the most popular musicals of its time. Its complicated plot begins with a financially well-off bible publisher who decides to give three young girls money. All of the girls show up to visit the publisher simultaneously, and while the publisher’s attorney attempts to get rid of them, the entire situation is misconstrued.

The plot revolves around the romance of Nanette, the publisher’s niece, and her fiancé, Tom. Snappy dance numbers and, of course, catchy songs are sure to steal the show.

Senior music theatre major Michaela Moncrief will grace the stage as the lead part of Nanette. Director Dr. Jack Delmore, associate professor of voice and music theatre, will add “Nanette” to his repertoire of “The Mikado,” “Guys and Dolls,” and “My Fair Lady.”

“Nanette” will debut at MSC with the campus rush on Thursday, Nov. 5, at 8 p.m. Students will be offered a special one-time ticket price of $2 with a Gold Card. After campus rush, the play will continue through Nov. 7, and will resume Nov. 12-14 at the regular cost of $12 for adults, $10 for seniors, and $5 for students. For more information or ticket reservations, call 248-1604.

St. Mary’s mosquitoes draw MSC blood

Ron Jordan
Assistant News Editor

Although Mesa State College students are often accustomed to the idea of sweating blood as the end of the semester grows closer, some students actually offered donating blood at the St. Mary’s Hospital Blood Drive held Tuesday, Nov. 3 in the MSC Student Center.

The blood drive provided a convenient outlet for students to contribute to St. Mary’s blood bank. Many students participating in the drive had their first experience with the process of donating blood.

“Probably about half of the donors have been first-time donors,” said Brian White, a medical technologist at St. Mary’s.

One donor, Jim Brown, a computer information systems major at MSC, said that he finds donating blood to be a rewarding experience. For students who might be intimidated about the idea of donating, Brown said that he has become more comfortable with the process each time he donates. “I suppose I was a little intimidated the very first time, but it has never bothered me since,” he said.

Brown added that he also feels a certain responsibility on his part to donate blood. “I have several members of my family that can’t donate, so I kind of feel a little bit of an obligation to come in since I am healthy and can donate, and should do that not only for myself, but for anybody else who needs the blood,” he said.

The technicians lending their skills excited about the number of students who turned out for the event. According to White, the participation on behalf of MSC students will help prepare the hospital for the upcoming holiday season. “Right now we’re doing okay, but if we don’t keep on doing blood drives like this, then we’re going to get into some critical times, especially the holidays coming up,” he said.

“Thanksgiving, and then right after Thanksgiving we’ve got Christmas, so it’s time for us to build up. A lot of car accidents can happen on those travel days and we have to be ready for anything,” he said.

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**Features**

**Big Bands jump back in the swing at the Watalunas**

Michael Uhrich
Assistant Features Editor

I had no idea what to expect going to Palisade’s swinging, new Watalunas dance club last Friday night. Images of cowboys and cowgirls having a good old time in their boots came to my mind, along with that GAP commercial I always see on the tube. Whatever my impression was, it disappeared when I headed to Palisade and entered the world of the Watalunas Swing Club.

Boy, was I in for a big night. Not only was the night arising bands that have been coming out with a “new night. Not only was the night World of the Watalunas Swing Club. Watalunas, I was greeted by the man that started the whole swing thing in town, Steven Wallace, who has been dancing with his wife for over 20 years. He was eager to see that we were joining in on the festivities. At first glance, he immediately classified us as beginners, by our tangled legs and utterly confused faces.

Wallace, who encourages people of all levels of dance to try it, classified swing as an “alive, active, innovative, contemporary craze,” as I would soon discover.

The night began with a lesson for those of us who were in dire need of help on the basics of swing. Most of the people there were dressed for the occasion and were already performing moves that I had never seen before.

We then added a few more basics and were eventually set free on the dance floor with music to experiment and create our own little styles of swing dancing. Rhythms from swing and big bands like The Cherry Poppin’ Daddies, The Brian Setzer Orchestra, Squirrel Nut Zipper, and Jet Set 6 provided the background. By the end of the night, they had me doing moves and jivin’ and waltin’ like a bat out of hell. Dancers ranging from older, more experienced ones, to young college students like myself danced the night away. Wallace emphasized the rising trend of swing music and encouraged students to try this as an alternative to going out and partying.

“It’s a great way to have fun. No alcohol, no smoke, just dancin’ and sweat,” said Wallace, “Plus you get a great workout.”

The Watalunas Swing Club of Palisade meets every Friday night at the Palisade Community Center on Sixth and Main in downtown Palisade.

The cost for the night is $8 per couple, or $5 single. Although dancing usually starts around 8 p.m., the fee also includes a free lesson, which begins at 7:30 p.m.

For more information about the Watalunas Swing Club or swing dancing in general, contact Steven Wallace at 464-7401.

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**Check out what’s up around town this week!**

- **Win a free chance for a week long Heli Ski Trip** and check out the latest of extreme ski films, “Sick Sense,” on Friday, Nov. 6. Giveaways by K-Z, Smith, Hot fingers, and Powder. Price is $3 with an MSC Gold Card and $5 without. Lift Attendant Hall at 7 p.m.

- **Why do I hate mathematics, but love museums? : The secret confessions of an unusual math professor.** Check out Guest Speaker Edward Burger, University of Colorado professor, who will speak at the Gene Saccomanno Lecture Hall. Refreshments provided. For information, call 248-1751.

- **MSC Residents’ Association Fall Program “Jungle Fever,”** this year will be on Nov. 10, in Lift Attendant Hall from 5:30 p.m.-12:00 a.m. Cost is $5 with meal plan, $10 without. For tickets, contact your hall council representative.

- **The University of Colorado’s statewide Minority Career Conference** on Wednesday, Nov. 11 at the UMC Ballroom. The conference lasts all day from 10 a.m. to 4 p.m. For more information call (303) 492-0520.

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**Artist Ringley featured in Johnson Gallery**

Criterion Staff

Mesa State College will present an exhibition of collages, prints, and paintings by Jim Ringley, a professional artist from Boulder. The exhibition is entitled "Jim Ringley on Paper," and will be on display in the Johnson Gallery from Nov. 6-24.

Ringley began his artistic career as a child painting landscapes around the family farm. After receiving his B.A. degree from the University of Central Arkansas, he moved to Boulder where he pursued painting and studies in creative writing. His most recent works are typified by the conjunction of everyday images that weave ambiguous, and sometimes humorous anti-narratives.

Ringley’s paintings have been honored by several awards, most recently Colorado’s 1998 Artist Fellowship Award. “The paintings are like scrapbook pages that create a dreamscape where narrative is suspended and the viewer is allowed to think about the elements in the painting without the interference of meaning. It is a similarity to dreams that allows the work to simultaneously employ a direction and disparity, appeal and inaccessibility,” Ringley said.

The gallery located in the Student Center is open Monday through Thursday, from 9 a.m. to 4 p.m., Fridays from 9 a.m. to 12 noon. Admission is free. The public is invited to meet the artist and view the exhibit at a free reception in the gallery on Nov. 6 from 7 to 9 p.m. For more information, call 248-1954.
Sweet repeat!
Soccer team captures RMAC regular season title with 1-0 win

Chris Day
Assistant Sports Editor

The Mesa State women's soccer team's 1-0 victory against Metro State Sunday clinched the Mavs' second-straight RMAC regular-season title.

Also, the victory allows the Mavericks to host the RMAC post-season tournament this weekend as the number one seed.

The victory improves MSC's Division II national ranking to number nine, first in the region. It is that regional ranking that will be the most important next week, because the top two teams will advance to the NCAA Division II playoffs.

The two Mesa State heroes in the championship-clinching victory were sophomore midfielder Katie Brewster and goalkeeper Jerika Duran. Brewster's 73rd-minute goal gave the Lady Mavs the victory, while Duran made a season-high nine saves and earned her fourth shutout of the season.

Brewster scored her goal off an Annie Maddock free-kick cross. "Katie (Brewster) was actually kind of mad at me because she wanted to take that kick," Maddock said of her conference-leading 10th assist of the year. But that "sweet-header," as Maddock said, was a successful ending to a minor intra-squad quarrel.

Duran said she had not been tested in any game as much as she was on Sunday. "I'm not used to it, but today was a little different. They came out harder than we did in the first half and we just had to hold them off," she said.

Sunday may not be the last time the Mavs will have to face Metro State, a team that is quickly becoming an arch-rival. The teams could possibly meet in post-season play this weekend, providing Metro State beats third-seed Colorado Christian in this Friday's RMAC semifinal game.

"It's just a fight, whoever wants it more and makes the least amount of mistakes. It's always a tough game," Duran said of the possible rematches.

The winner of the semi-final game Friday will take on Mesa State Saturday at 2 p.m. Both games will be played at Dixon Field in Orchard Mesa.

Admission is free for MSC students and children under 12. All others will be charged $3 for admission.

Sophomore Katie Brewster leaps into the arms of teammate Tiffany Thompson after Brewster's game-winning goal against Metro State Sunday. The Mesa State soccer team is now ranked ninth in Division II, and will host the RMAC Championship Tournament this weekend.

Volleyball team clinches RMAC West

J.P. Menger
Sports Editor

There will be no more worrying for the Mesa State College volleyball team...as far as the regular season is concerned, anyway.

Last Friday's four-game victory over New Mexico Highlands boosted the Mavericks' conference record to 11-6, and gave Mesa State an RMAC West Division title.

"The monkey left our back," said coach Rusty Crick. "I thought we were very relaxed against Highlands."

With the title, the Mavericks automatically clinch a berth in the RMAC tournament beginning Nov. 13.

Second-place Western State remains two full matches behind the Mavs with a 9-8 RMAC record, and only two matches remain on the teams' schedules.

Even if the Mavericks lose their final matches this weekend against CU-Colorado Springs and Southern Colorado, they would still win the tie-breaker against Western State for the title.

Crick said this weekend's matches will be relaxing for his team because of the insignificance to the final standings. "We've beat the teams that we've had to. The pressure of (our last) two games were to get to this position that we're in now so there was a lot more heat in those two games. This weekend is gravy," he said.

The Mavericks are not looking past their two final regular season matches, though. "I don't think we've discussed much about the tournament at all other than celebrating Friday night knowing that we were going to be there," Crick said.

"We haven't done anything else. We're preparing for this weekend," he continued.

One important factor this weekend will be the health of sophomore outside hitter Lindy Casselman. She will sit out this weekend's matches favoring an ankle injury.

Freshman Jeannine Hastings will fill in for Casselman, and Crick hopes to "get her familiar with the offense, get her in place more and get everybody comfortable with her. Those are the concerns that we have right now," Crick said.

In the RMAC East Division, four teams currently post better records than the Mavericks, and will be higher seeds in the post-season tournament.

They are Regis, Colorado Christian, Metro State, and Nebraska-Kearney.

Win over Highlands secures RMAC tournament berth

Kristan Ross (15) scores a kill despite the efforts of a New Mexico Highland's defender Friday night. The Mavs clinched the RMAC West title with the 15-8, 9-15, 15-9, 16-14 win.

Photo by: Chris Froese
Penry returns, Mavs withstand fourth quarter Skyhawk charge

Chris Day
Assistant Sports Editor

The return of Mesa State quarterback Josh Penry on Saturday was special in more ways than one.

First of all, Penry led the Mavericks to a 21-14 win over arch-rival Fort Lewis. Second, it was Penry’s final game at Stocker Stadium.

And last, but certainly not least, Penry was awarded the Athlete of the Week award, which earned the Mesa State General Scholarship Fund $10,000.

Penry scored on touchdown runs of 41 and 35 yards. While totaling 124 yards on 11 carries during Saturday’s game, it was Penry’s first game since injuring his ribs during the 33-21 homecoming loss to Adams State on Oct. 3.

“It was great to have Josh back, it gave us an added dimension...that we haven’t had the past couple of weeks,” said assistant coach Clarence Ross.

Running back Adrian Perez also broke the century mark, picking up 103 yards and the other Maverick touchdown. “He’s been a great utility player for us,” Ross said.

Despite these individual accolades, the victory was not at all easy. Down 21-14 in the fourth quarter, Fort Lewis was on the doorstep to tie the score after a 79-yard, nine play drive down to the Maverick 1-yard line.

On the ensuing play, Skyhawk quarterback Chris McGhee fumbled the snap, and Mesa State safety Chris McKinney recovered to stop the Fort Lewis efforts. “They didn’t panic, they just went at it,” Ross said of the defensive goalline stand.

The Mavericks then ran the clock out to improve their record to 4-5 overall (3-5 RMAC). Fort Lewis (0-8, 0-6 RMAC), dropped its homecoming game to Fort Lewis under similar circumstances.

On that night, Mesa State had the ball with a third-and-goal at the Skyhawk 1-yard line when John Drury fumbled away a Maverick opportunity to take the lead with just 2 1/2 minutes left.

“It was an exciting win for us, exciting for the fans, exciting for the kids,” Ross said.

The Mavericks will not be resting on their laurels for very long, as they now prepare for New Mexico Highlands (5-1 RMAC, 7-2 overall), their final conference opponent of the season.

The Cowboys bring a potent offense lead by running back Thad Variance, who is tent offense lead by running back Thad Variance, who is leading the conference in rushing with a 140 yards per game average. “They do a million things. They throw that ball around and have a great running back,” Ross said.

“They try to get you to make a mistake and then they capitalize on it.”

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EAT YOUR VEGGIES

Millions of Americans are leaving the steak out of steak & potatoes. Here's how...

With the new emphasis on health and fitness, many people are making significant changes in their diets. One of these changes has been a turn toward vegetarianism. Vegetarians tend to have a lower incidence of cardiovascular disease and certain types of cancer and obesity. Whether these findings can be attributed to their eating habits or to other health practices is debatable.

What is a vegetarian diet?

There are many different types of vegetarian diets, but they all involve some restriction of animal-derived foods, says Katharine K. Grunewald, registered dietitian and assistant professor of nutrition at Kansas State University.

The "strict" vegetarian eats no animal products at all—no meat, milk or eggs. More common is the lacto-ovo-vegetarian diet, where dairy products and eggs are allowed. This article will deal with the latter type of vegetarian.

Don't lose the iron

Careful planning is needed for a vegetarian diet. Meat is a good source of iron and high-quality protein, so if it is not included in the diet, those nutrients should come from other sources. Good sources of iron are beans, leafy green vegetables and enriched breads and cereals. High-quality protein is obtained from milk and eggs. Although plant protein is usually lower in quality, it can be improved if it is consumed in certain combinations. In general, breads and cereals complement beans and legumes. Practical examples are a peanut butter sandwich or a bean and rice casserole.

Daily vegetarian diet:

• 2 servings of protein-rich foods such as cooked beans, peas, peanut butter or eggs
• 2 servings of milk or other dairy products
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