

# Cimarron blanks defending champs 33-0

## Spartans to face McQueen for the state championship

By Diamond Ross  
Sentinel-Voice

In the first quarter, Western and Cimarron-Memorial punted a total of six times.

It looked like it would be a replay of their earlier match this season when the Warriors outlasted Cimarron 21-14 in double-overtime, the Spartans lone defeat of the season.

But after that, the comparisons were put to rest.

The Spartan offensive line carved big holes for Arnold Parker to run through and the defense played another outstanding playoff game, as they blanked the defending champions 33-0 last Friday night to advance to the Class 4A state championship game against undefeated McQueen of Reno.

Western stifled the offensive line in the first matchup, holding Cimarron to only 175 yards on the ground. But this time, the tides were reversed.

The Spartans crashed into the Warrior defense at the snap of the ball, pushing the seemingly heavy-legged Western front back and enabling ground game to eat up 320 yards and score all five touchdowns.

Parker, who rushed for 196 on 26 carries and three touchdowns, did not hesitate to give credit where it was due.

"The offensive line stepped up," Parker said. "They did their job. It's all about the O-line."

The underrated Cimarron defense played with similar

abandon.

Western had plenty of chances to jump to a big first-quarter lead. The Warriors had great field position on the first three drives, starting no further than their own 41 yard line, but failed to produce one first down.

With Cimarron up 14-0 with 1:36 left in the first half, the Warriors marched 86 yards to the 1-yard line and was on the verge of cutting the deficit in half when the Spartans stuffed them on three successive plays to hold them scoreless in the first half. The goal-line stand ruined Western's best chance to score.

"That (stop) took the wind out of our sails," Western head coach Rich Stevens said. "We put out our best line, and best

backs, but they still stopped us from punching it in from the goal line."

Cimarron coach Greg Spencer did not care what the score was as long as his Spartans came out on top.

"I just wanted to win," Spencer said. "The score could have been 55-54 or 3-0, we just wanted to win." Cimarron has also continued its dominating postseason play, beating Western, Durango and Eldorado by a combined score 118-20.

Cimarron will represent the Southern Conference in the NIAA/U.S. Bank State Championship against the McQueen Lancers from the Northern Conference. McQueen last won the state championship in 1992.

## Goliath

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web site.

Colossal's response was to file suit. In the 21st century, the new battleground for minority businesses will be in the judicial arena challenging anti-trust and intellectual property violations.

Colossal's legal action has already borne fruit. Hewlett Packard removed the offending language from its web page after Colossal presented its story to 10,000 attendees at the Seybold Seminars convention in San Francisco from a booth adorned with a cartoon description of the case. (The display can be viewed at <http://www.hp-vs.-the-people.com>, where there have already been a million hits.)

Black entrepreneurs must be particularly vigilant when they make proposals to large companies. The standard operating procedure is to get

## SBA

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development to all citizens throughout the state."

"As always, our thanks are extended to our many business development resource partners across Nevada. These include the participating banks, the Certified Development Center and the Service Corps of Retired executives. It is a team effort and a professionally rewarding experience for all concerned," Scott said.

Small businesses account for 50 percent of America's growth domestic product and employ 54 percent of the nation's private workforce.

Nearly 10,000 small business owners and aspiring entrepreneurs received management training and counseling from Nevada's SBA network of business education and assistance programs, including clients of the Service Corps of Retired Executives (Score) chapters in Las Vegas and Reno, the

enough information from you to figure how to do it without you. Jones calls it "embrace and smother."

We certainly should be proud to acknowledge the contributions of discoverers, but in the 21st century we must make sure that the discoverers become the beneficiaries of their work.

Thomas Edison's and Alexander Graham Bell's names are still emblazoned on the companies that emerged out of their work, but names like McCoy, Woods and Latimer are not familiar and their contributions go unrecognized.

Black business organizations must diversify their focus to provide group representation on these kind of issues and to utilize public pressure to equalize the odds when "Goliath" goes after "David."

In the 21st century,

Nevada Small Business Development Centers in Las Vegas and Reno.

The agency's home page, SBA OnLine, registered nearly 400,000 hits per week during the past year and is recognized as one of the most comprehensive sources of business information available of the Internet.

The address is <http://www.sba.gov>. SBA's Business Advisor may be reached at <http://www.business.gov>.

"The accomplishments of the SBA this year have helped record numbers of Americans start or expand their businesses," Scott said. "We recognize the enormous contribution Nevada small businesses make to building and maintaining a strong economy, and today's SBA is fully committed to championing the best interests of Nevada's entrepreneurs," he said.

corporate responsibility and affirmative action must extend beyond charitable donations to more lucrative areas like distribution channels, venture investments and strategic alliances.

In Silicon Valley, as elsewhere, we must remind the

big companies that much of their research and development was financed by taxpayer dollars and subsidies. It's time to play fair.

John William Templeton is executive editor of *Griot*, the African-American, African and Caribbean business daily.

## Review

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Mauritius the EU had earmarked development aid of some 14.7 billion ecu (\$16.5 billion) for ACP countries from 1995-1999. But Europe's interest appears to be flagging, although the EU development commissioner, Joao de Denis Pinheiro, has been quoted as saying the union is keen on retaining its institutional ties with the ACP.

For a better ACP-EU relationship, many delegates believe the new focus should be on dealing with pressing issues such as poverty alleviation and greater South-South cooperation rather than the old fashioned trade preferences.

## HEALTH-SPORTS BRIEFS

### FITNESS VIDEOS NOT AS GOOD AS PERSONAL TRAINERS

Celebrity fitness videos are hot sellers, but many people are buying more hype than health. Movie stars and celebrities are using their fame to produce fitness videos for the public. What makes these stars exercise experts? In some cases, not much. "A lot of these videos are just slick productions," said Dr. John Cianca, assistant professor of physical medicine and rehabilitation at Baylor College of Medicine in Houston. "They are not that helpful in teaching people how to exercise appropriately and safely." Cianca said you can get much more value for your dollar by spending a session or two with a personal trainer. "They can develop a home exercise program for you that is more effective than watching a person on a tape," he said.

### BATTLING BACK AGAINST EFFECTS OF MIDDLE AGE

Aching joints and bulging midsections often begin to pay a visit around middle age, but exercise can help send them packing. "It is possible to lower your risk of certain diseases that may be associated with physical activity and exercise even if you are over 40, 50 or even 60," said Dr. Harold Kohl, director of research at Baylor College of Medicine's Sports Medicine Institute in Houston. In addition, many other problems often associated with aging — lack of flexibility, muscle weakness and decreased endurance — are actually the result of inactivity. Simple exercises, such as walking 30 minutes a day, can help you stay energized and battle aging. "It's relatively easy on the joints and can be just as beneficial as running or jogging." Sets of push-ups and sit-ups on a regular basis can add a straightening element to a workout program, and stretching is important. Older muscles tend to get stiff, and tight muscles are more likely to get injured.

### FOOTBALL PLAYERS: BEWARE SECOND-IMPACT SYNDROME

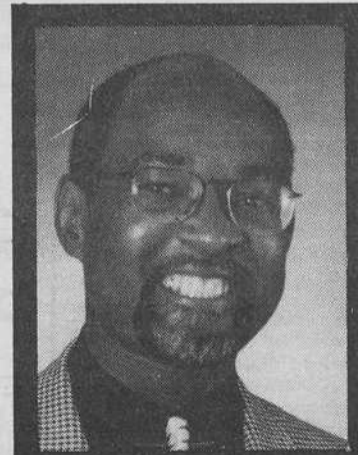
Football players who suffer a head injury are at risk for "second-impact syndrome." "An initial concussion during any contact sport can lead to significant problems later if followed by a second concussion," said Dr. Albert Hergenroeder, an adolescent sports medicine expert at Baylor College of Medicine in Houston. The danger lies in athletes who return to the sport too soon after the original head injury. Another blow to the head can produce an extremely high level of blood flow to the brain. Subsequent rapid swelling of the brain can cause death. Although second-impact syndrome is rare, Hergenroeder said trainers, coaches and doctors need to be informed of the problem and its potential serious consequences. "The physician and coach may decide to keep a player out of a couple of games until the player has fully recovered from the first blow," he said.

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