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"The Fabulous Few"

Well, by gaining the services of Jeff Capel, the Mid-Eastern Athletic Conference just became more fabulous.

Capel is tough cookie who will have to replace a tough cookie. Veteran coach Don Corbett ran up a 256-143 record and seven league championships in 14 years at A&T.

Capel comes to A&T from Fayetteville State, where he turned around a dogged Fayetteville program into a year-in, year-out winner. It took him awhile so his 45-43 record in three years is somewhat misleading.

And to make sure he had something to work with-not that having Jamaine Williams, the league's best player - hurt anything, Capel went out and insured that he could be successful quickly.

He brought in highly-touted recruits Larry Lucas and Joe Bern and expects the high school standouts to contribute immediately. Capel - father of Jeff Capel III, now playing for Mike Krzyzewski at Duke - is planning on installing an up-tempo offense at A&T.

It should be fun to watch.

Women's predictions: S.C. State was the overwhelming pick to win its fourth straight league title, when the head coaches and sports information directors took their vote earlier this year.

S.C. State, defending tourney champs, received 250 of 288 votes and half of the 18 possible first-place votes.

Here's the preseason rankings: 1. S.C. State; 2. Florida A&M; 3. Howard; 4. Coppin State; 5. N.C. A&T; 6. Morgan State; 7. Delaware State; 8. Bethune-Cookman; 9. Maryland Eastern Shore.

Preseason women's all-star team; Angela Hill, N.C. A&T; Annette Lee, Howard; Cathy Robinson, Florida A&M; Wanda Wiggins, S.C. State; Natalie White, Florida A&M.

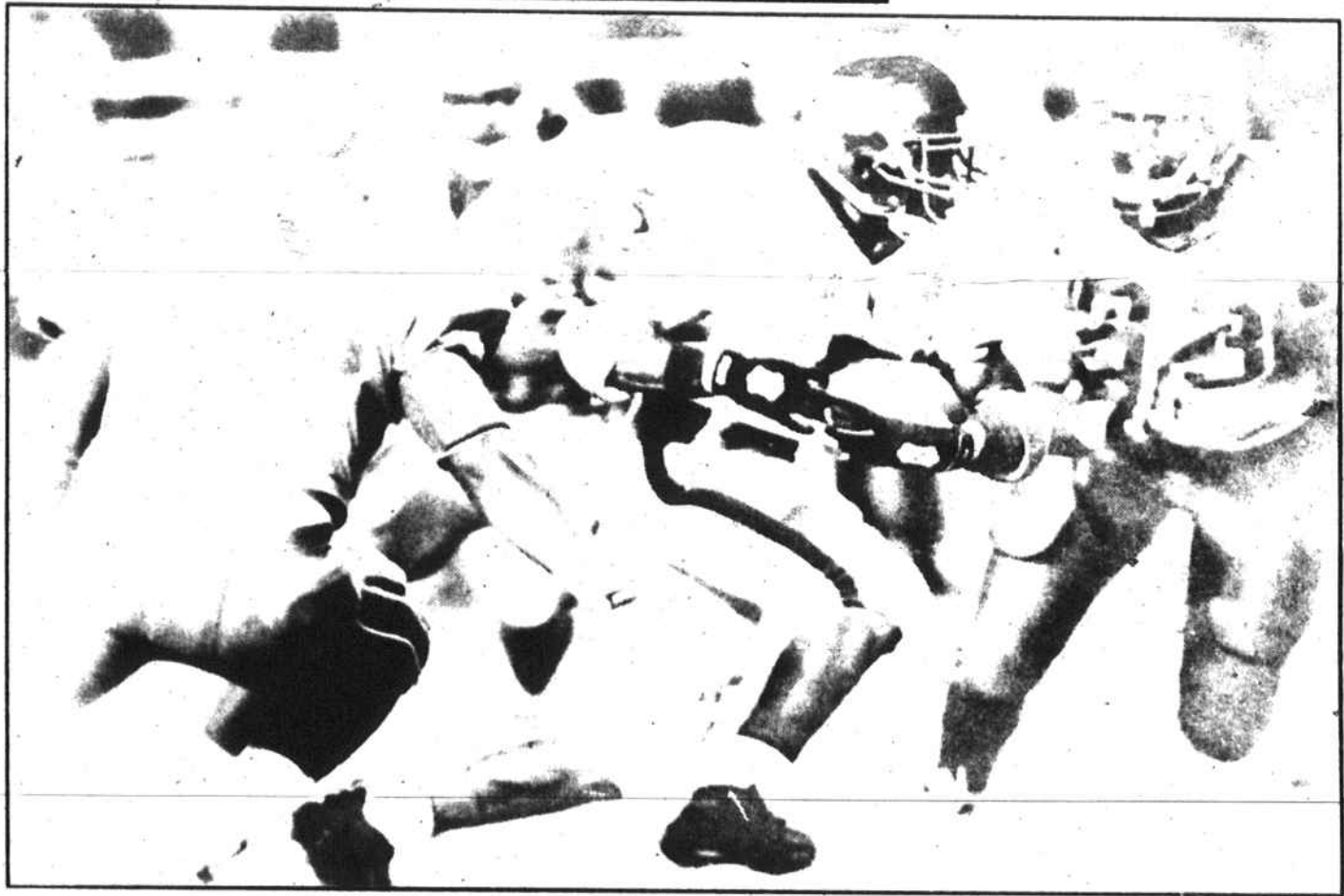
Tourney moving: Beginning this year, the conference tournament is moving from Norfolk, Va., to Baltimore, Md. And it's a good thing.

By moving away, the MEAC is getting out of what is distinctively CIAA territory- Norfolk is home to Norfolk State of the CIAA and the CIAA Tournament has been held to huge success in Norfolk- and into an area it can make its own.

Best players at the same place: Interestingly, the coaches and sports information directors say that Jamaine Williams and Angela Hill are the best men and women's players in the league.

They both play at N.C. A&T.

— Langston Wertz Jr.



Jackson State's William Arnold runs through Florida A&M's defense earlier this season. The junior set a school and a national record with his performance against Texas Southern Nov. 6

ARNOLD "SURPRISED" AFTER PERFORMANCE

Life hasn't changed much for Jackson State tailback William Arnold despite setting a new school and Division I-AA mark on Nov. 6 against Texas Southern.

The redshirt junior was in the school library the next day working on a marketing research paper.

"Nothing changed for me," said Arnold, who broke Walter Payton's

While growing up in College Park, Georgia, located outside of Atlanta, Arnold always tried to emulate Payton when he played touch football. Arnold liked Payton so much that when it came time to decide where to attend college, he chose the NFL Hall of Famer's alma mater.

"All Saturday night, my team

touchdown, a 42 yard run.

"It was surprising to me as a coach to see it happen," said Jackson State running back coach Larry Cowen, whose rushing attack averaged a mere 97 yards per contest before accumulating 401 yards against Texas Southern. "Maybe now this will quiet them for a while."

"I have looked up to Walter Payton since I was little and always tried to see all his games, I am surprised I broke his record."

— William Arnold

single-game record of 346 yards rushing while setting a new Division I-AA record in the process. "I still got to do the work."

Arnold carried 31 times and had four touchdowns against Texas Southern. His final carry was a 16-yard score on which he surpassed the mark of 345 yards set by Idaho's Russell Davis against Portland State in 1981.

The performance also broke Payton's school-record 279 yards set against Lane College in 1972. But Arnold said that he could never replace Payton.

"I have looked up to Walter Payton since I was little and always tried to see all his games," Arnold said. "I'm surprised I broke his record."

mates were telling me that I was the man," Arnold said. "I guess after breaking two records I proved it. It didn't hit me until Sunday morning that I had the record. I would like to go in Walter Payton's image, but he's one of a kind.

"I think this gives me the perfect opportunity to meet him," Arnold said. "I would like to sit down and talk with him. Maybe he can give me some pointers and make me a better runner. Many people have told me this may motivate him to come talk to me."

The 5-foot-10, 180-pound Arnold was listed about 80 percent heading into the game while nursing an injured right shoulder against Alabama State. Ironically, Arnold injured himself on his first collegiate

While blessed with speed and quickness, Arnold is not as big and powerful as previous JSU backs like Payton, Lewis Tillman, Perry Harrington and Jeffrey Moore. Harrington and Moore became the ninth backfield pair in NCAA history to rush for 1,000 yards while Tillman is a standout runner for the New York Giants.

"William doesn't have power, but he can fool you," said Cowen of the SWAC's fifth-leading rusher with 816 yards. "He's not a flashy back, but if you give a yard, William has the ability to take it all the way."

That is something Texas Southern found out the hard way.

—By Derrick Mahone

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