Krissi Tow plays on a talented basketball team at Kirkwood Community College and has to take advantage of the opportunities that come her way.

She succeeded Saturday.

Tow scored eight points in eight minutes of the first half to help the seventh-ranked Eagles blast lowa Lakes Community College, 76-30, at Johnson Hall on the Cedar Rapids campus.

Tow is a 6-foot sophomore from Xavier High School. She's been a role player at Kirkwood, averaging 2.6 points last season and 4.5 points so far this year.

Tow went 2-for-2 from the floor and 4-for-4 at the foul line in the first half Saturday. She also grabbed two rebounds.

"The first half she did a nice job," Coach Kim Muhl remarked. "She played the way I thought she could play."

Tow said she's striving to be more consistent in practices and games, knowing she'll get more playing time if she performs well. In any case, she said she enjoys playing for Kirkwood and is looking forward to the rest of her final campaign.

"I really like the team and I love Coach Muhl," she said. "He's really great. It makes it easy to want to keep playing when you have a great coach."

Tow would like to play basketball at a four-year school next season, but has no definite plans at this point. She'd like to study occupational therapy and enter that field after college.

Tow enjoys life with No.7 Eagles

Muhl watched Tow play at Xavier and liked what he saw.

"I thought she was a physical kid," he said. "A post player with a nice left hand. She came from a good program, obviously."

Tow finished with eight points Saturday. She did not score in the second half, but by then Kirkwood (9-3) was sitting on 40-point leads that reached as high as 47 points at 61-14.

Kianna Jacobs led Kirkwood with 13 points. Bianca Dufelmeier scored 11. Alexis Fitzpatrick collected seven assists.

IOWA LAKES (30): Barrera 0 2-2 2, Edwards 1 0-0 2, Duop 1 3-4 5, Johnson 3 1-5 7, Courtney 1 0-0 2, Williams 0 0-0 0, Kindred 0 0-1 0, Dykes 0 4-6 4, Easter 1 0-1 2, Winston 3 0-0 6, Robinson 0 0-0 0, Jones 0 0-0 0. Totals 10 10-19 30.

KIRKWOOD (76): Jacobs 4 5-8 13, Chuol 4 0-2 8, Dufelmeier 3 4-4 11, Rohrbach 2 0-2 5, Fitzpatrick 2 0-0 4, Fallon 0 0-0 0, Hobbs 3 2-2 9, Gray 0 0-0 0, Hawkins 2 0-0 5, Faber 2 0-0 4, Henderson 2 0-0 4, Tow 2 4-4 8, Chambers 1 3-6 5. Totals 27 18-28 76.

Halftime: Kirkwood 39, Iowa Lakes 10. 3-point goals - Iowa Lakes none, Kirkwood 4 (Dufelmeier 1, Rohrbch 1, Hobbs 1, Hawkins 1).