

XC defies limits, wins at district meet

Stephen Kuehner
Reporter

Every cross country runner has a different goal as he takes his place on the starting line. One wants to finish in under 19 minutes. Another wants to place among the top 25 finishers. Someone else wants to break his brother's time from the year before. But sprinter Lynn Strickland laid out the common goal of all runners: "Find your limits and exceed them."

The members of the St. Louis U. High cross country team, who have been exceeding their limits all season, did so again at the District 3 Championship. SLUH won the race by placing all six finishers in the top twelve.

Obviously enthused by the team's victory, head coach Jim Linhares said, "Even holding back two of our faster guys, we were able to put out a very good race." The two runners that Linhares held out were team captain Dan Warner and sophomore Bill Gabler, both of whom have consistently remained in SLUH's scoring five. They were replaced by sophomore Tony Minnick and junior David Kuciejczyk-Kernan.

Conner Callahan (DeSmet), Darwin Price (Normandy), and Matt Estlund (Chaminade) pushed the race to quite a fast pace for the fairly tough Parkway Central course, but SLUH responded to the challenge by pushing themselves that much harder.

Junior John Clohisy led the way for the Jr. Bills, finishing in 5th place with a time of 16:43. Junior Austin Cookson was right on his heels with a time of 16:49 for 6th place.

The U. High's next finisher has been struggling with health issues throughout the course of the season, but proved in this race that he is back and ready to compete. Team captain Chris Murphy finished in 17:00, taking 7th place.

SLUH's final three finishers were Minnick (9th, 17:08), Kuciejczyk-Kernan (11th, 17:15), and sophomore Caleb Ford (12th, 17:22).

While many teams would consider such a race the highlight of their season, SLUH is not ready to stop exceeding their limits just yet. "We ran fast at districts, and we're looking to run faster at sectionals," said Linhares.

Their strong performance at districts secured the first place regional ranking for the WannaBeLikePreBills, but this accomplishment was not the only U. High accomplishment that dyestat.com noted. "SLUH ran JV at the Borgia Invitational in Washington MO, team placed second to HL #10 Potosi," declares the website, letting all the running world know that SLUH's JV team competed in a varsity race and finished second behind Potosi, the team ranked 10th in the region.

This outstanding performance must have been anchored by equally outstanding times. Indeed, the times posted by SLUH's JV team at the Borgia Invitational were not far off the varsity team's times at district. Sophomore Casey Fitzgerald (13th, 17:04) led the way, followed by junior Matt Kliethermes (21st, 17:32) and sophomore Emmett Cookson (22nd, 17:33). Sophomores Tim McLaughlin (28th, 17:41) and Zach Thomas (29th, 17:42) and junior Ben Carron (30th, 17:45) climbed the hill to the finish in a nice pack, with junior Neil Backer (42nd, 18:09) not too far behind them.

But SLUH still was not finished push-see **LIM F(X) X-->C, 8**

Swimmers ready for MCC Championships

Tim Dale
Reporter

The St. Louis U. High swimming and diving team competed against two Metro Catholic Conference rivals this past week, defeating DeSmet 112-74 and Chaminade 113-72. These exciting meets hint at a thrilling MCC Championship Meet in the near future.

Though the meet started off in a deadlock, SLUH picked up the pace, and DeSmet could not keep up. Starting off the SLUH rally were co-captains Mike Sizemore and Tim Dale, who placed first and second, respectively, in the 50-meter freestyle. Sizemore posted a blazing time of 22.96 seconds, nearly tying his best time in the event.

Next up was the springboard master himself, junior Mick Dell'Orco. Dell'Orco used his freakishly high dives and smooth flips to overcome his competition, finishing with a score that beat the closest DeSmet diver by 35 points.

Following diving, the Jr. Bills showed

the great depth of their team as they went 1-2-3 in the 100 freestyle. This time Dale edged out Sizemore for first, while sophomore Dan Schmidt finished third. All three swimmers finished within one second of each other.

Continuing the streak, co-captain Kip Tandler and freshman Mike Hagerty placed first and second in the 500 freestyle. Hagerty was able to get a state qualifying time of 5:13.84, making him and Tandler the only two SLUH swimmers to qualify for the 500.

To cap off SLUH's win over DeSmet, the Jr. Bills won both the 200 freestyle relay and the 400 freestyle relay.

The Speedobills' latest challenge was to beat Chaminade this past Tuesday. Chami-

nade presented a team not so different from SLUH's. The Red Devils have depth and fight for every position in every race.

Coach Fritz Long was looking for a strong meet with good times and hard races. Hard races are what he got from the Jr. Bill medley relay team. The race was blown open by junior swimming phenomenon Will Derdeyn in the butterfly leg, and the TYRbills never looked back.

Schmidt was up to answering the call for fast times, posting his first state qualifying time of 1:52.79 in the 200 freestyle.

Once again, SLUH's sprinting ability outshined their opponents' as they took first, second, and third in the 50 freestyle. Junior Michael "Moneill"

see **EASY AS DELL, 10**



Junior Ryan Berger faces the water as he nears completion of a dive in the Phelps' meet with DeSmet.

RICKARD'S

(from 7)

Assistant to the President Kim Walsh, and guidance counselor Mary Michalski.

All of the treats are hand-delivered by Shipley to these customers in to-go boxes, which he found at Sam's.

"I'm just trying to make it as professional as I can," said Shipley.

As made obvious by his early cooking passion, he does not run the business merely as a source of income.

"I just really enjoy it," he said.

Shipley enjoys sharing his talent as well, specifically with Our Lady of Providence's Vacation Bible School. He donates 13 dozen cinnamon rolls every summer at a value of \$78. He also generously bakes for his teachers as a Christmas present.

He hopes to eventually expand his enterprise by increasing orders from teachers.

"I've thought about, when I grow up, possibly opening a bakery," said Shipley. "It's probably not where I'll end up, but I've always liked food kind of stuff and making things."

As Shipley's passions also include audio, Boy Scouts, and climbing, he is beginning to find it much more difficult to continue cooking. One way he has found to combine hobbies is cooking for the Boy Scouts on campouts. While an average campout menu consists of burgers or hot dogs, Shipley's venture crew, which he leads as president, feasts on a banquet of pasta, rolls, and salad, complete with a table cloth.

In spite of Shipley's many other extracurriculars, Rickard's Bakery remains open, ready to turn ordinary dough into extraordinary taste treats for some lucky client.

Rickard's Chocolate Éclairs***Ingredients:***

- 2/3 large package graham crackers
- 1 large package French Vanilla Instant Pudding Mix
- 8 oz. package Cool Whip
- 1 package chocolate frosting mix

Directions:

Cover bottom of 13" x 9" cake pan with graham crackers. Prepare pudding according to package directions. Blend Cool Whip with pudding. Spread filling over graham crackers. Top with another layer of graham crackers. Spread top with frosting. Refrigerate and let set at least 24 hours.

LIM F(X) X-->C

(from 6)

their limits. This past Wednesday, the team competed at the Findley Invitational. In what was the last race of the season for the majority of the team, SLUH pulled out two more team titles, one at the JV level and one at the C level. (There was no varsity race because of the sectional races this Saturday.)

"The conditions were perfect," said team captain Steve Schumacher, who finished in 5th place with a time of 17:28.

Sophomore Mark McBride (43rd, 18:56), however, disagreed. "My toes were numb, my ankles hurt, and I had no clue why I was wearing such thin clothes," he said.

Whether the conditions were good or bad, there is no denying that SLUH pushed themselves beyond their limits once again. "When I got to that last hill, that's where I decided I had to determine my season, whether it was good or bad," said senior Steve Kelly (22nd, 18:06).

Just narrowly failing to sweep the race, SLUH's performance was indeed splendid. Sophomore Emmett Cookson's time of 17:09 won the race. McLaughlin (2nd, 17:15), Kliethermes (3rd, 17:20), Schumacher (5th, 17:28), and Aaron Shepard (6th, 17:31) secured the JV victory for SLUH and numbered among the many spectacular performances of the day.

"The competition included some good teams, but I think we rose to the occasion splendidly," said Matt McBride (24th, 18:08).

But Findley also marks the end of their SLUH cross country careers for many seniors.

"It's just so surreal," said Jim Margherio. "I mean, I've been running with these guys for four years, and now it's over."

Kelly echoed that sentiment, saying, "I can't believe it. It's relieving, but it's sad at the same time.

While some careers ended, others are still young. For the freshmen, Findley only marks a quarter of their careers completed. Their victory is hopefully the first in a series of four. Alan Ratermann (2nd, 17:49), Dan Raterman (3rd, 18:29), Nick Schmidt (7th, 18:49), Nick Hermann (13th, 18:21), and Adam Boehm (17th, 19:32) are just now discovering their limits. The SLUH community can expect great things of these athletes if they continue to surpass their current limits.

This Saturday, the varsity team and a handful of JV runners will attempt to push themselves even farther than last week as they compete in the sectional race at Forest Park. The open race will start at 1:30 p.m., followed by the 2:00 varsity race. With only this race standing between them and the state meet, limits will certainly be exceeded.

DRIVER'S ED

Permission forms for the SLUH Student Driver Education classes have been distributed to all freshman and sophomore homerooms. Participants must be 15 years old and the cost is \$395.00. The dates are June 2, 3, 4, and 5 from 8 a.m. to 3:30 p.m., plus several driving observation times. Enrollments are first come, first served, and applications and payments are due to Mr. Kornfeld in Homeroom M108 as soon as possible. See Mr. Kornfeld for an application or more information.