

Cross country packs up for 3rd place at Forest Park

BY JACK WITTHAUS
ASSISTANT SPORTS EDITOR

Pregame jitters always used to faze senior captain Joe Esswein.

But after a pep talk from coach Tom Hiedbrier before the Forest Park Cross Country Festival, the now psyched Esswein fought through the pain, at one point literally biting into his tanned left arm near the shoulder in an effort to divert the pain in his legs.

To the surprise of the entire varsity squad, the voodoo techniques paid off, as Esswein galloped across the line first for St. Louis U. High in 30th place overall, with a time of 16:13.

"I went in and I said, 'I'm going to make myself hurt as hard as I can,'" said Esswein. "It sucked, there's no two ways about it. Looking at pictures after the race, it looked like I was about to die."

Senior captain Nathan Rubbelke praised Esswein's commitment.

"Joe ran the race of his life on Saturday," said Rubbelke. "The thing about racing is, whatever works for you personally, use it. It's going to help you and your teammates."

Esswein's run, his first in the

front of the SLUH cross country pack, lifted the Jr. Bills to third place at the meet with a team total of 168 points. Rock Bridge conquered the meet, finishing 101 points ahead of the Jr. Bills with 67. Rockhurst came in second with 124 points.

"I think we learned that we can hang with (Rockhurst and Rock Bridge)," Rubbelke said.

Trailing Esswein, three consecutive SLUH runners crossed the chalk to grab places 32, 33, and 34. Within the trio, Rubbelke, who legged out a 16:15, led juniors Tom Laughlin and Matt Nicholson.

"Our pack was incredible," said Rubbelke. "Five seconds separated our top four guys, so that was great. Personally, I ran a good race but I think I could have run better. I ran a personal best time but my hamstrings tightened up in the last mile, and I lost about a dozen places. I was disappointed but thankfully my teammates stepped up."

Senior Michael McLaughlin rounded out the five-man qualifying group at 45th place and a time of 16:35. McLaughlin's run did not meet his expectations, especially after a 16:25 at the State race last year. He did not wish to

comment on his run.

"Michael had some tightness in his calves," said head coach Joe Porter. "We aren't worried about his race and know that he will be ready for Palatine."

After the race, Porter stressed the importance of focus for the next several weeks.

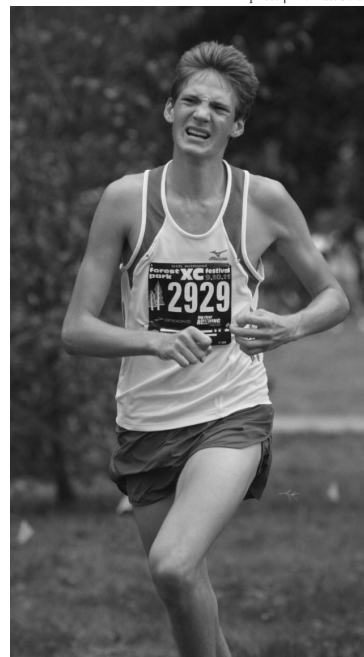
The top varsity group will have their next race at Palatine, Ill., on Sept. 24.

Porter said, "We are still nine weeks away from our big goal of running well at the (Nike Cross Nationals) regional meet, so we plan on continuing to do what we do best: put in a lot of miles and continue to increase our fitness."

Esswein, however, will supplement every mile with mental preparation with coach Hiedbrier for the rest of the season.

There's a cyclist that I'm a big fan of, Jens Voigt," Esswein said. "Anytime he's really hurting he just yells at his legs. 'Shut up legs, I'm sick of this. I'm not really going until I can taste blood in my mouth.' Dear God. I guess that's the next level I have to get to. But I'll definitely be talking to coach Hiedbrier for the mental pump up."

photo | Mr. Matt Sciuto



Sophomore Joe Esswein pushes along at the Forest Park Cross Country Festival last Saturday.

SLUH set to retire number of Henry Jones

photo | courtesy of Mr. Chip Clatto



Henry Jones

BY JACK WITTHAUS
ASSISTANT SPORTS EDITOR

St. Louis U. High football has hung up number 42.

This week, SLUH announced that University of Illinois stand-out, and 12-year National League Football (NFL) player Henry Jones, '86, will be called to the induction podium Friday before the SLUH vs. CBC football game to retire his number 42 SLUH jersey.

The induction ceremony is part of the first ever Minority Homecoming and Reception at SLUH, which aims to bring together SLUH minority classmates for a dinner and to see the football game.

Before the game, all the alumni will stand in the center of the field along with Jones. Legendary SLUH and Missouri Sports Hall of Fame football coach Paul Martel (200-79-8) will also be present on the field. Martel, who coached for 29 years, was Jones's head coach when he was at SLUH.

Jones will be the second athlete in SLUH history to receive the honor after basketball Hall of Famer "Easy Ed" Macauley, '45, had his number retired.

"He was a standout here and

a standout at Illinois," Vice President of Diversity Chip Clatto said of Jones. "I think it's high time he gets rewarded for his efforts. He's played longer in the NFL than any other SLUH alum."

The Buffalo Bills drafted Jones 26th overall in the 1991 NFL draft. Under Hall of Fame coach Marv Levy, Jones, a safety, played in three Super Bowls for the Bills in 1991, 1992, and 1993. In 1992, Jones was selected to the Pro Bowl.

Jones was traded to the Minnesota Vikings in 2001, and finished his career with the Atlanta Falcons in 2002.

According to Clatto, Jones is scheduled to address SLUH students during the activity period pep rally on Friday. He will then attend a luncheon with the administration, former coaches, and his family. Several minority football players were selected to speak with Jones at the luncheon.

After the luncheon, the reception will take place at 5 p.m. in the Curran Room. Tickets for the event are \$20 for individuals and \$40 for a couple. Clatto ex-

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Swimming adds to State roster; takes fifth at Marquette relays

BY DAVID GREAVES
REPORTER

The St. Louis U. High swim team participated in the annual Marquette relay meet last Friday and Saturday.

The team placed fifth overall with 192 points, just two points out of a three-way tie for third with Parkway South and Parkway West and an improvement from last year's 6th place.

Asked how the meet went,

coach Rachel Graczak replied, "Very well, I was very pleased."

In an email to the team, Graczak announced that there were "34 improved/new times/scores—all 3 relays are now qualified for state, Amir (Paschal) and Pieter (Derdeyn) qualified in the 50 Free, and senior Michael Barry qualified in the diving."

The swim team will now be sending members to the state meet for the 200 Freestyle Relay,

the 200 Medley Relay, and the 400 Freestyle Relay.

Other highlights of the event included the 200 Medley placing second overall, the 200 Free Relay placing third, and the dive team coming in first.

"I think we're looking good to hit fourth place next year... [and] move up again," Graczak speculates.

With MCCs looming, JV soccer starts off 3-0 despite injuries

BY JOE MERRILL
REPORTER

The JV SoccerBills have started the year off hot with a record of 3-0. The squad has topped Gibault (Ill.) 3-0 with goals from juniors Joey Coulson, Danny Buehler, and Andrew Robinson. Coulson leads the team with 4 goals.

The JV Bills also defeated Rockwood Summit 6-0 and Hillsborough's varsity team 3-0.

Key players for the young team in the three victories were forwards Buehler and Coulson

along with midfielders Robinson and Joey Fisher.

Sophomore Colin Joern has had a great start of the season in net, and looks to keep his success throughout the regular season.

Junior Matt Horas commented on the defensive success of the team, saying, "We've shown great defense in the past three games. Most of our success with our strikers starts with a great back line, and a keeper you can rely on."

A few injuries have plagued the team this year. Junior Teddy

"The Thorpedo" Thorpe will be cleared to play in one week after an injury in his right quad put him out for five weeks. Junior Mitchell Stars suffered a concussion, but will be cleared to play in one week.

This healthy team looks to finish the season strong, their next game being Sept. 19 at the Hillsborough tournament. They look to finish their last eight games well and defeat their MCC opponents.

Flashback: November 14, 1985 With help of Jones, SLUH clinches playoffs

Sixteen out of the last eighteen times, the Jr. Bills have triumphed over the arch-rival Cadets. The Bills, in their regular season finale at Busch Stadium Friday night and the opening five minutes of Saturday morning, clinched a playoff berth and ended the regular season with a 7-3 mark.

Henry Jones dashed seventy two yards up the left sideline midway through the second quarter to transform a three point Cadet lead into a three-point edge for SLUH. Dan Herzberg added two touchdowns as the Bills never looked back and captured a 19-10 victory.

(With SLUH down 3-0),

Jones took a second down hand-off from his own 28, started up the middle, darted outside, and beat the left cornerback to the sideline. He raced upfield, and with a nice move, eluded the final Cadet tackler at the CBC 15 and tightroped the sideline into the end zone ...