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Daily Egyptian 2008

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The Daily Egyptian Back To Summer (C), August, 2008

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DAILY EGYPTIAN SECTION C BACK TO CAMPUS

SPORTS & ENTERTAINMENT | AUGUST 2008



Jake Lockard ~ Daily Egyptian
Steve Tran attempts a world record by laying on a bed of nails while assistants use sledgehammers to break 20 concrete bricks on his chest during the Alliance Grand Nationals Saturday at Bowen Gym. The tournament, hosted by Black's Martial Arts Academy, included 31 schools from 13 states.



Jake Lockard ~ Daily Egyptian
SIU freshman forward Carlton Fay celebrates after drawing a foul on a made basket. Fay converted on the line for a conventional 3-point play, adding to the Salukis most lopsided victory of the season, 74-49, over the Wolf Pack of Nevada.



Brandon Chapple ~ Daily Egyptian
Cast members of "Blood From a Stone: Elemental Genealogies" perform during a dress rehearsal March 25 in the Kleinau Theater. The performance mixed songs, videos and photographs to tell the story of miners in Nova Scotia.



Stephen Rickerl ~ Daily Egyptian
Senior Blake Brachear practices the pole vault April 30 at McAndrew Stadium. The Salukis competed in the Jesse Owens Invitational the following weekend.



Emily Sunblade ~ Daily Egyptian
Emanuel Ax rehearses with the Southern Illinois Symphony Orchestra March 31 for a performance of Beethoven's "Emperor" Concerto. Ax, a seven-time Grammy Award winner, performed the piece in Shryock Auditorium.



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Garden of the Gods and Cache River State Natural Park

Audra Ord
DAILY EGYPTIAN

Walking down the trail at Garden of the Gods is like taking a trip back through time — 320 million years, to be exact.

Sandstone formations dominate the horizon, some of the bluffs reaching 100 feet in height. Much of the rock displays oddly shaped swirls and bands of darker stone, creating designs and sculptures in the rock face: A natural outdoor art gallery.

From the observation deck, the view allows visitors to see for miles, overlooking the lush, rolling hills of the wilderness area.

Between Garden of the Gods and the Cache River State Natural Area, outdoor adventurers have plenty of recreational opportunities to choose from.

Garden of the Gods is known for its landmark rock formations, while Cache River is a swamp area known for its water-oriented activities and award-winning vegetation.

"If you like kayaking or canoeing, it's one of the best places you can go," said Doug Gembala, an SIU alumnus.

Cache River Site Superintendent Jim Waycuilis said the area is home to 11 state champion trees. The trees are recognized as state champions for being the biggest trees of their species in the state in terms of circumference, height and crown spread.

The largest of the state champion trees is the bald cypress, which measures roughly 35 feet in circumference and is more than 1,000 years old.

The Cache River area also features 21 miles of trails, including three to six miles of canoe trails, Waycuilis said.

Gembala has kayaked the canoe trails and said it is a great way to explore the area.

"I thought it was neat to go through that whole area in a kayak. It's almost like going through a maze in some kind of swamp," Gembala said.

Waycuilis recommends that visitors to the Cache River area first stop by the new wetland center to learn more about the history of the area. He also recommended the Heron Pond Trail as an easy, enjoyable hike.

"Heron Pond is kind of a cathedral of cypress trees. It's a really unique area. Most people think of Illinois as corn and soybeans, and being in southern Illinois, it's certainly a resource-rich area," Waycuilis said.

A unique event took place at the Cache River area April 25 until April 27. It the seventh annual Birding Fest. The festival featured different birding-related activities such as bird watching, guided canoe tours and wildlife photo exhibits.

The festival was free, except for a \$5 fee for guided canoe tours, and all activities were run out of the Cache River Wetlands Center.

Garden of the Gods is a 3,300-acre wilderness area featuring old-growth forest and stunning rock formations.

The area has two main trails systems, the better-known trail being the 0.25-mile long observation trail.

Amy Ensign, a freshman from Vernon Hills studying nutrition, said April 18 was her first time at Garden of the Gods. She said being from the flat, northern part of Illinois, she was surprised to see such interesting geological features.

"I was surprised; it was something different than what I thought it was going to be. The rock formations ... you wouldn't expect it in Illinois," Ensign said.

Some of the rock formations seen from the observation trail feature iron deposits that create unique swirls, bands and pockets in the sandstone.

The other major trail that runs through Garden of the Gods is the River-to-River Trail. This section of trail is part of a larger trail system that links the Mississippi River to the Ohio River.

Camping is available near the area at Pharaoh




The sun rises over the Buttonland Swamp in the Cache River State Natural Area on April 20. This globally recognized site, located just south of Vienna, allows a glimpse into a natural area comprised of bluffs, bottomland, swamps and sloughs.
EMILY SUNBLADE
DAILY EGYPTIAN

Campgrounds.


Ensign said she would encourage others to get out and see Garden of the Gods and experience the beauty and peacefulness of the area.


"It's something completely different and new, and it's really cool ... you get to climb on rocks and look out over giant hills and trees," Ensign said.



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From running the point to running the program

Pauk takes over as coach girl's basketball coach at former high school

Brandon Augsburg
DAILY EGYPTIAN

Some people run from the past. Others embrace it.

Erin Pauk, former point guard for the SIU women's basketball team, embraced hers as she was named girl's basketball coach at her alma mater — Lutheran High School in St. Peters, Mo. — in June.

Pauk, a 2008 graduate of SIU, played four seasons of varsity basketball for the Lutheran High Cougars at point guard and scored 2,000 career points, her former coach Mike Holtmeier said. Pauk also played point guard at SIU for three seasons and played one season at the University of Missouri — Kansas City.

She said she takes her coaching style from what she learned as player in college. Pauk said she plans to emphasize an up-tempo pace on offense and stress in-your-face defense — a strategy for which Saluki basketball squads are renowned.

"Getting out and getting after people and making people uncomfortable on offense and getting a lot of scores off our defense is really what I'm going to emphasize for them," she said.

Lutheran High athletic director Gordon Bredow said that mentality would allow Pauk to fit in well to a program that has been a perennial playoff contender during

the past few seasons, according to the St. Charles Journal.

"She mentioned that in the interview that she wanted to be really strong on the defensive side of the floor, so I think she'll fit in real well in that regard," he said.

Pauk has already begun to work with her new team during summer camp and in workouts. She inherited a young team — mostly juniors and younger — so the girls have been hitting the weight room, conditioning and playing in summer leagues to get up to speed, she said. The summer sessions will help the players, but they will help the rookie coach, as well.

"I think it's just a great opportunity for me to get to know them and spend time with them and just build relationships with them for the upcoming season," Pauk said.

She said the girls have displayed a positive attitude and good work ethic already this summer.

The girls' commitment to each other and the team is evident, and they love playing together," Pauk said.

Holtmeier said it was a tough decision for him to leave the girls' program because his heart is still with that team, but he is excited for the opportunity the player's have to play for somebody of Pauk's caliber. He said Pauk was a "coach on the floor" during her playing days and he relied on her to catch things someone on the bench could not see.

"We trusted her and gave her a lot of responsibility and she was more than accountable," he said. "It just really paid off for us."

Pauk said she thoroughly enjoyed her time as a Cougar and always dreamed of going back to coach. She just did not think



Senior guard Erin Pauk gets into defensive position during a game on Feb. 22, when SIU lost to Evansville 71-61. Pauk was named head coach at Lutheran High in St. Peters, Mo.
EMILY SUNBLADE
DAILY EGYPTIAN

she would land the job this quickly.

"I always hoped that one day I would be able to back there and coach," Pauk said. "It just so happened that the opportunity came right away for me to come back and coach,

so I'm very excited and I'm ready to go."

Brandon Augsburg can be reached at 536-3311 ext. 256 or bauggie@siu.edu.

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DISCOVER

SIU athletes hit roadblocks on road to Beijing

Stuart, Riley, Davis fail to qualify for Olympics

Brandon Augsborg
DAILY EGYPTIAN

Olympic qualifying did not quite go as planned for Saluki athletes as senior jumper Bianca Stuart and former track athletes Brittany Riley and Ty-Nica Davis did not make their respective Olympic teams.

Stuart, a native of the Bahamas, made her national team but failed to hit the Olympic long jump standard of 6.60 meters at three separate events. Davis made it to the semifinals of the 800-meter run before bowing out of the competition. Riley recorded the fourth longest hammer throw at the U.S. Olympic trials in Eugene, Ore., but finished 11th overall. Her toss made her the first alternate so she would have gone to China if another thrower got injured, however.

Riley hit the A-standard with her throw of 66.9-meters in the hammer throw qualifying round at the U.S. Olympic trials in Eugene, Ore., July 3. That toss put her in fourth place going into the final, but she struggled on her last few throws.

"Basically I let my nerves get the best of me and I got in there and I forgot what I was doing," she said.

She injured her hamstring in June before leaving for the trials, but she said that was not an issue in the final. She said she felt she could have easily made the team, but just could not get her body to move with any speed or power during the final.

Track coach Connie Price-Smith said Riley was in a difficult spot at the trials because all of the other competitors had more experience. She said Riley just did not compete as well as her counterparts.

"Technically she had all the tools and she's

thrown as far as they have going in there," she said. "You know, when you get there, it's who comes out on top."

Stuart earned a spot on the Bahamian National Team with her long jump of 6.5-meters at the Olympic trials in Nassau, Bahamas, June 27. She then competed at the Central American and Caribbean meet July 4-6 and won the title with a jump of 6.54 meters. Her final attempt at qualifying came at the North American, Central American and Caribbean Games July 18-20 where she leaped 6.37 meters to finish third.

Though Stuart did not make the Olympic squad, she had a lot of success over the summer.

"I worked very hard, with the help of my coach, to get this far in my '08 season, and I am happy about that," she said. "I feel that this year has been my most successful season, having accomplished so much."

When Stuart got to the NACAC Games she said she began to feel the effects of such a rigorous summer. Before the meet Stuart said she wanted to remain focused, confident and patient because that was the only way she would be able to do well at the event.

"I continued to remain focused even though I was getting physically fatigued," she said. "Being so close to qualifying boosted my confidence not to give up."

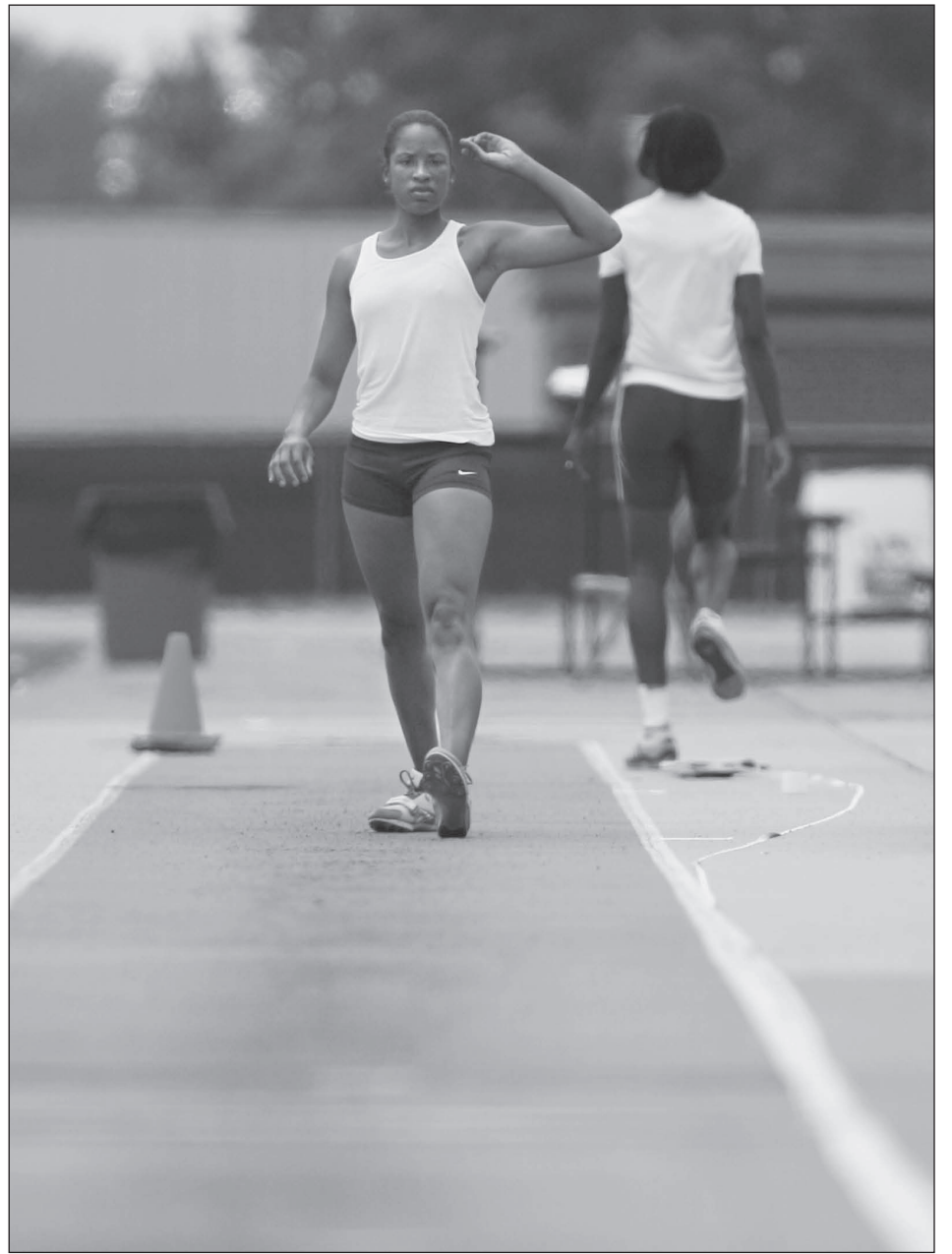
Her focus did not translate into qualifying results, however. Despite not qualifying for the Olympics, she said she learned a lot and matured as a jumper during her time at SIU and over the summer competing on the international level.

"All I must do is continue to grow and learn from my past experiences as I head into my senior year as a Saluki and further continue with my track career after school," she said.

Davis finished ninth with a time of 2:03.22 in the semifinals of the women's 800-meter run to miss a chance at the finals by just one spot. She recorded a time of 2:05.26 in the preliminary round to move to the semifinals.

“Being so close to qualifying boosted my confidence not to give up.”

— Bianca Stuart
senior jumper



JAKE LOCKARD ~ DAILY EGYPTIAN

Bianca Stuart practices at McAndrew Stadium June 26 before leaving for the Bahamas to try out for the Olympics. Stuart qualified for the Bahamian National Team on June 27 with a jump of 6.5 meters.

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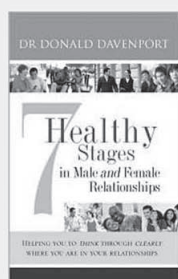
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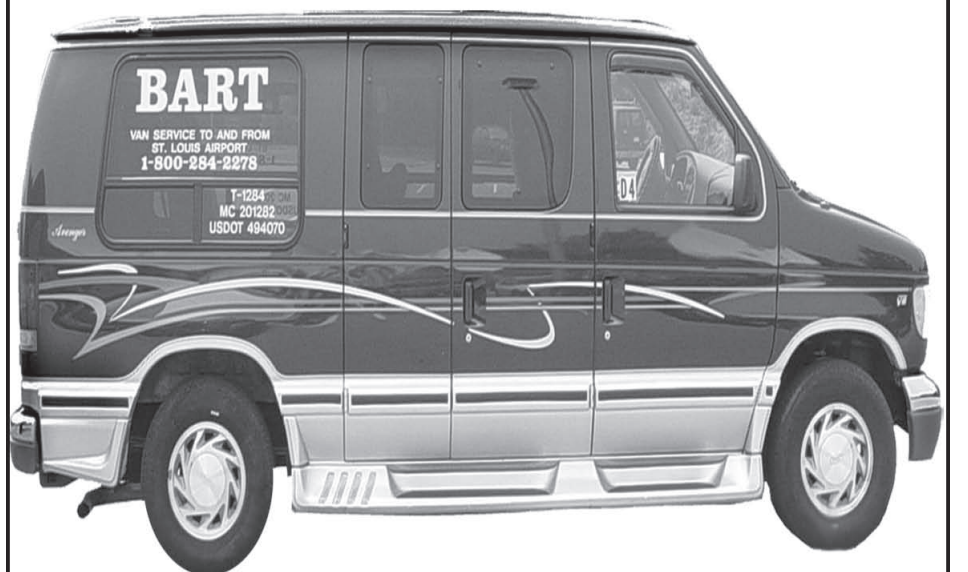
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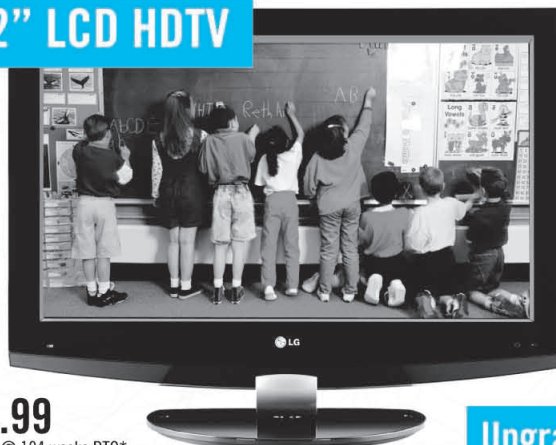
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