

# Iron Dogs compete at home meets

**Rebecca Easterwood**  
for the Index

Butterflies fluttered in lifters' stomachs at the Nov. 5 Olympian weightlifting meet, a first for some while others looked forward to bigger meets in the future.

Before his very first meet, graduate Chris Elledge said he cleaned his room and tried to get a good night's sleep.

"[I did] nothing because I had to lift today, so I couldn't really go out or anything," he said.

Elledge said he decided to join the Iron Dogs when his eligibility for track and cross-country ended because he became a graduate student. He said weightlifting caught his eye because of his friendships.

"I'm really good friends with [alumnus] Ryan Stewart and I'm also friends with [alumnus] Zach Schluender, who are both with the Iron Dogs, so it's kind of just one of those things - association," Elledge said.

He said he has trained consistently the last two months and thinks he did well.

"I've clean and jerked 60 [kilograms] before," Elledge said. "I did 63 [kilograms] today and I've snatched 45 [kilograms] before but not like legally, so it was actually legally today."

He said that when he came to the bar, he thought about using the right techniques, but he



Alumnus Ryan Stewart prepares to lift the barbell Saturday afternoon at Pershing Arena.

Roger Meissen/Index

said he did not want to clog his mind with thoughts.

"I tried not to think a lot," he said. "That's the best. Just do it, you know."

Elledge said he was excited about his first meet.

"It was awesome because I hadn't gotten to compete for a long time now," he said. "... I was nervous

and stuff. I liked that. It was cool." Stewart said he also was nervous when he came up to the bar because his training facility in St. Louis was under construction.

"I thought 'crap,' because I don't know what to do, because I haven't touched a weight in two weeks," Stewart said.

Overall, Stewart said he was happy

with his performance.

"I was pretty happy going six for six, that's a 100 percent, and especially under the circumstances," he said.

His bests are 357.5 pounds for the clean and jerk and 268.4 pounds for the snatch, both only slightly higher than he did at the meet. Senior Elizabeth Swartz, president of

Iron Dogs, said she is going to the American Open in December, one of the biggest national meets. She said she qualified in September and only needs 4.4 pounds to make it to Nationals.

"I've been training pretty hard lately," she said.

Swartz said her bests are 154 pounds for the clean and jerk, and

she has snatched 115.5 pounds, but she did not do her best at this meet.

"I didn't do well," Swartz said. "We had a lot of people who did really well this meet," Swartz said. "It's been a really good beginner meet for a lot of our lifters."

Swartz said the meet was a success because things moved smoothly and it had a solid number of participants.

"Over 30 people entered, which was really good," Swartz said. "We are really happy about the turnout this year."

She said she was happy about the meet's location.

"We were really lucky because we got the big gym," Swartz said.

For the first time, the Iron Dogs also hosted the Missouri State Championship on Saturday.

The first-place winners of the Double Deuce Open, who were part of the Iron Dogs, were assistant track coach Michelle Baier in the 75-plus kilogram weight class and Stewart in the 105-plus kilogram weight class.

First-place Iron Dog winners of the Missouri State Championship were sophomore Lesley Lovesee in the 53-kilogram weight class, freshman Wes Glenn in the 62-kilogram weight class, senior Mike Landram in the 77-kilogram weight class, junior Jared Nichols in the 85-kilogram weight class, junior Leonard Stephens in the 105-kilogram weight class and Schluender in the 105-plus kilogram weight class.

## Athlete of the Week

**Rachel McCarville**

Sport: Soccer

Year: Senior

Position: Forward

Hometown: Columbia, Mo.

McCarville scored two goals in Truman's 5-0 victory over Missouri Western State University. The first of her goals came only one minute and seven seconds into the match.

# McCarville makes most of last game as Bulldog

**John Scognamiglio**  
Staff Reporter

Storybook endings do not happen very often in Bulldog athletics, but for one lucky senior, the ending was magical.

Entering Saturday's game against Missouri Western, the women's soccer team needed to win to keep the MIAA championship at Truman for another year. Sunday also was Senior Day, the last home game for eight senior women on the squad. Forward Rachel McCarville was going to make sure this would be a Senior Day to remember.

"It was a pretty emotional game," McCarville said. "It was going to be our last game as seniors. I really enjoyed it."

McCarville needed just a fraction of the game to ensure the Bulldogs would be the only women's soccer champions in the MIAA for the seventh-straight season. It only took one minute and seven seconds to seal the deal. McCarville scored the first goal on an assist from fellow senior forward Chayil Wiedeman.

Even though that first goal was the eventual game winner in the

5-0 blanking of the Griffons, McCarville didn't waste much more time in scoring her second goal. She rebounded her own shot in the 14th minute and sent it past the Missouri Western goalkeeper.

Head coach Mike Cannon said McCarville had a great game to close out her Bulldog career.

"It was a pretty cool way to go out, scoring two of the first three goals in 15 minutes," he said. "She had a really good senior year especially. In the middle of the season, she rolled her ankle. It was nice to get her healthy in the last week or two."

McCarville said she learned a lot in her time as a Bulldog.

"I started out playing behind [alumna] Sara [Murray]," she said. "I learned a lot from her. I learned that I needed to keep working hard."

Cannon said the time between her freshman season and now is a complete 180-degree turn from how she started.

"[Starting out] she didn't know how hard she needed to work," he said. "But from then till now, she made herself into a really good player. She always works hard and scored some nice goals this year. It's nice to see all

that hard work paid off."

McCarville ends her senior campaign tied for third on the Bulldog scoring chart with four goals, one behind sophomore forward Emily Newsham and junior midfielder Robyn Mortenson. She also had two assists this season during which she started five games and played in only 15 because of her ankle injury.

Despite the injury, McCarville said this season was one of her favorite seasons.

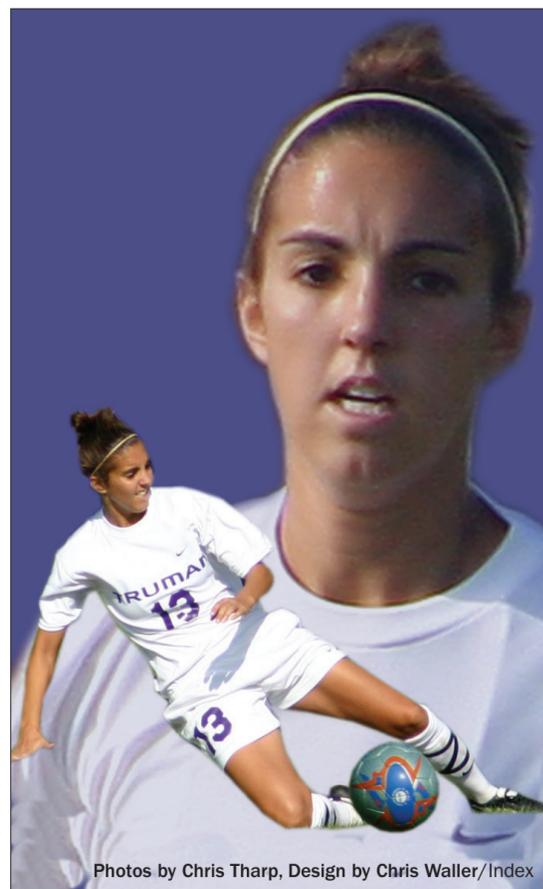
"Being a senior and being a leader was just so good," she said. "We all played so well together. The chemistry we had as a team helped us on the field to get our success. We all get along so well with each other."

Cannon said one of the things he'll remember about McCarville is her personality.

"Her personality is hilarious," he said. "She's kind of quiet, but when she opens up, it's quite funny."

McCarville said she wants to be remembered well by her teammates.

"I always worked hard for the team to make us better," she said. "Being on this team made college for me a lot better and more fun."



Photos by Chris Tharp, Design by Chris Waller/Index

# Truman roller hockey defeats multiple Div. I squads

**John Weeks**  
Staff Reporter

The NHL may be hurting for St. Louis Blues fans, but the Truman roller hockey team isn't, or at least it shouldn't be.

Last weekend the Bulldogs took to the rink for the first time this season in St. Louis and started the year 4-0, beating Saint Louis University 7-5, Missouri State University 5-2, Southern Illinois University-Carbondale 9-1 and Missouri State again 10-0.

Sophomore Dane Moody and freshmen Jon Watson and Truman Patterson led the team in scoring during the weekend with at least six points each.

Junior defenseman Jimmy Cruse had a goal in the 5-2 win against Missouri State.

"It's a good start," Cruse said. "We're not done yet and don't want that to go to our heads. It's good start-

ing out 4-0 because if we could possibly go 7-1, 8-0, we could get a spot in the Winter Invitational, which is a Div. I tournament."

During the blowout 10-0 win against Missouri State, a referee approached Cruse and senior Scott Whittle and complimented the team's play.

"One of the refs actually skated up to us during the game [10-0 Missouri State win] and said, 'How long have you been waiting for a team this good?'" Cruse said. "He'd been watching us for maybe 10 minutes when he said that. I was like, 'Oh, I don't know.'"

Senior goalie Chris LePage said he can't take all the credit for how the team fared during the weekend.

"I want to give props to my defense," LePage said. "We only gave up eight goals in four games. In ice hockey that's pretty good. In roller hockey, that's phenomenal."

He said he thinks the team will do much better than last year, which finished 9-5-1.

"We have the core of our team still here," LePage said. "What we lost, I think we gained with the freshmen who came in. We have a much stronger team this year than we have had in the five years I've been here."

One of three returning forwards this year, senior Chris Radigan said the addition of younger players this year has only helped the team.

"[This year] there's a lot more team unity," Radigan said. "Everybody's more serious about this year than the previous three years."

Radigan scored three goals and added an assist in the four-game road trip and said the players need to remain focused and dedicated as they prepare for their next game against 3-1 Wash U on Nov. 19.

"I think we're just going to keep doing what we're doing," Radigan said. "The first couple of games were a little rough. We only beat Missouri State 5-2 on Saturday and then we beat them 10-0. There's ac-

tually a mercy rule, and we mercied them 30 seconds into the third period. I think we're just going to take that game and build on it."

Cruse said he thought the 'Dogs needed a head coach before school started, so he asked senior Mike Lueder to take the reigns and keep everyone in line.

"He's been helping us with practice and stuff and keeping us on task," Cruse said. "We just decided we needed a better sense of discipline on the team and needed a sense of authority."

Cruse said even though the team went 4-0 during the weekend, the 'Dogs need to find ways to improve, especially before the Wash U game.

"We need to solidify our power play a little more," Cruse said. "There are some kinks in it we need to work out. Our SLU game to our Missouri State game, we got better every game we played."

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