

the PAPER SAC

What's the Paper SAC?

By Dan Tomlin

For those of you that don't know, allow me to let you in on the secret. The Paper SAC is the former name of the school newspaper.

We've just resurrected the name. You now know The Paper SAC under its new alias, "The Buzz: on campus."

The Paper SAC was chosen in a contest by the student-body, with the winning entry sent in by friends as a joke (for you freshman, SAC stands for St. Ambrose College, the name of the school prior to it becoming a university).

The original name of the school paper was Ambrosian News until the fall of 1968.

The year 1968 was significant for a number of reasons, and the biggest news on campus was talk of bringing back football to the school. According to that year's paper, it would cost every football player \$100 to start the program back up without financial support from the school. The money would cover the costs of equipment, uniforms, coaches salaries, and any other incidental costs.

The students lost, and St. Ambrose would go without a gridiron team until 1974.

1968 was also the culmination of the "hippie" era which would end with the "summer of love" less than 12 months later.

Vietnam was the most emotional issue around campus, and even heavyweight world-champion Muhammad Ali stopped by campus to preach peace and justice.

Students pushed for peace, and rallied behind nine Marycrest students who were drafted and sent to Vietnam.

So there's a quick explanation for all of you who don't understand the meaning of Paper SAC and what SAC was like the first time it came around.

Queen Bees ace service project

Women get together to rebuild nature walk in Pleasant Valley



The St. Ambrose volleyball team relaxes after repairing and rebuilding the Smith's Island Nature Trail

By Dan Tomlin

Before ever taking the court for the 2006 season, the Queen Bees have already established themselves as leaders.

In August, after a grueling first week of practice, the team dedicated an entire Saturday to repairing and rebuilding the Smith's Island Nature Trail at Lock and Dam No. 14 in Pleasant Valley, Iowa.

When the girls arrived at 8 a.m., the mile long walking trail was in shambles, but by the time they had left it looked like something from a postcard.

All-in-all the women moved more than 2,000-pounds of mulch onto the trail.

Completing the service project fulfilled a number of objectives. Primarily, it went in line with the team's mission of service and commitment, while also helping out Coach Bruce Billingsley's son Randy, who designed and su-

pervised the work as his Eagle Scout project.

The women were more than happy to oblige, despite the early morning and long hours.

"Every year, we try to do one service project a month, but usually it's with just 4-6 girls," Billingsley said. "This is something everyone can be a part of, and they all worked really hard."

It was slow going at first, as 40 girls learned how to effectively and efficiently work together. But after a lunch break, everyone found a second wind, and completed the project before the estimated time.

"Doing this by yourself would be hard, really almost impossible," senior Andrea Brooks said. "It's better than practice too, it's a nice break. It's also a good opportunity for the girls to bond."

An eight hour day gave the girls a long time to bond, and by the end of the day the satisfaction of seeing a job well done was worth all the time and effort expended on the project.

"If anybody watched how hard these girls

work, they would know the kind of people that we have at St. Ambrose," Billingsley said. "If you watch them work, it's teamwork. They've gotten a system down relaying the (wheel barrels full of woodchips)."

As a more efficient way of transferring the wheel barrels, the Queen Bees spread out along the mile-long trail, roughly 40 yards apart, and handed the wheel barrels off to one another. Brooks led the brigade, turning the treacherous work into a running race, flying back and forth along the trail with reckless abandon.

"Doing it this way just makes it more fun for everybody," Brooks said. "Now we don't have girls sitting around while others are working, everyone is involved."

They found out through service that as a team, working together, they can accomplish nearly any task. That's something that has translated on the court over the first month of the season.

Grimes has award winning week

Staff Report

Senior rightside hitter Kelly Grimes recorded her 1000th career kill as a Queen Bee in the first Saturday match of the Agustana Tournament against Augsburg last weekend. The Queen Bees (18-7, 4-0 in MCC) have won 11 of their last 12 matches with the only loss 3 games to 1 against NCAA D-III #5 rated UW-Eau Claire.



Grimes was on fire during the Augsburg match, scoring 23 kills in 43 attempts. Her string included five kills out of the last six points in the match. She finished the tournament with a team high 55 kills and was named to the All-Tournament Team.

Her performance garnered her Midwest Classic Conference Player of the Week recognition Tuesday and NAIA Region VII Player of the Week honors on Wednesday.

Grimes, a Bettendorf HS prep, has been a three year starter for St. Ambrose and a two year captain. She was a

2005 Midwest Classic Conference and NAIA Region VII First Team selection and was also recognized academically as an NAIA Academic All-American.

The week prior saw senior captain Andrea Brooks, an outside hitter from Davenport, Iowa, reach the 1000 kill mark and garner MCC Player of the Week honors. Junior setter Becky Fetter (St. Charles, Ill) was selected as the MCC Setter of the Week.

Junior captain Emily Russell, an outside hitter from Woodstock, Ill, was named the MCC Player of the Week during the first week of the season.

SCOREBOARD

OCT. 5
WOMEN'S VOLLEYBALL
SAU DEF. VITERBO 3-0

OCT. 4
WOMEN'S SOCCER
SAU DEF. ASHFORD 4-0

MEN'S SOCCER
SAU DEF. ASHFORD 3-1

OCT. 1-2
WOMEN'S GOLF
MIDWEST CLASSIC CONF
1. ST. AMBROSE 677
2. WALDORF 691
3. ASHFORD 756
4. IOWA WESLEYAN 757
5. GRAND VIEW 775

ALL-CONFERENCE
3. KEENEY 162
5. PETRUCCELLI 170
6. SHEPERD 174

SEPT. 30
FOOTBALL
SAU DEF. QUINCY 33-17

Valley of the sun brightens Queen Bees week

By Maria Naert

PRESCOTT, AZ -- St. Ambrose University claimed a confident victory in Arizona this last week. The women's volleyball team met their competition and turned the tables against Prescott's home team, Embry-Riddle. There were five games played in all at the Kick-Off Tournament.

The team suffered a loss to start the tourney to Embry-Riddle, but went on to beat Trinity Christian and Phoenix College to finish pool play with a 2-1 record. Embry-Riddle and Saint Ambrose both went into the championship game with one loss each. Senior captain Kelly Grimes says it was the team's confidence, readiness, and talent that led them on to conquer the season's first tournament.

"We're really looking forward to a good season now," says Kelly. "We have lots of returnees and a lot of added talent from our new girls, too. We're definitely starting out with a ready team to improve over last year's season."

It also helps that the Queen



The Queen Bees were on top of the Embry-Riddle Tournament as well as the Grand Canyon

Bees return a lot of familiar faces.

"We've all played together before," added junior Emily Russell. "Everyone knew their roles, and especially after our loss to Embry-Riddle in the first game, we knew we could pull together and do better. They were definitely a team we could beat."

Freshman Megan O'Shea was a last minute add to the varsity roster, and fell comfortably into her position.

For the week, she tallied 19 kills and nine digs while playing in her first collegiate games.

The team did more than volleyball during those six days too. A lot of what they did off the court ended up bonding

them more than when they were on the court.

The Queen Bees won their first conference game of the season, and will take on defending conference champion Iowa Wesleyan September 20 at Lee Lohman Arena, game starts at 7:00 p.m.

SAU Volleyball had humble beginnings, thanks to Barb's Bee gang

By Maria Naert

As the timeclock on the Saint Ambrose campus ticks on, history binds its way into a story. This time, the clock is set back to the fall of 1975, when the first Women's Volleyball team started here at Saint Ambrose. Although Women's Basketball, Softball, and Tennis had already been born at SAU, Volleyball followed closely afterwards as Dr Barbara Walker, Professor of Kinesiology, took the lead as the sport's first coach.

"We started our first volleyball team with 12 girls in 1975," recounted Dr. Walker. "At that time, we didn't have Women's Conferenc-

es. We were independent, but we mostly played the schools who the boys played against in basketball, such as Lewis or MacMurray."

When the Administration made the decision to add on to Women's Athletics, Dr. Walker was the only woman in the department." The coaching job just sort of fell into my lap," she explained. "Coaching was my first competitive experience with volleyball. I was starting where the kids were starting, too."

During the early 1970's, there were many more men enrolled at Saint Ambrose than women. "During my classes in 1973," explained Dr. Walker, "I taught 120 men and only 5 women." But luckily for her, most of the women had played

volleyball before and jumped at the chance to start a competitive team. They began by practicing on the third floor of Ambrose Hall inside a large empty room with a wooden floor, large surrounding windows, and a two-story high ceiling. The games were held in the LeClaire Gymnasium with spectators watching from either the balcony above or the outside floor lines. It was not until 1983, when Lee Lohman was built and the team moved to the new gym.

Dr. Walker coached for six seasons, 1975 to 1980. "I am still good friends with many of my players," said Dr. Walker. "I've attended many later weddings for the girls. I believe there was less pressure back then. If we won, we were happy of course, but we didn't have the success that people weigh more heavily

today. Back then, our first athletes were here because they liked playing the sport. The girls would put signs on my door that read "Fire Up!" Now, kids are more sophisticated with their sports.

Money was also short back then. "We would have to take what we needed out of our own pockets or raise money. The girls would sell tupperware or jackets. They wanted to be like the boys and be able to travel for tournaments or competitions, so we worked on raising the money to do so."

From 1976 to 1978, the girls finished 5th in the State of Iowa for 3 consecutive seasons. At this time, the team was part of the Iowa AIAW (Association of Intercollegiate Athletics for Women) organization. "We usually played around 30 matches a year, but there were a few years where we

played over 50 games.

We always managed to finish in the top quarter of the teams," explained Dr. Walker. "We always improved by the end of each season. I've always felt successful with the girls. A couple of times at State, I'd think about what we could have done better to pull it off, but I was always happy with them."

The early years were also a point when time and money were not equivalent between the men and the women. The women were not able to get any prime time practices. The men's sport teams were given

New SAU athletics site already getting rave reviews

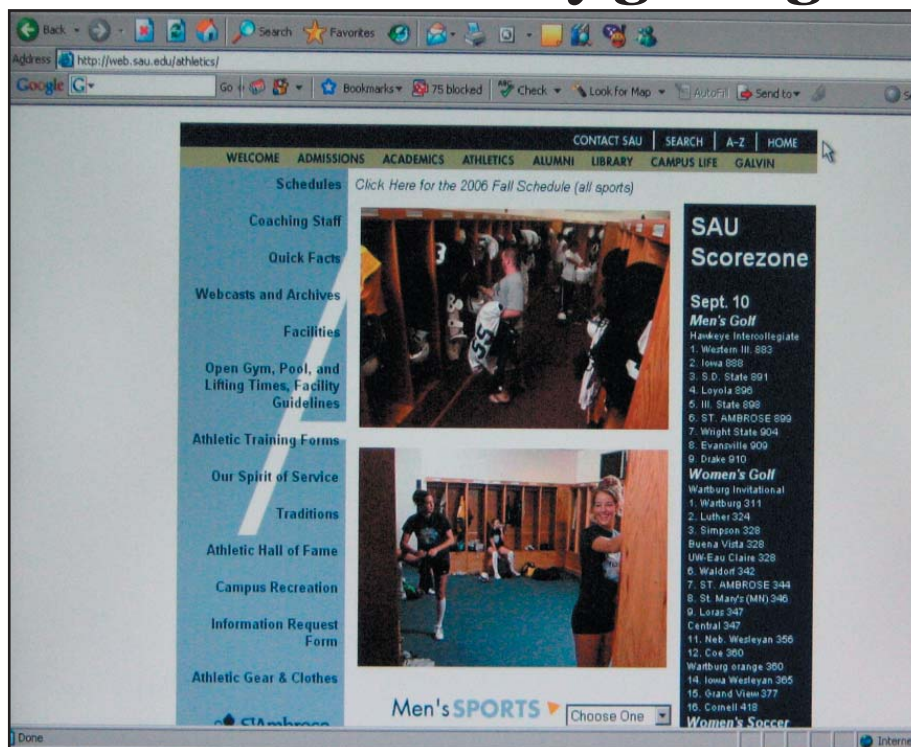
by Maria Noert

The newly updated Saint Ambrose University athletics Website will please athletes, parents, sports fans, alumni and recruits. The website has received a totally new look, including new and faster access to information, thanks to the hard working staff of the Saint Ambrose University Athletic Department.

"We wanted to give the website a new look," said Dan Tomlin, the main constructor of the new athletic web pages. "We wanted to make it up to par with the bigger universities."

Tomlin spent the entire summer designing the new web pages and throwing out the hard-to-navigate old ones. The fall sports pages were published during the first week of August.

"The Ambrose Club helped us get studio headshots for each of the athlete's individual pages. There's nothing better than seeing big, color pictures of every athlete," Tomlin said. "We now have the latest scores on all athletic events. Instead of wait-



www.sau.edu/athletics got a facelift over the summer, and continues to grow with news and scores daily.

ing till the next day, we can have game scores updated that same day."

This is also SAU's first year having journalists for their new athletic website, spicing up the page with feature stories for each sport.

"We're really making the big push now to make information look better

and have more content," assistant sports information director Bruce Billingsley said. "I think the stories we're adding to the website, and the team and individual pictures are our most noticeable changes. We now have new stories every week, so people can go back to the website more

often." According to Billingsley and Tomlin, the Athletic Office is trying to "multi-purpose" many of its new sports stories. Whether it's a game program, the website, or the local hometown newspapers of the athletes, the stories are likely to appear in more than just

one source, reaching out to more fans.

"We're re-doing the site from bottom up," Billingsley said. "From the fall rosters all the way up through the whole semester."

Fans, alumni and parents have already noticed the considerable change, and have been pleased.

"There really is a 'night and day' difference," explained athletic director Ray Shovlain. "I think the people will be impressed by the new format and colors that jump out at them."

The new SAU website is a real plus as Shovlain explained, not only do so many students use it to obtain information, but it is also great now for recruiting.

"Dan did just an unbelievable job," Shovlain said.

Along with Tomlin, were Kyle Murray and Kevin Walden helping and formatting through the long process. Thanks to a devoted athletic department staff, everyone can enjoy the fast game results and wide variety of updated sports stories.

BEE-GINNING

more money to spend than the women's.

"We just had to make it work with what we had and what we could raise through volunteer work," said Dr. Walker.

"The women's program was housed under a different organization at the time," explained Dr. Michael Orfitelli. "We were in the AIAW before joining the NAIA in 1981. About this time, an Athletic Board was set up to guide the athletic department. It was made up of representatives from faculty, staff and coaches. We had put people of all aspects on the Board, including many concerned for women's sports. Start-

ing around 1981 was when we were able to offer better scholarships and support for women's sports. Equality became the big factor."

"There have also been years where some of the women's programs struggled because of turnover in coaches," explained Dr. Orfitelli. "and that hindered their ability to recruit, teach and move forward."

"From 1986 to 1993, St. Ambrose went through seven different coaches in only eight seasons," added Bruce Billingsley, current women's volleyball coach and assistant athletic director.

Dr. Barbara Walker was spread among the coaching staffs of a variety of other sports, too. She had actually

began her coaching career with the Cheerleaders, then she became the Assistant Basketball Coach in 1974. She took up coaching the first Volleyball team from 1975 to 1980. She then had to step down from her coaching duties while she left the Ambrose campus for a semester to attend the University of Iowa, working on her PhD.

Cheryl Smith, a former player, took over the program and remained from 1981 to 1985 as the Women's Volleyball Coach. After earning her PhD, Dr. Walker returned to coach Tennis in the 1983 and 1984 seasons.

From Bee-ginning to Today

Bruce Billingsley took over the St. Ambrose women's volleyball program in the spring of 1997, when Shannon Hoyt left to move up to the NCAA Division I ranks.

Billingsley, in his 10th season, has the most longevity of any coach in school history. Barb (Schumann) Walker ranks second with six seasons (1975-80), followed by Cheryl Smith with five years (1981-85), then Maureen Thorpe (1989-91) and Shannon Hoyt (1994-96). Five other coaches were here for one year apiece.

Billingsley has recorded the most career SAU women's victories coming into

tonight's match, 199.

St. Ambrose has won six Midwest Classic Conference Championships in the 15 years they have been in the conference. The Queen Bees have won three NAIA Region VII titles and seven NAIA District 15 titles.

National Tournament appearances have occurred under four different coaches, in 1999 (Billingsley), 1995 (Hoyt), 1988 (Scott Mais) and 1983 (Smith). The 1983 team had the highest finish, fifth place.

In 1999, Billingsley expanded volleyball at St. Ambrose with the addition of men's volleyball as a varsity sport.

Locker rooms get new look

By Dan Tomlin



A look inside the new men's locker room shows the wooden lockers



The women's basketball and volleyball teams also settle into new digs

When the St. Ambrose football team swarmed the Davenport campus last week, they walked into new digs at their Lee Lohman Arena locker room. Thanks to fundraising efforts by the athletic department and the Ambrose Club, the football and volleyball teams along with both the men's and women's basketball teams have a new home this season. It is the first time since the building was erected in 1983 that the locker rooms have been renovated.

None of the student athletes at SAU today were born when the original lockers were put in place. It is also the first time the teams will have new lockers, as the original red, metal ones came second-hand from Davenport Country Club.

Thanks to the work of the athletic department and coaches during the summer, St. Ambrose student-athletes now make their home in a state-of-the-art setting.

The new lockers are hand made from wood, and are over two feet taller than the ones they replaced. They are open to the front, with a foot locker below and a shelf above the main area. The arrangement is in the shape of a U with a community area in the middle. Each locker room also has two 27" flat screen

TV's, a VCR/DVD player, and wireless internet access.

"We've been very creative with utilizing every inch of space in Lee Lohman Arena," athletic director and head men's basketball coach Ray Shovlain said. "The improvements were needed to reinforce the fact that we are striving to give the athletes physical plant improvements."

Along with the renovation of the locker room, there were two other areas of the athletic department that showed major improvements in the summer months.

The weight room was expanded to serve the need of the growing athletic programs as well as student usage, and a top of the line batting cage was purchased for the baseball and softball teams.

Not only will this give today's student-athletes a taste of the high life, but coaches hope it will also be a huge tool in recruiting the top athletes in the region.

"A locker room means a lot to a recruit since you're going to spend so much time in there," women's basketball coach Amy Eagan said. "It gives the women a place to relax. The girls that have walked through on recruiting trips already have been really impressed."

The work to put in the new locker room didn't even start until just

before the 4th of July holiday. With five weeks until the football team reported to camp, head football coach Todd Sturdy, defensive coordinator Mike Magistrelli, and head athletic trainer Dean Beauchamp worked tirelessly to have the locker in place when practices started.

"There were a lot of 10-12 hour days," Sturdy said. "A lot of times (SAU baseball coach, Jim) Callahan and I would put our kids to bed and come back and work until 2 in the morning. Now it's a showcase; it shows the commitment the athletics department has to the athletic programs."

That kind of work ethic is why the project got completed, and why Sturdy says he loved spending to time to make it nice.

"The neatest thing about the project was the amount of people that took part in it, including coaches whose athletes won't even be using the locker room," Sturdy said. "It really showed the Ambrose spirit, and it lets the athletes know that the coaches are concerned about every sport being successful."

Over the past five years, St. Ambrose athletic teams have won conference championships in virtually every sport, while also placing in the top four twice in golf and once in basketball.

Homecoming ... letters to alumni from former coaches

Dear SAU Volleyball Alumni,

I had an outstanding experience at St. Ambrose as both a player and a coach.

As a player I benefited from having many wonderful mentors like Maureen Thorpe, Dr. Michael Orfitelli, Jim Fox, Ray Shovlain and many others. My roommate and setter, Kari Johnston Girsch was so much fun and she added to my experience as well as my other teammates.



As a coach I had the pleasure of working with an amazing group of players! They were not only talented physically but really enjoyed the game and were so much fun to work with! I would like to thank them for their hard work and dedication to the program. The knowledge I gained from the years I was a head coach at St. Ambrose has been invaluable to me as I move forward in my coaching career and in my life as a wife and mother.

I wish I could be there to spend alumni weekend with you!

Shannon Hoyt Lamb
Assistant Volleyball Coach
Wichita State University

(Shannon coached
1994-1996)

Hi Bruce:

It's great to hear from you! I'm sitting at my desk, thinking of what brought me to Iowa, and to St. Ambrose University.

I came to Iowa after I married Steve, and he introduced me to the volleyball community in the Quad City Area. I actually met many people that were involved in playing USA Volleyball, one of which had just been named head coach at St. Ambrose. You all know him...Scottie Mais. I'd been playing some sand volleyball with him, and he asked me if I'd like to help him with volleyball. What started as an assistant coach position, turned into an offer to coach the volleyball team for the next three years.

My years at St. Ambrose were a blast! A few of the people I always remember...Jim Fox, Ray Jauch, John Furlong, Jeff Griebel, Ray Shovlain, Mike Orfitelli, Lisa Bluder and Ed

Rogalski, (whose signature I see every quarter on the thank you notes we all receive as alumni) and the endless number of athletes that excelled at St. Ambrose.

Kent Harter and Al (I don't think I ever knew Al's last name) were the best assistant coaches. I remember yellow cards, no red cards, rule changes...you could have incidental contact below your knee, everyone learning from Steph Billmeyer how to throw a tip and not get called...Shannon Hoyt's broken hand, and learning that she could hit as well as she could set, incoming freshman.. (homesickness), the great parents and their understanding, all of the coaches going home at night with sore shoulders after digging practice. Contractors coming in to paint new game lines on the gym floor only to find that they painted high school size volleyball courts in our gym...a rookie referee happened to see the difference. The referees were also great friends,

Dick Jirus and Tim Gogulich, who were always there to help with officiating duties.

I could go on forever...as I sit here and remember.

We now live in Doylestown, PA just NE of Philadelphia. We're raising our little girl, Britta, who is now in third grade. She's tall and loves art and horseback riding. Steve flies for Merck out of New Jersey. He is the Rules Interpreter for USA Volleyball and still retains his International and National Referee status. I've been asked to play coed next May at Nationals in Austin, Texas..2007. I haven't played in awhile, and am looking forward to seeing many friends.

Have a great season! Best of luck to all of you at St. Ambrose University.

Best Always,
Maureen Thorpe
(Maureen coached 1989-1991)