

THIS WEEK IN VERMILLION CITY POOL LEAGUE

By Joe "MOJO" Reiser

Hello again folks, Valentines Day has wafted past and the winter rages on. Week 14 is in the books for our 9Ball league and here are the standings.

- 1) Maya Janes 2 232-118.66.3 percent.
- 2) Whimps 180-95.65.5 percent.
- 3) Char 1 210-140.60 percent.
- 4) Leos 1 183-142.56.3 percent.
- 5) Char 2 176-149.54.2 percent.
- 6) Maya Janes 1 186-164.53.1 percent.
- 7) Varsity 1 181-169.51.7 percent.
- 8) Leos 3 173-177.49.4 percent.
- 9) Eagles 1 148-162.49.3 percent.
- 10) Careys 1 170-180.48.6 percent.
- 11) Eagles 2 167-183.47.7 percent.
- 12) Leos 2 165-185.47.1 percent.
- 13) Leos 4 159-191.45.4 percent.
- 14) Varsity 2 133-167.44.3 percent.
- 15) Bunyans 1 143-182.44 percent.
- 16) Maya Janes 3 148-202.42.3 percent.
- 17) Bunyans 2 143-232.38.1 percent.
- 18) Careys 2 103-172.37.5 percent.

For the Honors needing to be passed out we have a pair of brothers who top the "Gold Star List" for going 5-0. Luke Lacey of Careys1 and brother Zac Lacey of Careys2 head our list of eight players. Ben Boskie also of Careys 1, Husker from Char 1, Rusty Jensen of Leos 1, Buzz "Blues Harp" Johnson, Glenn Mac and Rob Leckbiter all of the Whimps White Gloves.

The poor souls that wound up on the "Bottom of the Barrel" or going 0-5 were Kyle Mallet, Blaine Schoellerman, Adam Hasse, Collene Zea and "Blue Barry" Brown. Our 9Ball Breakers were Donny Stewart of Bunyans 2, Dick Brown of the Eagles 1 and Grant "Big Dog" Sommerfeld of the Char 1. "Big Dog's" 9Ball did come against his Dad, which must have been a real treat.

Let's get into the matches and see how our teams fared in

the head to head battles. In a real "Battle Roy-AL" at Leos, it was Leos 2 taking a 13-12 win from Leos 1. After four frames the match was decided at 13-7. The Leos 1 shooters swept the final frame and made it 13-12. The trio of Mike Hedrkle, Danny Doty and Jeff Gilbertson blazed the path for Leos 2 with three wins each. Rusty Jensen was 5-0 to support the Leos 1 cause. The Char 2 shooters were on the road at Leos 3 for a 13-12 win. A 4-1 night from the cue of Dustin Schemp lead the way for the visitors. Josh Kimlicka and Josh Bievier assisted with three wins each. The 4some of Cam Nettetstadt, Brett Mockler, Travis Snyder and Jon Brooks accounted for all 12 Leos 3 wins with 3 win nights for each marksman.

At Bunyans, it was the Bunyans 1 Bombers taking the final three games of the match and winning a 13-12 hard fought battle. Jamie Erickson, Curtis Mincks and Jody Sailer each rolled in the 9Ball to push past Maya Janes 1. The Bombers got three win nights from Erickson, Jeremy Kirkpatrick and Jeff Solomon. Maya Janes 1 was lead by Carson Kennedy and Max Silverhammer who cranked out three wins each for the MJ1 shooters.

At the Char Bar it was the Char 1 in a 14-11 win over the Eagles 1. The Char was lead by Husker with a 5-0 night and assisted by Grant "Big Dog" Sommerfeld who as earlier stated made a 9Ball break against his Dad and wound up 4-1 for the night. The High Flyers were paced by "Downtown" Dick Brown and Cliff Deverell with three wins each.

At the Varsity it was the Varsity 2 taking down Bunyans 2 by a 14-11 score. Gregg Haggerty was top shooter for "Bangers Boys" and rolled in four wins for the home team. Nick Eiacker and Ryan Brinkman helped out with three wins each. For the Bunyans 2 shooters it was Johnny Gregg posting four wins and getting three wins from the precision cues of Dan "Semi" Semmler and Donny Stewart.

Leo's 4 was on the road for a visit at Careys 2 and dealt out a 15-10 defeat of the home team. Harlin Durkin was a four

game winner and was assisted by three wins each from Kurt Kuiper, Jere Chapman and Jim "Fry Daddy" Frye. Zac Lacey was a perfect 5-0 for the Careys 2 cellar dwellers.

League leading, Maya Janes 2 rode four win nights from Nate Bork, Troy Nicks and Brian Lambertz for a 15-10 defeat of the Varsity 1 "Let-termen." Luke Muhlbauer lead the way with four wins and was assisted by three wins from Carl Townner for the "Let-termen."

Elsewhere in Maya Janes it was Careys 1 9Ballers delivering a knock out punch to the Maya Janes 3 shooters. Luke Lacey and Ben Boskie were a perfect 5-0 to lead the 9Ballers. Adam Finke and Dana "DB" Hovalt each rolled in three win for the visitors. Alex Hoboyoboy was a three game winner for the MJ3 team.

The Whimps "White Gloves" road 5-0 nights from "Buzz" Johnson, Rob Leckbiter and Glenn Mac for a 19-6 destruction of the Eagles 2, at the Eagles nest. Rod "The Bod" Tieman won two games to lead the Eagles 2 team.

Well that's it for the games and the matches. The Schedule for Feb. 24 (Home team listed first) Leos 1 vs. Eagles 1, Varsity 1 vs. Maya Janes 1, Leos 2 vs. Char 2, Maya Janes 2 vs. Careys 1, Char 1 vs. Whimps, Bunyans 1 vs. Bunyans 2, Careys 2 vs. Leos 3, Maya Janes 3 vs. Leos 4, and Eagles 2 vs. Varsity 2.

Well there you have it folks. We have a few more weeks of pool league and then the playoffs start. Let's all keep thinking that the snow will be gone and it will be spring as the playoffs start. So until next time, Thanks a billion. MOJO.

Erickson mows down another USD record at ISU Classic

USD sophomore Emma Erickson broke her own school record with a 2:06.83 in the seeded women's 800 meters at the ISU Classic to lead a pack of personal bests from the Coyote track and field teams on Saturday at the Lied Recreational Center in Ames, IA. It's the second week in a row that Erickson has claimed a South Dakota record, as last Saturday she anchored USD's record-setting 4x800-meter relay.

Erickson (Gayville) finished third overall on Saturday to best her previous record of 2:09.3 ran in 2008. Her time is the 16th fastest in NCAA Division I this season and would provisionally qualify her for the national championships if USD was eligible. The mark also qualifies her for the U.S. Indoor Track and Field Championships, but that meet will be held the same weekend as the Great West Conference Championships (Feb. 26-27). Erickson's time is the

fastest in the conference this season by 11 seconds.

Senior Rob Gregoire (Wakonda) was also impressive in the non-seeded men's mile, as he led the second heat nearly wire-to-wire to claim first place with a personal-best 4:15. The performance moved him into third on the GWC list. Freshman Casey Shade (Hartford) notched a personal-best in the non-seeded men's 800 meters in 1:53. He finished 10th overall and is one of only two conference competitors to run under 1:55 this season.

Likewise, freshman Alexa Duling (Gregory) ran a personal-best 57.80 to earn 14th in the women's 400 and move into third in the GWC. Sophomore Bill Lane (Sioux City, IA) claimed the same finish on the men's side in 49.36, which is the second fastest time in the Great West.

Junior Kenna Wolter (Santa Maria, CA) extended

her conference lead in the women's triple jump with a personal-best leap of 38-9 to finish eighth. The mark is 3 1/2 inches better than her previous best, as she is the only girl in the conference to clear 38 feet this season.

The USD men moved atop the GWC standings in the 4x400-meter relay with a 3:19 on Saturday, behind the likes of Lane, Shade, freshman Brandon Kovash (Harrisburg) and senior Tyler Williamson (Estelline).

Other top performers for the Coyotes included senior Ramsey Fitzsimmons (Yankton), who finished 17th in the seeded women's mile in 4:57, and freshman Matt Kerswill (Schofield, WI), who earned 12th in the men's 60 in 6.97. Junior Tane Owens (Pierre) claimed seventh in the non-seeded men's pole vault in 15-7 3/4 and freshman Ashley Sveum (Eau Claire, WI) was 11th in the women's 600-yard run in 1:27.



Do you have difficulty using the phone because of a hearing loss? Do you always hear the phone ring? Do you have trouble understanding voices on the phone? Different phone equipment might help!

The Telecommunications Equipment Distribution Program has equipment available at **no cost** to South Dakotans with hearing loss or speech impairments. Call (866) 246-5759 or visit www.sdrelay.com/tedp.



Do you need a gift idea?

Subscriptions to the Plain Talk make great presents.

Call 624-2695

VERMILLION SCHOOL DISTRICT

Spring 2010

Parent/Teacher Conferences

Wednesday, Feb. 24

1-6 p.m.

There will be no school on Wednesday, Feb. 24th. Teacher in-service will be held from 8 a.m.-noon and conferences will begin at 1 p.m. after in-service.

Monday, March 1

2:30-8 p.m.

There will be an early dismissal for the students on Monday, March 1st as follows:
Austin & Jolley Elementary - 1:50 p.m.
Middle & High School - 2:00 p.m.

Health, Mind & Body



Sleep Apnea Is Serious

Many people who think they simply have a snoring problem may actually be suffering from sleep apnea -- and ceasing to breathe hundreds of times per night.

Sleep apnea is a common condition that often goes undiagnosed unless a bed partner alerts a sufferer of the condition. It is one in which a person has one or more pauses in breathing or shallow breaths while he or she sleeps. Greek for "without breath," apnea is usually chronic, occurring three or more times per week. According to the National Institutes of Health, sleep apnea affects more than 12 million Americans.

Sleep apnea sufferers generally feel tired and poorly rested during the day. This is because the person moves out

of deep sleep into shallow sleep when breathing becomes compromised. With each apnea occurrence, the brain briefly arouses the person so he or she can resume breathing, but sleep is extremely fragmented. Therefore, a quality sleep is not achieved.

Sleep apnea may be obstructive sleep apnea (OSA), central sleep apnea, or mixed. OSA is when the airways become blocked or have collapsed during sleep. This type of apnea may be accompanied by snoring. That is because when you try to breathe, any air that squeezes past the blockage can cause loud snoring. Central sleep apnea is when the brain does not trigger the body to breathe correctly. It is much less common and doesn't usually have snoring asso-

ciated with it. Mixed is a combination of the two.

Sleep apnea can contribute to or cause a number of conditions. High blood pressure and other cardiovascular disease, memory problems, weight gain, impotency, headaches, and even death can all be the result of apnea. Also, extreme daytime drowsiness may lead to poor performance at work, automobile accidents or other conditions from sleep deprivation.

Fortunately, sleep apnea can be easily treated once it is diagnosed. The key is to have it properly diagnosed. As mentioned, it can be overlooked if a doctor is not alerted to the condition by someone who has witnessed the cessation of breathing at night.

Today's comprehensive medicine ... yesterday's personalized care

Olson Medical Clinic

Thomas H. Olson, M.D.

The name you have come to trust for over 20 years. Join our health care family for all your medical needs.

OFFICE HOURS:
Monday-Friday
8:30 a.m.-5 p.m.

For information & appointments call (605) 624-5666

After office hours call (605) 624-8777

- General Family Medicine
- Outreach Services Available
- Free Blood Pressure Checks Daily

1330 E. Main, Vermillion, SD, 57069
www.olsonmedicalclinic.com

THE PHARMACY AT WAL-MART®



Rod Haars, RPh Dave Dyball, RPh

Wal-Mart Pharmacy

Mon.-Fri. 9 a.m.-9 p.m., Sat. 9 a.m.-7 p.m., Sun. 10 a.m.-6 p.m.
1207 PRINCETON ST., VERMILLION, SD • 624-4106

"Our Family Caring for Yours"



Sanford Vermillion

20 S. Plum Street, Vermillion, SD 57069
(605) 624-2611 or Toll Free: (866) 624-2611
www.sanfordvermillion.org

Does Your Business Want To Promote Health & Wellness? Take part in the Plain Talk's monthly "To Your Health" Section. Call Jenni at 624-4429 for Details!