

FOR THE RECORD

Transitions

Continued from Page 14

drug paraphernalia, Dismissed motion by prosecutor.

Oct. 9-15, 2009

Marcus Alexander Sand, 1816 Vonnie St., Vermillion: Municipal speeding, \$15 plus costs. Stephen Liebsch, 301 Valley Dr., Yankton: Speeding on state

highway, \$76 plus costs. Noah Andrew Shepard, 1309 Madison #103, Vermillion: Municipal speeding, \$16 plus costs. Chelsey Ann Ewalt, 4647 Stone Ave. Burroaks Suites, Sioux City,

IA: Possession of alcohol by minor, \$51 plus costs. Brittney Markee, 1226 Madison St., Vermillion: Fail to maintain financial responsibility, Recharged; Failure to maintain financial

responsibility, \$51 plus costs. Linze Cook, 30224 444th Ave., Mission Hill: Open container, \$50

William D. Bentley, 1200 VanOsdell Terrace, Mission Hill: Open container, \$50 plus costs. Joseph Murrill, 41972 296th St. Apt. 1, Scotland: Seat belt viola-

Julie Margarite Clifford, 409 Walnut St. #1, Yankton: County Michael Forseth, 701 N. Omaha Ave., Sioux Falls: Speed on four-lane in rural areas, \$59 plus costs.

Michael Forseth, 701 N. Omaha Ave., Sioux Falls: Seat belt viola-Christopher D. Mart, 623 Sharpe St., Vermillion: Seat belt

violation, \$25 Chettinger, 1123 St., Vermillion: Jena Roosevelt Roosevelt St., Vermillion: Possession of alcohol by minor, \$51

plus costs. Benjamin Crandall, 1109 Lyons Ave. #306, Sioux Falls: Possession of alcohol by minor, \$51 plus costs. Amber Leafstedt, 2019 Cedar, Yankton: Speed on four-lane in

rural areas, \$36 plus costs. Tara E. McNeely, 216 N. Yale St., Vermillion: Give person alcohol

ages 18-21 or w/o parent, \$76 plus

costs.
Tara E. McNeely, 216 N. Yale St., Vermillion: Disorderly house, Dismissed – motion by prosecutor. Karl Lloyd Hoskins Jr., 1517 College St., Yankton: Urinating in

public, \$47 plus costs. Rayna Lynn Hernandez, 234 S. Plum St., Vermillion: Open alcoholic beverage container accessible in vehicle, \$51 plus costs. Rebecca Lynn Ideker, 612

Canby, Vermillion: Possession of alcohol by minor, Dismissed – motion by prosecutor. Travis Dumke, 4604

Woodwind Ln., Sioux Falls: Illegal passing no pass zone, \$51 plus

Christopher Kyle Hummel, 802 Plum St., Richardson #110, Vermillion: Possession of alcohol by minor, \$51 plus costs.
Ronald W. Larsen, 30535 470th

Ave., Beresford: County speeding, \$59 plus costs. Christy M. Heckathorn, 47345 319th St., Elk Point: Speeding other roadways, \$16 plus costs.
Lori J. Hoffman, PO Box 122,

111 Nickles, Mission Hill: County speeding, \$36 plus costs. Elizabeth Ann Bohnenkamp, 1316 Westgate Dr., Vermillion: Municipal speeding, \$36 plus costs. Reid Jensen, 46829 308th St., Burbank: Speeding other roadways, \$16 plus costs.

Daniel Storm, 1605 N. Broadway, Fargo, ND: Possession of 1605 N. alcohol by minor, \$51 plus costs.

Aaron Lougheed, 700 Cherry St. #237, Vermillion: Possession of alcohol by minor, \$51 plus costs.

Avalon Wilken, 911 E. Duke #33, Vermillion: License not in immediate possession, \$25. Herbert Sittingcrow, 911 E. Duke St. #42, Vermillion: Driving with suspended (not revoked) license, \$201 plus costs.

Ashley Kay Morgan, 422 N. Dakota St. #1, Vermillion: Possession of alcohol by minor, \$51 plus costs.
Brenton Bouzek, 1115 Lincoln

Ave., Vermillion: Speeding other roadways, \$16 plus costs. Ryan Thaler, 206 N. Plum St., Vermillion: Possession of alcohol by minor, \$51 plus costs.

Zach Ryan Gaston, 700 E.
Cherry St. #302, Vermillion:

\$154 plus costs.

Urinating in public, \$47 plus costs. Lacy Lynn Vannorsdel, 45515 288th, Viborg: Seat belt violation,

#105, Vermillion: Speeding other

roadways, \$16 plus costs. Jim Alan Johnson, 103 3rd Ave.

Sisseton: County speeding,

Nicholis Block, 208 E. Cherry

St., Vermillion: Speeding on state

highway, \$16 plus costs.
Linda Lee Brown, 31353 462rd

Lacy Lynn Vannorsdel, 45515 288th, Viborg: Municipal speeding, \$16 plus costs.

Cassandra Denise Asfeha, 214
Bower St. #203, Vermillion:

Possession of alcohol by minor, \$51 plus costs Darrell C. Oberg, 813 Madison Vermillion: Seat belt violation,

Misty Lynn Hovde, 434 N. Pine #80, Vermillion: Possession of alcohol by minor, \$51 plus costs. Tyler J. Goltz, 30025 475th Ave., Alcester: Possession of alcohol by minor, \$51 plus costs.

Natashia M. Freeman, 2900

Douglas #207, Yankton: Left turning vehicle failing to yield right of way, \$51 plus costs. Kyle Anton Fuchs, 530 Elm #24, Vermillion: Open container, \$50 Jami L. McDonald, 1326

Lincoln St., Vermillion: Speed on four-lane in rural areas, \$16 plus costs. Lili N. Williams, 402 E. Pleasant St., Elk Point: Speeding other roadways, \$16 plus costs. Lucas Short, 47535 295th St. Beresford: Possession of alcohol by

minor, \$51 plus costs.

Jill Anne Schievelbein, 400
Carr #311, Vermillion: Failure to stop, \$51 plus costs. Robert Kinnunen, 313 North

St., Box 383, Viborg: Fail to maintain financial responsibility, \$66 plus costs Beau F. Brady, 520 E. Main St.,

Vermillion: Possession of alcohol by minor, \$51 plus costs. Samuel McInerney, 909 6th Ave., Brookings: Urinating in pub-

lic, \$47 plus costs. Mark Andrew Duxbury, 320 N. Minnesota St., Salem: Municipal speeding, \$16 plus costs.

Michael Douglas Uthe, PO Box 24, Presho: Seat belt violation, \$25. John McNaughton, 45894 Norway St., Vermillion: Driving with suspended (not revoked) icense, \$190 plus costs.

Renee Barbara Wagner, 106 ? N. Green #3, Elk Point: Drive vehicle w/o proper exhaust and muffler system, \$51 plus costs. Lynn A. Machovsky, 933 Valley View Dr., Vermillion: Speeding on state highway, \$96 plus costs.

Brandon Marcus Vilhauer, 3960 Hwy. 105, McCook Lake: Speeding other roadways, \$36 plus costs.
Nathan R. Jones, 302 Spruce #104, Vermillion: Possession of

alcohol by minor, \$51 plus costs.

Brian Dominique Sandifer, 1101 W. 22nd St., Sioux Falls: Possession of alcohol by minor, \$51 plus costs. Adam Michael Heck, 2904 E. Stonehedge Ln., Sioux Falls: Possession of alcohol by minor, \$51

Kevin David Nelson, 152 aneta Hall, Brookings: Waneta Possession of alcohol by minor, \$51 plus costs. Richard Storm, 127 S. Plum,

Vermillion: Careless driving, \$51 plus costs.

Judge Tami Bern

presiding Oct. 9-15, 2009
Trevin Tetrault, 11676 Tetrault Rd., St. Onge: Reckless driving, Recharged; Failure to make proper stop at stop intersection, Recharged, Reckless driving, Recharged; Failure to make proper stop at stop intersection, \$51 plus

costs; Careless driving, \$51 plus

Aaron James Baedke, 724 Ballard Ct., Vermillion: Driving under influence - first offense, \$350 plus costs.

Joellen L. Groethe, 316 Walnut, Vermillion: Possess two ounces of marijuana or less, Recharged; Ingest intoxicant other than alcoholic beverage, Recharged; Use or possession of drug paraphernalia, Dismissed – motion by prosecutor; Possess two ounces of marijuana or less, Dismissed – motion by prosecutor; Ingest intoxicant other than alcoholic beverage, \$392 plus costs.

Alisha R. Anson, 22007 373rdd Ave., Wessington Springs: Driving under influence – second offense*, \$500 plus costs, 30 days jail. *This offense may have been previously reported as having been disposed. Twenty days county jail is suspended based on the following conditions: 1. On an alcohol evaluation and comply with all recommendations (done).

Troy Manning, 422 S. Crawford Rd., Vermillion: Tamper with vehi- intend damage/inconvenience, Dismissed – motion by pros-ecutor; Entering or refusing to leave, \$300 plus costs, 30 days jail; Vandalism -- \$400 less – third degree, Dismissed – motion by prosecutor. Thirty days county jail is suspended based on the follow-ing conditions: 1. On no similar offenses in the next 360 days. 2.

Repay restitution. Walter G. Reed, 314 N. Dakota St., Vermillion: Having an altered or invalid license in possession, \$300 plus costs.

Sydney Belle Bartunek, 2112 Walnut St., Yankton: Having an altered or invalid license in possession, \$300 plus costs.

Rachel M. Ullom, 612 Canby,

Vermillion: Maintain place to violate beverage laws – nuisance, \$437 plus costs, 14 days jail; Disorderly house, Dismissed – motion by prosecutor. Twelve days jail is suspended based on the fol-lowing conditions: 1. No similar

offenses in the next 360 days. Abby Harmon, 612 Canby, Vermillion: Maintain place to violate beverage laws – nuisance, \$437 plus costs, 14 days jail; Disorderly house, Dismissed –

motion by prosecutor. Twelve days jail is suspended based on the fol-lowing conditions: 1. No similar offenses in the next 360 days. Rebecca Lynn Ideker, 612 Canby, Vermillion: Maintain place to violate beverage laws - nui-

sance, \$437 plus costs, 14 days jail; Disorderly house, Dismissed – motion by prosecutor. Twelve days jail is suspended based on the fol-lowing conditions: 1. No similar offenses in the next 360 days.

Kaylani Mercado, 612 Canby, Vermillion: Maintain place to vio-late beverage laws – nuisance, \$437 plus costs, 14 days jail; Disorderly house, Dismissed – motion by prosecutor. Twelve days jail is suspended based on the following conditions: 1. No similar offenses in the next 360 days.



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Your



However, studies show that females have a 10 times knee injuries can result in lost athletic seasons, careers ly the ACL, instead of muscles to support the knee.

At Great Plains Therapy, we have recently begun a pro- athlete's fundamental jumping techniques. gram called Sportsmetrics. The program is a 6 week

ning and end of each 6 week training program, athletes more likely chance to have a major knee injury. These are screened using a computer program to analyze their jumping form. This shows how much the athlete has and in many cases, scholarships. The reason for the big improved as well as what components of the athlete's disparity of injuries between males and females is a jump needs additional improvements. The 6 weeks are marked imbalance between their hamstrings (back of divided into 3 2-week phases. In the first phase jumping thigh) and quadriceps (front of thigh). This results in technique is stressed over speed and height of jumps. female athletes relying heavily on ligaments, specifical- As the program progresses the emphasis moves to speed and height, all while continuing to monitor the

While performing the Sportsmetric program we have training program designed to improve jumping tech- seen some remarkable improvements in jumping tech-

When one thinks of women's health, sports injuries are niques, which results in a better knee alignment, higher nique as well as vertical jump in the 6 week training usually not the first thought that comes to mind. vertical jump and decreased knee injuries. At the begin-period. Coaches and athletes have noticed the improvement in jumping mechanics and vertical jump as well. More information on Sportsmetrics is available at Great Plains Therapy (1407 East Cherry Street) or at www.sportsmetrics.net.

Brian Ommen, DPT









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