

VHS alumni finds success in triathlons

Vermillion High School graduate Justin Manning, now alumni of South Dakota State University, finished his first triathlon of the 2011 season in incredible fashion.

The "I'm Ready for Summer" triathlon was held on May 1 in Brookings, and consisted of a 500 yard swim, 12.4 mile bike, and a 3.1 mile run. Despite having 104 competitors and 25 mph winds, Manning managed to finish first overall completing the race in 1:05:10, 2:50 ahead of the second place finisher.

Originally there were 157 registered for the event but many withdrew due to the inclement weather.

For complete race results please visit www.allsportcentral.com/results/results.cfm?EventID=24233

Over the past three months Manning has competed in six triathlons, finishing all of them in the top 10. Most notable of these races is the Liberty Triathlon, which was held on June 11 in Lake Independence, MN. Manning finished first in the Olympic distance race with a time of 2:03:09, which qualified him for the Age Group Nationals in Burlington, VT.

Another notable race was the DakotaMan Triathlon in Harrisburg. Manning finished second overall in this race with a time of 1:06:30, but first out of all the competitors from South Dakota which qualifies him for the BOUS (Best of United States) amateur race in Alabama.

With sponsorship assistance from both Sanford Health and Sanford Vermillion over the past three



TRIATHLETE JUSTIN MANNING

years, Manning has participated in over 14 area triathlons and traveled over 3,474 miles.

Manning, son of Mike and Linda Manning is married to

Colette (Joy) Manning, also of Vermillion.

Justin is a pharmacist at the West 10th Street Hy-Vee in Sioux Falls.

ABOUT SANFORD MEDICAL CENTER VERMILLION
Sanford Medical Center Vermillion, a medical facility including a family medicine clinic, 25-bed acute care

hospital, 66-bed nursing home, and 23-unit senior living apartment complex in southeast South Dakota, is a member of Sanford Health, a non-profit, integrated health

system headquartered in Fargo, ND and Sioux Falls. To learn more about Sanford Vermillion, visit www.sanfordvermillion.org.

Vermillion girls soccer defeats Huron 4-0

By Parker Knox
Sportswriter

Sooner or later every season the Vermillion High soccer teams have to make one dreaded trip all the way to the Black Hills. The girls teams get that opportunity this weekend.

The Tanagers will have varsity and JV games at Sturgis this afternoon and at Belle Fourche Saturday morning. They return home Tuesday

against Harrisburg with the JVs kicking off at 5 p.m. and the varsity at 7.

Vermillion evened its record to 1-1 with a 4-0 whitewashing of Huron at Cotton Park Saturday. Senior goalkeeper Katie Wasley had a strong game in the nets, recording 10 saves, including a dazzling dive to her left to get her fingertips on a would-be Huron goal and deflect it just past the left pole. "It felt really good to win our

first game," Coach Dave LaCombe stated. "The girls played well and continue to progress with our new formation."

LaCombe said the strong defensive effort was led by Hailey Freidel, Kortini Walker, Kelsey Meadows, Cheyenne Steemken, Cheyenne Mallory, Autumn Barnett and Shantel French.

Shelby Gregoire spun the ball past Huron's keeper with 23:07

left in the half. Three minutes later Allie Mockler made it 2-0 on an assist from Teddi Settles, whose shot drew the keeper away from the net, and the rebounding ball was punched home by Mockler. Walker scored from 35 yards out at the 9:50 mark.

Mackenzie Gale scored unassisted in the second half. Settles came close to a goal again late in the game, but the ball crashed off the right pole.

Tanager tennis hosts SF Roosevelt Friday

By Parker Knox
Sportswriter

The Tanager girls tennis team will play one of only three home matches this season today when Sioux Falls Roosevelt comes to Vermillion for a 4 p.m. dual.

Last week Vermillion lost to Rapid City Central, 6-3, and to Mitchell, 8-1, in a triangular at Mitchell.

Claire Jones and Valerie Robinson accounted for the Tanager points against Central,

both winning their singles matches and then joining to win their doubles match. Robinson at No. 2 singles earned Vermillion's lone point against the Kernels.

Next week the Tanagers play in triangulars at Madison Tuesday and Yankton Thursday.

R.C. CENTRAL 6, VHS 3

Singles
1. Claire Jones def. Selby, 10-7.
2. Valerie Robinson def. Douglas, 10-0.

Doubles
1. Jones/Robinson def. Selby/Douglas, 10-4.
2. Sun/Weiss lost to Weather/Duda, 10-2.
3. Sykes/Glover lost to Christensen/Collins, 10-4.

MITCHELL 8, VHS 1

Singles
1. Jones lost to Hegg, 10-4.
2. Robinson def. Cersosimo, 10-4.
3. Sun lost to Wells, 10-0.
4. Weiss lost to White, 10-1.
5. Sykes lost to Kracht, 10-1.
6. Glover lost to Yahne, 10-0.

USD women's soccer ties Green Bay 0-0 in double overtime

The South Dakota women's soccer team battled to a 0-0 double overtime tie against Green Bay Wednesday afternoon in Vermillion, S.D. Freshman Mackenzie Viktor (Loveland, Colo.) recorded her first career shutout with four saves in net for the Coyotes (0-2-1).

South Dakota finished with a 15-14 edge in shots in the game, and applied heavy pressure to the Green Bay defense in the second half - but was unable to break through on the scoreboard. The Coyotes did show significant improvement from their opening two games in holding Green Bay (1-2-2) off the scoreboard.

"We've definitely made strides," South Dakota head

coach Mandy Green said. "There's still a lot of our game that we are working on, but I definitely feel we're going in the right direction."

The Coyote defense limited Green Bay to just four shots on goal, including just three in the 90 minutes of regulation. And when Green Bay threatened, the Coyotes came up big - such as a diving stop of a shot in front of the net by freshman Colleen Reeves.

Freshman Lauren Bennett (Walton, Ky.) paced the Coyote offense with three shots, including two on goal. Sophomore Jenny Teslow (Sioux Falls, S.D.), freshmen Makena Cameron and Brittlyn Dillow added two each. "Jenny Teslow was great

today - she just couldn't find the back of the net," Green said. "She is really emerging as a forward."

The Coyotes survived a late Green Bay flurry at the end of the second overtime - with Viktor making a key save in the

final seconds - to preserve the tie. It was the Coyotes' first 0-0 tie since Oct. 3, 2010 against Northern Iowa.

South Dakota resumes action Sunday at Creighton. Game time is 1 p.m. in Omaha, Neb.

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The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

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- ACROSS**
- "Dancing With the Stars" judge (2)
 - "Answer Yes ___"; game show of the 1950s
 - Part of the leg
 - Role on "CSI: NY" (2)
 - Actress ___ Andersson
 - Comments from nanny Fine
 - Six-pointers, for short
 - Cartoonist ___ Goldberg
 - Sound barrier-breaking plane: abbr.
 - Grant and Madigan
 - Hair-removal product
 - "Minute to ___ It"
 - Suffix for collect or flex
 - Go quickly
 - ___ Ryan
 - AB followers
 - "___ ___ Mother"
 - Eur. language
 - Building wings
 - Long-running newsmagazine (2)
 - Word in the title of William Shatner's most recent series
 - Alphabetic trio
 - Purchase from Victoria's Secret
 - Staci Keanan's role on "My Two Dads"
 - Paula and others
 - Actor Robert's kin
 - "The ___"; 1994 Denis Leary movie
 - Monogram for the first President Harrison
 - 918 dozen
 - Unfamiliar with doing (2)
 - Forty years from now
 - Initials for actor Estrada
 - Ford sports car made in 2005 and 2006
 - "___ Weasel" (1997-2000)
 - "Are We Done ___?"; 2007 film for Nia Long

DOWN

- In a bad mood
- Potts and Oakley
- Howard, for one
- ___ out a living; gets by
- Response: abbr.
- Tree houses?
- Requirements?
- Hatred
- "Hi-___, Silver! Away!"; Lone Ranger's shout

Solution

1. LIT
2. HOWL
3. ONE
4. GET BY
5. ABBR.
6. TREE HOUSES
7. REQUIREMENTS
8. HATE
9. SILVER AWAY
10. LONE RANGER

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