



## Sports You See... With Gary B.

### MORE HONORS FOR LINDENWOOD

#### Long and Pelt Excel In Fast Pitch

Two Lindenwood softball players recently made the NFCA (National Fast pitch Coaches Association) Second Midwest All-Region Team.

Shortstop Jessica Long (Timberland) and Outfielder Sam Van Pelt (Fort Zumwalt South) were named to the team after an outstanding season with the Lady Lions.

Long led the team with a .415 batting average, .554 slugging percentage and, despite a nagging injury, tied three other Lady Lions for the lead in homeruns.

Van Pelt took charge of Lindenwood's running game with 23 stolen bases. She also led the Lady Lions with 65 hits.

~~~Author of this article is DAN SONDERMAN (Sports Information Graduate Student)

Saturday, Sunday, Monday, June 27, 28, 29 – against the Southern Illinois Miners

For more information go to [www.rivercityrascals.com](http://www.rivercityrascals.com)  
~~~Fun at the old ball park

### SATURDAY LAST REGULAR SEASON HOME GAME

#### Rage Improve To 8-3 With Win In Michigan

The RiverCity Rage play professional indoor football in the United Conference of the Atlantic Division of the Indoor Football League (IFL).

New faces dot the roster of the Rage with even more talent than they had before if that's possible.

A guy that has already made a difference is place kicker Jason Bondzio who nailed several extra points and started the game with a field goal. The Rage ended up beating the Thunder 43-20.

Defensive back Levy Brown has been added to the field next to Pig Brown to add even more hard-hitting action.

New QB Jimmy Sankster stands tall in the pocket at 6'5" and 240 pounds. He contributed tossing two TD passes.

STANDINGS as of 6-7:

|                   | W | L  | FOR | OPP |
|-------------------|---|----|-----|-----|
| *Maryland Maniacs | 9 | 2  | 455 | 361 |
| *RAGE             | 8 | 3  | 510 | 360 |
| Rochester Raiders | 5 | 4  | 351 | 268 |
| Saginaw Sting     | 3 | 10 | 398 | 515 |
| Muskegon Thunder  | 1 | 11 | 218 | 627 |

\*Clinched Playoff Berth

NEXT HOME GAMES:

Saturday, June 20 – Against the El Paso Generals (Last Home Game in Regular Season)

All home games at the Family Arena, St. Charles @ 7:30 p.m. Home and away games can be heard on 590 The Fan KFNS or heard on the internet with Jeff Verneti and Gary B calling all the action.

Visit [www.ragefootball.com](http://www.ragefootball.com) to get more details

~~~Is that a smile on Coach Rik's face?



Jimmy Sankster QB  
Photo by Gary Baute

### RASCALS SHARE LEAD IN LEAGUE

#### River City Team Continue Hard Play

The River City Rascals play in the West division of the Frontier League at T. R. Hughes ballpark in O'Fallon.

Playing mostly on the road, so far this year, the squad is jelling together very well.

Fifth place in the league in hitting is infielder Jeorge Gutierrez with a .392 for the first 16 games. On his tail is outfielder Scott Houin with a .366 average ranking 10<sup>th</sup>.

On the mound pitching 12 innings so far is Josh Lowey second in the league with a 0.75 ERA and 13 strikeouts.

STANDINGS as of 6-8:

|                   | W  | L  | GB  | STREAK | LAST 10 |
|-------------------|----|----|-----|--------|---------|
| RASCALS           | 10 | 6  | ... | W-1    | 6-4     |
| Windy City        | 10 | 6  | ... | L-1    | 6-4     |
| Southern Illinois | 9  | 6  | .5  | W-1    | 6-4     |
| Gateway           | 6  | 10 | 4.0 | L-1    | 5-5     |
| Evansville        | 5  | 10 | 4.5 | W-2    | 3-7     |
| Rockford          | 4  | 12 | 6.0 | L-3    | 2-8     |

NEXT HOME GAMES: Game time 6:01 p.m. Sundays/7:05 p.m. other days

Sunday, Monday, Tuesday, June 21, 22, 23 – against Windy City Thunderbolts (Tuesday's game at 11:05 a.m.)

# Editorial



## "Over the Fence"

By Joe Morice

### Pain Sometimes Overcomes Disbelief

Modern Chiropractors have greatly overcome their depression and post-war era reputations, which weren't exactly the best.

They're now legitimate sources of relief for people like me with chronic back problems. In that respect, I once caroused around town with Dr. David Turnbull a few years ago. Dr. Dave, as everyone calls him, is one of the best chiropractors around. He's also a good friend and has helped me with my lumbar maladies on many occasions. In fact, he was probably responsible for my ability to function well enough to keep my job.

However, the last time I was forced to seek his services, I was bent over in pain to the point of not functioning at all. Dave had already warned me my back would eventually become arthritic and to expect future problems. He was right.

After several treatments this time around, they weren't working as well nor did the remedial self-treatments of cold packs and Ibuprofen. Dr. Dave suggested acupuncture. I stopped groaning and stared at him in disbelief. The conversation went something like this;

I said, "Acupuncture? You mean that voodoo (bleep) the Chinese use on unsuspecting fools after telling them needles in their ankle will cure earaches? No way! You just wanna' stick needles in me and watch me roll around in pain to get even for leaving you with a bar tab someplace!"

He just grinned and shook his head. Good thing for me he's a nice guy or one of those adjustments he gave me might have turned me into a pretzel.

Eventually, I asked him how acupuncture could possibly work. He gave me a lecture on the subject, but it went over my head like an F-18 in a dogfight. So much for voodoo needles.

After another treatment or two, I finally hobbled into his office, gritting my teeth in pain and eating humble pie. I growled, "Okay wise guy, you win. Haul out your voodoo needles. I'm desperate."

This was when he could've really done the 'I-told-you-so' bit, but being the nice guy he is, he refrained and told me to lay on my side on one of those weird tables that look like something from Torquemada's dungeon. I felt a few of the needles being poked into my lower back, but fortunately, I couldn't see behind me. Basically, it was painless. Also, unlike the Chinese treatments that are alleged to have started in ancient times to treat citizens for various plagues and spear wounds, he hooked up an electronic gizmo that sent a small electrical current through the needles. At least it felt that way and surprisingly, it felt good. I'm sure the Chinese methods have adopted this electronic measure, too, although the plagues and war wounds probably haven't changed much except for medical terminology and bullet wounds.

After a period of time, he unhooked the science fiction gizmo and pulled the needles. With his usual assistance, I sat up, stood up...and much to my astonish-



ment, I walked around without groaning like a wounded gorilla. The pain was gone for the most part.

Dr. Dave smiled. I tried not to look like I felt, which was an inch or two shorter than the foot in my mouth.

I did another treatment but it was more in the realm of, 'it felt so good, I couldn't resist.' I still have back trouble, but it's at a minimum and I also have trouble forgiving myself for doubting Dr. Dave and that's at a maximum.

Like many ancient cures doubted by experts and non-experts, they sometimes have more merit than we would like to believe. I'm told the Indians allegedly invented aspirin-type medicine derived from tree roots and used for arthritis pain and such. I suppose that when Sitting Bull got a sore posterior from sitting on a stolen horse, the medicine man told him, "Take two root pills and smoke signal me in the morning"

The Chinese have been around for thousands of years. One has to assume they may know some things that we don't. Acupuncture seems to be one of them. The so-called "mysterious Orient" may be more mysterious than some of us believe. Certainly, their society has withstood dynasties and dictators, annihilation from wars, natural catastrophes, disease and so on to become the largest population on Earth.

Even the great pyramids were built by Egyptians over five thousand years ago, long before bulldozers, cranes and Al Borland. Ironically, if homo sapiens suddenly disappeared, these giant stone relics would be among the last man-made structures reclaimed by Mother Nature...Home Improvement reruns, notwithstanding.

Hard to believe? Of course, but needle cures for back problems were also hard to believe. Maybe I'll see if these mysterious needle practitioners can help my love life. It's fairly painful, too.

# RASCALS

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