

(SPORTS)

CALENDAR

Today
High School Boys Soccer
Hannibal at Moberly, 5 p.m.

Cross Country
Palmyra at Clarence Cannon Conference Meet, 4:10 p.m. at Palmyra

Wed. Oct. 7
High School Softball
Hannibal at District Tournament, at Moberly, 7 p.m.
Mark Twain at District Tournament, TBA

Thurs. Oct. 8
High School Softball
Hannibal at District Tournament, at Moberly, TBD
Mark Twain at District Tournament, TBA

Cross Country
Hannibal and Mark Twain at Frank Lemons Invitational, 4 p.m. at Hannibal

Boys Soccer
Hannibal vs. Mexico, 6:30 p.m.

Volleyball
Hannibal vs. Fulton, 7 p.m.

Fri. Oct. 9
High School Football
Hannibal vs. Marshall, 7 p.m.
Mark Twain at South Callaway, 7 p.m.
Palmyra vs. Brookfield, 7 p.m.

Sat. Oct. 10
High School Volleyball
Hannibal at Quincy High School Tournament (Illinois)

Cross Country
Palmyra at Centralia, 10 a.m.

MLB STANDINGS

AMERICAN LEAGUE East Division			
	W	L	Pct
Toronto	93	69	.574
New York	87	75	.537
Baltimore	81	81	.491
Tampa Bay	80	82	.494
Boston	78	84	.481

Central Division			
	W	L	Pct
Kansas City	95	67	.586
Minnesota	83	79	.512
Cleveland	81	80	.503
Chicago	76	86	.469
Detroit	74	87	.460

West Division			
	W	L	Pct
Texas	88	74	.543
Houston	86	76	.531
Los Angeles	85	77	.525
Seattle	76	86	.469
Oakland	68	94	.460

NATIONAL LEAGUE East Division			
	W	L	Pct
New York	90	72	.556
Washington	83	79	.512
Miami	71	91	.438
Atlanta	67	95	.414
Philadelphia	63	99	.389

Central Division			
	W	L	Pct
St. Louis	100	62	.617
Pittsburgh	98	64	.605
Chicago	97	65	.599
Milwaukee	68	94	.420
Cincinnati	64	98	.395

West Division			
	W	L	Pct
Los Angeles	92	70	.568
San Francisco	84	78	.519
Arizona	79	83	.488
San Diego	74	88	.457
Colorado	68	94	.420

SPORTS SHORTS

CC Sabathia to enter rehab

CC Sabathia walked into manager Joe Girardi's office in Baltimore on Sunday and made a stunning admission: He has an alcohol problem. "The first thing he said is, 'I need help,'" Girardi said Monday during a workout at Yankee Stadium for the AL wild-card game. "I was shocked." Sabathia surprised many in the Yankees organization by revealing his problem. And with the team's help, the burly left-hander is checking into a rehab center and will miss the postseason, a setback to the pitching staff the day before New York meets Houston in the AL wild-card game. The team issued a statement Monday from the 2007 AL Young Award winner, who said he took the step to receive the care he needs and become the kind of person "I can be proud of."

5 things we learned from week seven of prep football

BY JOE ALBERICO • Courier-Post Sports Editor



Hannibal High School running back Shamar Griffith carries the football against Moberly on Friday. He had 306 yards and four touchdowns in the first half. MATHEW KIRBY/CONTRIBUTED

1. Shamar Griffith is a half man

Hannibal High School junior running back Shamar Griffith is making football look easier and easier these days. After a 306-yard, four-touchdown performance against Moberly in the Pirates' week-seven win, it's becoming apparent that Griffith is the centerpiece of this explosive Hannibal offense. However, what makes Griffith's number against Moberly last week so impressive is that they all came in the first half. It wasn't the first time Griffith was pulled early this season, as the same happened in blowout victories over Kirksville and Fulton as well. In a courtesy move from Pirates coach Mark St. Clair, Griffith wasn't used much after halftime in those contests. If Griffith can somehow continue putting up full-game numbers in just 24 minutes, there's no telling what his stat sheet will look like at the end of the season, or how far Hannibal can go in the playoffs. For now, Griffith sits with 1,472 rushing yards and 22 touchdowns, a scoring total already up from last season's 18. And Hannibal has benefitted from Griffith's performances to the tune of a 7-0 record.

2. Hamilton makes some noise in Mark Twain win

The Mark Twain High School football team continues to find ways to be unpredictable on offense. With senior standout tailback Tyler Elledge taking light duty on Friday due to a shoulder injury, other Tigers were asked to step up. While he's had success in the past, consider MTHS' 46-6 victory over Bowling Green in Center on Friday running back Brandon Hamilton's coming out party. The junior rushed for 175 yards and five touchdowns, averaging eight yards per carry on a night the Tigers totaled 452 yards on the ground. Elledge will likely still be the No. 1 back going forward, but Hamilton has certainly given first-year head coach Karl Asbury something to think about when he draws up his carry distribution chart over the remaining weeks of the regular season. With teams now having to prepare for Elledge, Hamilton and the previously-written about Terry Monroe, stopping this team is going to be harder and harder as the season winds down.



Mark Twain High School junior tailback Brandon Hamilton carries the football against Bowling Green on Friday. Hamilton rushed for 175 yards and five touchdowns in his team's 46-4 victory. DAVE CARTER/CONTRIBUTED

3. Dalton Hill goes down

Ask anybody on the Mark Twain High School football team, and they'll tell you the same thing: the reason Tyler Elledge and company are so successful running the football has as much to do with their talent as it does with the human tanks making up the offensive line. The unit took what could be a major blow on Friday, however, as junior Dalton Hill, a 6-foot, 2-inch tall, 235-pound bruiser left his team's victory early with a sprained medial collateral ligament (MCL) in his left knee. On average, the injury takes about six weeks to fully heal, meaning Hill could miss the rest of his team's season. Replacing Hill on an offensive line which has formed a cohesiveness that you can't teach will be a tough task for O-line coach Richard Epperson. Hill has stated he hopes to work hard toward returning this season, but that could be asking a lot from an athlete dealing with a

4. Palmyra's offense stalls

An offense that had become nearly unstoppable for the Palmyra High School football team through six weeks of the season hit a wall against visiting Centralia in week seven. It's hard to put too much weight into a Class 2 school losing a 7-6 matchup against a Class 3 school, but the Panthers' running game looked shaky behind an offensive line that also struggled. As head coach Kevin Miles said in a postgame interview, one loss shouldn't define PHS' season. He's right, but hopefully the Panthers can find a way to break through when defenses aim at stopping PHS' No. 1 running back Travis Harvey, and succeed. With a defense as good as the Panthers' (seven points allowed per game), the offense should relish in being able to score confidently, as this defense has had no problem holding leads.

5. Someone jinxed HCP area teams' perfect season

A week ago, someone at the Hannibal Courier-Post made the mistake of looking ahead and predicting a perfect 27-0 regular season for Hannibal, Mark Twain and Palmyra high schools. Of course, that someone then went to the Palmyra-Centralia game only to witness PHS lose a 7-6 heartbreaker at home. Feel free to blame that someone. While watching our area teams run the table would have been fun, and although Hannibal and Mark Twain moved to 7-0, Class 2 Palmyra should look at its loss to a Class 3 school as a learning experience. And surely it will. It's not always easy to learn when everything goes right. And now, Palmyra has an opportunity to grow from its week-seven defeat and come out stronger in what will surely be a must-see showdown against 6-1 Brookfield on Friday. And seeing as how that game will also be contested in Palmyra, that previously-mentioned someone should probably stay away.

Football match-ups, week 7:

Mark Twain (7-0) at South Callaway (6-1) 7 p.m.	Marshall (2-5) at Hannibal (7-0) 7 p.m.	Brookfield (6-1) at Palmyra (6-1) 7 p.m.
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HLGU CROSS COUNTRY

HLGU's Garwood named NAIA runner of the week

JOE ALBERICO
Courier-Post Sports Editor

Even in his first year as head coach of the Hannibal-La-Grange University cross country teams, Andy Lemons knew Kristen Garwood was special. Now, so does the rest of the country. Garwood, a senior at HLGU, was named NAIA National Women's Cross Country Runner of the Week on Sept. 30, the first time the standout has achieved the honor. Garwood became eligible for the award after being named American Midwest Conference Runner of the Week for the second time this season. Her selection made her eligible for the national award, chosen

from a pool of more than 30 female runners. "I was kind of surprised because I had never won the award before," Garwood said. "It feels pretty good. To me, it feels like my hard work is paying off." Garwood's honor came after a strong performance at the Rhodes College Cross Country Invitational in Memphis, Tenn., on Sept. 29. She set a personal-record time of 21:17.44 in the 6-kilometer race that featured 180 runners. Garwood finished second, but did so only after pushing Martina Rodriguez of Division I Memphis to the limit. Rodriguez finished in 21:15.85. Garwood's time was an improvement by more than a



HLGU's Kristen Garwood (center) follows closely behind Memphis University's Martina Rodriguez during the Rhodes College invite in Memphis, Tenn., on Sept. 29. Garwood finished second. CONTRIBUTED

minute and a half from her 2014 fifth-place performance at the same race. Her outing left Lemons gush-

ing with compliments. "She's as good as anybody, she

SEE GARWOOD, A7

PREP SPORTS ROUNDUP

Hannibal boys swimming shines again; HHS volleyball team keeps on sweeping

JOE ALBERICO
Courier-Post Sports Editor

The Hannibal High School boys cross country team kept up its torrid pace with a victory at the Tom Oakley Cross Country Invitational on Saturday. The Quincy, Illinois, meet hosted 11 teams, with the Pirates taking first with 54 points. That performance was just enough to edge out Burlington, who took second with 59. Sophomore Ayden Nichols was Hannibal's top finisher, placing third in 16 minutes, 25 seconds. Behind him, junior Brendan Watson took sixth in 16:49. Senior Sean Jones rounded out the Pirates' top-10 finishes with a 10th-place time of 16:58. Senior Brad Curl was 15th after finishing in 17:22. Palmyra finished 11th overall as a team, but sophomore Brady Buckman finished a team-best 40th in 19:16. On the girls side, Abby Lyon was Palmyra's best finisher, taking 46th with a time of 26:22.



AYDEN NICHOLS

Hannibal boys swimming breaks another school record: The Hannibal High School boys swimming team had another strong meet on Saturday, recording a plethora of personal-best times while also breaking another school mark. In the 400 freestyle relay, seniors Lliot Gieseke, Tyler Bush and Shay Wade and sophomore Nathan Lewton posted a time of 3 minutes, 24.91 seconds. That time qualified the team for the state meet and also broke the previous Hannibal record by 2.47 seconds. In the 200 medley relay, Bush, freshman John Maune, Gieseke and Wade placed first in 1:48.04. Individually, Gieseke won the 100 free in 49.16 seconds and the 200 free in 1:51.32. Bush added a victory in the 50 free in 23.17, and Lewton grabbed a win in the 500 free with a time of 5:13.09. As a team, the Pirates placed second out of 11 teams.

Hannibal volleyball sweeps its way to victory: The Hannibal High School volleyball team moved to 15-5 with its 13th sweep of the season Saturday. The Lady Pirates are now 6-0 in the North Central Missouri Conference. Senior Lauren Wheelan had eight digs, four set assists and three kills for Hannibal. Senior Calen Bailey added 11 digs and six kills, and senior Anna Murphy chipped in seven digs and five kills. Senior Sydney Bennett had seven assists.

Hannibal girls tennis ends season at district tournament: The Hannibal High School girls tennis team ended its season at the individual district tournament Saturday at Battle High School in Columbia. In No. 1 singles play, senior Alexis Houser won her opening match over her Troy competitor, 6-3, 6-3, but fell in her second bout, a 6-0, 6-1 decision against Rock Bridge. At No. 2, senior Haley Yarrington fell to her opponent from Battle, 6-0, 6-1 to end her season. In doubles play, junior Caitlyn Bueler and sophomore Ashlyn Nichols drew a bye before losing to a team from Columbia Hickman, 6-3, 6-4. Grace Deien and Shelby Heibel finished out the Lady Pirates' season with a 6-2, 6-3 defeat at the hands of Troy.

Reach Courier-Post sports editor Joe Alberico at joe.alberico@courier-post.com

ST. LOUIS CARDINALS

Molina will try to play with splint

R.B. FALLSTROM
Associated Press

St. Louis Cardinals catcher Yadier Molina will try to play in the NL Division Series while wearing a splint to protect his injured left thumb. The All-Star, widely considered the best defensive catcher in the game, met with a hand specialist on Monday. Molina partially tore

ligament on Sept. 20 making a tag at the plate and hasn't played since. St. Louis said the injury was still present, and he will test the splint during workouts the next few days. General manager John Mozeliak said Molina was feeling stronger and added he was "still optimistic" the 33-year-old would be on the postseason roster.

(SPORTS)

GARWOOD

Continued from Page A6

really is,” the coach said. “She’s one of the best in the country, and it’s not even close.

“She’ll be the greatest athlete to walk out of Hannibal-LaGrange when it’s all said and done.”

Lemons high praise for Garwood comes a year after the young runner was named a 2014 NAIA All-American in both cross country and indoor and outdoor track and field.

Garwood said the national recognition is nice, and that being named national runner of the week is a special honor, but said it means little in regard to the big picture.

“I think maybe it’s just motivation to just keep trying to get after it and do the best I can,” she said. “Whether I got this recognition or not, it’s not going to affect how I run. I’m just going to keep staying focused and improving over the next two months to get ready for nationals.”

The NAIA Championships take place on Nov. 21 in Charlotte, N.C., and Lemons is convinced Garwood has a shot to win it all.

“She’s definitely going to be right there with everybody else,” he said. “She’s had some fine races this season, but the Rhodes invite really showed a lot of people what she’s capable of, and I think she’s only going to get better heading into the national competition.”

Reach Courier-Post sports editor Joe Alberico at joe.alberico@courier-post.com

KANSAS CITY ROYALS

K.C. Royals back in playoffs with stingy, rebuilt bullpen

DAVE SKRETTA
Associated Press

By the time the Kansas City Royals had run roughshod through the American League playoffs last year, everyone in baseball knew exactly what H-D-H meant.

Herrera, Davis, Holland. The big three relievers at the back of their bullpen.

With the dominance of Kelvin Herrera in the seventh inning, Wade Davis in the eighth and Greg Holland closing out, the Royals effectively turned every game into a six-inning sprint. If they had the lead by then, they were almost assured of having it at the final out, and that was a big reason why they advanced to Game 7 of the World Series.

“We just knew,” first baseman Eric Hosmer said, “that the game was over.”

There’s only one “H” in the bullpen these days, now that Holland required Tommy John surgery. But as the Royals prepare to play the Yankees or Astros in the divisional round on Thursday, their revamped bullpen still may be deeper and more dynamic than a year ago.

Ryan Madson has been a revelation after spending time away from baseball. Danny Duffy’s move from the rotation to the relief corps gives Kansas City a power lefty. And Luke Hochevar’s return from his own Tommy John surgery means another capable arm in the middle innings.

Whereas the Royals’ relievers went 28-18 with a 3.30 ERA last season, 10th-best in all of baseball, they are 30-14 with a 2.72 ERA this season. That was second-only to Pittsburgh.

“The key for us being able to do this, really, is the year Ryan Madson’s had and Danny Duffy and his development in the ‘pen,” Royals manager Ned Yost said. “So it just gives us another two strong guys that we didn’t have last year down there.”

Veteran Jason Frasier and rookie Brandon Finnegan pitched well in the playoffs last year, but Hochevar, Duffy and Franklin Morales are widely considered upgrades.

Madson has moved into the seventh-inning role, while Herrera has been handling the eighth and Davis the ninth. So instead of the catchy H-D-H, get ready to hear about M-H-D this year.

“Not having Greg is big,” Davis said. “He’s a great guy to have around in

general.”

Holland has been almost irreplaceable the past few years, one of the constants in the Kansas City bullpen as the long-downtrodden club climbed from irrelevance to respectability. The two-time All-Star has saved 125 games over three seasons, including back-to-back years of 40-plus.

But while pitching through elbow pain much of this season, the hard-throwing right-hander watched his ERA climb to 3.83 this season. It’s a number that would be the envy of many relievers, but not Holland, who had a 1.21 ERA two years ago and a 1.41 mark last year.

So rather than pitch with a compromised wing, Holland elected to have surgery. He’ll miss the postseason while Davis takes over the high-pressure last three outs.

“Greg’s been the anchor of that ‘pen forever, for five, six years,” Hochevar said. “You’re used to having him back there. You’re used to knowing that, you know, Greg’s got the ninth. So yeah, there is a different dynamic that’s missing without Greg there. But I feel like everybody in the bullpen just feeds off each other. We’ve been blessed to be so deep.”

That depth has been invaluable this season.

With a starting rotation that gobbled up innings last year, the Royals only needed 464 out of their bullpen. That number climbed to nearly 540 innings this season, fifth-most in baseball.

The Royals should be well-rested, though.

They clinched their first division pennant since 1985 with two weeks left in the season and managed to rest many of their key pieces down the stretch. They nearly squandered home-field advantage throughout the playoffs by doing it, but locked that down with a win Sunday.

The Royals also get a breather they didn’t have last season, when they had to play Oakland in the AL wild-card game. They have three days off before opening the ALDS at Kauffman Stadium.

“Obviously we’re guaranteed to play,” Davis said. “Last year we weren’t guaranteed to play besides just the one game. Obviously that’s different. Other than, I think we’re all just kind of ready for the excitement to kick in and toe the line out there and get ready to play.”

KANSAS CITY CHIEFS

By settling for field goals, Chiefs settle for 1-3 start

DAVE SKRETTA
Associated Press

After a lopsided loss in Green Bay, Chiefs coach Andy Reid spent the week placing the blame squarely on his own shoulders, arguing he didn’t do a good enough job preparing his players.

Well, there was plenty of blame for everyone in Sunday’s loss in Cincinnati.

There was the offensive line that allowed five sacks. There was the defensive line that let the Bengals’ Jeremy Hill run for three touchdowns. There was the wide receiving group that failed to get open. There was the defensive backfield that let Andy Dalton throw for 321 yards.

“I had a chance to talk to them on the plane ride back, and they take accountability for things, too,” Reid said Monday.

“It’s one of the reasons I like this team. We have a bunch of young guys. We just have to eliminate some stuff. If we do, we can be a pretty good football team.”

Sacks would be a good place to start. Smith has gone down more than any other quarterback.

So would turnovers. Travis Kelce’s fumble led to a Bengals touchdown two plays later.

And penalties. The Chiefs committed seven of them as promising drives went haywire.

Indeed, it was hard to find anything positive out of a 36-21 loss to Cincinnati

that left the Chiefs at 1-3 and last in the AFC West.

Even the franchise-record seven field goals kicked by Cairo Santos came with a damning caveat: Touchdowns would have been a whole lot better.

“I thought plain and simple, it was negative plays,” Smith said. “You’ve got to stay ahead of the chains down there, and it was penalties, it was negative plays, a sack, and all of a sudden you have put yourself in second-and-17 and it’s going to be tough versus a good defense.”

Smith threw for 386 yards, and the Chiefs had 461 yards total offense — more than the Bengals, in fact. So it wasn’t as if Kansas City was unable to move the ball.

“Once we got on the plus side of the 50 there, we had too many mistakes. Penalties, sacks, whatever it might be,” Reid said. “But there were some things there with a young group that you can grow from, and we’re going to do that. We’re going to make sure we are improving.”



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HLGU MEN’S SOCCER

Coach David Erskine earns 200th victory all at Hannibal-LaGrange



Hannibal-LaGrange University men's soccer coach David Erskine poses with a celebratory jersey after earning his 200th career victory over Lindenwood University-Belleville in Hannibal. The win also put Erskine into a tie for 22nd place on the active coaches win list. DAVE CARTER/CONTRIBUTED

HLGU MEDIA RELATIONS

In his 18th season coaching soccer at HLGU, head men’s soccer coach David Erskine eclipsed the 200 win mark on Saturday with a 3-2 victory over Lindenwood University-Belleville.

He is on the NAIA men’s soccer winningest active coaches list and is now tied for 22nd overall.

Erskine started the men’s and women’s soccer programs here at HLGU in 1998 and coached both sports for three years. In 2001, the school decided to split the coaching position and he turned his focus to the men’s program. Since that time Erskine has earned four AMC Conference Coach of the year honors (2002, 2006, 2011, and 2012) and has taken his team to the national tournament three times. The program, under his guidance, has made 14 straight postseason appearances and has earned three AMC regular season titles and three AMC tournament titles.

Players have had individual successes on and off the field under Erskine. He has coached students that have received the following awards: over 100 Academic All-Conference, 47 1st Team All-Conference, five freshmen of the year, four AMC players of the year, 11 NAIA All-American’s, 14 NAIA scholar athletes.

Additionally, athletic director Jason

Nichols commented, “Being around since Dave’s first season in 1998, I’ve witnessed first-hand the dedication and perseverance it has taken to accomplish an achievement like this. Dave has shown his ability to take a diverse group of individuals and have them compete with a team first mentality. He has not only pursued excellence year in and year out, Dave has done it in a way that represents the mission of HLGU, which ultimately is to invest in the lives of student-athletes for the glory of God. It’s an honor to be part of this special accomplishment of celebrating 200 wins!”

Dr. Ray Summerlin, Vice President of Enrollment Management added, “Congratulations Coach Erskine on your 200th win at HLGU! A milestone that reflects your God-given commitment to excellence, your dedication to the development of student-athletes, and your desire to compete at the highest level.”

President of HLGU, Dr. Anthony Allen wrote, “We are pleased to celebrate this monumental accomplishment of 200 wins with Coach Erskine. David exemplifies our athletic mission that seeks to build character in our athletes and pursue wholehearted excellence for Christ. Congratulations to David, Kim, and his family for this accolade. Thank you coach for your investment in the lives of our student-athletes.”

ST. LOUIS RAMS

Rams’ linebacker Ogletree to undergo right ankle surgery

R.B. FALLSTROM
Associated Press

St. Louis Rams outside linebacker Alec Ogletree, the team’s leading tackler, will undergo surgery Tuesday for a broken right ankle and could be out for the season.

Coach Jeff Fisher said Monday the team would have a better idea after the procedure. He said Ogletree attended team meetings and was optimistic he could be placed on injured reserve/designated for return.

“You have to look long and hard to find a linebacker playing better than he did the first four weeks,” Fisher said. “We just have to look at the integrity of the entire ankle.”

Akeem Ayers becomes the starter for now and safety Mark Barron, who’s subbed in on passing downs, will get more time, too. Ayers made four starts for the Super Bowl champion New England Patriots last season and got a one-year deal in St. Louis.

The team is bringing in outside linebacker Jo-Lonn Dunbar, among the final cuts before the opener, for a physical. He was a starter for three years from 2012-14.

Ogletree was hurt when teammate T.J. McDonald landed on his legs while trying to make a diving tackle in the second half of Sunday’s 24-22 victory at Arizona. He had 11 tackles against the Cardinals and has 55 on the season, hitting double figures every game.



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