



tise, set up venues and get the shows going without paying money," she said. "Plus being in close proximity to so many women you have to learn how to get along with people you wouldn't have had contact with before. Roller derby has really taught me a lot about human nature."

In addition to her roller derby commitments, Mo is a very busy single mother and full-time college student working on a degree in drug and alcohol abuse studies

and prevention at the University of South Dakota in Vermillion.

"There are all different types of women in roller derby, from stay-at-home moms, to lawyers, to hairstylists and students," she said. "We all come together to make the team work."

Mo said one of the best parts of roller derby is giving to others.

"We are having a great time during the bouts, we love to skate and we love to put on a good show," she said. "But the best part is giving to others."

The Sioux City Roller Dames recently held a benefit bout in Yankton for the Miracle Hockey Association. They have also supported a lot of local Sioux City charities like Girls and Boys Clubs, Special Olympics and Siouxland Soldiers. Mo said her men's team is planning a bout to raise funds for flood relief.

"We had a huge bout in Norfolk for a small crisis ministry," she said. "In Kearney (Neb.) we did a bout on Armed Forces Day to raise money for the Vietnam Veteran's Moving Wall. That was really cool to combine those two things."

The Dames also help people they know who have medical emergencies or personal tragedies, but she said most of the names on the beneficiary list are organizations.

"I broke my arm and they had a game for me in Davenport (IA)," she said. "It's very rewarding to know you are helping someone."

Of course one of the risks of Roller Derby is injuries, Mo said.



ROLLER continued on page 14

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