### SCOREBOARD

### **VOLLEYBALL**

NEB. STATE TOURN.

Saturday at Lincoln
Class A
CHAMPIONSHIP: Omaha Marian def. Papillion-LaVista, 25-19, 16-25, 25-

Class B
CHAMPIONSHIP: Norris Omaha Skutt Catholic, 25-23, 24-26, 25-

16, 25-22 Class C-1 CHAMPIONSHIP: Kearney Catholic def. Omaha Concordia, 25-22, 25-17, 26-THIRD: Columbus Scotus def.

Wahoo, 20-25, 27-25, 25-20, 25-18

Class C-2

CHAMPIONSHIP: Freeman def.

Crofton, 25-23, 22-25, 34-32, 27-25 THIRD: Hastings St. Cecilia def. Guardian Angels, 22-25, 25-22, 20-25,

Class D-1 CHAMPIONSHIP: St. Mary's def. Ansley-Litchfield, 25-16, 25-15, 25-15 THIRD: Diller-Odell def. Axtell, 18art, 25-16, 25-17, 23-25, 21-25, 15-10 THIRD: Exeter/Milligan def Lawrence-Nelson, 25-16, 25-11, 25-12 **FOOTBALL** S.D. FINALS

25, 25-19, 25-17, 26-24

Thursday, Nov. 13 CLASS 9A: Howard 32, Wolsey-CLASS 9AA: Gregory 31, Woonsocket-Wessington Springs-San-born Central 8 ssington 20 CLASS 11A: Dell Rapids 12, Madi-

Class D-2 CHAMPIONSHIP: Giltner def. Stu-

Friday, Nov. 14
CLASS 9B: Hamlin 34, Faulkton
Area 8 CLASS 11B: Parkston 24, St. Thomas More 21 CLASS 11AA: Yankton 34, Brook-

CLASS 11AAA: S.F. Lincoln 28, S.F. Roosevelt 14

NEB. PLAYOFFS

CLASS C2 Aquinas Catholic 31, Battle Creek 20 Hartington Cedar Catholic 19, Oakland-Craig 0

BASKETBALL, MEN'S MMC at Oglala Lakota (8 p.m., KYNT-AM)

CLASS D1 Semifinals Nov. 17 Elm Creek (10-1) at Hemingford (11-0), 3 p.m. CT Guardian Angels Central Catholic (11-0) at Bruning-Davenport-Shickley

(10-1), 6 p.m. at Bruning CLASS D2 ifinals, Nov. 17 Falls City Sacred Heart (9-2) at Ex-eter-Milligan (11-0), 4 p.m. at Milligan Anselmo-Merna (11-0) at Maxwell

AM-Maxwell winner, 10:15 a.m.
CLASS D1: Elm Creek-Hemingford winner vs. GACC-BDS winner, 2:45 p.m.
CLASS A: Omaha North (12-0) vs. Creighton Prep (11-1), 7:15 p.m. CLASS C2: Hartington Cedar tholic (10-2) vs. Aquinas Catholic (11-

Monday, Nov. 24

AREA CALENDAR

CLASS C1: Ashland-Greenwood (12-0) vs. Boone Central-Newman Grove (12-0), 2:45 p.m. CLASS B: Skutt Catholic (10-2) vs. Elkhorn (10-2), 7:15 p.m.

BASKETBALL, WOMEN'S

MMC at Oglala Lakota (6 p.m. KYNT-AM)

BASKETBALL, WOMEN'S USD at Portland State (9 p.m., KVHT-FM)

STATE FINALS

CLASS D2: FCSH-EM winner vs.

### Large Lifts Pats To 11AAA Title Defense

ton Large scored three touchdowns as Sioux Falls Lincoln defended its state 11AAA title with a 28-14 win over Sioux Falls Roosevelt on Saturday.

Large sealed the win with a 91-yard touchdown run on the first play after Lincoln's Chase Vinatieri dropped what would have been a gametying touchdown pass in the end zone.

Large finished with 188 yards and also scored on runs of 1 and 18 yards for the Patriots (11-0). Lucas Heitkamp added a 34-yard touchdown run.

quartertoday back Isaiah Roach ■ Yankton will was 12-forhold a welcome 21 for 145

home for the yards. 11AA champion Vina-Bucks at 5:30 at tieri the YHS gym. scored on a 27-yard

ers (9-2). Vinatieri had four catches for 92 yards. Thune, who threw for 222

from Jett Thune for the Rid-

TD pass

yards, hit Jake Bear with a 14yard TD pass.

Second Quarter
SFL-Heitkamp 34 run (Schuster kick), 6:28.
SFR-Vinatieri 27 pass from Thune (Vinatieri kick),

SFL-Large 1 run (Schuster kick), :34. Third Quarter SFL-Large 18 run (Schuster kick), 7:59. Fourth Quarter SFR-Bear 14 pass from Thune (Vinatieri kick).

First downs Rushes-yards Passing yards Passes Punts-yards 145 12-21-0 4-35 9-82 Penalties-yards

INDIVIDUAL STATISTICS RUSHING: SFR, Beear 14-32, Thuine 9-30, Vinatieri 5-14. SFL, Large 19-188, Roach 9-50, Heitkamp 2-37, Sudbeck 3-14.

Hellikamp 2-37, Sudbeck 3-14.

PASSING: SFR, Thune 13-22-0, 222 yards;
Vinatieri 0-1-0, 0 yards. SFL, Roach 12-21-0, 145 yards.

RECEIVING: SFR, Vinatieri 4-92, Van Voorst 5-63,
Albousafi 1-45, Bear 2-16, Benson 1-6. SFL, Ransom 1-8,
Meyers 3-36, Thanel 4-29, Jones 1-18, Nelson 2-15, Druse 1-9.

## Hoops

From Page 8

For MMC, Alex Kneeland hit six three-pointers on the way to a game-high 32 points. Holly Hegge netted 12 points. April Winne had 10 points and five assists. Raquel Sutera added eight rebounds for the Lancers, who held a 41-36 edge in that cat-

egory.

MMC travels to Oglala Lakota College on MOUNT MARTY

MOUNT MARTY
Raquel Sutrer 1-7 0-1 2, Alex Kneeland 12-21 2-2
32, Cassidy Gebhart 1-3 1-3 3, April Winne 3-10 3-6 10,
Holly Hegge 5-6 1-2 12, Logan Wagner 0-4 0-0 0,
Denae Veldkamp 1-3 0-0 2, Cheyenne Lambley 1-2 0-0 2, Kellie Winckler 0-1 2-2 2, Kelsey Schmidt 0-0 0-0
0, Samantha Blake 0-2 3-4 3. TOTALS: 24-59 12-20 68.
SIOUX FALLS (2-0)
Teagan Molden 3-8 2-3 8, Sam Knecht 2-3 0-4 4,
Taylor Vizerby 4-6 0-11 Marie Malloy 6-10 3-4 17.

Taylor Varsho 4-6 0-1 11, Marie Mallov 6-10 3-4 17, Alyson Johnsen 0-3 0-0 0, Morgan Merritt 1-2 0-0 3, Alyson Johnsen 0-3 0-0 0, Morgan Merritt 1-2 0-0 3, Jaicee Ulmer 7-14 6-8 22, Haydn Becker 0-1 0-0 0, Paige Mriden 0-0 0-0 0, Mackenzie Dahl 1-4 1-2 4,

Moira Duffy 0-0 0-0 0. Amber Paden 1-3 3-6 5. Alison Miscard 0-0 0-0 0. TOTALS: 25-54, 15-28 74.
At the half: USF 41, MMC 34. Three-Pointers: USF
9-21 (Varsho 3-5, Malloy 2-4, Ulmer 2-4, Merritt 1-1,
Dahl 1-3, Molden 0-2, Johnsen 0-2), MMC 8-26 (Knee-Dahl 1-3, Molden U-2, Johnsen U-2), MMC 8-26 (Kneeland 6-12, Hegge 1-1, Winne 1-3, Sutera 0-5, Gebhart 0-1, Wagner 0-2, Veldkamp 0-1, Winckler 0-1), Rebounds: MMC 41 (Sutera 8), U57-36 (Varsho 8, Malloy 8), Personal Fouls: USF 27, MMC 26, Fouled Out: Sutera, Knecht, Paden. Assists: USF 11 (Malloy 4), MMC 8 (Winne 5). Turnovers: MMC 25, USF 20. Blocked Shots: USF 4 (Molden 2), MMC 0. Steals: USF 10 (Ulmer 3), MMC 5. Attendance: 463.

Men: Stanford 84, USD 73

PALO ALTO, Calif. (AP) — Chasson Randle scored 23 points and Roscoe Allen added a career-high 17 to help Stanford beat South Dakota 84-73 Sunday as part of the Coaches vs. Cancer

Stefan Nastic scored 14 points, grabbed 11 rebounds and blocked three shots for the Cardinal (2-0). Anthony Brown added 11 points and 10

Brandon Bos scored 19 points, including his 100th career 3-pointer, for the Coyotes (0-2). Tyler Larson added 11 points before fouling out. Sekou Harris hit a 3-pointer and then made a free throw to cut Stanford's lead to 65-59 with 7:26 left in the contest. That would be as close as South

The Coyotes drew within three with 8:45 remaining in the first half on a layup by Austin

Dakota would come

Stanford responded with a 13-2 run to open a 14-point advantage and South Dakota never re-

covered.
The Cardinal took a 40-26 lead into halftime.
STANFORD 84, S. DAKOTA 73

S. DAKOTA (0-2)
Burnette 2-10 3-4 8, Harris 3-5 2-3 9, Bos 6-19 5-6
Huntier 2-3 0-0 4, Larson 3-8 5-6 11, Norris 1-1 2-2
4, Thoseby 0-0 0-0, Kasperbauer 2-6 0-0 6, Mayor 0-10-10, Davis 0-0 0-0 0, Robertson 1-3 0-0 3, Sparks 4-5 1-3 9. Totals 24-61 18-25 73.

STANFORD (2-0)
Nastic 3-5 8-10 14, Randle 5-11 12-12 23, Brown 29 6-6 11, Travis 2-4 4-7 8, R. Allen 6-13 4-5 17, Rimmer
0-0 0-0 0, Cartwright 0-1 0-0 0, Humphrey 0-3 0-0 0, Pickens 1-2 1-2 3, Mar. Allen 2-3 3-4 8. Totals 21-51

38-40 94.

Halftime—Stanford 40-26. 3-Point Goals—S.

Dakota 7-19 (Bos 2-6, Kasperbauer 2-6, Harris 1-1,
Robertson 1-2, Burnette 1-3, Larson 0-1), Stanford 413 (Brown 1-1), Mar Allen 1-1, R. Allen 1-4, Randle 1-5,
Cartwright 0-1, Pickens 0-1), Fouled Out—Larson, Nas-Carlwinght 0-1, Proxens 0-1). Pouled Out—Larson, Againstic. Rebounds—S. Dakota 29 (Bos 7), Stanford 42 (Nastic 11). Assists—S. Dakota 12 (Larson 5), Stanford 10 (Nastic 4). Total Fouls—S. Dakota 31, Stanford 17. A-5.025.

### Lancers

From Page 8

Trojans a 61-55 lead in the final four minutes.

'You can't expect one guy to stop a guy like that," Baker said. "He made exceptional plays, and we didn't defend well enough as a team to stop

"The kid was really good in the second half," Baker added.

The Lancers got within 65-59 after a pair of free throws from Smith, but Dakota State

**Coyotes** 

made nine of 12 free throws to seal the 78-67 non-conference victory.

Allen finished with 21 points while Miguel Sansavour, who had a pair of dunks in the second half, scored 15, pulled down nine rebounds and blocked three shots. Hofer added 11 points and Zirbel tacked on 10 points for the Trojans (2-4).

Seitzinger's 19 points on eight of 12 shooting led the Lancers while DeChristino had 10 counters.

Now 0-6, the Lancers will travel to Kyle to play Oglala Lakota College Tuesday.

"We played better than we have, but we just have to go hard and keep practicing to get

better," Seitzinger said.

DAKOTA STATE (2-4)
Brendon Boomsma 2-7 3-4 9, Bryant Allen 8-15 2-2 21, Ian Barse 3-6 0-0 7, Derek Meger 1-3 1-2 3, Miguel Sansavour 6-15, 3-4 15, Adam Hofer 3-6 3-6 11, Adam Fideler 1-2 0-0 2, Nathaniel Rauen 0-1 0-1 0, Taylor Zirbel 4-6 2-2 10. TOTALS: 28-61 14-21 78.

LANCERS (0-6)

EARCENS (0-6)
Blake Bartscher 1-2 2-2 4, Jackson Seitzinger 8-12
0-0 19, Bud Smith 3-9 2-3 8, Patrick Ciganovich 2-5 004, Taylor Millay 4-10 1-1 9, Lorenzo Davis 3-7 1-1 7,
Jake Anderson 2-7 0-0 6, KJ DeChristino 4-8 0-0 10,
Jalen Hurley 0-2 0-0 0. TOTALS: 27-62 6-7 67.

At the Half: DSU 33, MMC 31; 3-Point Goals: DSU 8-19 (Boomsma 2-5, Allen 3-6, Barse 1-3, Hofer 2-4, Fi 8-19 (BOOMSHIA 2-9, Allein 3-9, Barse 1-3, Florier 2-4, Florier 2-4, Florier 2-4, Florier 2-4, Florier 2-4, Florier 2-4, Stringer 3-4, Smith 0-3, Ciganovic 0-2, Davis 0-1, Anderson 2-7, DeChristino 2-5, Hurley 0-2); Rebounds: MMC 36 (Ciganovic 6), DSU 35 (Sansavour 9); Personal Fouls: MMC 22, DSU 13; Fouled Out: None, Assists: DSU 14 (Hofer 3), MMC 7; Blocked Shots: DSU 3 (Sansavour 3), MMC 1; Steals

## us some confidence," IUPUI

From Page 8

Melissa Firtko, who was one of three seniors honored before the match. "Honestly, I had a little doubt, but once we came out in the third set and played South Dakota volleyball, it quickly snapped me out of it."

The Coyotes, though, rallied to win the next two sets and force a deciding fifth set. There, the Jaguars led most of the way to record the victory.

"Us winning in the tournament last year, that helped give coach Steve Payne said. "It helps having some good senior leadership, too.'

Each team had four players reach double figures in kills, but IUPUI's Meredith Farkas had a match-high 21 kills. She was followed by Kaitlyn Hickey (16), Kelly Wachtel (11) and Logan Walling (11).

The Coyotes got 19 kills from Kritenbrink. 14 each from Audrey Reeg and Sydney Dimke, and 12 from Firtko. Brittany Jessen recorded 58 set assists and the third senior, Riley Haug, led with 24 digs. The silver lining for the

"This might actually get us

a little pissed for the tournament; motivate us to come out and make a statement when we get there," Williamson said. The top six teams in the

standings advance to the Summit League tournament which will be held Friday through Sunday in Indianapolis, Indi-

"This is going to make us fight even more," Firtko said. 'We're not satisfied with a loss, we're going to come back fighting and hopefully bring home a conference championship."

You can follow Jeremy Hoeck on Twitter at twitter.com/jhoeck. Discuss this story at www.yankton.net.

Aberdeen Central had two honorees, senior Maddie Geotz and Brianna Kusler. Harrisburg had one honoree, Samantha Slaughter, the only sophomore selected to the first team.

Pierre, which also qualified for state, did not have a single first-team selection.

First-team selections that did not qualify for state include Frick, Brandon Valley junior Hannah Paauw and Brookings

iunior Sara Tvedt. Honorable mention honorees included Aberdeen Central's Kendall McDaniel and

Taylor Thorson, Becca Koehn and Elsie Zajicek; Brookings' Ashley Onstad, Harrisburg's Haley Bruggeman, Mitchell's Ally Goldammer: and Pierre's Kelsey Schmitz, Macy Halverson and Kallie Stout.

You can follow James D. Cimburek on Twitter at twitter.com/JCimburek. Discuss this story at www.yankton.net

## Mia Bergan; Brandon Valley's **Guthmiller**

From Page 8

school, but from the start I wanted to golf in the Big Ten or the Big 12," he said. "That was

The Lady Warriors responded

to an 11-11 tie by surging to a

19-15 advantage, with three

straight Allison Arens kills

sparking the rally. Freeman

tied the game at 12, but three

kills by Wortmann sealed the

vantage in the third set, its

largest lead of the day. Crofton

put together its longest rally of

surge to a 19-17 advantage. The

chances at set points and Free-

"I honestly felt that was a must-win set," White said. "If

White noted that she also

saw how much her Falcons had

matured since being in a simi-

lar situation in last year's state

"I took a moment and

looked out there, and the girls

were so calm," she said. "Their skill level has grown since last

man had three before Remmers' pounded the ball home

for a 34-32 set win and a 2-1

you lose a set that high (in

points), it's a momentum

lead in the match.

the day, six straight points, to

Falcons scored the next two points, setting up a battle to the finish. Crofton had seven

Freeman surged to a 9-4 ad-

**Crofton** 

From Page 8

always my goal, and now I'm really excited."

The Huskers will graduate four of their 10 golfers from this season's roster, so Guthmiller could have a good shot to see significant action as a freshman next fall.

year, but their mental tough-

Crofton fought off two

match-point opportunities for

Freeman before a double-block

We had only put that in

yesterday," White said of the

double-block. The Falcons had

typically single-blocked teams.

To end the whole game on a

The runner-up finish, the

first since 1993 for Crofton vol-

leyball, ended a four-year run

Arens that saw the program go

freshmen to the first two state

Tuesday, November 25, 5 p.m.

from seven wins for them as

tournament trips for the pro-

gram since that 1993 finish.

for Wortmann and Allison

two-block is pretty special."

ness has grown as well."

ended the match.

"I think it's starting to fi-

nally set in now," he said. "It's crazy to think it's only a couple months and I'll be getting ready to move down there.

You can follow Jeremy Hoeck on Twitter at

twitter.com/jhoeck. Discuss this story at www.vankton.net.

"My freshman year we had seven wins. My sophomore year we were over .500. We were 22-5 last year," Wortmann

basketball school.' While Arens and Wortmann are the only two graduation losses for the Warriors, Johnson said it's like losing four players because both play all

said. "We were always just a

the way around. "We'll have a bit of growing to do," she said. "It will take time. We'll have to see how it

You can follow James D. Cimburek on Twitter at twitter.com/JCimburek. Discuss this story at www.yankton.net

### Thanksgiving Day Deadlines

The Yankton Daily Press & Dakotan will be closed Thursday, November 27, for the Thanksgiving holiday.

The following deadlines will apply:

Friday, November 28 newspaper - Monday, November 24, 5 p.m. Out On The Town - Wednesday, November 26, 5 p.m. Saturday, November 29 and Monday, December 1 newspapers -

Tuesday, December 2 newspaper - Wednesday, November 26, 3 p.m. There will be no newspaper on Thursday, November 27 2014.

PRESS & DAKOTAN

## **Beat-Up USD Falls To Illinois State**

BY JEREMY HOECK

jeremy.hoeck@yankton.net

VERMILLION — Injuries, old ones and new ones, played a direct role in the latest setback for the University of South Dakota football team.

Missing three starters on the offensive line and each of the top three running backs, the Coyotes could do little else but watch as backups tried to hold their own against a top-10

opponent. Ultimately, No. 7-ranked Illinois State took advantage, surging late to pick up a 45-26 Missouri Valley victory over the Coyotes on Saturday afternoon at the DakotaDome.

You could look on our bench and see that we look like a wounded unit on MASH, guys on crutches, guys in slings, said head coach Joe Glenn, whose team has now lost 11 straight league games.

Facing a patch-work offensive line, Illinois State (9-1, 6-1) out-gained the Coyotes 293-20 on the ground — keyed by 221 yards and two scores from standout Marshaun Coprich.

The combination of Coprich and quarterback Tre Roberson, who combined for 297 yards and three touchdowns, helped the Redbirds build a 204-yard edge in offensive production. And still, the Coyotes had a

chance. "Once we calmed down and got that awe factor out of the way that he's a great running back, we were able to be gap sound and play with a lot of confidence," junior linebacker

Keyen Lage said. The Coyotes recovered three fumbles, and scored 14 points off those takeaways, but ultimately came up one drive short of a premier upset of a playoff-bound team.

Once down 21-0 in the second quarter, South Dakota rallied to get within 28-20 on a Kevin Earl 2-yard touchdown run and two-point conversion on the first play of the fourth

The Redbirds, though, scored on their next two drives and never looked back.

"We believed we were going to win the ball game, no doubt," said Earl, who threw for 295 yards and two touchdowns. "There's no lack of confidence.

"Down just one score, any-

thing can happen.' Scoreless on its first five drives, the Coyotes found an offensive - and defensive spark late in the second quar-

South Dakota went touchdown pass (Earl to Kayl Barkley), fumble recovery on defense, then long touchdown pass (Earl to Eric Shufford). And the defense again recovered a fumble, giving the offense a chance to further dig into a 21-12 deficit.

Things returned to normal a bit when Illinois State intercepted a long Earl pass on the ensuing drive, and the Red-



THOMAS HATZENBUHLER/FOR THE PLAIN TALK South Dakota's Riley Donovan tries to get away from Illinois State's Dion Starnes, 13, after catching a pass during their Missouri Valley Football Conference matchup on Saturday at the DakotaDome in Vermillion.

birds cashed it in with a 32yard touchdown pass to Cameron Meredith to extend the lead to 28-12.

Nearing the end of another rough season, the Covotes readjusted some goals for the final stretch, Glenn said. Chief among those was making plays in the second half.

"I know the score doesn't reflect it, but our team played better than we have been, Glenn said.

Following a scoreless third quarter, the Coyotes scored on the first play of the fourth quarter when Earl ran in from two yards out. The ensuing extra point was blocked, but USD recovered it for a 2-point

conversion, to get within 28-20. And that pretty much sealed the deal.

Illinois State responded with a 19-yard field goal, and following a USD punt, scored on a Roberson 9-vard run to go up 38-20 with 3:19 remaining.

Earl scored on a 1-yard run with 1:56 left, but the conversion pass failed, and the Redbirds added an interception return for a score from Josh Burch with nine seconds left to

pad its margin. "We just keep focusing on our job at hand," Earl said. "It doesn't matter what the score is, we're always going to be fighting until the last down.'

It's just that injuries have popped up in a hurry for the Coyotes.

The list of those wounded included a new — and key addition Saturday: Sophomore kicker/punter Miles Bergner left in the second quarter with a concussion and never re-

turned. Glenn, a passionate boxing fan, used a familiar analogy to describe his attempts to convince the medical staff to allow Bergner to return — "I see guys get punched in the first round, and they don't go back in the corner and have the doctor look at them.

coaching staff was forced to

approach freshman Ethan James of Vermillion about handling the kicking duties. That meant burning his redshirt for essentially a half, and potentially two more if Bergner does-

n't return next week. The Coyotes will close out the season next Saturday at South Dakota State looking to avoid a winless league slate for the second time in three sea-

Before bragging up the rivalry game as the "biggest game in the state, I don't care what they say," Glenn said the key for his squad is to find an extra gear to compete with the Jacks.

"Everybody's got to play at a higher level than they're at," he said. "You have to be playing at mach one, there's no

Hoeck on Twitter at twitter.com/jhoeck. Discuss this story at www.yankton.net.

You can follow Jeremy

First Quarter

IISt-Roberson 12 run (Aussieker kick), 6:22

Second Quarter

IISt—Coprich 28 run (Aussieker kick), 11:13.

SDak—Barkley 2 pass from Earl (run failed), 4:02. SDak—Shufford Jr 43 pass from Earl (run failed).

IISt—Meredith 32 pass from Roberson (Aus kick), :19. Fourth Quarter III duarter
SDak—Earl 2 run (Potter run), 14:53.
IISt—FG Aussieker 19, 10:49.
IISt—Roberson 9 run (Aussieker kick), 3:19.
SDak—Earl 1 run (pass failed), 1:56.
IISt—Burch 46 interception return (Aussieker kick),

First downs 27 48-293

16 25-20 Passing
Comp-Att-Int
Return Yards
Punts-Avg.
Fumbles-Lost 295 22-35-2 23 8-40.1 0-0 Penalties-Yards INDIVIDUAL STATISTICS
RUSHING—Illinois St., Coprich 31-221, Roberson 13-71, Dunmore 1-14, Towns 3-(minus 13). South

Dakota, Kilgore 13-24, Earl 12-(minus 4).

PASSING—Illinois St., Roberson 16-29-0-226.

South Dakota, Earl 22-35-2-295.

RECEIVING—Illinois St., Meredith 6-105, Neblett
3-39, O'Shaughnessy 2-32, Clements 2-29, Coprich 1-

7-91, Shufford Jr 6-138, Meyer 3-39, Barkley 3-19, Kilgore 2-0, Potter 1-5, Kramer 0-3.

# Ultimately, though, the



Support for the rest of your life.



Drink lots of water...Eat fruits and vegetables.. Get regular check-ups...Exercise

These are all important health tips that you've probably heard hundreds of times. But, do you hear "Check your feet regularly?" in that mix? If the answer is no, you may be uninformed about one of the most essential aspects of achieving overall health - healthy feet - that will support you the rest of your lives.

To schedule an appointment call 605-655-1200 or toll-free 1-877-256-8973.