

Road To The Dome: M-P's Friesz Finding Ways To Score Touchdowns

From P&D Staff Reports

Mobridge-Pollock junior Bailey Friesz has had a nose for the endzone this season, scoring 10 times in four games.

He has had some variety in that, scoring in five different ways: three on runs, three on receptions, two on interception returns, a punt return and a kickoff return.

In Mobridge-Pollock's 54-0 victory over Cheyenne-Eagle Butte last week, he scored on interceptions returns of 30 and 45 yards, a 50-yard run and a 55-yard punt return.

Friesz and Mobridge-Pollock will try to keep up their high-scoring ways as they travel to Stanley County today (Friday).

Still Searching For The Endzone

Tospa Zina is still looking for its offense as it crosses the midway point of the 2010 season. After four games, the Wambdi have been outscored 186-0, including last week's 59-0 setback against Waverly-South Shore.

Tospa Zina will look to find the endzone, and the win column, as it travels to Florence-Henry tonight in Florence.

Western Raiders

Rapid City Stevens, ranked fourth in the latest South Dakota Sportswriters poll, got its first victory over a Sioux Falls school since 2004 when it beat Sioux Falls O'Gorman 20-7 last week.

It was the Raiders' first victory over the Knights since 2001.

Stevens takes on another Sioux Falls opponent tonight, traveling to Sioux Falls Roosevelt.

Twin Terrors

Gregory's Braun twins, Mike and Matt, each

returned kickoffs for touchdowns in the Gorillas' victory over Lyman.

Mike had an 86-yard return for score, with Matt scoring on an 85-yard return.

Looking Sharp

After rushing for just 33 yards in Rapid City Central's season-opening loss to Yankton, Cobblers running back Jake Sharp has found his edge in recent weeks, averaging 250 yards a game as Central went 1-1.

Sharp rushed for 253 yards and two scores in the Cobblers' loss to Sioux Falls Lincoln this past week. The week before, he gained 247 yards in a victory over Spearfish.

He will try to keep his edge as the Cobblers take on top-ranked Sioux Falls Washington tonight.

Jolly Jolley

Canistota's Sam Jolley had a hand in all three touchdowns, as well as some nifty defense, as the Hawks upended the then top-ranked team in Class 9A,

Hanson, 20-8 last week.

Besides rushing for 140 yards, including touchdowns of 43 and 30 yards, he threw an 84-yard scoring strike to Troy Hofer to start the Hawks' offense.

Jolley did his share on defense as well, recording 11 tackles and an interception.

This Week's Big Games

6-STAR GAMES
VIBORG-HURLEY AT AVON: The newly-reborn Viborg-Hurley football coop gets its toughest test to date, playing perennial power Avon. The Pirates have rolled up 122 points the past two weeks in wins over Scotland and Andes Central.

FAITH AT HARDING COUNTY: A battle of West River will ensue in Buffalo. Harding County has outscored opponents 172-14 in three games. Faith has a 114-24 edge in its three contests.

WALL AT PHILIP: Another big West River battle of unbeaten. Wall has outscored opponents 118-20 in three games. Philip has a 154-6 edge in its three, including back-to-back shutouts entering this game.

RAPID CITY STEVENS AT SIOUX FALLS ROO-

SEVELT: The Raiders are one of three unbeaten left in 11AA, and come in fresh off their first victory over O'Gorman since 2001. The Riders (3-1) bounced back from their game three loss to Washington with a 55-0 rout of Spearfish.

4-STAR GAMES

WAGNER AT BON HOMME: Bon Homme comes in off its first setback of the season, and will look to derail unbeaten and top-ranked Wagner.

BRIDGEWATER-EMERY-ETHAN AT HANSON: B-E-E has rolled through three opponents to the tune of 139-28, but face a Hanson team coming off a tough loss to Canistota.

ST. THOMAS MORE AT WINNER: St. Thomas More, which has outscored opponents 179-16 in four games, looks to continue its hot start as it faces the defending Class 11B champions. Winner bounced back from its loss to Mobridge-Pollock by bouncing Valentine, Neb., 41-20, last week.

BUCKS

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"The call it a '3-4, cover 2' but they run a lot of five-man fronts," he said. "They'll send five to seven at you. We have to complete our passes to keep them honest."

According to Kramer, Deneke, a linebacker, is one of the team's anchors on defense. Jordan Drapeau, another senior linebacker, and defensive lineman Bryan Long also do a good job stopping opponents.

"The one thing about us, we're talking about the same kids (on defense as on offense)," he said. "We do not have a lot of depth."

Wilson Tieszen had the best game by a Yankton running back this season, rushing for over 80 yards and three touchdowns in his first career start. He now ranks second on the injury list, who remains on the injured list, as does Connor Fitzsimmons.

The Bucks, though, note the return of lineman Kellen Soulek,

and have had a full week of practice for running back Evan Schroeder.

With the injuries on the line last week, the Bucks were able to find some depth.

"Powers Schurrer played the line with good results," Likness said. "Trevor Fender played some center. We moved Ty Soulek to guard and some tackle, which allowed us to do some things."

Quarterback Cody Ulmer had his best day under center, and has now thrown for 350 yards and two touchdowns in two and a half games. Cole Drotzmann is up to 255 yards on just seven catches. Jackson Pasco, who had one start at quarterback, caught the touchdown that gave Yankton its first lead in the come-from-behind victory over Mitchell.

"We had a lot of positives on offense," Likness said. "Wilson had a very good game. Cody had his best game at quarterback. Pasco stepped in at split end and caught a touchdown."

While the Bucks used some big plays to beat Mitchell last week, that is not what Kramer took from watching the video of that contest.

"One of the things I noticed is that Yankton knocked Mitchell off the ball pretty well," he said. "We can't let them do that to us."

Schurrer remains the team leader in tackles, averaging 8.3 per game from his linebacker spot. The Bucks, though, will be without defensive back Dylan Tackle (5.0 tackles per game), who was injured against Mitchell. Both he and Cameron Schiltz are expected back next week when the Bucks host Sioux Falls O'Gorman.

Kramer also expects special teams to be a factor. "They always have good special teams," he said of the Bucks. "We have to be solid."

For the Bucks to score their second ESD victory, they will need to keep Pierre's high-powered attack off the field.

"We need to win the turnover battle and the field position battle. Those are two big elements," Likness said. "If we win two, we'll be in good shape. If we win one, we'll have a fighting chance. If we don't win either, it's going to be a long night."

Game time is 7:30 p.m. in Pierre.

VOLLEY

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kills and seven digs, and Peyton Swanson recorded five kills, three blocks and 12 digs.

Also for Wausa, Michelle Haselhorst added four kills, three blocks and 12 digs. Tom Lange posted 11 set assists and Gabby Swanson chipped in with nine set assists.

The Vikings host a triangular with Hartington and Wakefield next Tuesday. **CRIGHTON (6-6)** 25 20 25 **WAUSA (5-5)** 18 25 18 18

Ethan 3, Scotland 0

SCOTLAND — The Ethan Rustlers snapped a three-match losing streak picking up a three-set win over Scotland, 25-23, 25-21, 25-16, Thursday in Scotland.

Kaci Tuttle had an all-around solid performance with 22 assists, six digs and four aces for the Rustlers (7-7), while Shelly Tilberg posted nine kills and two blocks.

Anna Mueller added six kills and two blocks in the win. For the Highlanders (4-6), Ashley Abvey had 16 digs, 11 blocks and nine kills, while Chelsea Raker added 22 digs and eight kills.

Ethan hosts Menno on Monday, while Scotland hosts Avon on Tuesday. **ETHAN (7-7)** 25 25 25 **SCOTLAND (4-6)** 23 21 16

S.F. Christian 3, Dakota Valley 0

SIOUX FALLS — The third-ranked Sioux Falls Christian Chargers defeated the Dakota Valley Panthers in volleyball action Thursday night with the final scores being 25-20, 25-11, 25-23.

For the win for the Chargers (11-1), Kaitlin Hanson had eight kills and four blocks, while Ronni Renes also had eight kills.

Also for the Chargers, Mikkel Tentkape and Laura Hurley each had two aces while Brook Van Gorp had nine digs and Claire

Assam had seven digs.

For the loss for the Panthers (3-7), Kylie Martin had four kills and three aces, while Erica Johnson had three kills.

Also for the Panthers, Shelbi Westoever had 12 set assists and five digs, while Pierre Tweed had six digs.

SF Christian won both the JV and C match 2-1. The Chargers will be playing in the Unity Christian Tournament on Saturday, while the Panthers will be playing in the Milbank Tournament on Saturday.

DAKOTA VALLEY (3-7) 20 11 23 **SIOUX FALLS CHRISTIAN (11-1)** 25 25 25

McCook Central-Montrose 3, Parkston 1

SALEM — The McCook Central-Montrose Cougars defeated the Parkston Trojans in volleyball action Thursday night in Salem with the final scores being 25-22, 20-25, 25-17, 27-25.

In the win for the Cougars (7-7), Chelsea Hiemstra had 20 kills, five blocks, and two aces, while Sierra Miles had seven kills and three blocks.

Also for the Cougars, Katie Johnston had seven kills and one block, while Kelly Binder had five kills, three blocks, and 13 digs.

In the loss for the Trojans (5-9), Molly Murtha had 12 kills, three blocks, and nine digs, while Metea Heffner had seven kills, five blocks, and three aces.

Also for the Trojans, Jenna Reiser had eight kills and 11 digs while Marie Malloy had 24 set assists and four aces.

The Cougars won the JV match 2-1, and won the C match 2-0.

Next Tuesday, Parkston plays Tripp-Delmont-Armour in Tripp, while McCook Central-Montrose plays at Dell Rapids. **PARKSTON (5-9)** 22 25 17 25 **MCCOOK CENTRAL-MONTROSE (7-7)** 25 20 25 27

Ewing 3, Niobrara-Verdigre 1

NIORBARA, Neb. — The Ewing Tigers defeated the Niobrara-Verdigre Lions on Thursday night with scores of 25-23, 25-17,

15-25, 25-11 in Niobrara, Neb.

In the win for the Tigers (5-7), Tori Thramer had 13 kills, three blocks, and five aces, and Riley Funk had seven kills, one ace, and four digs.

Also for the Tigers, Natasha Koenig had five kills, five blocks, one ace, and two digs and Kenzie Bollwitt had four kills, one ace, and four digs.

For the Lions, Tessa Ives had nine kills, two blocks, two aces, and 11 digs, while Brianna Hamilton had seven kills and eight digs.

Also for the Lions, Caroline Cook had six kills, one set assist, two aces, and eight digs, while Crystal Coug had three kills, two set assists, and 10 digs.

EWING (5-7) 25 25 15 25 **NIORBARA-VERDIGRE** 23 17 25 11

Elkon-Lake Benton 3, Dell Rapids St. Mary 0

LAKE BENTON — The Elkon-Lake Benton Lady Elks dominated the floor Thursday night against the Dell Rapids St. Mary Cardinals with final scores of 25-17, 25-17, 25-15.

In the win for the Lady Elks (9-4), Haylee Danison had 11 kills, while Megan Krogman had five kills, two aces, and three blocks.

Also for the Lady Elks, Cassidy Gehhart had 11 set assists, two aces, and two blocks while Sarah Busseman had three kills, and three aces.

For the Cardinals (5-7), Danielle Fiegen had three kills, five set assists, two aces, and nine digs, while Chelsey Brown had four kills, and nine digs.

Also for the Cardinals, Whitney Michel had three kills.

Both teams will be participating in the Elkon Tournament on Saturday.

DELL RAPIDS ST. MARY (5-7) 17 17 15 **ELKON-LAKE BENTON (9-4)** 25 25 25

Estelline 3, Lake Preston 0

LAKE PRESTON — Tenth-ranked Estelline cruised past Lake Preston 25-15, 25-14, 25-14 on Thursday night in Lake Preston.

Brooke Bogalka had eight kills for the Lady Redmen (9-3), while Mikayla Sauthoff added seven kills, 16 digs and four ace serves.

No stats were reported for Lake Preston (1-13), which hosts Grant-Deuel on Monday.

Estelline hosts Dell Rapids St. Mary next Tuesday. **ESTELLINE (9-3)** 25 25 25 **LAKE PRESTON (1-13)** 15 14 14

MMC

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"The similarities between the two sports are intensity, hard work. You are not going to win a match if you are not intense and don't work hard, and you are not going to win a game if you don't work hard and have intensity," Josh said.

With wrestling being a sport that is much more individualized than that of soccer, Josh has found a way to work well with his new teammates.

"It is kind of hard to compare sometimes, a full contact sport one on one to an eleven man soccer team. However, most people outside of the wrestling community don't see it as a team sport, but it actually is. Each person has their own role, just like the soccer team," Josh said.

Though the sports of soccer and wrestling can be very much alike there are many differences as well, Josh will be the first to admit them.

"Soccer is not as physical as

wrestling," said Josh with a matter of fact look on his face.

This physical difference can get Josh in to trouble on the field at times.

"I am used to using my hands in a sport, but in soccer I cannot get away with shoving kids down with my arms. Last year I was always knocking the other team down and getting called for fouls," Josh said.

When an athlete like Josh comes along, who was one of the best wrestlers in the state and can pick up on the sport of soccer on a collegiate level after such an absence the way he has, it may appear that the two sports are not as different as they seem to be. Perhaps they are similar, or perhaps Josh is just the poster boy for the motto "Hard Work Pays Off".

Cross Country Team Competes In High-Profile Setting

The Mount Marty Lancers' cross country teams traveled down to compete in the Woody Greeno Invitational cross country meet at Pioneer Park in Lincoln Neb. on Saturday.

"The meet went well; it was a big meet in a national setting. We were able to get a few

bugs out and it was a good experience to build on for the season," said Mount Marty's head coach Randy Fischer.

The Mount Marty men finished 14th out of the 21 teams which included a few NCAA Division II and III, as well as NAIA teams. "The men's team beat Doane and was right behind Hastings. We have improved and are hoping to move up to fourth or fifth in the Great Plains Athletic Conference," Fischer said.

The Lancer's top runner was Titus Kospel who placed 72nd overall with a time of 27:06. Tyler Smit was the next Mount Marty runner to finish with a 27:23, 3.96th place.

"We had a few of our top runners feeling a bit under the weather, but we keep getting better and can keep improving," said Fischer.

Jerdee Sets Ace Serves Record

Junior Jen Jerdee set a record for the Mount Marty volleyball team on Saturday. She pounded down seven aces in the first set of a three-set match in which Mount Marty defeated Presentation College 3-0. The seven ace set put Jerdee on top of the leader board for aces in a three-set match.

"Jen is doing really well, due to her jump serve she creates a topspin on the ball that drives it toward the ground, this also makes her a great backer attacker," said Mount Marty's head coach Candice Climer.

Jerdee's 33 aces on the season have her knocking down the door to the record books as well.

She only needs four more aces to move into the top ten in career aces, and 12 more to move into the top ten for a season," Climer said.

include nearly 18,000 fans for Saturday's game.

Adding to the intrigue is the fact that the Coyotes haven't won in Fargo since 1978.

"They're going to get into us early," Meierkorf said. "But at this level, we don't care if they're cheering for you or against you, we just hope everybody shows up."

USD

From Page 8A

tures high school races, YHS never competed. However, Brenner said he and some of his teammates occasionally travel to St. Paul to watch the action.

Now, he'll get his chance to compete alongside some of the nation's top runners.

"I'm really excited to finally be able to run there," Brenner said. "I've only ever watched other people do it. It'll really open my eyes to what this level is all about."

Football At NDSU

The first FCS game of the season for the Coyote football team will be a kind of Dakota rewind, and in more than one way.

USD, which moved up to No. 20 in this week's FCS coaches poll, travels to Fargo, N.D. on Saturday night for a matchup against former Division II rival North Dakota State.

Both teams enter the game with flashy 2-1 records and both have recorded significant upsets against FCS foes — NDSU beat Kansas on Sept. 4 and USD topped Minnesota two weeks ago.

Yet, aside from those two facts, a lot has changed since the programs last met in 2003.

"North Dakota State's the biggest kid on the block around here, as far as our level," USD coach Ed Meierkorf said. "They've got better facilities and they've won a million games."

"Anytime you get a chance to take a shot at a program that's as nationally-renowned as theirs, it's a great opportunity for your team."

The 18th-ranked Bison, who left the old North Central Conference after the 2003 season, are coming off a 35-9 win against Morgan State. Like USD in this season, NDSU found success early in its Division I transition.

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BUCKS vs Pierre Tonight, 7:00pm

COYOTES vs NDSU Tomorrow, 5pm

CHIEFS vs 49ers Sunday, 11:00am



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Skin cancer is the most common of all cancers, accounting for 40 to 50 percent of all cancer cases diagnosed each year. While some forms of skin cancer are more dangerous than others, early detection and prompt treatment of any malignant area is of the utmost importance.

Causes and risk factors for skin cancer include fair skin tone, frequent exposure to ultraviolet rays, family history and age. Symptoms may appear as spots; irregular moles; bumps; discoloration; sores; or scaly, reddish, bleeding or oozing skin.

The American Cancer Society recommends a skin examination every three years between the ages of 20 and 40, with annual exams after age 40. They also suggest performing a monthly self-examination in front of a full-length mirror, checking all areas of the body including palms, soles, back of the torso and back of the legs.

Concerned about skin cancer?

Dr. Lisa Miller will present a free seminar on preventative measures and the detection and treatment of skin cancer on **Monday, September 27th, 7:00pm** at **Lewis & Clark Specialty Hospital**



Dr. Lisa Miller
Yankton Surgical Associates

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