



JEREMY HOECK/P&D

Yankton's Landon Withrow slides under the tag of the Brandon Valley third baseman during their elimination game Wednesday night at the Region 2A American Legion Baseball Tournament in Valley Springs.

Post 12 Headed To State



JEREMY HOECK/P&D

Yankton Post 12 pitcher Jordan Kathol delivers during Wednesday night's elimination game against Brandon Valley at the Region 2A American Legion Baseball Tournament in Valley Springs.

Baseball: Yankton Will Face S.F. West For Region 2A Title Today

BY DYLAN HUGGINS
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VALLEY SPRINGS — Yankton Post 12 is headed to state. With Wednesday's night win over Brandon Valley, Post 12 not only advances to today's (Thursday) Region 2A American Legion, but also received an automatic qualifying bid for sate.

Trey Krier, head coach of the Post 15 said his team reached their goal on Wednesday night.

"Getting to the state tournament is always the goal," he said. "From day one we've talked about that with this team that we're a quality baseball team and that we have the potential to be something special."

Post 12 found its bats, recording 15 hits on their way to a 13-8 victory.

Adam Walter led the way for Post 12. Walter went for 4-5 and had two RBI's. Landon Withrow went 2-5, hit a triple, and had two RBI's. Sheldon Gant went 1-5, hit a double, and had two RBI's.

Adam Walter, the catcher for Post 12, said his team will have to play loose if they want

to do well in their upcoming games.

"We can't play tense and force things. If we can play loose and give it our all every single game and stay positive that will help," he said.

"I think that's what it's going to take to not only win tomorrow, but at state as well."

The two pitchers for Yankton were also strong.

Jordan Kathol pitched five innings, gave up four runs (three earned). Austin Johnson pitched four innings, gave up four runs (one earned) and had four strikeouts.

Even though it lost, Brandon Valley also brought its bats.

In the seventh inning, Brandon Valley was trailing 11-4 and scored three runs to cut the lead to 11-7. Brandon Valley also had 14 hits.

Mitch Hoover had a great game for his team. Hoover went 2-5 with two doubles, and an RBI. Payton Livingston went 2-5, hit a double, and had an RBI.

Yankton Post 12 will face Sioux Falls West at 2 p.m. with a necessary game at 5 p.m. West defeated Yankton 13-6 earlier on Wednesday.

Sam Lang had a huge day for the Post 15 in that contest, as he hit two home runs.

Lang was glad he was able to contribute in a big way for his team.

"It just feels great. I am in a groove and it's really big to get my team up like that in these types of situations," he said. "Chandler Austin had a big game for us with two big doubles and other than that we just pounded the ball towards the end of the game."

Lang went 3-4 with two home runs, two runs scored and seven RBI, while Austin went 3-5 with three runs scored and three RBI.

Post 15 West hit three home runs and eight doubles in the win.

Despite the loss, Yankton Post 12 was able to get contributions from multiple players. Brad Ulmer was 4-5 with three RBI and two runs scored, while Mason Townsend went 3-4 with three RBI. Levi Schmidt had two hits in the loss.

The winning pitcher for Post 15 West was Evan Rasmussen. Colin Muth took the loss.

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A's Outfielder Fuld Still Finds Challenges With Diabetes

BY JANIE MCCAULEY
AP Baseball Writer

OAKLAND, Calif. (AP) — Sam Fuld jogs to the outfield each inning with enough gum in his back pocket to give him a quick boost of carbohydrates if his blood sugar dips.

He might experience dizziness or feel weak. That's how he knows.

"It's just a crummy feeling," he said. "You get a little irritable."

After nearly eight years in the majors, Fuld has learned to count his carbs and determine his insulin without nutritional labels on much of the clubhouse food from ballpark to ballpark, city to city.

A Type 1 diabetic, diagnosed at age 10, his body requires constant attention all day long to stay in top form for the Oakland Athletics.

"There are a lot of ways it challenges you. I've always looked at it as a challenge to do whatever I would do otherwise if I didn't have it. Getting to where I am as a baseball player is extra rewarding given what I have to go through. It's changed over the years. I think there used to be more of a negative stigma attached to it or this idea that you can't do things like sports. If you're on top of it, you certainly can, but it just requires a lot of work."

For the A's annual Root Beer Float Day on Wednesday, Fuld served up his own sugar-free version made for those who need to control their blood sugar levels: with Zevia, an all-natural stevia and monk fruit sweetened soda.

Oakland holds the event each year to raise money and awareness for juvenile diabetes, and had raised more than \$414,000 over the 15-year history.

The 33-year-old Fuld still discovers new obstacles dealing with his disease even after two decades learning to live managing it.

"It's ongoing, it's not just before meals, it's before everything," Fuld said. "You have to be aware of everything you eat, the amount of insulin you need and other variables like exercise and stress. I've been doing it for 23 years now and still every day is new and challenging. I try to eat things that I have a good idea of the carb content and the fat content. It does involve a lot of guessing at times."

A's manager Bob Melvin knows all about it. His daughter, Alexi, has Type 1 diabetes.

Melvin reminds Fuld before a day game to make sure his blood sugar is high enough. There haven't

Royals Power Past Pirates

KANSAS CITY, Mo. (AP) — Edinson Volquez pitched effectively into the eighth inning against his old team and Mike Moustakas hit a three-run homer to lead the Kansas City Royals over the Pittsburgh Pirates 5-1 on Wednesday night.

Volquez (9-5), who won 13 games last season for the Pirates, picked up his first victory since June 26. He allowed one run on eight hits, while walking one and striking out eight.

Moustakas homered with two out in the eighth with Alex Rios and Jarrod Dyson aboard. Moustakas drove the 3-0 offering from right-hander Charlie Morton into

the Royals' bullpen.

Dyson's bunt single scored Omar Infante with the first run of the inning.

Morton (6-4) allowed five runs on seven hits, two of them home runs, walked one, hit two batters and struck out four. He is 1-3 in his past five starts, inflating his ERA from 1.62 to 4.59.

Eric Hosmer hit his ninth home run, matching his 2014 total, in the fourth for the other Kansas City run. Hosmer went 101 at-bats since his previous homer on June 19.

Neil Walker's sacrifice fly in the

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Baseball: Lakers Take Regional Opener

Reds Sweep Sioux Falls East

SIOUX FALLS — The Yankton Lakers opened play in their region baseball tournament with a 13-2 victory over Sioux Falls Central on Wednesday at Harmodon Park.

Michael Drotzmann had three hits, including a double, and four RBI to lead Yankton. Rex Ryken also had three hits, recording two RBI. Kieran Luellman doubled and singled. Levi Wiersma also had two hits. Ethan Wishon posted a triple. Owen Feser had a double and a RBI. Sam Mooney had a hit and two RBI, and Cole Sawatzke had a hit in the victory.

Feser tossed a one-hitter to pick up the victory.

Yankton, now 1-0 in the tournament, faces Sioux Falls East today (Thursday) at 4 p.m. The Lakers conclude the tournament on Friday, facing the Brandon Valley Thundercats at 4 p.m. and Sioux Falls West at 6:30 p.m.

Qualifiers will advance to the South Dakota State VFW Teener Class AA 13-14 Majors Tournament, July 31-Aug. 2 in Watertown.

Reds 14-10, S.F. East 4-0

The Yankton Reds pounded out 24 runs on the way to a doubleheader sweep of Sioux Falls East in VFW Teener baseball action on Wednesday at Bob Tereshinski Stadium at Riverside Field.

In the opener, Chris Steffen and Grant Nelson each went 2-2 with a RBI, and Matthew Mors had a three-run double in a 14-4 victory.

Will Pease also had a hit and three RBI, and Ryan Eihacker had a hit and a RBI for Yankton. Justin Payer and Cayden Peterson each had a hit, and Paris Beeson and Nick Lindsey each had a RBI in the win.

Payer picked up the win.

In the nightcap, Pease tossed a five-inning four-hitter as Yankton won 10-0.

Mors went 3-3 with three runs scored, and Steffen went 2-3 with two runs and a RBI to lead Yankton. Pease helped his cause with a run scored and a RBI. Princeton Vollmer had a hit, two runs scored and three RBI. Andy Knapp had two hits, a run scored and a RBI. Christian Curran had a RBI and Gavin Raabe scored in the win.

The Reds, 24-15, host Brookings today (Thursday). Start time for the doubleheader is 5 p.m.

2A: Brandon Valley Edges Harrisburg In 10 Innings

VALLEY SPRINGS — Brandon Valley led 7-0 after two innings, but needed three runs in the bottom of the tenth to claim a 10-9 victory over Harrisburg in an elimination game at the Region 2A American Legion baseball tournament on Wednesday in Valley Springs.

Payton Livingston went 3-5 with a double and four RBI, and Ethan Horner went 3-5 to lead Brandon Valley. Ryan Meyer doubled and singled. Cal Kedik and Christian Graber each had two hits.

Tyler Hintz doubled in the victory.

Leif Thorson and Cam Kleinsasser each had three hits for Harrisburg. Drew Andela, Josh Saxon, Clay Miller and Kyle Corcoran each doubled and singled. Caleb Deist and J.T. Miller each had two hits in the effort.

Horner allowed two runs in three innings of relief to pick up the win. Tanner Brown took the loss, allowing three runs (one earned) in four innings of work.



JAMES D. CIMBUREK/P&D

Yankton Reds pitcher Justin Payer sends the ball home during the opening game of a VFW Teener baseball doubleheader against Sioux Falls East on Wednesday at Bob Tereshinski Stadium at Riverside Field.