

## Beck

From Page 9

Asked if he was worried he would never play again, Beck said it crossed his mind. "It gives you a new outlook on what you have and you forget what you had," he said. "Now I'm back playing and I love it."

Like last year, he's playing with an injured shoulder that "popped out" during preseason practice in August. He appeared to re-injure it when he made a diving attempt at tackling the quarterback at Kansas State in the season opener.

There have been a few other occasions when he slowly got up off the turf after contact.

He received a new brace from the NDSU head trainer, and Beck said that seems to be working better.

"I'll stick with that," he

said. "I'll just have to rehab it better, and we'll see what it does in the offseason. I'll see what I have to do."

Beck is one-third of perhaps the best starting trio of linebackers in NCAA Division I FCS, along with Grant Olson and Carlton Littlejohn. He played every down a year ago, but NDSU appears to be looking to get him more rest this season.

He's sixth on the team with nine tackles, which would perhaps at least double if he was on the field for every defensive play.

"I think recently he's gaining more confidence. I know his shoulder has been bothering him," Olson said. "Just being out there is one of those things that's a comfort zone for a lot of us on the team. No matter what's going on in your personal life, when you're out on the field you can let it go and play football, and I think he's been able to do that. And I think he's playing very well."

Beck broke into the lineup against the Jackrabbits in the seventh game of his freshman season. He led the team in tackles that day with 10 and has been a fixture ever since.

That game started with SDSU taking its first possession and having a first-and-goal from the 1-yard line. The Bison held the Jackrabbits on three plays, and a missed field goal had NDSU celebrating a goal-line stand.

"I'll always remember that first drive," Beck said.

NDSU won that game 38-14.

The Bison carry a four-game series winning streak into the 2:05 p.m. Saturday kickoff.

## AREA CALENDAR

**Saturday, September 28**  
**CHEER & DANCE, PREP** Sioux Valley Inv. (Dakota Valley, 5:30 p.m.)  
**CROSS COUNTRY, COLLEGE** Roy Griak Inv. at Minneapolis (USD, 12:20 p.m.)  
**CROSS COUNTRY, PREP** Platte-Geddes Inv. (Avon, Bon Homme, Freeman Academy, Marion, Scotland, Viborg-Hurley, Wagner, 10 a.m.)  
**FOOTBALL, COLLEGE** USD at Western Illinois (3 p.m., KVIH-FM)  
**GOLF, SDGA** SoDak Cup  
**GOLF, MEN'S** Dakota Wesleyan Inv. at Wild Oak GC, Mitchell (MMC)  
**GOLF, WOMEN'S** Dakota Wesleyan Inv. at Wild Oak GC, Mitchell (MMC)  
**GOLF, BOYS'** Eastern South Dakota Conf. at Pierre (VHS, 10 a.m.)  
**GOLF, GIRLS'** Antelope CC Quad (Crofton, 9 a.m.)  
**SOCCER, MEN'S** Nebraska Wesleyan at MMC (3 p.m.)  
**SOCCER, WOMEN'S** Nebraska Wesleyan at MMC (1 p.m.)  
**SOCCER, BOYS'** S.F. Washington at Yankton (3 p.m.)  
**SOCCER, BOYS'** JV S.F. Washington at Yankton (1 p.m.)  
**SOCCER, GIRLS'** S.F. Washington at Yankton (5 p.m.); Vermillion at Belle Fourche

**SOCCER, GIRLS' JV** S.F. Washington at Yankton (1 p.m.)  
**SOFTBALL, GIRLS' JV** S.D. State Tourn. at Sioux Falls  
**TENNIS, GIRLS'** YHS/Milbank at Brookings (10 a.m.)  
**VOLLEYBALL, WOMEN'S** MMC at Doane (5 p.m.)  
**VOLLEYBALL, WOMEN'S JV** MMC at Doane (3:30 p.m.)  
**VOLLEYBALL, PREP** Aberdeen Central at YHS (5 p.m.); Cornbelt Conf. Tourn. at Howard (Freeman, Marion, Menno, 9 a.m.); Elkton Inv. (Alcester-Hudson, Centerville, 9 a.m.); Lower Brule at Marty; Southeast Classic at North Sioux City (Dakota Valley, Elk Point-Jefferson, 9 a.m.); Wisner-Pilger Inv. (Laurel-Concord-Coleridge), Crofton/Lutheran High Northeast at Norfolk Catholic  
**VOLLEYBALL, JV** Aberdeen Central at YHS (2:30 p.m.)  
**VOLLEYBALL, SOPH** Aberdeen Central at YHS (3:45 p.m.)  
**VOLLEYBALL, 9TH** Aberdeen Central at YHS (2:30 p.m.)

**Sunday, September 29**  
**GOLF, SDGA** SoDak Cup  
**SOFTBALL, WOMEN'S** MMC at Dakota State (exhibition, DH, 3 p.m.)  
**SOFTBALL, GIRLS'** Watertown at Yankton (DH,

12:30 p.m.); Lennox vs. Vermillion at Harrisburg (2 p.m.); Brandon vs. Dakota Valley at Hartford (2 p.m.); Vermillion at Harrisburg (3:30 p.m.); Dakota Valley at West Central (3:30 p.m.)  
**VOLLEYBALL, WOMEN'S** IUPUI at USD (1 p.m.)  
**Monday, September 30**  
**CHEER & DANCE, PREP** Northwestern Inv. (Platte-Geddes-Dakota Christian, 5:30 p.m.)  
**CROSS COUNTRY, PREP** S.C. West Inv. (Dakota Valley, 4:30 p.m.); West Central Inv. (Ethan-Parkston, Parker)  
**GOLF, BOYS'** S.D. Regions — 2A at Lennox (Beresford, Dakota Valley, Elk Point-Jefferson, Vermillion, 9 a.m.); 3A at Pierre (Parkston, Wagner)  
**GOLF, GIRLS'** Pender at Hartington Cedar Catholic  
**SOFTBALL, GIRLS'** S.F. Roosevelt at Yankton (DH, 6 p.m.)  
**TENNIS, GIRLS'** Vermillion at Mitchell  
**VOLLEYBALL, PREP** Niobrara-Verdigre at San-tee; Parkston at Freeman; Sergeant Bluff-Luton at Dakota Valley; Wagner at Vermillion

# ASK THE EXPERTS

## Astros Honor Retiring Andy Pettitte

HOUSTON (AP) — The Astros honored retiring Yankees pitcher Andy Pettitte in the middle of the fifth inning of Friday night's series opener against New York.

Pettitte received a standing ovation at Minute Maid Park, where he pitched from 2004-06 and helped lead Houston to its only World Series appearance in 2005. Astros president Reid Ryan presented him with the framed No. 21 jersey he wore when he played in Houston.

Players from both teams came out of the dugout to applaud him as he waved and tipped his cap to the crowd.

Pettitte, who grew up in the Houston suburb of Deer Park, retired in February 2011 and returned in May 2012.

## Marker

From Page 7

North Dakota State cornerback Marcus Williams notched his FCS record-tying sixth career return for a touchdown last week. The senior from Minneapolis has eight games to break the mark set by Murray State's William Hampton from 1993-1996. Bohl called Williams the most instinctive defensive back he's coached. "He's got a real knack," Bohl said. Williams has stolen 20 passes over his career and is just four shy of the record 24 set by Missouri State's Adrian Smith from 1990 to 1993.

**EASY PICKIN':** South Dakota State co-leads the FCS in interceptions with nine this year for a three-way tie with Stephen F. Austin and Eastern Illinois. Dallas Brown has two of the picks, including a 52-yard touchdown return against Southeastern Louisiana, and seven other Jackrabbit players each have one. South Dakota State is ranked second in turnover margins at a plus-2.5.

**THIRD AND ... WHATEVER:**

North Dakota State leads the nation in third-down conversion percentage, with the Bison succeeding on exactly two-thirds of its tries (28 of 42). Bohl said much of that success can be credited to North Dakota State's offensive line, which has allowed the running game to get going and offered great protection for quarterback Brock Jensen. "That's the whole, whole key to our off success so far," he said.

**MAGIC MARKER:** The Dakota Marker is a traveling trophy christened in 2004 that mimics the quartzite monuments that used to mark the border between the two states. The initials "N.D." and "S.D." are chiseled on opposite sides, and "190 M" is inscribed in one face to representing the distance between Brookings and the Bison's home of Fargo. Both coaches remember the sparsely attended 2004 unveiling ceremony in the border town of Hankinson, N.D., and they wondered if the annual matchup would ever amount to much. "It's become an unbelievable rivalry, and that's super," Stiegelmeier said.

ing game is led by J.C. Baker (50-348, 2 TD).

On defense is where WIU poses a bigger threat, Glenn said — calling the Leathernecks a "true Missouri Valley defense."

"They're a read defense. Instead of guarding guys, they spot drop to a certain area," Glenn said. "That'll be a little bit new for us. We've seen more man to man, but they really work hard to eliminate your running game."

The Leathernecks did that a year ago in a 24-17 win in Vermillion, holding USD to 114 yards on the ground.

Since that loss a year ago, the Coyotes are, of course, 1-8, with the lone win coming against UC Davis in this season's opener.

"We're just looking that one win to validate all this hard work we've put in," Meyer said. "That first win could snowball into the next win, and then I think we'll be sitting OK."

You can follow Jeremy Hoeck on Twitter at [twitter.com/jhoeck](https://twitter.com/jhoeck). Discuss this story at [www.yankton.net](http://www.yankton.net).

## Comfort Care

Life is a journey that is all about choices. Each of us are individual and unique and so are our illnesses and our responses to treatment. During the end-of-life part of our journey, we need to assure that care is about individual choices — the choice of each individual person to receive the right care at the right time and in the right place. Some may want every advanced medical treatment available and others may simply seek comfort and quality, but it must be an individual choice, and it must be something doctors and other healthcare providers, as well as patients and their families are willing to discuss. Talk to your doctor or healthcare provider about what treatment options are right for you at your stage of life's journey.

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## Family Medicine

Q What does a vasectomy involve?

A Many people do not understand all that a family doctor is trained to do. Family Doctors can do many procedures in the office, among these include a vasectomy. A vasectomy is a procedure that involves removing a small portion of the vas deferens. The vas deferens is the tubular type tissue that transports sperm from the testicle. Removing a small portion will interrupt this pathway making it impossible for the sperm to flow out. This effectively makes the man sterile. It is a very safe and straight forward procedure that can be done on an outpatient basis in the office. Healing is usually complete in 1 to 2 weeks. You are usually able to return to work in a few days after the procedure, depending on the type of work you do. If you have any interest in this procedure, please call us and schedule a consultation in the office. At Lewis and Clark Family Medicine, we would be happy to answer any questions you have. Call 605-260-2100 to schedule your appointment. And remember there is a vas deferens between men and women.



Jeffrey Johnson, M.D.



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton • 260-2100

## Ear, Nose & Throat

Q Dr. Neugebauer, I think I need hearing aids, but I am unsure if my insurance will help defer my costs. How can I tell if I have coverage for hearing aids?

A That is a great question that we are asked frequently. As more and more insurance policies arise, benefits can be tricky to predict. At this time, a select number of insurance companies have hearing aid benefits. Blue Cross/Blue Shield plans, Medica, and Medicaid are just a few companies with policies including hearing aid coverage. Also, members of Farm Bureau have a benefit which makes them eligible for large discounts on their hearing aids. The best way to find out if you are eligible is to talk to your insurance representative. We would also be happy to sit down and help you research your options.

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## Podiatry

Q I heard that a tight achilles tendon can cause foot pain. Is this true?

A Equinus is defined as decreased or inadequate ankle joint dorsiflexion (the ability to move the foot upwards at the ankle.) It may be either from a stiff or tight Achilles tendon, arthritis of the ankle, or a combination of both.

Either way, inadequate ankle joint dorsiflexion (equinus) changes the pressure points of the foot, and leads to a variety of foot pain. Heel pain known as plantar fasciitis, flatfoot, pinched nerves known as mottons neuroma, bunions and hammertoes, callus, diabetic ulcers, and even ankle sprains, may all be caused from, or worsened by a tight Achilles tendon.

Treatment for equinus revolves around first identifying what type of equinus you have. If the equinus involves only muscle and tendon, then stretching exercises and physical therapy are usually enough to improve or correct it. If conservative care is unsuccessful, then surgery to lengthen the heel chord may be necessary.

No matter what type of foot and ankle pain you have, a close examination of the achilles tendon is necessary. Studies have shown that lengthening the achilles tendon, either by stretching or surgery, decreases pressure to the ball of the foot by 30-35%. Lengthening the achilles, also changes "how" it pulls on the foot and ankle, not just "how much". Eliminating equinus decreases the inadequate motion and strain across foot, ankle, and knee joints.

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Terence Pedersen, D.P.M.

## Urological

Q Did you know?

- 1) An aspirin a day may lower the risk of dying from prostate cancer in men treated with radiation or a radical prostatectomy for their prostate cancer. So if you have been diagnosed with prostate cancer, and are able to tolerate an aspirin a day then do so.
- 2) Drinking 3 to 4 cups of coffee per day can reduce our risk of developing an aggressive form of prostate cancer but not our overall risk.
- 3) Obese patients are at more of a risk to develop cancer. Exercise of all types may help lower this risk.
- 4) For all types of prostate cancer, proper nutrition can improve the outcome with surgery or radiation by slowing or perhaps reversing the growth of tumor cells. Therefore, a dietitian should also be part of the team to treat your prostate cancer if your diet is not up to par.

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Dr. Joseph Boudreau  
 MD, F.R.C.S.

## Chiropractic

Q How does chiropractic help my health?

A The saying healthy mind (brain and nervous system), healthy body (physical structure) applies here. Face it, when we struggle with life choices, our bodies react. Stress affects the body in a number of ways. It is so typical to take care of a patient with neck pain, and to have the discussion of stress management and good wellness habits. Our practice has always been to take care of the WHOLE person and these types of discussions are very important to healing. We discuss nutrition, exercise, sleep habits, smoking and individual health problems to name a few things. We have this discussion with our young adults and child patients as well. Our office cites resources in our community that patients can use to get help or more information. The word Chiropractic translates into "hands on healing". It is our connections with our patients that makes health through wellness an easier choice.

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Sheila Fitzgerald, DC

## Fitness/Health

Q Does interval training really work?

A Yes! Interval training is great way to mix up your routine and keep it interesting and challenging. It can also take your workouts and results to an entirely new level. For years personal trainers and group exercise instructors have challenged their clients by taking them through various intervals during workouts. Those may vary in length from ten seconds to five minutes depending on the exercise itself, its intensity and the fitness level of the participant. High intensity interval training is one of the most popular fitness workouts today. Taking someone from their regular 5-6 on a scale from 0-10 during a workout and increasing to intervals of 8 or more on that same scale for short periods give the workout an entirely new feel. The great thing about that is shorter workouts, increased calorie burn and faster cardiovascular results. Just make sure you are healthy enough to do them and your are extremely cautious to avoid injury.

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Angie O'Connor  
 Clinical Exercise  
 Specialist

## Pharmacy/Nutrition

3 New Flu Vaccine Formulations For 2013-2014

Flu season is here. Have you thought about getting your flu shot yet? There are a few new flu vaccines to consider this year.

Flumist, the only non injectable option for healthy, non-pregnant, people ages 2 to 49, now protects against 4 flu virus strains instead of the usual 3 virus strains.

Fluzone, Fluaxix, and FluLaval, will come in both trivalent (3 strain) and the new quadrivalent (4 strain) versions. The quadrivalent version is especially beneficial for kids and teens as they tend to be hit harder by the "B" strains of the flu virus. The new quadrivalent vaccines of course cost more than the trivalent form.

Flucelvax is a cell culture approved only for adults. It may contain small amounts of egg protein, so if one is severely allergic to eggs, it is not a good choice. Flublok is a new egg free vaccine approved for ages 18 to 49. Flublok is made by replicating the viral protein that triggers immunity, not the virus.

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