



CHEYLIN LADY COUGARS, Tia Sager and Blanca Ponce on the alert during the game with the Brewster Lady Bulldogs.

Cheylin Cougars start the season with wins

By Colleen Shrader
Thursday, Nov. 29, all four of Cheylin's basketball teams traveled to Colby where they took on Heartland Christian. There were many fans at the games and the Cougars did not let them down.

The first game of the day was the junior high varsity girls followed by junior high varsity boys, high school varsity girls, and high school varsity boys. The scores of the games were 26-16, 49-28, 52-24, and 61-42, respectively.

As the gym was full of Cougar victory Thursday night, the Cougars went home to get some sleep for the games the following night against the Brewster Bulldogs. The high school junior varsity and varsity games Friday night did not turn out the same as the Heartland Christian games, but the girls and boys both played hard. Statistics for all eight games from Thursday and Friday are shown below:

Junior high girls vs. Heartland
"What a great game! I was very pleased at the play of the girls. They were able to see the whole court very well, their defense was very dominating, and they played with a lot of excitement and hustle," said Coach Dan Carson.

Final Score was 26-16.
Points- Stephanie Busse 17; Cintia Navarro 3; and Shayla Hubbard, Cassie Rucker, and Forrest Burr 2 each
Rebounds- Busse 14; Burr 4; Reynoso 3; Rucker 2; and Navarro 1
Steals- Rucker 3; and Hubbard, Navarro, Busse, and Burr 2 each

Junior high boys vs. Heartland
"Our kids played well in a neat venue at the Community Building. All of the kids contributed well to another A team win."

Final Score was 28-49.
Points- Ethan Young 16; Dalton Magnani 10; Jeremiah White, Cory Rucker, and Kenan Reeh 5 each; Roberto Ponce 4; Fernando Muniz and Josh Keltz 2 each
Rebounds- Young 7; Keltz 5; Magnani, Muniz, and Adam Orten 3 each; White, Heath Churchwell, and Rucker 2 each; Ponce and Wil Orten 1 each

Steals- White 6; Reeh 3; Young and Churchwell 2 each; Ponce; Magnani, Muniz, and A. Orten 1 each

Assists- Magnani 2; Young, White and Reeh, 1 each

High school girls vs. Heartland
"This was a great opening game for us," Coach Deb Pochop said. "We were able to comfortably run our offenses and see how they were going to work. Our defense was able to create 33 turnovers. Our bench came in with great tenacity and really stirred up a lot of excitement. It was great to see the girls come together as a team."

C 12- H 3, C 28- H 12, C 36- H 20, C 52- H 24
Points- Blanca Ponce, Kaedra Dixon, and Naomi Reeh each had 8; Tia Sager, Colleen Shrader, and Whitney Churchwell each had 6; Ana Ponce and Teryn Carmichael each had 4; and Mindy Antholz had 2
Rebounds- Sager 9; Shrader 8; Antholz 7; B. Ponce and Dixon each 6; A. Ponce 3; Carmichael and Churchwell each 2

Assists- Antholz 11; Shrader 4; B. Ponce, Dixon, Carmichael, and Busse each had 2; A. Ponce, Reeh, and Churchwell each had 1

High school boys vs. Heartland
"The team came out very flat to start the game, but we eventually overcame that to close out the half strong," Coach Morgan Grippen said. At halftime we settled down and relaxed and came out to start the second half on a huge run playing basketball the way we know how. Our team has a lot of youth and they are still learning how to play high school basketball, I look forward to watching the team get better each week. Starting the season 1-0 is always a good thing."

C 9- H 9, CH 23/ H 17 CH 47/ H 28 CH 61/ H 42
Points- Sam Hengen 16; Lincoln Pochop 13; Jacob White 13
Rebounds- Pochop 7; Hengen and Vance Churchwell 4 each
Steals- White 7; Pochop 5; Hengen 4; Churchwell 4
Assists- White 2

High school girls junior varsity vs. Brewster
"This was our first junior varsity game. The girls worked hard against a team that is also their varsity team. We stayed with them really well the first quarter. We have a really young but hard working team. They will be fun to watch this year!" said Coach Pochop.
C-B 9, C 16- B 30.



CHEYLIN VARSITY PLAYER, Chris Walden guards a Brewster Bulldog player during Friday's game in McDonald.

Points- Sager, Carmichael, and Reeh 4 each; Churchwell 3; A. Ponce 1

Rebounds- Sager 6; A. Ponce 5; Samantha Robertson 4; Churchwell 3; Busse and Reeh 2 each
Assists- Robertson 1

High school girls varsity vs. Brewster

"We played a tough game against a big and fast team. I was proud of the whole team" Coach Pochop said. "They worked together well and mixed and matched and played positions that they had never practiced. Our defense was able to cause 20 turnovers. I think as we learn our offenses and press breaks better, we will be able to even more competitive."
C 5- B 8, C 13- B 12, C 17- B 24, C 27- B 44.

Points- Sager 10; Shrader and Dixon 6 each; Carmichael 3; and Antholz 2
Rebounds- Sager 11; Dixon and Shrader 7 each; Antholz 6; and B. Ponce 4
Assists- B. Ponce 3; Carmichael and A. Ponce 1 each

High school boys junior varsity vs. Brewster

C 9- B 23.
Points- Hudson Louderbaugh 4; Health Antholz 3; Caleb Keltz 2

High school boys varsity vs. Brewster

"The team started the game very strong defensively. We got a lot of pressure on Brewster and got some turnovers," said Coach Grippen.

"The game was very intense and closely battled in the first half. Our team missed 8 free throws in the first half and 2 lay-ups, and with all of that we still only trailed by 9 points."

"The second half started out bad for us as we were flat and Brewster capitalized by making several lay-up distance shots to gain a 17-point lead. After this our boys constantly tried to climb back by never giving up, but the damage was already done. We played really well for 28 of the 32 minutes of the ball game, but it was those 4 minutes that cost us a chance to win the game. I am very proud of the intensity the boys brought to the game, and if it wasn't for our poor shooting then it could have been pretty intense at the end of the game. I told the team that if we play like that all season then we will win a lot of games."

C 10- B 14, C 23- B 32, C 37- B 54, C 48- B 73

Points- Pochop 14; White 12; Hengen 8
Rebounds- Pochop 6; Churchwell 6; White 4

Steals- Pochop 2
Assists- Hengen 7; Chris Walden 2; Vance Churchwell 2

Upcoming games
To see all of the teams, both junior high and high school, make plans to attend the following games: At Brewster Sagebrush Tournament on Friday and Saturday, and at home against Tri-plains on Friday, Dec. 14.

Junior high teams travel to games

By Colleen Shrader

On Nov. 16 and 17, the Cheylin Cougars junior high basketball teams traveled to Brewster for their first games of the season. In the pre-season tournament the A-girls were 0-2, the A-boys were 2-0, the B-boys were 1-1, and the C-boys were 1-0. All of the teams played well, and both coaches are looking forward to the rest of the season.

Girls A-team

On Friday of the tournament, the girls took on Wallace County. Stephanie Busse led the stats with 12 points, 21 rebounds and three blocked shots. Other statistics included:

Points: Shayla Hubbard, Cassie Rucker, Cintia Navarro and Forrest Burr each scored 2 points.

Rebounds: Hubbard had three rebounds, Iliana Reynoso had three and Rucker, Navarro, Elizabeth Pochop and Burr each had two.

Steals: Hubbard had three, Busse had three, Rucker had two and Burr had one.

"I was very pleased with the girls' effort tonight," Coach Dan Carson said. "Most of the girls have not had much experience playing, and they played hard. I am really looking forward to watching the girls improve this year."

The score of the game was Cheylin 6, Wallace County 16 at half time and Cheylin 18, Wallace County 46 when the final buzzer blew.

The score of the game on Saturday was closer than Friday's game. The girls played Northern Valley and they seemed to really hang in there.

"The girls played hard today," Coach Carson said. "In the fourth quarter, we pulled within four points. I thought we were going to catch them and pull ahead, but we turned it over a few times."

Statistics were as follows:

Points: Busse had 7; Hubbard and Navarro had 4, Reynoso had 2 and Burr had 1.

Rebounds: Busse had 21 rebounds, Burr had 10, Hubbard had five, Rucker had three, and Navarro and Reynoso each had two.

Steals: Hubbard led with six, followed by Busse with three, Reynoso with two, and Rucker and Burr each with one.

The score at halftime was Cheylin 7, Northern Valley 15. The final score was Cheylin 18, Northern Valley 26.

"I am very pleased at how the girls have stepped up and played A-team," Coach Carson said. "We can look forward to seeing the girls play this season where they can improve and grow stronger as a team."

Games took place on Tuesday at Grinnell and the girls will also be playing on Thursday at Colby.

Boys A-team

The A-boys had a great start for the season coming home 2-0. Friday's game was very close against Wallace County and Saturday's game was played against Northern Valley.

The game with Wallace County was Cheylin 38, Wallace County 37. On Friday, Dalton Magnani led in points scored, Ethan Young led in rebounds and Jeremiah White led in steals. Young led in points scored, steals and rebounds on Saturday; White led in assists and Roberto Ponce led in blocked shots.

Statistics are as follows on Friday against Wallace County.

Points: Magnani had 14, Young 10, White 8 and Wil Orten 6.

Rebounds: Young had eight, Magnani had seven, Ponce had six, White had five and Wil Orten had one.

Steals: White had five, Magnani

had two, Young had one.

Assists: Cory Rucker had one.

On Saturday the game with Northern Valley ended Cheylin 46, Northern Valley 32.

Points: Young had 26, Magnani 9, White 7, Ponce 4 and Orten 2.

Rebounds: Young had 16, Magnani 11, Ponce 4, Orten and White 2, and Rucker 1.

Steals: Young had five, White had four, Magnani had two, and Ponce had one.

Assists: White had three, Ponce and Magnani had two each and Orten had one.

Boys B-team

In the pre-season tournament the B-boys, made up of sixth and seventh graders, took on Wallace County and Golden Plains. The boys played Wallace County on Friday and fell short 28-34, but played very hard. Keenan Reeh led in points scored and steals and Joshua Keltz led rebounds.

Points: Reeh had 9; Caleb Frink 5; Ty Carmichael and Keltz 4; and Walker Janicke, Heath Churchwell and Martin Veleta 2.

Rebounds: Keltz had six, Janicke had five, Reeh and Churchwell had two each and Carmichael had one.

Steals: Reeh had nine, Adam Orten had four, Janicke had two and Keltz and Churchwell had 1

Assists: Reeh and Churchwell each had one.

The B-boys' Saturday game was a blow-out with a score of 56-2 against the Bulldogs. Janicke had the most points scored and the most rebounds, Frink led in assists, and Reeh led in steals. The boys played very well as the statistics show.

Points: Janicke 14, Grant Shrader 11, Keltz 8, Reeh 6, A. Orten 5, Eddie Frisbie and Frink 4, and Miguel Navarro and Churchwell each had 2.

Rebounds: Janicke had eight, Keltz and Navarro each had four, Shrader had three, and Frisbie, Reeh, and Orten each had two.

Steals: Reeh, eight; Frink and Orten, seven; Churchwell and Keltz, three; Janicke and Frisbie, two, and Navarro had one.

Assists: Frink, three, and Orten, Navarro, Reeh, Keltz, and Janicke each had one.

Boys C-team

The C-boys, mostly sixth graders, played one game in the tournament. It was played on Saturday against Grinnell/Wheatland who they beat 45-5. Carmichael led points, steals and assists. Janicke led in blocked shots and rebounds.

Points: Carmichael 16, Frisbie 13, Janicke 8, Connor Hazuka 6 and Blaine Burns 1.

Rebounds: Janicke, eight; Burns, seven, Carmichael, five, Frisbie, four, Hazuka, two and Casey Vandike, one

Steals: Carmichael, eight; Eddie Frisbie, five; Vandike, Janicke and Grant Shrader, two; and Burns, one.

Assists: Carmichael had two and Frisbie one.

Blocked Shots: Janicke had two and Carmichael, one.

"These were good games to start with," Coach Max Keltz said. "I am proud of the effort put forth by the boys and am looking forward to improving the areas that we showed we need improvement in."

The boys, like the girls, also played games Tuesday against Grinnell/Wheatland and will be playing games on Thursday. Thursday's games at Colby start at 3:30 with A-girls at the Community Building followed by A-boys then high school varsity girls and boys.

Student News

Kansas State University

Allisha Weeden
Allisha Weeden, a Kansas State University doctoral student, has been recognized with a national award to support her research in nutritional epidemiology.

Weeden is the recipient of the Jean Hankins Nutritional Epidemiology Research Grant from the American Dietetic Association. The award was presented at the association's recent 2007 Food and Nutrition Conference and Expo in Philadelphia.

The grant provides financial support to a doctoral student working on a dissertation in nutritional epidemiology. Recipients must be registered dietitians who are in a doctoral program in nutrition or nutritional epidemiology.

Weeden, who also is a program assistant in K-State's department of human nutrition, will use the award to support a research project investigating the use of dietary supplements and dietary intake of older adults. The project is being conducted with Valentina Remig, assistant professor of human nutrition at K-State.

"We are specifically looking into whether older Kansans are taking dietary supplements in self-treatment of chronic conditions, as well as the impact dietary supplements have on dietary intake," Ms. Weeden said.

She received her bachelor's degree in food science and industry from State in 2002. She earned a master's in dietetics from the University of Kansas Medical Center in 2004.

She is the daughter of Dennis and Sonja Weeden, St. Francis.

South of McDonald

By Sandy Binning

Lynn and Rita Officer attended the Cheylin - Heartland basketball games in Colby Thursday to watch their grandkids.

Debbie and George Banister attended the funeral of Cody Klein in Atwood Monday morning.

The George Banister family attended the Cheylin - Brewster basketball games in Bird City Friday night.

Diane Shay and children and Charlene Kramer called on John and Phyllis Scott in Colby Thursday afternoon.

Bethel Goltl attended the farewell Sunday for Shirley Daire at St. John Lutheran Church, Bird City.

Dan and Pam Thomas attended the Hoxie Invitational Wrestling Tournament Saturday Dec. 1. Alex Thomas and the Norton team placed first. Alex had two pins.

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