

Girls basketball team defeats St. Francis in tournament

On Dec. 10, 11 and Dec. 12, the Cheylin girl's basketball team traveled to Brewster and played in the Sagebrush Tournament.

Saturday game

The final game of the Sagebrush Tournament found the Cougar ladies matched up with St. Francis. The team played well and won with a final score of 44-37.

"The girls played Saturday's game with great execution, determination and hustle," said Coach Deb Pochop.

Topscorer was Teryn Carmichael with 12 points. She had two free-throw points, two rebounds, one block and three assists. Naomi Reeh scored eight points, had two free-throw points, six rebounds, four assists, one block and two steals. Forrest Burr added six points, and had six rebounds, one block and two assists.

Stephanie Busse added her four points, and had eight rebounds, one steal and three assists. Ana Ponce scored two points, had two free-throw points, seven rebounds, one block, four steals and three assists. Cassie Rucker and Samantha Lampe each added two points to the score. Rucker had two rebounds, one steal and one assist. Lampe had one rebound and two assists.

Leading the team into the victory were Cheylin seniors Ponce and Reeh. The down sides of the game were the injuries. Lampe handled the starting for Whitney Churchwell who was out for an injury.

Carmichael will be out with injuries along with Churchwell until after the Christmas season.

In addition, the team participated in a free-throw shootout; Ana Ponce won the competition by shooting 23 for 25 on Saturday and 20 for 25 during Thursday's game.

"Other players are also sporting injuries," said Coach Pochop. "Also, we are very proud of Ana winning the free-throw shootout."

Friday's game

In the second round of the tournament on Friday, the Cougar ladies faced Triplains. The final score was 49-52 Triplains.

"This is a game that I really felt we should have won," said Coach Pochop. "With a little more hustle on loose balls and better rebounding in the first half, we would have come out on top. As it was, it was a hard loss."

Top scorer was Reeh with 12 points. She had four free-throw points, 14 rebounds, four steals and four assists. Carmichael scored 10

points, and had three free-throw points, four rebounds, five steals, and six assists. Burr scored eight points, and had two free-throw points, and 14 rebounds.

Busse added her six points, with two free-throw points, 14 rebounds, three steals and one assist. Ponce scored two points, and had five rebounds, two steals and six assists. Churchwell scored two free-throw points, and had four rebounds, and one block. Lampe had one assist.

Thursday game

The first round of the Sagebrush Tournament was postponed due to snow on Tuesday. The first game was played on Thursday against Rawlins County. The final score was 33-68 Rawlins County.

The Cougar ladies faced a tall and fast Rawlins team and held them close in the first half of the game. Reeh held Hillary Chvatal to just five points in the first half.

Top scorer was Reeh with 12 points. She had two free-throw points, eight rebounds, one steal, and eight assists. Carmichael had six points, one three pointer, two rebounds, two steals and four assists. Churchwell scored four points, and had two free-throw points, seven rebounds, and three steals. Busse added two points,

and had one free-throw point, eight rebounds, two steals, and three assists.

Burr scored one free-throw point, had 10 rebounds, and four steals. Ponce had six rebounds,

eight steals and seven assists. Rucker had one rebound. Lampe had one rebound.

"A very physical second half with few fouls called wore us down," said Coach Pochop.

"Rawlins' outside shooter got hot. Overall, I thought the girls played with an amazing amount of determination and heart."

Young Lady Cougars A-team outscores Weskan team 29-15

On Dec. 1, the Weskan Coyotes came to town to play the Cheylin junior high Lady Cougars. The B-team took the floor first for just a half of a game, because of Weskan's lack of players. At the end of the first quarter, the Coyotes led 10-2. The second quarter didn't go quite as the Cougars would have liked, as the Coyotes finished with a 20-2 win. The Lady Cougars were one for eight shooting for the night.

"We really need to work on getting good shots and taking them," said Coach Dan Carson. "We have to take much more than eight shots a game."

Elsa Craig Burr was one of two for the night with two points. She also grabbed one defensive rebound. Elizabeth Keltz got

three rebounds and Kalin Ritchey got one rebound and two steals. Vaneza Castillo also got a steal in the game.

A-team

In the second game, the A-team came out ready from the very beginning. At the end of the first quarter, Cheylin led 5-0. By halftime, they extended the lead 15-8. The Cougars struggled a little in the third because of foul trouble, but at the end of the third quarter, the score was 18-14. In the fourth quarter, the Cougars really got things going and finished the game with a 29-15 win.

"We were very pleased at how the ladies came out ready to play from the very beginning. Our press looked very good as well," said Coach Carson. "We

really need to keep out of foul trouble, as that has hurt us in several games."

Shayla Hubbard led the Cougars with 10 points and eight steals. She also grabbed three rebounds and had two assists. MaryAnne Orten added eight points and got nine rebounds and three assists. Allie Frisbie added another six points and brought down two rebounds and two steals, with one assist.

Susannah Jones put in four points and got six rebounds and seven steals. Ellie Pochop got one free-throw as well as five rebounds and two steals. Ritchey also grabbed five rebounds in the contest.

Coaches are Dan Carson and Stacey Hazuka



SUPERINTENDENT BRUCE BOLEN (l) presents certificates to Vance Churchwell and Naomi Reeh for qualifying for State Cross Country during the board of education meeting. Also qualifying but not present was Stephanie Busse. Times staff photo by Linda Schneider

Taking advantage of holiday sale prices helps food savings

Taking advantage of holiday sales -- buying regularly consumed food items at holiday-sale prices, for example -- can help to restock the pantry or freezer, a Kansas State University Research and Extension nutrition specialist said.

"If freezer space is available, taking advantage of sale prices on meats and poultry should help to hold down food costs for future meals," said Sandy Procter, who is a registered dietician and the state coordinator for the U.S. Department of Agriculture's

Expanded Food and Nutrition Program.

Food and Nutrition Program.

Buying canned or frozen fruits and vegetables, chicken or beef broth, canned soups or soup mixes on sale to stock the pantry also can be helpful in getting a meal together quickly when time is short, Ms. Procter said.

And, if holiday baking is planned, she recommends watching for sales on flour, sugar, spices and flavorings.

Cooks should store flour in an airtight container in the freezer,

she said. Spices, which can deteriorate with age, should be dated and stored in a cool, dry place. She encourages cooks not to store spices in cold locations or next to the oven or range top.

Ms. Procter recommends checking the use-by dates before buying food products. She noted that sale products may sometimes be nearing the end of their use-by time span.

For more information contact the Cheyenne County Extension Office at 785-332-3171

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