

# Blue Jay boys win conference cross country crown

## Girls capture second place

By DICK BOYD

Coach Deyton Hager's Norton Community High School boys cross country team won the Mid-Continent League championship for the third straight year on Thursday in Phillipsburg and his NCHS

girls team placed second.

The Blue Jay boys had 33 points to far outdistance second place Hill City, who scored 85. Third place went to Phillipsburg with 98, followed by Ellis, 101; Osborne, 116; Trego, 120.

Osborne won the girls championship with 29 points, followed by Norton, 46; Hill City, 71; Ellis, 74.

### Boys

The Blue Jays' Zach Bainter won the boys 3.1 mile race with a time of 17:28. Micha Seitz, Stockton, was second in 18:14 and Joel Lemon, Hill City, was third in 18:17.

Norton's Logan Keiswetter came in fourth in 18:25. Andrew Richards, Osborne, was fifth in 18:34 and Scott Gugler, Ellis, sixth in 18:36.

Other Norton team finishers were: Kent Mann, seventh, 18:37; Jared Engelbert, tenth, 19:09; Jared Bebb, 13th, 19:19. Also running for Norton and their times were Chris Maddy, 18th, 19:36 and Jordan Bebb, 21st, 19:44.

Norton's Luke VanSlike won the junior varsity boys race with a time of 20:16. He was followed by Kaenon Keiswetter, second, 20:20; Michael Ward, third, 21:00; Andrew Black, fourth, 21:15. Matheus Martins placed sixth in 21:47.

### Girls

Laura Lee Baird of Norton hit the finish line first in the girls 2.5 mile race. She was timed in 16:09. Right behind her was Sydney Cole, Phillipsburg, in 16:19. Haley Wolf, Ellis, was third in 16:24, Megan Walker, Osborne, fourth in 16:27, Megan Burch, Osborne, fifth in 16:44 and Paige Noel, Osborne, sixth in 16:49.

Taylor Rossi was the next finisher for Norton. She placed tenth in 17:35. KaraJo Jones was 13th in 18:15 and Amanda Ray was 23rd

in 19:22. Rounding out the Norton girls team was Kylie Morel with a 26th place finish in 19:40.

Also running for Norton and their times were Hannah Waggoner, 33rd, 20:29 and Megan Kats, 39th, 21:32.

### Coach's comments

"Both our boys and girls teams didn't run their best but some individuals did really well," said coach Hager. "Obviously, Zach and Laura Lee ran very well. They are running like machines right now and this is going to help very soon."

"But, the ones who stood out are Chris Maddy and Amanda Ray. They both did a very good job of running today. Chris is moving up in the boys roster and his times keep getting better. Amanda liked the course today. She was very happy with the way she ran and she should be. I believe it is her best time of the year. She has the heart of a lion and is just a great person to be around."

"I am so happy that our seniors finished their last MCL cross country meet with their third straight championship. This is just one of their goals that we set at the beginning of the year. Now, we move to work towards the next one

that will be coming up in two weeks, the regional, which will give us a chance to go to the big dance. We can't look past the next meet at Lakeside. There will be some teams there whom we will be seeing at regionals. It will be a good measuring point for us."

"I can't overlook the way our junior varsity boys ran today. They only give out seven medals and we took home five of the seven. That is not bad at all."

"For the second week in a row, it is very nice to come to a meet and take home three of the four individual first place medals"

"I am so proud of what these youngsters are doing this year and we haven't even started to get to the good stuff yet."

### Next action

Norton will compete in the Lakeside Invitational on Thursday in Downs, beginning at 4 p.m.

Schools competing, in addition to Norton and Lakeside, will be: Belleville, Beloit, Ellsworth, Hill City, Jewell, Lincoln, Natoma, Osborne, Phillipsburg, Pike Valley, Rock Hills, Russell, Salina-Sacred Heart, Smith Center, Southeast of Saline, Southern Cloud, Stockton, Sylvan Unified and Wilson.

## Junior high varsity football perfect

By TOM DREILING

There was only one word Coach George Rossi of the Norton Junior High varsity football team could use to describe last Thursday's shut out of Smith Center: "Awesome!"

The final 20-0 score had the Smith Center fans swallowing hard, and the Norton fans whooping it up!

After all, this was a battle of the unbeaten, and it was hard to believe beforehand that one of these teams would leave the field scoreless.

But it happened. The varsity junior high football machine is one game away from posting an undefeated season. That's the challenge they face when they travel to Plainville later this week. That undefeated season is one of the team's goals.

Against Smith Center, Norton scored 14 points in the first quarter and 6 in the third.

Team statistics show that Smith Center had one more first and ten, 9-8, but on the ground the Blue Jays dominated, 243 yards (on 22 carries) to 182 for the visitors (on 45 carries).

Norton was 1 of 5 in the passing department for 6 yards, and Smith Center tossed but one and it failed.

Penalties found Norton being called once for 5 yards and Smith Center 5 times for 25 yards. The Blue Jays didn't fumble, while Smith Center fumbled once and Norton fell on it.

Scoring for Norton: Terrell Lane

on a 39-yard run and he also ran for two extra points; Lane also scored on a 77-yard run, point-after failed, all in the first quarter. Lane went in on a 17-yard run in the third, and the point-after failed.

Individual rushing: Lane had 17 carries for 237 yards; Dakota Dreher, 2 carries for 1 yard; and Spencer Shirik, 3 carries for 5 yards.

Defensively: Interceptions, Shirik 1. Tackles, Caleb Laughlin 9; Lane 9; Dreher 5; Rylee Stanley 5; Andrew Otter 1; Kaid McKenna 7; Luke Ninemire 6; Troy Bainter 4; Landon Keiswetter 3; and Brett Terrell 1.

"The team of young men put together an awesome game tonight. I am very proud of these young men. We have waited for a year to avenge a tough loss last year to Smith Center," said coach Rossi.

"We knew that this would be a very physical game as Smith Center was also undefeated coming into this contest. Smith Center played extremely hard all night," he said.

"The defense tonight was outstanding. Smith Center put together a couple of long drives but we were able to keep them out of the end zone," the coach added.

### Junior Varsity Game

Coach Rossi called the 20-0 loss to Smith Center "a very disappointing loss." He said the team had a chance to be undefeated in league play; however, we could not match Smith Center's inten-

sity."

The coach continued:

"Smith Center controlled the ball the entire first quarter, putting together a touchdown drive. We were able to move the ball at times on offense, but we could not get it in the end zone."

"I felt we have played much better in other games. I do feel that the team improved over the year and we have the potential to be very competitive next year."

"However, success will only come with hard work. The JV season ends with a record of 2-2."

Smith Center scored 8 points in the first quarter, 6 in the third and 6 in the fourth. Team statistics (Norton first): 1st downs 4-11; rushing attempts/yards 19-66, 45-145; passing attempts/yards 1-6-11, 1-1-10; penalties/yards 5-25, 5-30; fumbles/lost 1-1, 0-0.

Offensive statistics: Rushing, Tye Nickell, 12 carries for 29 yards; Casey Temmell, 4 for 12 yards; Jordan Wahlmeier, 3 for 25 yards. Passing, Robert Blecha, 1 catch for 11 yards.

Tackles: Temmell 13; Kurt Douglas 6; Zach Porter 4; Dillon McConney 2; Justin Waggoner 7; Wahlmeier 3; Nickell 3; and Cole Archer 2.

## Seventh volleyball defeats Stockton

The Norton 7th grade volleyball team defeated Stockton in two games. Norton won the first game 25-20, with the team doing a good job working together and keeping their intensity throughout.

Serving played a big factor in the win, led by Brooklyn Winkel and Abby Bainter. Norton played good defense with help from Fayth Davenport and Caren Thompson.

Sady Keilig and Bainter had several hits and Erin Terrell and Winkel did a great job setting and playing at the net.

Norton won the second, also by a 25-20 score. Alexis Henson was the leading server of the game with 6 followed by Winkel with 5. Mariah Farber and Tiffany Eagleburger made good passes from the back row.

Shylo Paxton and Henson both played well at the net. Terrell and Winkel made great sets and saves at the net.

**Norton: Great place to shop**

## Elmwood races conclude with crowning of champs

By MIKE HUGHES

The final race of the 2006 season at Elmwood Park Speedway in Norton took place on Sept. 23, with track champions crowned in four divisions at the end of the night.

Nate Schaben of Selden won his second IMCA Modified feature of the season. After winning the first heat race, Schaben was able to beat Marty Clark, Jason Schoenberger, second heat winner Brian Calhoun, and Jerry Teel to the checkers in the main event. Schoenberger, of Gorham, was on top of the point standings at the end of the evening to win the track title.

"The Tazz Man" Tyler Hahn of Stockton made it two in a row on the half-mile oval in the IMCA Stock Car division. Hahn, who also won the first heat race, picked up his first win of the season at Norton just one week ago. Second

heat winner Jason Davis of Norton finished second in the feature race, followed by Jason Rogers and Josh Hudson. Caleb Peters of Oberlin finished fifth, giving him the track championship by just one point. Jay Hachmeister of Lenora rolled his car in the feature race but was not injured.

Athol's Jerry Hudson also made it two in a row at Elmwood Park. Hudson won the first IMCA Hobby Stock heat, then held off heat two winner Kelly Karnopp of Norton in the feature for the win. Dustin McClurg finished third,

followed by Brent Schoen and Brady Schoen. Karnopp's runner-up finish was good enough to win the track championship.

Hometown drivers Wes and Chuck Eagleburger won their fifth Cruiser feature of the season. Mike Hockemeier and Jim Ellis finished second, followed by Derrick Funk and Ron Watson. Heat two winners Joe & Jim Carter of Russell

did not finish the feature race but had a big enough point lead to win the track championship. The Eagleburgers won the other heat race.

The track management would

like to thank all the track sponsors, track personnel, drivers and fans for their support during the 2006 racing season.

### RESULTS

#### IMCA Hobby Stocks

Heat 1: 1. Jerry Hudson, 2. Brady Schoen, 3. Dustin McClurg, 4. Laura Hinger.

Heat 2: 1. Kelly Karnopp, 2. Adam Balthazor, 3. Brent Schoen, 4. Phil Hinger.

Feature: 1. Hudson, 2. Karnopp, 3. McClurg, 4. Brent Schoen, 5. Brady Schoen, 6. Balthazor, 7. L. Hinger, 8. P. Hinger.

#### IMCA Stock Cars

Heat 1: 1. Tyler Hahn, 2. Jay Hachmeister, 3. J.R. McCreery, 4. Jason Rogers.

Heat 2: 1. Jason Davis, 2. Josh Hudson, 3. Cory Struckhoff, 4. Caleb Peters.

Feature: 1. Hahn, 2. Davis, 3. Rogers, 4. Hudson, 5. Peters, 6. McCreery, 7. Michael Zajic, 8. Dan Lauer, 9. Struckhoff (DNF), 10. Hachmeister (DNF).

#### IMCA Modifieds

Heat 1: 1. Nate Schaben, 2. Tim Watts, 3. Brian Calhoun, 4. Doug Shearer.

Heat 2: 1. Rick Schwab, 2. Marty Clark, 3. Jason Schoenberger, 4. Jerry Teel.

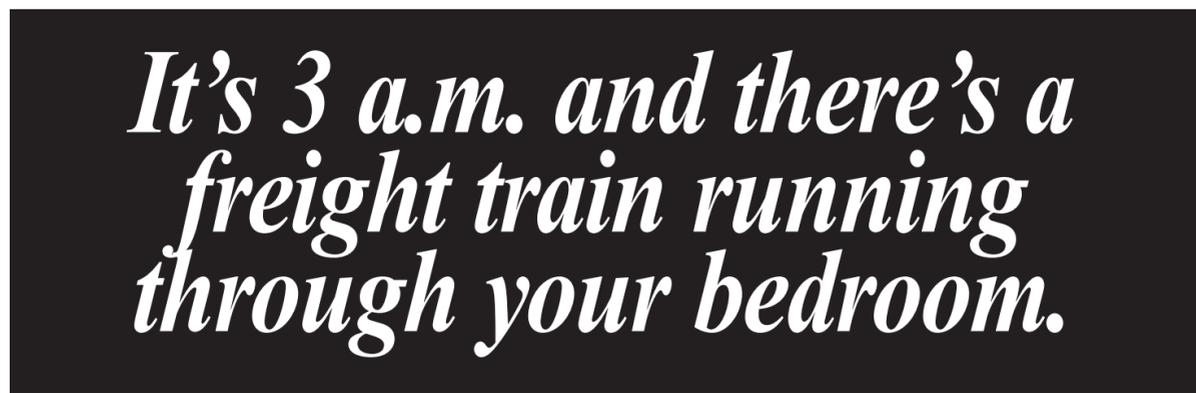
Feature: 1. Schaben, 2. Clark, 3. Schoenberger, 4. Calhoun, 5. Teel, 6. Shearer, 7. Schwab, 8. Watts (DNF).

#### Cruisers

Heat 1: 1. Joe Carter/Jim Carter, 2. Macy Thomas/Kim Thomas, 3. Norman Wiechman/Milo Lippelmann, 4. Robert Mason/Danny Bliss.

Heat 2: 1. Wes Eagleburger/Chuck Eagleburger, 2. Mike Hockemeier/Jim Ellis, 3. Derrick Funk/Ron Watson, 4. Jim Palmer/Joann Ellis.

Feature: 1. Eagleburger/Eagleburger, 2. Hockemeier/Ellis, 3. Funk/Watson, 4. Thomas/Thomas, 5. Palmer/Ellis, 6. Wiechman/Lippelmann, 7. Carter/Carter (DNF), 8. Mason/Bliss (DNF).



*It's 3 a.m. and there's a freight train running through your bedroom.*

Loud snoring – yours or someone else's – can be a sign that something is seriously wrong with breathing during sleep. Snoring and other sleep-related disorders such as sleep apnea, narcolepsy or restless leg syndrome, affect nearly one out of three Americans, making their sleeping or waking hours miserable. Sleep disorders may lead to other major medical problems including high blood pressure and cardiac difficulties.

### How's Your Sleep?

- Excessive daytime sleepiness
- Loud snoring
- Breathing cessation or gasps for breath at night
- Uncontrollable attacks of sleepiness
- Trouble at work or school because of sleepiness
- Muscle tension, aching, crawling sensations in legs when trying to sleep
- Leg twitching or kicking at night
- Inability to fall asleep or stay asleep at night
- Depression or fear of falling asleep
- Interruptions to your sleep

Many people suffer needlessly simply because they are unaware that a problem exists. Once detected, most sleep disorders can be corrected. If you answered "yes" to any of these conditions, the Sleep Center at Hays Medical Center can help determine if you have a sleep disorder. Discuss your sleep problems with your primary care physician, or call the Sleep Center at Hays Medical Center today for more information about sleep disorders or scheduling a sleep evaluation.

**Dr. Hrushikesh Vaidya, Pulmonologist**  
**Dr. Adeel Pervez, Pulmonologist**  
**Dr. Ted Daughety, Certified Sleep Specialist**



**The Sleep Center**

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