

Norton eighth-grade girls defeat Hill City in basketball

The Norton eighth-grade girls basketball team beat Hill City 30-20 on Thursday.

"The eighth-grade Lady Blue Jays traveled to Hill City and, with only one practice for the week, did reasonably well as we played a good defensive game for three quarters," said Coach Chuck Zimmerman.

"This gave us a lead that we kept throughout the game, although it got a little shaky at the end of the third quarter as we allowed the Broncos to get back within four.

"We then switched our defensive strategy, which allowed us to create more turnovers, which we converted into points. Another plus in this game — we allowed the clock to be our teammate as we ran our offense looking for the open shot late in the game. To the team's credit, we found two teammates open with the ever precious 'extra pass' that usually is to an open teammate for an easy score. The final score was 30-20.

"Our defensive leaders for this game were Amanda Ray with four deflections, followed by Ashlie Stewart with two. Shelby Jones took the ball from the Broncos three times, while Stewart and

Hannah Waggoner each took it twice.

"More good news, in this game we got back on top of the rebounding game as we actually held the Hill City squad to only four rebounds in the first half. We out-rebounded them by seven with Ray grabbing six, followed by Alyssa Thomson, Kaitlyn Wolf and Jones each hauling down three.

"Assists were dished out by Jones with three and Waggoner with two."

Ray led scoring with a three-pointer, four two-pointers and a pair of free throws for 13 points, followed by Jones, 6; Thomson, 4; Waggoner, Beth Winkel and Wolf, 2 each; and Stewart, 1.

The Junior Lady Jays will travel to Ellis Washington Elementary Thursday. Play is set to begin at 5:30 p.m.

Seventh-grade boys win two

The Norton seventh-grade boys basketball team beat Hill City, 25-17, Thursday to maintain their undefeated record.

"Hill City had a lot of size and they played us very tough," said Coach Jim Myers. "We had to play our bigger lineup instead of our regular rotation to try and deal with their size.

"They handled our pressure extremely well, as we only stole the ball 13 times, a season low."

Terrell Lane led scoring for

the Junior Jays with 16 points. Also scoring for Norton were Landon Keiswetter, 3; and Kaid McKenna, Troy Bainter and Dakota Dreher, 2 each.

Rebounding honors went to Lane with 11, followed by Spencer Shirk, eight; Dreher, seven; McKenna, four; Bainter, 3; Keiswetter, two; and Luke Ninemire, one.

Steals were made by Lane, four; McKenna and Keiswetter, three each; Dreher, two; and Bainter,

one.

The junior varsity Jays won 14-12, making their record 5-0.

Bill Broeckelman and Brett Terrell led scoring with 4 points each, followed by John Koch, 3; Andrew Otter and David Puent, 2 each; and Ninemire, 1.

Norton's junior high basketball teams will play Ellis Washington Elementary in Ellis on Thursday beginning at 5:30 p.m.

Teach kids to eat safely, stay healthy

Home ed
Tranda Watts,
Extension
specialist



One of the easiest ways to prevent foodborne illness — washing your hands — is the simple step most often overlooked.

Millions of people die unnecessarily, including children who can be particularly vulnerable because their immune systems are not yet fully developed.

Parents who understand the benefits of washing hands sometimes have trouble teaching this and other important food safety messages to their children. Parents should try to encourage their children to practice these safety steps:

- Wash often — lather 20 seconds and rinse in warm water before and after eating, as well as before and after handling raw or cooked food.

- Check the time — eating food left out more than two hours, or more than one hour when the temperature is above 80 degrees Fahrenheit, is not recommended. That means a ham sandwich left in an unrefrigerated lunch bag is no longer safe to eat after school. The same is true for pizza left on a coffee table the night before. After eating, leftovers should be covered and refrigerated promptly or thrown away.

- Use a scoop (not a glass) when reaching for ice in the freezer. A glass can break or chip and leave shards of glass mixed in with ice that may be added to the next beverage.

- Resist the temptation to sample raw or uncooked foods, like cookie dough. Raw eggs in uncooked dough may host salmonella, which can cause foodborne illness.

- Close the door. Encourage children and family members to open the refrigerator door to get what they want and then close the door promptly. Holding the door open unnecessarily — or not getting the door closed completely — can jeopardize the safety and quality of the food inside.

- Wrap foods well (or cover) before storing them to prevent cross contamination in the refrigerator.

- Opt for a dishcloth that can be sanitized instead of a sponge that may attract bacteria.

- Choose pasteurized juices, including fruit juices and apple cider.

- Test ready-to-eat temperatures with a food thermometer — children can be intrigued by watching a digital thermometer climb to the appropriate temperature.

- Keep hot foods hot and cold foods cold.
- Return suspect food to the restaurant kitchen (when dining out), to the supermarket where it was purchased, or throw it out.

Setting a good example can be one of the best ways to teach children food safety steps that can save their lives. Preventing foodborne illness can save thousands of dollars in medical bills. It can also save a life.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

Norton County Weather – December 6th – 10th

Tue	Wed	Thu	Fri	Sat
15/0	10/-5	18/5	30/15	35/20

Normal High: 43
Normal Low: 20

Sunrise: 7:46 to 7:50 A.M.
Sunset: 5:15 P.M.

The coldest air of the year arrived last night and will hang around through Thursday. Low temperatures below zero, wind chill advisories and snow tonight and tomorrow. Thursday sunshine returns, but with a fresh 1" to 3" of snow on the ground temperatures will be slow to rebound. Friday and over the weekend afternoon highs will climb back into the 30's closer to where they are suppose to be this time of the year.

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