

Lady Jays take fourth in Goodland tournament

By DICK BOYD

Coach Kevin Jilka's Norton Community High School girls basketball team was outscored 66-59 by Goodland on Saturday to place fourth in the Topside Tipoff Tournament in Goodland.

The Lady Jays got off to a good start and led 15-10 after one quarter but Goodland tallied 25 points in the second quarter compared to 11 for Norton and the Lady Cowgirls led 35-26 at halftime. The Lady Jays came back in the third quarter to outscore the Lady Cowgirls 16-13 and narrow Goodland's advantage to 48-42. They played Goodland on even terms in the final stanza but were outscored 18-17 and unable to overcome the host team.

Sophomore center Chelsea Cox was the leading scorer with 13 points on 5 of 8 shots from the field for 63 percent and 3 of 8 free throws for 38 percent.

Sophomore guard Karlie Jones and senior center Anna Berry each scored 11 points. Jones hit 4 of 9 two point shots for 44 percent and was 3 of 4 from the charity stripe for 75 percent. She missed her only trey try.

Berry was a perfect 5 of 5 from the field and 1 of 4 from the free throw line for 25 percent.

Senior forward Amber Engelbert hit 10 points on 2 of 2 from the field and 6 of 8 free throws for 75 percent.

Leading scorers for Goodland were Dani Bedore and Whitney Archer, each with 18 points.

The Lady Jays outshot the Lady Cowgirls from the field but not the free throw line. Norton swished only 1 of 4 three-point attempts for 25 percent but burned the nets from two-point range where they hit 21 of 35 for 60 percent accuracy. Overall, Norton hit 22 of 39 shots for 56 percent.

Goodland scored on 4 of 13 three-pointers for 31 percent, hit 20 of 37 two-point shots for 54 percent and was 24 of 50 overall for 48 percent.

From the free throw line, Norton

hit just 14 of 29 for 48 percent compared to Goodland's 14 of 20 for 70 percent accuracy.

Norton outrebounded Goodland 34-30. Cox led Norton with 10 caroms, followed by Engelbert, 5; Jones, 5; Newell, 3; Berry, 2; Klaire Mann and Becca Ebert, 1 each.

The Lady Jays had 10 assists compared to 8 by Goodland. Newell led with 5, followed by Jones, 3 and Engelbert and Berry, 1 each.

Norton had 10 steals and Goodland had 13 thefts. Leader for Norton was Jones with 5, followed by Newell and Engelbert, 2 each and Berry, 1.

Norton had 21 turnovers and Goodland lost the ball 16 times.

"We are doing a lot of good things but we can't continue to give up so many points on the defensive side," said Coach Jilka. "We did a great job again offensively; when you shoot 56 percent from the field, you should win the game.

"Our free throw shooting continues to hurt us and we need to find a way to increase that percentage.

"We need to develop an aggressive attitude on the defensive end of the floor. When we do that, we can become a very good team.

"This tournament was a great experience for us. We learned a lot about ourselves and what we need to do better. Hopefully, we will do that."

The Norton girls' next competition will be Friday at Phillipsburg with freshmen, junior varsity and varsity games scheduled. Contests begin at 4 p.m.

Norton girls 59

Newell 21 11-58, Cox 5 0 3-8 13, Ebert 3 0 0-0 6, Jones 4 0 3-4 11, Engelbert 2 0 6-8 10, Berry 5 0 1-4 11, Totals 21 1 14-29 59

Goodland girls 66

Osborn 2 1 0-0 7, Billinger 1 0 0-0 2, Bedore 7 0 4-6 18, Schields 1 0 0-0 2, Murray 2 0 3-4 7, Koehler 4 0 4-6 12, Archer 3 3 3-4 18, Totals 20 4 14-20 66

Lost to Ottawa in semi-finals

After defeating Weskan 60-31 in the first round of the tournament on Thursday, the Lady Jays lost a semi-final game to Ottawa by the score of 64-56 on Friday.

Ottawa played a full court pressing defense the entire game and took advantage of Norton turnovers to take an early 16-3 lead. Norton fought through it and cut the Ottawa lead to 21-13 by the end of the first quarter. Ottawa outscored Norton by just 15-12 in the second period to take a 36-25 lead into the dressing room at halftime.

The Lady Jays outscored the Cyclones 13-12 in the third quarter to make the score 48-38. Norton also outscored Ottawa 18-16 in the fourth period but it was not enough to overtake Ottawa.

The Lady Jays outshot the Lady Cyclones from the field but not from the free throw line. Norton hit 1 of 5 three-point shots for 20 percent but swished 19 of 33 two-point shots for 58 percent and 20 of 38 overall for 54 percent.

Ottawa connected on 7 of 16 three-point shots for 44 percent, 14 of 31 two-pointers for 45 percent and 21 of 47 overall for 45 percent.

From the free throw line, Norton connected on 15 of 29 for 52 percent compared to 15 of 24 for 63 percent by Ottawa.

Jones was the leading scorer for Norton with 18 points on 6 of 8 two-point shots for 75 percent accuracy and 6 of 10 charity tosses for 60 percent. Cox tallied 16 points on 6 of 10 from the field for 60 percent, 4 of 9 free throws for 44 percent. Berry scored 8 points on 4 of 7 from the field for 57 percent.

Megan Ramsey was the leading scorer for Ottawa with 25 points, which included 7 of 9 three-point shots to set a new three-point scoring record for the tournament. Norton's Newell had tied the record with six treys in the win over Weskan.

Jara Vance scored 13 and Caitlin Smith added 11 for the Lady Cylones.



The Lady Jays' Chelsea Cox (left) and Anna Berry get ready for a rebound during Norton's 64-56 loss to Ottawa in the semi-finals of the Topside Tipoff Tournament in Goodland. Cox was the leading rebounder for Norton with 12.

— Telegram photo by Dick Boyd

Norton outrebounded Ottawa 36-33. The Lady Jays had 13 offensive and 23 defensive caroms compared to 13 offensive and 20 defensive rebounds for Ottawa. Cox was the rebounding leader with 12, followed by Newell, 4; Engelbert, 4; Jones, 3; Ebert, 3; Rachele Donovan, 2; Mann, 1; Berry, 1.

Both teams had 10 assists. Newell was the Norton leader with 4, followed by Jones, 3; Cox, Ebert and Berry, 1 each.

The Lady Jays stole the ball 8 times compared to 11 thefts by Ottawa. Jones was the leader with 5 steals. Berry had 2 and Newell had 1.

Norton had 22 turnovers and Ottawa had 18.

Cox and Berry each had 1 blocked shot.

"Their defensive press hurt us early but we fought back and hung in there," said Coach Jilka. Take away the first three minutes, and we played pretty well. We did a lot of good things. We could have given up but we kept fighting back and continued to fight until the end. They made a few less mistakes than we did and that was the difference in the game.

Offensively, we played better than we did Thursday when we won. I definitely saw improvement in our play."

Norton girls 56

Newell 0 10-23, Cox 6 0 4-9 16, Mann 0 0 1-2 1, Donovan 0 0 3-4 3, Ebert 2 0 0-1 4, Jones 6 0 6-10

18, Engelbert 1 0 1-1 3, Berry 4 0 0-0 8, Totals 19 1 15-29 56

Ottawa girls 64

Smith 4 0 3-7 11, Vance 4 0 5-6 13, Jajdelski 0 0 2-4 2, Chaney 1 0 2-2 2, Ramsey 1 7 2-2 25, Tharp 2 0 1-2 5, Studley 2 0 0-1 4, Totals 14 7 15-24 64.

In other semi-finals games, McCook defeated Goodland 68-58 on the championship side. Holyoke outscored Weskan 48-44 and Wray defeated Burlington 58-37 in the consolation bracket.

McCook won the championship with a 47-46 victory over Ottawa on Saturday. Wray defeated Holyoke 51-43 for the consolation championship and Weskan outscored Burlington 61-45 for seventh.

Husky girls lose by one point

Northern Valley's Lady Huskies were edged by one point, falling 47-46 to Hill City Friday night.

The Huskies captured the lead with one point by the end of the first quarter for a tally of 9-8, and then kept by a narrow margin in the second with a half-time score of 23-21. But Hill City came out in the third quarter and took the lead 37-36, and because both teams scored 10 points in the fourth, Northern Valley lost by that one point, 47-46.

"I was very pleased with the way we executed our offense and with our effort," said Coach Bill Lowry. "We shot the ball better, shooting 37 percent overall and 5-10 for 50 percent of our threes. Our bench did a good job.

"We will need to continue to improve. We need to cut down on our turnovers and play tougher defense."

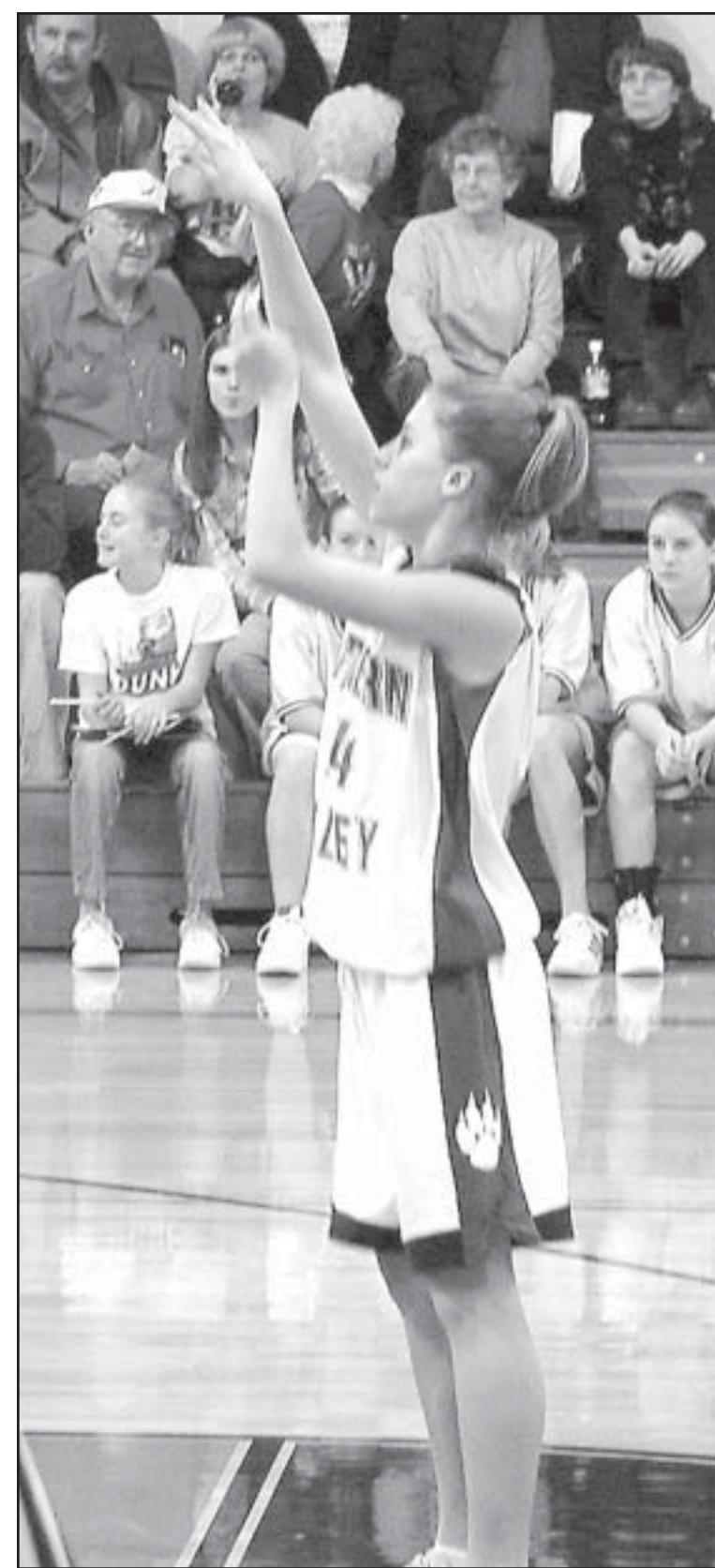
Regan Fessenden led scoring for the Lady Huskies with 3 three-pointers, 3 two-pointers and 1 foul shot. She was followed by Lindsey Graham, 12 points; Kelli Cole, 8 points; Jessica Holmes and Serena Woodside, 4 points apiece; and Alasia Eagleburger, 2 points. Northern Valley shot 37 percent from the field, while Hill City shot 35 percent.

Rebounding honors went to Graham with 16 and Holmes with 4. As a team, Northern Valley grabbed 33.

Steal leaders were Fessenden and Graham, who each snagged 2. The team's 2 blocks were made by Eagleburger and Woodside.

Leading assists were Lindsey Jessup with 3 and Eagleburger, Fessenden and Holmes, 2 each.

The Lady Huskies will play Smith Center tonight in Almena.



Northern Valley's Kelli Cole shoots a free throw in the game against Hill City on Friday in Almena. Kelli ended the game with 8 points. — Telegram photo by Susie Marble

Fact: It's what's inside that counts.



Choose the medications that are truly best for you.

- Discuss prescription medications with your doctor. Ask if a generic or over-the-counter medication is appropriate for your condition.

- Ask your doctor if you really need a particular prescription, or whether an alternative diet or exercise plan could provide the same results.

- Request samples when trying a new medication. You'll waste money if you can't tolerate a new medication and must stop taking it after only a few doses.

- Periodically ask your doctor to review the medications you take to determine which ones may no longer be necessary.

- Don't overuse antibiotics. They don't work on viral infections. And using antibiotics when you don't need them can build an immunity that makes them ineffective when you do need one.

Consider generic prescriptions.

You see them advertised everywhere — expensive new prescription drugs. But are they really better, or do they just cost more? In fact, generic drugs are as safe and effective as their brand-name equivalents at a fraction of the cost.

Heavily promoted medications are a key reason why health care costs are rising out of control. This higher cost eventually must be paid for by higher insurance premiums. Fortunately, you have lower-cost options regarding your medications.

Ask your doctor if generic or over-the-counter drugs are right for you. Paying less for the drugs you need helps make health care more affordable for everyone.

785.291.4503 • 800.874.1825



Your health care dollars ... and sense
www.bcbsks.com

*An Independent Licensee of the Blue Cross and Blue Shield Association
®Registered mark of the Blue Cross and Blue Shield Association

N.0305.E