



JUDY ROGERS/Golden Plains High School
Zach Spreser hustled down the court on defense on Dec. 18 against St. Francis during a junior varsity game in Rexford. Spreser played tough defense all night.

Golden Plains junior varsity outscored by Indians 50-37

By Morgan Walz
Golden Plains High School

The Golden Plains High School junior varsity boys played at home against the St. Francis Indians on Dec. 18.

The boys started out slow in the first quarter, getting outscored 15-4 with baskets from Koi Wessel and Braden Korte. After their nerves settled down, the Bulldogs came back much stronger in the second quarter and outscored the Indians 12-11 with baskets from Kade and Koi Wessel and Joseph Koerperich, making the halftime score 26-16 St. Francis.

The whole second half, the boys played good

defense and kept the scoring fairly even. In the third quarter, the boys were only outscored by 2. The boys finished the game hard, but couldn't get quite enough shots to fall as the Indians claimed the win, 50-37.

"We had a good second half," said freshman Koi Wessel. "If we continue to work that hard, the success will follow."

Koi Wessel led the team with 13 points. His brother Kade was the next high scorer with 9, Sophomore Korte had 5, Koerperich only played one quarter but score 4, as did Cole Ziegelmeier, and Dominic Luna had one basket for 2.

The Bulldogs play next on their home court Friday, Jan. 4, against Brewster-Triplains.

Varsity Bulldogs fall to 6-1 Weskan

By Morgan Walz
Golden Plains High School

The Golden Plains High School boys basketball team traveled to Weskan for its second regular-season game, but even with strong defense couldn't quite keep up with the state-ranked Coyotes, losing 58-36.

Weskan, with a 6-1 record, is ranked ninth in Class 1A. The Golden Plains boys kept up with them in the game Dec. 14, ending the first quarter leading with the score 11-10. They continued to play tough defense throughout the

second period, but ended the fast-paced half behind Weskan 27-21.

In the entire second half, the boys only managed to put in 15 points.

"We had a very good first half," said senior Camron Spreser. "We are continually trying to get better to improve the rest of our season."

The Bulldogs went dry in the third quarter, putting in only a three-point basket from Jose Bermudez and a free throw from Shane Ryburn. They stepped up the pace again in the fourth with baskets from Grant Spreser,

Bermudez, Tristan Schwarz, Koi Wessel and Camron Spreser, along with a free throw from Zach Spreser, but it wasn't enough to overcome a 20-point deficit at the start of the quarter.

Leading scorers were Camron Spreser, Tristan Schwarz and Jose Bermudez, all with 7 points, sophomore Joseph Koerperich with 5, Grant Spreser 4, Andrew Luna 3, Koi Wessel 2 and Zach Spreser 1.

The Bulldogs' last game for the semester was Dec. 18 at home against the St. Francis Indians.

Lady Bulldogs beat up state-ranked Weskan

By Hailee Spreser
Golden Plains High School

The Golden Plains High School Lady Bulldogs basketball came home from Weskan with a solid 56-43 victory after dominating the final three quarters with the state-ranked Lady Coyotes.

Golden Plains came into this matchup Dec. 14 with a 2-2 record, taking on the 5-1 Lady Coyotes.

"We knew that this was going to be a tough game," said freshman Kami Miller. "We really had to concentrate this game on rebounds and our defense because of their size on the inside and speed on the outside."

The Lady Bulldogs started out a little weak, but quickly grabbed the momentum. In the whole first quarter, Golden Plains and Weskan traded baskets. Weskan came out on top by 1 point, 17-16, to post its only lead of the game.

In the second quarter, the Lady Bulldogs figured out how to stop Weskan with strong defense, holding the Coyotes to just 8 points. Baskets by Angela Ritter, Jordan Christensen, Kylie Jones, Miller and Hailee Spreser pushed the Lady Bulldogs to an 8-point

lead at halftime, 33-25. Golden Plains would hold on to the lead for the rest of the game.

Christensen was on fire, scoring 17 of the Lady Bulldogs' 33 points in the first half.

Golden Plains came out of the break ready to put it to the Lady Coyotes. The girls maintained their lead throughout the third quarter. MiKayla Lobato, Jones, Ritter and Christensen all chipped in baskets to help keep up the 6-point lead at the end of the third quarter. Golden Plains allowed Weskan 12 points, but still hung on to the lead, 43-37.

In the beginning of the fourth quarter, the Lady Coyotes made it a 2-point game three times. Golden Plains did not allow that to happen again, running away from Weskan as the quarter went on. Christensen had two baskets, Spreser had three in a row and Miller put in a layup at the buzzer to run over the Lady Coyotes, 56-43.

Christensen scored a career-high 25 points, while Spreser had 14, Ritter 6, Jones 5, Miller 4 and Lobato 2.

The girls concluded preholiday play at home against St. Francis on Dec. 18.

Middle school teams get three victories in Almena

By Hailee Spreser
Golden Plains High School

The Golden Plains Middle School girls basketball teams traveled to Almena to face the Northern Valley Lady Huskies and left town with three victories in their pockets.

The Lady Bulldogs were ready to play after a whole week without a game the previous week.

The A-team girls came into the game Dec. 13 with a 3-2 record. In the first half, the Lady Bulldogs came out with a slow start, scoring only 8 points from Gabrielle Schiltz, Morgan Ritter and Kay-Cee Miller to the Lady Huskies' 13.

After halftime, things started looking up for the Lady Bulldogs. Golden Plains was outscored by only 1 point in the third quarter, 8-7.

The fourth quarter was the turning point for the Lady Bulldogs. Golden Plains' efficient defense shut down Northern Valley, holding the Huskies to only 2 points. The Lady Bulldogs picked up 11

points in the fourth quarter for the close win, 26-23.

Leading the team with 12 points was Schiltz, Miller had 7, M. Ritter 4, Arianna Camacho 2 and Jessica Koerperich 1.

"The girls continue to play hard and improve," said Coach Travis Smith. "They are now 4-2 and have a chance to win most of their remaining games. It won't be easy, so they must continue to work hard."

The B-team girls entered into this matchup undefeated with a 5-0 record, but this game tested their skills.

Northern Valley held the Lady Bulldogs to just 3 points in the first half with a basket by Sierra Finlay and a free throw from K. Miller. The Lady Huskies scored 2 in the first quarter and 4 in the second for a 6-3 lead.

After halftime, the Lady Bulldogs kicked it into gear, scoring 5 for themselves, 3 from Maggi Nieneman and 2 from Miller, and holding Northern Valley to 2 points in the third quarter. That left the score tied at 8.

Golden Plains rode that momentum into the fourth quarter, where Noel Ritter scored 4 points and Jennifer Esparza chipped in 2 to make 6 points to the Lady Huskies' 4. This was just enough for the Lady Bulldogs to triumph over Northern Valley, 14-12.

In a fifth quarter, the C-team girls looked pretty good as well. Paris Bailey, Beth Luna and J. Esparza each put in a basket.

"This group of girls are go getters," said Smith. "They improved to 6-0. They challenge the A team in practice every day, which only makes both groups better."

The Lady Bulldogs await their next matchup Thursday, Jan. 3, at home against the Cheylin Lady Cougars.

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Make your New Year's Resolution to be a healthier you!

Once again, the Thomas County Coalition /Wellness Committee is sponsoring health screenings and a healthy lifestyle program, "Thomas County Wellness Challenge."

HEALTH SCREENINGS

Citizens Medical Center, Inc., working in conjunction with the Thomas County Coalition, will offer health screenings in the Citizens Medical Center Specialty Clinic Lobby on January 9, 10, 11, and 12, 2013 from 6:00 am – 9:00 am.

Screenings include:

- Comprehensive Profile (includes a Lipid Profile, Glucose, and Complete Blood Count) –requires 10-12 hours fasting - \$30
- TSH (Thyroid) – (Recommended for baseline or if having symptoms) \$20
- Hgb A1C (3 month glucose average) – (Known diabetics or significant history) - \$20
- Prostate Screening/PSA – (males only) - \$25
- EKG – (recommended for baseline) - \$35
- Pulmonary Screening – Free

THOMAS COUNTY WELLNESS CHALLENGE

The Thomas County Wellness Challenge is an eight week individual program that encourages increased exercise and healthy eating habits that will promote healthy life styles and desired weight in a fun, virtual format.

The program guidance will be: **5210**

- **5** or more fruits and vegetables
- **2** hours or less of screen time
- **1** hour of physical activity
- **0** sugary drinks, more water

This program includes: the Comprehensive Profile blood test; BODPOD testing, for percentage of lean and fat body mass/considered the "Gold Standard" for measuring body composition; weekly weigh-ins and lessons on wellness every week. All this for one low price of \$40.

The Thomas County Wellness Challenge will get under way Tuesday, January 15, 2013, at the Thomas County Health Department, 350 S. Range. Weigh-in will be "come and go" from 7:45 am – 4:45 pm. Weigh-ins will be every Tuesday through March 12. Participants will receive correspondence, weekly assignments and reading material via e-mail. The Thomas County Wellness website, www.thomascountywellness.org will also be utilized for the weekly postings. Provisions will be made for those who need an alternative format. Weigh-in and assignments are not required, but incentives will be given based on a point system in which points are given for program participation. The Final Weigh will be March 12, 2013.

To register, simply go to the "wellness challenge" tab on the Thomas County Wellness Website, www.thomascountywellness.org and fill out the registration form. You will receive a confirmation e-mail after your registration is complete. Payment of \$40 can be made online when you register or with a check to the Wellness Committee in care of Pat Erickson, 1255 S. Range, Colby, KS 67701.

Registration deadline: For those participating in the free blood work, registration is due January 8th, if not having blood work, registration is due January 14th.

If you have questions about the 2013 Health Screenings or the Thomas County Wellness Challenge, contact: Citizens Medical Center, Education Department (785) 460-4850 • E-mail jbrown@nwkshealthcare.com Thomas County Health Department (785) 460-4596 • E-mail findir@thomascohealth.com Thomas County Extension Office (785) 460-4582 • E-mail diann@ksu.edu

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