

Bears fall to Trojans, defeat Pirates in overtime

by Mick Stokes

For the second week in a row the Lady Bears hosted one of the top ranked teams in the state. This time around it was in the form of the Bears Park Region Conference rivals from Sebeka. The Lady Trojans came to Bertha as the third-ranked team in class A and were coming off a loss that they wanted to forget at the hand of the Wolverines from Wadena-Deer Creek. The Trojans had the Lady Bears under pressure all night long and defeated the Bears 69-31 as the Bears continue to have turnover issues.

"We figured that we would face some stiff competition early in our schedule and that is exactly what we have seen," explained Coach Harig. "Sebeka really made it difficult for us to get into our offense and have good looks at the basket. We have to do a better job of taking care of the ball. This is something that we must make some adjustments in, if we are going to give ourselves a chance to win some games. The positive to take from this game is that we had some solid contributions from our bench, with Faith Rickbeil scoring a couple of buckets and Callan Chaffin pulling down five rebounds, which we can build on."

Arei Stokes led the Bears with 10 points and 13 rebounds.

The Lady Bears and visiting Verndale Pirates needed overtime to decide that thirty six minutes wasn't enough on Friday night and took their game to overtime. These two rivals battled back and forth all



Deanna Mikkelson made this great no look pass to awaiting teammate Kathryn VanDenhuevel. —photo by Karin L. Nauber

night long with the game coming down to the very last play before it was decided. Bertha-Hewitt had the last possession of the game and missed a short shot to win the game in regulation.

In overtime, neither team could score a basket as each had hit one free throw until there was under thirty seconds to go in the game. Stokes went to the line and connected on the second attempt of a two shot foul to put the Bears up 48-47. Verndale came down the court and the Bears forced a turnover to get the ball back with less than twenty seconds on the clock. The Pirates played some aggressive defense and forced a Bears turnover with just over eight seconds remaining.

The Pirates put the ball in the hands of junior guard Teresa Moenkedick and she went the length of the court, weaving in and out of the Bears defense and put up a short jumper in an attempt to lift the Pirates to a victory. Stokes blocked the shot at the buzzer to preserve a win for the home team.

"Teresa was tough on us all night, but Arei rose to the occasion when we needed her," stated Coach Harig. "We knew this would be a good battle as Verndale was tough for us in the summer league, so getting this win is a big lift for us."

Moenkedick led all players on the night with 21 points. Stokes led the Bears with 20, and set a career high in rebounds with 22 on the night.

Tigers fall to Knights in Prairie opener

by Coach Matt Middendorf
West Central Area 61 —
Browerville 27

The Tigers battled foul trouble and turnovers in the first half and could never recover as the Knights handed Browerville a 61-27 loss to open up the Prairie Conference schedule on Thursday evening in Browerville.

The young Browerville squad looked sharp and played aggressive on the defensive side of the ball, but their inexperience showed in breaking the West Central press. Browerville trailed 29-11 at halftime, but did score 16 points in the second half as they eventually broke the press and were able to run their half court offense consistently.

Eighth grader Paige Callahan once again led the Tigers in scoring with 9 points and pulled down a team high 9 rebounds. Fellow 8th grader Crystal Pearson picked up four assists and three steals in a gritty performance, while sophomore Hailey Piotrowski added six points for the orange and black. Eighth grader Kendra Buchta pulled down 5 rebounds and dropped in 5 points, while freshmen MaKenna Hegseth added three points.

Jen Froemming led West Central with 19 points.

The Tigers are now 0-1 in the Prairie Conference and 0-3 overall.

On Friday, the Tigers travel to Swanville for another Prai-



Paige Callahan did her best to steal the ball, but was called for a foul instead. —photo by Matt Gantz

rie Conference matchup and on Tuesday, December 20 the girls will entertain Sebeka in a non-conference contest at the Browerville gymnasium.

Tigers topple Trojans and Knights

by Jim Roberts

Browerville 89—Sebeka 53

The Browerville Tigers team traveled to Sebeka to take on the Sebeka Trojans last Tuesday night in boys basketball. The Tigers left with a decisive victory 89 to 53.

Browerville's inside trio of Seth Christensen, Connor Burns and Brad Dreher totaled 36 points and 21 rebounds. The Tigers defense forced the Trojans into 21 turnovers, many which resulted in easy points on the other end for Browerville. Sebeka attempted to stay in the game with some full court pressure, but the Tigers size and ability to break the press turned into many close-ranged baskets.

"We definitely had a size advantage tonight; then mix in some good outside shooting and that's how the game went," added Coach Schueller.

Browerville made eight 3-pointers, four of them by Mitch Heid. Christensen led all scorers with 21 points and also took down 12 rebounds and had 7 steals. Other double digit scorers for the Tigers included Mitch Heid, 18 points; Seth Kellen, 11 points; and Kyle Petermeier, 10 points. Heid and Petermeier each had 5 assists as the team dished out 24.

Coach Schueller was happy with the scoring, saying, "I was pleased with the balanced scoring, and the balance of inside, outside and transition points we put up tonight."

Most of all, though, it was the Tigers defense that really

won this one.

Browerville 77—WCA 59

Last Thursday night the Tigers from Browerville went to Barret and defeated the West Central Area Knights by a final score of 77 to 59.

It was a tough night for both teams when trying to match up with each other. Browerville had a size advantage, but also a disadvantage.

"We had a tough time matching up with their (WCA) quickness and athleticism, but at the same time, they couldn't quite match up to our physical size," said Coach Schueller.

Both teams put a lot of fouls up on the board in the first half. The Tigers juggled their line-up trying to maintain a size advantage without getting anyone in foul trouble. Browerville put up 41 first half points. This is the third time this season the Tigers have scored 41 or more points in the first half.

WCA wouldn't go away in the second half, but eventually ran out of options. Matt Wagner kept the Knights close with three 3-pointers, and the Knights pulled within 5 points. Mitch Heid matched that and helped the Tigers gain control. Heid and Kyle Petermeier combined for the team's final 17 points.

The Tigers stay on the road on Monday playing at Upsala. They then have their first home game of the season on Thursday as they take on the Cardinals from Staples-Motley.

★ Bowling

Monday Nite Ladies Results from December 5:			Thursday City Results from December 8:		
	W	L		W	L
Shirley's Gas & Grocery	38.5	17.5	SCW Construction	219	159
Baso/Cuchna Insurance	35	21	Alisha's Care Center	194.5	183.5
Clarissa Family Dental	34	22	Harms	194	184
Eagle Lanes	33	23	Eagle Bend Vets I	181	197
Klein Insurance	33	23	NAPA Auto Parts	178	200
Beauty Inn	26	30	Eagle Bend Vets II	166.5	211.5
Bob's Team	24.5	31.5			

High games: Darla Thompson 209; Stacey Kneisl 190; Diane Hanson 177; Stacey Warren 177
High series: Stacey Kneisl 547; Stacie Warren 511; Darla Thompson 483
Splits: Crystal Brown 6-7; Peggy Carlson 6-7

Wednesday Inter-City League Results from December 7:		
	W	L
Clarissa Ballroom	16	8
Benson Construction	15	9
Busy B. Café	12	12
Baso Insurance	12	12
Central Ag	9	15
Berg Electric	8	16

High games: Kevin Dezell 220; Gary Schultz 212; Al Woida 209
High series: Kevin Dezell 554; Mike Blommel 549; Al Woida 541

Friday Daytimers Results from December 9:		
	W	L
Creative Floors	29	23
AI's	27	25
Stampin' Up	25	27
Gene Captain's Pro Shop	23	29

High games: Carolynne Bisel 157; DeAnna Denny 153; Joyce Masson 141; Lavinia Whitaker 141
High series: Joyce Masson 397; Lavinia Whitaker 394; Carolynne Bisel 379

Safety is the best gift of all this holiday season

Parents who are planning to give their child a first hunting rifle, an all-terrain vehicle or a snowmobile as a gift this holiday season should also be sure to give them the second part of the gift—a safety training program offered by the Minnesota Department of Natural Resources (DNR).

"DNR outdoor education safety training programs teach responsibility at an early age," said Capt. Mike Hammer, DNR Enforcement Education Program

coordinator. "Safety is the best gift you can give your youngster this holiday season."

Children enjoy outdoor sports and activities because they are fun, challenging and safe, but it's up to the parents to decide if the youngster is mature enough for shooting sports or operating a motorized recreational vehicle. It is also up to parents to decide if they are ready themselves for the responsibility of teaching safe firearm handling or safe recreational vehicle operation.

"Keep in mind that kids will be kids, and take that into account when buying a firearm, all-terrain vehicle (ATV), snowmobile or any other type of outdoor recreational gift."

Hammer suggests using the holiday gift-giving season as an opportunity to teach safe firearm handling and safe recreational vehicle operation. "And there isn't a better way to do that than by enrolling your child in one of the DNR's many safety program offerings," he noted.

Stocking stuffers include Snowmobile Safety CD training courses, an ATV training CD, a boat and water safety operator's permit packet, an off-highway motorcycle CD, or an off-road vehicle CD. All course materials are free by contacting the DNR Information Center at 651-296-6157 or toll-free 888-646-6367.

Free hunter education courses, as well as the location of local education classes, can be found on the DNR website at www.mndnr.gov.

"The bottom line is parents know their child better than anyone else," Hammer said. "They know how well he or she follows directions and handles responsibility. They know if their child is mature enough to be mindful of his or her own safety and the safety of others."

Preparing a venison meal, from field to table

by Suzanne Driessen, University of Minnesota Extension

Venison is a versatile meat, and there is a certain pride that comes when you bring it home fresh from the hunt. The thrill of the hunt can continue at the dinner table if the game is handled properly along the way to prevent foodborne illness and ensure good flavor.

As the 2011 deer-hunting season closes, review how you field-dressed and transported your game and note where you have room to improve for next season.

Field dressing and transporting deer safely

- Did you dress the carcass as soon as possible? It's also important to clean your knife frequently between cuts to avoid contaminating the meat.
- Did you remove any visible dirt, feces, hair and bloodshot areas?
- Did you keep the carcass clean and quickly cool it to 35-40 degrees to prevent bacterial growth? One way to do this is to add ice sealed in plastic storage bags and pack them in the cavity.
- Did you keep the carcass

out of direct sunlight? Tying the carcass across the hood or roof of a car is not recommended. Properly cooled venison can spoil later by carrying it next to a hot motor.

- How about storage? Storing the venison in the refrigerator is approved for immediate use. Freeze it if it will be used later than two to three days.

Cooking methods that enhance flavor

The wild flavor of venison is related to what the animal eats. Removing connective tissue, silver skin, bone, hair and excess fat during processing reduces the 'gamey' taste. Undesirable flavors are also due to inadequate bleeding, delay in field dressing or failure to cool the carcass promptly.

- Moist heat methods such as braising (simmering in a small amount of liquid in a covered pot) work well for tougher cuts like rump, round and shoulder.
- Chops and steaks may be pan fried or broiled.
- Experiment with herbs like rosemary, marjoram, thyme and sage. Meat should always be marinated in the refrigerator.
- Add other fats to keep game

meat from becoming too dry. Rub a roast with oil, butter, margarine, bacon fat, sweet cream or sour cream to add moisture, richness and flavor.

- Don't overcook or cook at temperatures above 375 degrees, or the meat will get tough.
- Jerky made from beef or venison should be steamed, roasted or boiled to 160 degrees before drying.

Directions available at www.extension.umn.edu/go/1086.

Find directions for smoked sausage and summer sausage at www.extension.umn.edu/go/1087.

- Some folks like venison medium-rare. Bacteria on whole cuts, like steaks or roasts, are usually just on the surfaces so these cuts can be cooked to a minimum internal temperature of 145 degrees. Cook ground venison to 160 degrees.

Find more information about preparing wild game safely at www.extension.umn.edu/go/1085.

To learn more about food safety, visit www.extension.umn.edu/food-safety.