

## Frethem honored with All Conference and All Section awards



ed the Best Blocker honor. Skylar Voge was voted as the team's Mr. Dependable and also Mr. Hustle.

The Bear Spirit honor was awarded to senior Matthew Frethem who most exemplified what 'team' is all about. Daryn Kirscht received the Coach's Award signifying a player that works extremely hard all the time, but doesn't always see his name in the stat book. Practice Player of the Year was awarded to Brandon Fah.

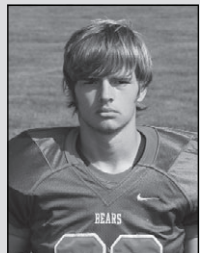
Eighteen players received letters for the 2011 season. The Bears will see eleven of those letter winners return next year for the 2012 season.

"We are very excited to build on the foundation these younger players have set this year and look forward to challenging for the conference and section crown next year," noted Coach Harig.

"This group of seniors has certainly made their mark on our football program. Although their final record may not show it, they were a hard working group of young men. We will miss them severely, however, they have been great leaders for our younger players who are now ready to step into varsity competition," added Harig.

Several team awards were also given out. Running back Matthew Frethem was voted the Offensive MVP. Sophomore Dalton Baker received the Defensive MVP for his play at various defensive line positions.

Colin Turchin was the recipient of the Dr. Crunch award given to the team's biggest hitter. Derek Olston picked up the Sackmaster award and Dylan Koppendraye was also award-



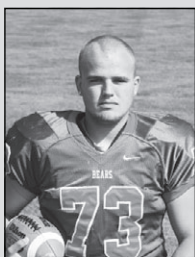
**Skylar Voge, Mr. Dependable, Mr. Hustle, All Conference Honorable Mention**



**Michael Grewe, All Conference Honorable Mention**



**Colin Turchin, Dr. Crunch**



**Derek Olston, Sackmaster**



**Dylan Koppendraye, Best Blocker**



**Brandon Fah, Practice Player of the Year**



**Daryn Kirscht, Coach's Award**



**Dalton Baker, Defensive MVP**

## Stokes and Kapphahn receive All-Conference honors



**Arei Stokes and Ashton Kapphahn were named to the Park Region All-Conference team, while teammate Kathryn VanDenheuevel earned Honorable Mention for the Bears.**

by Coach Janelle Bright

The Bertha-Hewitt volleyball team had their end of the season awards last week. Letters were given to letter winners, team awards were handed out and conference and state awards were also dispersed.

The team finished their season with a record of 18-12. They finished third in the Park Region Conference behind Se-

beka and Henning. They finished second in their own invitational tournament, second in the Browerville tournament and third in the Upsala Invitational tournament. Their season ended with a loss to Sebekka in the championship of their pod.

Letter winners were as follows: Cassie Gordon, Autumn Aeling, Alli Thiel, Stephanie Majjala, Kathryn VanDenheu-

vel, Arei Stokes, Haley Chaffin, Callan Chaffin, Brooke Selvey, Ashton Kapphahn, Mariah Elgin, Rumor Stokes and Hannah VanHale.

Team awards were given to Arei Stokes for Ms. Offense; Alli Thiel for Ms. Defense and the libero award; Rumor Stokes for Most Improved; Callan Chaffin for Ms. Spirit; and Brooke Selvey for Ms. Hustle. Ashton Kapphahn received the setting award.

All-Conference plaques were awarded to Arei Stokes and Ashton Kapphahn and Kathryn VanDenheuevel received conference honorable mention.

Two Bertha-Hewitt players received a special award—Academic All State. They were seniors Autumn Aeling and Kathryn VanDenheuevel.

Eight other certificates were handed out to show appreciation from the volleyball program. Tiffany Westergren, Rose Johnson, Trista Harig, Mindy Wachlin, Paula Wachlin, Nicole White, Kaija Weishalla and Erica VanDenheuevel received these certificates.

Congratulations Bears on a good season.

## Bowling

Monday Nite Ladies  
Results from November 28:

	W	L
Shirley's Gas & Grocery	34.5	17.5
Baso/Cuchna Insurance	33	19
Clarissa Family Dental	31	21
Eagle Lanes	31	21
Klein Insurance	30	22
Beauty Inn	25	27
Bob's Team	23.5	28.5

High games: Stacie Warren 182; Dawn Captain 182; Sandy Bain 173

High series: Jenn Hinrichs 460; Stacey Kneisl 456; Cindy Goeppferd 455

Splits: Debbie Johnson 5-10

Wednesday Inter-City League  
Results from November 30:

	W	L
Clarissa Ballroom	14	6
Benson Construction	13	7
Baso Insurance	12	8
Busy B. Café	9	11
Central Ag	8	12
Berg Electric	4	16

High games: Rod Nauber 219, 205; Jeff Warren 208; Charlie Hanson 205

High series: Rod Nauber 573; Charlie Hanson 567; Al Wolda 561

Thursday City  
Results from December 1:

	W	L
SCW Construction	196	155
Harm	192	159
NAPA Auto Parts	174	177
Alisha's Care Center	173.5	177.5
Eagle Bend Vets II	160.5	190.5
Eagle Bend Vets I	156	195

High game: Gene Captain 226, 196, 191; Darrin Lenz 193; Bob Sudbeck 185

High series: Gene Captain 613; Bob Sudbeck 539; Darrin Lenz 525

High ladies game: Amy Claseman 186, 177; Bambi Wolda 160; Yvonne Jahraus 146

High ladies series: Amy Claseman 502; Yvonne Jahraus 402; Bambi Wolda 392

Friday Daytimers  
Results from December 2:

	W	L
Creative Floors	26	22
Al's	26	22
Stampin' Up	22	26
Gene Captain's Pro Shop	22	26

High games: Helen Husfeldt 184; Berniece Mansager 169; Tammy Anderson 160

High series: Helen Husfeldt 491; Berniece Mansager 418; Tammy Anderson 415

Splits: Joyce Greenman 2-8-3-6-10

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## Football Pheasant Conference North All Conference 2011

All-Conference			
Tyler Oftedahl	Sr	QB/DE	Eagle Valley
Jacob Schauer	Sr	RB/LB	Eagle Valley
Blake Borst	Sr	C/LB	Eagle Valley
John Wood	Sr	G/LB	Eagle Valley
Jerod Nelson	Sr	TE/LB	Eagle Valley
Steffan Strob	Jr	OL/DL	Underwood
Tony Onstad	Jr	OL/DL	Underwood
Noah Rochell	Jr	QB/DB	Underwood
Kyle Jensen	Sr	RB/LB	Underwood
Matt Fox	Sr	DL/FB	Hillcrest
Jason Fox	Sr	C/LB	Hillcrest
Mark Undseth	Sr	WR/DB	Hillcrest
Blake Ohren	Soph	RB/LB	Ashby
Hunter Fick	9th	RB/LB	Ashby
Colton Moyer	Sr	FB/LB	Verndale
Kory Stave	Sr	TE/DT	Verndale
Matt Frethem	Sr	RB/LB	Bertha-Hewitt
Tyler Schlosser	Jr	RB/LB	Parkers Prairie
At Large-A.J. Montgomery	Soph	FB/LB	Underwood
At Large-John Quenermoen	Sr	RB/DB	Ashby

Hillcrest	5-3	4-2
Ashby	5-3	3-3
Verndale	3-5	1-5
Bertha-Hewitt	2-6	1-5
Parkers Prairie	1-7	1-5

Honorable Mention			
Cody Kent	Sr	G/LB	Eagle Valley
Tate Benning	Sr	WR/S	Eagle Valley
Taylor Bailey	Sr	WR/S	Eagle Valley
Tyson Eckel	Sr	TE/DE	Eagle Valley
Isaac Holmquist	Sr	G/DE	Underwood
Gene Twedt	Sr	WR/CB	Hillcrest
Theo Taylor	Jr	RB/LB	Hillcrest
Tanner Langlie	JR	LB/TE	Ashby
Mason Johnson	Sr	LB/TE	Ashby
Tyler Johanson	SR	OL/DL	Ashby
Jason Odens	Sr	OL/DL	Ashby
Dallas Ehrmantraut	Jr	WR/DB	Verndale
Andy Bounds	Soph	RB/LB	Verndale
Skylar Voge	Sr	RB/DB	Bertha-Hewitt
Michael Grewe	Jr	RB/LB	Bertha-Hewitt
Wyatt Samuelson	Sr	RB/CB	Parkers Prairie

MVP Back: Jacob Schauer, Eagle Valley  
MVP Lineman: Blake Borst, Eagle Valley  
Coach of the Year: John Sieling, Eagle Valley

Pheasant Conference Standings		
North	Overall	Conference
Eagle Valley	8-0	6-0
Underwood	6-2	5-1

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## Lady Rebels start season with pair of losses



**Senior Rachel Stoterau put up this shot over the outreached hands of a Sebekka defender.**

—photo by Ray Benning

by Coach Lesa Boser

The Rebels girls basketball season got underway with their first game at home on Tuesday, November 29 versus Sebekka. We knew going into the game that Sebekka would be a very strong team. We came out in a full court press and matched them point for point in the beginning of the first half. We began to struggle a bit in the second part of the first half and fell behind 19 to 49 at the half.

We talked at halftime about how to try to get back into the

game by making our easy paint shots and staying with our players defensively. In the end, Sebekka overpowered us for a final score of 29 to 77.

On Friday, we hosted a new team to our conference, West Central Area. We came out in the first to match up with them well. However, once again we struggled with making shots from the paint going into half time down by ten, 14-24.

We discussed slowing down our offense and being patient to help us focus on making our paint shots. We did manage to slow down our offense at time, but West Central became hot in their paint giving us our second loss at 38-70.

We have a slower week coming up with only one game home against Swanville on Thursday, November 8. The junior varsity game will start at 6:15 p.m.

by Mick Stokes

The Lady Bears opened their season with two home games this past week and finished the week with a win and a loss. The Bears opened the season on Tuesday night against the Panthers from Parkers Prairie. The Panthers wasted no time in showing why they are the 4th ranked team in Class A. In a blur, the Panthers had 12 points on the board via the three point arc.

Once the Bears regrouped they were able to play with the Panthers for a bit, but their quickness on the press had the Bears committing too many turnovers and giving the Panthers easy points. The Panthers connected 14 times from three point range on the night. "Sometimes the best that you can do against a team like Parkers is to try and limit their opportunities. Unfortunately we turned the ball over 34 times and you can't do that against anyone and expect to win," said Coach Harig. "We will see some very good basketball teams this year, but they very well could be the best of them all."

The Panthers left town with a 92-42 victory over the Bears. Arei Stokes posted a double-double with 15 points and 12 rebounds and Ashton Kapphahn also hit double digits with 12 points. With one day to forget about the loss the Bears took on the Tigers from Browerville. Browerville brings a lot of youth to the court as they play a lot of underclassmen. The Bears took advantage early of the Tigers lack of height by getting the ball to Stokes in the paint and letting her go to work. This forced the Tigers to try and take the inside away from the Bears, which allowed Stokes to kick the ball for some wide open looks from the outside. The Bears knocked down six shots from beyond the arc and took home a 64-41 win. The Bears put four girls in double digits on the night with Stokes leading the way with 21 points, followed by Kapphahn with 14. Deanna Mikkelsen and Kathryn Vandenheuevel each chipped in 10.

Individual Stats vs. Sebekka				
	2's	FT	F	Total Pts.
S. Asfeld	2	1	4	5
R. Stoterau	2	4	3	4
A. Blashack	2	0	4	4
B. Oliver	1	2	4	4
B. Schumann	1	3	5	5
C. Hinzmann	0	1	1	1
D. Pratt	2	2	3	6

Individual Stats vs. West Central				
	2's	FT	F	Total Pts.
S. Asfeld	2	0	2	4
R. Stoterau	2	1	2	3
A. Blashack	8	4	3	12
B. Oliver	0	0	1	0
B. Schumann	4	1	5	9
C. Hinzmann	2	0	1	2
D. Pratt	4	4	4	8

## SPORTS SCHEDULE

### BERTHA-HEWITT GIRLS BASKETBALL

December 9, (H)  
Verndale, 7:45 p.m.  
December 13, (H)  
Ashby, 7:45 p.m.

### BOYS BASKETBALL

December 8, (A)  
Parkers Prairie, 7:45 p.m.  
December 13, (A)  
Sebekka, 7:45 p.m.

### EAGLE VALLEY GIRLS BASKETBALL

December 8, (H)  
Swanville, 7:30 p.m.  
December 13, (H)  
Royalton, 7:30 p.m.

### BOYS BASKETBALL

December 9, (H)  
Swanville, 7:30 p.m.

### BRONCOS WRESTLING

December 10, (A)  
West Central Tourn., 9:30 a.m.  
December 13, (A)  
UNC @ Menahga, 6 p.m.

### BROWERVILLE

### GIRLS BASKETBALL

December 8, (H)  
West Central, 7:30 p.m.  
December 13, (A)  
Upsala, 7:30 p.m.

### BOYS BASKETBALL

December 8, (A)  
West Central, 7:45 p.m.  
December 12, (A)  
Upsala, 7:30 p.m.

### BRONCOS WRESTLING

See Eagle Valley

## SPORTS SCHEDULE