



JOHN VAN NOSTRAND/Colby Free Press

Members of the Colby High track team work their leg muscles during practice Thursday. Colby Eagles jumped into the season Saturday at McCook, Neb.

Progress important for Eagles track

By John Van Nostrand
Colby Free Press Publisher

Colby High track coach Gordon Rasmussen hopes this year's team will be contagious. Of the 40 students on the team, six of them have competed at the state meet during their high school careers. Rasmussen hopes that kind of experience and leadership will spread to the rest of the team during the year. "I like our experience," Rasmussen said. "We won't have all the events covered but we have lots of potential." That potential starts 10 a.m. Saturday at McCook, Neb. Highlighting the team this year are junior Lissa Mazanec. Last year

she won the discus throw at state with a distance of 135-5. Mazanec will compete in the University of Kansas relays this year. Junior Josh Baden returns. He placed sixth in the 3,200 meters at state last year. His time was 10:16.4. Baden was the only Colby boy who qualified for state last year. Rasmussen said Baden should be one of several boys who can compete on the track. Baden will return to the 1 mile and 2 mile. Rasmussen said he also likes Mitchell Tuma in sprint events. Last year, Ethan Stover showed promise in the javelin and discus. He returns as well. "Our relays should be good as long as we are injury free," Rasmussen said.

Rasmussen said the girls part of the team is young with only three seniors. He has liked the performance of freshman April Gee. "As long as we improve during the season, have fun and have the right attitude we should be fine," Rasmussen said. This annual Colby Invitational, scheduled May 4, will look different this year. Dennen Field, where the meet will be held, is undergoing renovations but the track will still be intact. Seating on the north side of the track has been dismantled. Rasmussen said school officials plan to bring in portable bleachers for the meet. The renovation is expected to be complete before the start of the 207-2008 school year.

All star basketball game tips off Sunday

The 2007 Northwest Kansas All-Star game rosters include two Colby ys and one Colby girl. The rosters are composed of outstanding high-school basketball players located in the northwest Kansas area. The game will be held April 1 at the Colby Community Building in Colby. The girl's game will be at 5 p.m. and the men's game will start at 7 p.m. Boy's: Kyler Knobbe, Sharon Springs; Tane Brown, Hill City; Mikey Doll, Goodland; Joel McAtee, St. Francis; A.J. McAtee St. Francis; Nick Angelos, Goodland; Brett Crittenden, Tribune; Alan Bruggeman, Golden Plains; Brett Spresser, Golden Plains; Michael Selby, Hays; Kameron Parker, Hays; Trey Barnett, Colby; Corey Kincaid, Wheatland; Trevor Siebert Colby; Jake Moss, Hoxie; Marty Lager, Grinnell. Girl's Light Team: Lauren Fortin, Oberlin; Cierra Bergman, St. Johns-Beloit; Lauren Robinson Scott City; Whitney Archer, Goodland; Ashley Simon, Leoti; Megan Cavanaugh Tribune; Nikki Welsh, Sharon Springs; Lauren Eck, Beloit; Katie Spresser, Golden Plains; Tricia Dorthorst, Oberlin; Stephanie Brown, Beloit (injured); coach: Steve Rapier; assistant, Lou Berning. Dark Team: Jannica Schultz, Osborne; Addie Bayse, Hays; Kaylee Billinger, Goodland; Lindsay Schamburg, Beloit; Emily Murray, Goodland; Avery Schultz Brewster; Callie Baalman, Oakley; Kristin Waldschmidt, Ellis; Megan Dennis, Oakley; Ashley Barnes, Colby; coach, Willie Schaffer; assistant, Stephanie Schaffer.

Summer Trap League

Summer league
Starts April 3, 2007 at 5:00 PM
Colby Trap Range 5 miles west of Colby on College Drive

Put together a Five Person Team
and come Join the Fun!

League Shooting Dates
April 3, May 1, June 5, July 3, Aug. 7, Sept. 4

Questions, call Paul 785-460-2839

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TV LISTINGS

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SUNDAY												APRIL 1											
	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30											
KLB/ABC 4 (6)	In Touch Avoid drifting. (Part 2 of 2)		Good Morning America (N) (CC)		This Week-George Stephanopoulos		Hour of Power (CC)		The Coral Ridge Hour (CC)		First United Methodist Church		KSNK/NBC 3 (8)	(Off Air)	Paid Program	Today (N) (CC)	Meet the Press (N) (CC)	Paid Program	Paid Program	Your Bible	Paid Program	Paid Program	NHL Hockey
KBSL/CBS 12 (11)	Paid Program	Messiah Baptist	Madeline (CC)	Sabrina Series	CBS News Sunday Morning		Face the Nation		Trollz (El) (CC)		Horse-land (El)		Tennis: Sony Ericsson Open										
K15CG 2	Euro. Journal	Wealth-Track	Jakers!-Winks	Big Big World	Ribert & Robert's	Franny's Feet	Danger Rangers	Fetch! With Kidding	Keeping Kids	Health Sense	Busi-ness	To the Contrary											
ESPN 28	Sports-Center	SportsCenter (CC)	NBA Matchup		Sports-Center	Outside Lines	Sports Reports		SportsCenter (Live) (CC)				Baseball Tonight										
USA 37	Paid Program	Chang-ing	Ed Young	Joel Osteen	Coach (CC)		Movie: The Mummy Returns	★★½ (2001) Two evil forces pursue the son of adventurer Rick O'Connell. <i>Brendan Fraser.</i>				Movie: Mummy											
TBS 38	(5:00) Movie: Laws of Attraction (2004)		Movie: Something's Gotta Give ★★★ (2003) A music exec falls for the mother of his young girlfriend. (CC)				Movie: The Bodyguard ★★½ (1992, Drama) A bodyguard falls for the singer-actress he must protect.																
WGN 39	Chang-ing	Paid Program	Key of David	Paid Program	Paid Program	Paid Program	Feed the Children	Paid Program	Lizzie McGuire	Even Stevens	Funniest Pets	Funniest Pets											
TNT 40	(5:00) Movie: Mad Love ★★ (1995)		Movie: Now and Then ★★ (1995) Four girls have an eventful summer in 1970.				Movie: Jersey Girl ★★½ (2004) A young woman changes the life of a single father.						Movie: Father of the Bride (1991)										
DSC 42	Paid Program	Paid Program	Joel Osteen	Paid Program	Hurricane X (CC)		Megaquake		Planet Earth Seasonal effects.		Planet Earth Mountains												
A&E 47	Ask This Old	Ask This Old	Breakfast With the Arts (N) (CC)		Breakfast With the Arts (CC)		Driving Force	Driving Force	Inked (CC)		King of Cars	King of Cars											
HIST 48	Archae-ology	Histo-ryCTR	History's Bus	Gener-atn	Digging for the Truth (CC)		Digging for the Truth (CC)		St. Peter: The Rock (CC)		Apostle Paul												
NICK 55	Nick-Town	OddPar-ents	Jimmy Neutron	Jimmy Neutron	Spon-geBob	Spon-geBob	OddPar-ents	OddPar-ents	Avatar-Last Air	Mr. Meaty	Nick-toons TV	Nick-toons TV											
DISN 56	The Wiggles	Higgly-town	Ein-steins	Ein-steins	Mickey Mouse	Mickey Mouse	Johnny-Sprites	Handy Manny	Doodle-bops	Charlie & Lola	Lilo & Stitch	Replac-ments											
FAM 58	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Boy Mts. World	Boy Mts. World	Ground-ed-Life	Ground-ed-Life	Sabrina-Witch	Movie: Bring It											
HALL 60	The World of Faith and Values (CC)		Mass From Notre Dame		Movie				Naomi's New Morning (CC)		Movie: Escape to Witch Mountain												

SUNDAY												APRIL 1											
	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30											
KLBY/ABC (4) (6)	NBA Basketball: Miami Heat at Detroit Pistons. Palace of Auburn Hills. (Live) (CC)					NBA Basketball: Dallas Mavericks at Phoenix Suns. US Airways Center. (Live) (CC)					ABC News		News (CC)										
KSNK/NBC (8) (8)	(11:30) NHL Hockey: Detroit Red Wings at Columbus Blue Jackets. Nationwide Arena.					PGA Golf: Shell Houston Open -- Final Round. From Humble, Texas. (Live) (CC)					The Insider		NBC News										
KBSL/CBS (12) (11)	(11:00) Tennis: Sony Ericsson Open -- Men's Final. Miami. (Live) (CC)					LPGA Golf: Kraft Nabisco Championship -- Final Round. Rancho Mirage, Calif. (Live) (CC)					Evening News		News (CC)										
K15CG (2)	Open Government	McLaugh- lin	Religion- Ethics		Classic Gospel (CC)	Healthy Body	Doctors on Call	Sewing-Nancy	Beads, Baubles	Ask Your Legislator													
ESPN (28)	PBA Bowling: Tournament of Champions. Uncasville, Conn.			IndyCar Racing: Honda Grand Prix of St. Petersburg. St. Petersburg, Fla. (Live) (CC)			SportsCenter (Live) (CC)			NCAA Special													
USA (37)	(11:30) Movie: The Mummy *** (1999) Adventure) Brendan Fraser. (CC)					Movie: The Mummy Returns **½ (2001) Two evil forces pursue the son of adventurer Rick O'Connell. Brendan Fraser.					Movie: The Scorpion King **												
TBS (38)	Movie: Set It Off *** (1996) Desperation drives four women to bank-robbery. (CC)					Movie: The Pelican Brief *** (1993) An inquisitive law student becomes the target of assassins.					Movie: Remember the Titans *** (2000, Drama) (CC)												
WGN (39)	Movie: Wild America (1997) The story of nature filmmaker Marty Stouffer and family.					Movie: Sour Grapes **½ (1998, Comedy) Steven Weber. (CC)					America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)										
TNT (40)	(11:00) Movie: Father of the Bride		Movie: Father of the (1995, Comedy) Steve Martin. (CC)		Bride Part II **½ (1995, Comedy) Steve Martin. (CC)		Movie: Miss Congeniality ** (2000, Comedy) Sandra Bullock. (CC) (DVS)					Movie: Overboard **½ (1987) (CC)											
DSC (42)	Planet Earth Deep Ocean Oceans.		Oil, Sweat and Rigs Salvaging the Rigs		Alaskan Crab Fishing		Alaskan Crab Fishing		Alaskan Crab Fishing		Deadliest Catch Special Highlights												
A&E (47)	King of Cars	King of Cars	Growing Up Gotti	Growing Up Gotti	Growing Up Gotti	Growing Up Gotti	Growing Up Gotti	Growing Up Gotti	Growing Up Gotti	Growing Up Gotti	Sim- mons	Sim- mons											
HIST (48)	Apostle Paul: The Man Who Turned		Bible Code: Predicting		Bible Code II: Apocalypse		Beyond the Da Vinci Code Author sets forth incredible hypotheses. (CC)					The Ten Commandments											
NICK (55)	Nick- toons TV	Nick- toons TV	Spon- geBob	Spon- geBob	Jimmy Neutron	Danny Phantom	OddPar- ents	Avatar- Last Air	Spon- geBob	Drake & Josh	20th Annual Kids' Choice Awards												
DISN (56)	Movie: The Parent Trap *** (1998) Reunited twin girls try to get their parents back together. (CC)					That's- Raven					Natural- Sadie		Phil of Future		Sister, Sister		Life With Derek		Phil of Future		That's- Raven		
FAM (58)	(11:30) Movie: Bring It On **½ (2000) Kirsten Dunst.				Movie: Big Fat Liar ** (2002, Comedy) Frankie Muniz, Paul Giamatti. (CC)				Movie: Dennis the Menace ** (1993, Comedy) Walter Matthau. (CC)				Movie: Dennis										
HALL (60)	(11:00) Movie: Escape-Witch		Movie: Return From Witch Mountain *** (1978, Science Fiction) Bette Davis.			Movie: A Simple Twist of Fate **½ (1994) A surrogate father seeks custody of an abandoned child.						Movie:											

SUNDAY														APRIL 1													
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
KLB/ABC (4) (6)	America's Funniest Home Videos (CC)		Extreme Makeover: Home Edition (CC)		Desperate Housewives (CC)		Brothers & Sisters All in the Family (N)		News (CC)		KAKE Sports		Lawyer on Line		Paid Program												
KSNK/NBC (8) (8)	Dateline NBC (CC)				Deal or No Deal (ITV) (N) (CC)		The Apprentice: Los Angeles (CC)		News		24 Day 4: 9:00AM-10:00AM (CC)		Ebert & Roeper														
KBSL/CBS (12) (11)	60 Minutes (CC)		The Amazing Race: All-Stars (N) (CC)		The Amazing Race: All-Stars (N) (CC)		Cold Case Stand up and Holler (N) (CC)		News (CC)		News		Alias Blood Ties (CC)														
K15CG (2)	Branson Jubilee (CC)		Nature (N) (CC) (DVS)		Masterpiece Theatre Kidnapped		America's Lost Landscape		Globe Trekker Sweden & Denmark		Mystery! (Part 2 of 2) (CC) (DVS)																
ESPN (28)	Women's College Basketball: NCAA Tournament Semifinal -- Teams TBA. (Live)		Champ. Update		Women's College Basketball: NCAA Tournament Semifinal -- Teams TBA. (Live)		SportsCenter (Live) (CC)																				
USA (37)	(5:00) Movie: The Scorpion King **		Movie: Pirates of the Caribbean: The Curse of the Black Pearl *** (2003, Adventure) <i>Johnny Depp, Geoffrey Rush.</i> (CC)		Law & Order: SVU		Law & Order: SVU																				
TBS (38)	(4:30) Movie: Remember-Ttns		Movie: Drumlaine *** (2002) Rivalry between two drummers threatens a college band. <i>Nick Cannon.</i>		Movie: Drumlaine *** (2002) Rivalry between two drummers threatens a college band. <i>Nick Cannon.</i>																						
WGN (39)	Funniest Pets		Funniest Pets		American Idol Rewind (CC)		Maximum Exposure (CC)		WGN News		Instant Replay		Sex and the City		Scrubs (CC)		Scrubs (CC)		Real TV (CC)								
TNT (40)	(5:00) Movie: Overboard (1987)		Movie: Forrest Gump ***½ (1994, Drama) A slow-witted Southerner experiences 30 years of history. <i>Tom Hanks.</i> (CC)		Movie: Overboard ***½ (1987, Comedy) <i>Goldie Hawn, Kurt Russell.</i> (CC)																						
DSC (42)	Deadliest Catch Special Highlights.		Planet Earth Deserts (N) (CC)		Planet Earth Ice Worlds (N) (CC)		Deadliest Catch Special		Deadliest Catch Special		Planet Earth Deserts (CC)																
A&E (47)	Bounty Hunter		Bounty Hunter		Bounty Hunter		Simmons		Simmons		Sons, Hollyw.		Sons, Hollyw.		Criss Angel		Criss Angel		Bounty Hunter		Bounty Hunter						
HIST (48)	The Ten Commandments		The Exodus Decoded		Scholars argue the validity of Exodus. (CC)		Bible Battles Exploring the biblical world from a military perspective. (CC)				The Exodus Decoded (CC)																
NICK (55)	Kids' Choice		Just Jordan		Zoey 101 (CC)		Unfabulous (CC)		Full House		Growing Pains		Roseanne		Roseanne		Fresh Prince		Fresh Prince		Cosby Show		Cosby Show				
DISN (56)	Hannah Montana		Zack & Cody		Movie: The Parent Trap *** (1998) Reunited twin girls try to get their parents back together. (CC)		Natural-Sadie		Zack & Cody		That's-Raven		Hannah Montana		Replacements												
FAM (58)	(5:30) Movie: Dennis-Again		Movie: Hook *** (1991, Fantasy) Lawyer turns into Peter Pan to save kids from Captain Hook. <i>Dustin Hoffman.</i> (CC)						Home Videos		Home Videos		Joel Osteen		Feed the Children												
HALL (60)	(5:30) Movie: White Fang ** (1991, Adventure) <i>Klaus Maria Brandauer.</i> (CC)		Movie: Flight of the Navigator *** (1986, Science Fiction) <i>Joey Cramer.</i> (CC)						Movie: Escape to Witch Mountain (1975) Psychic twins run from an evil tycoon. (CC)																		

MONDAY														APRIL 2													
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30															
KLB/ABC (4) (6)	News (CC)	Enter- tainment	Dancing With the Stars (Live) (CC)			The Bachelor: Officer and a Gentleman (Season Premiere)			News (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)																
KSNK/NBC (8) (8)	News	Wheel of Fortune	Deal or No Deal (ITV) (CC)		Heroes Parasite (CC)		The Black Donnellis (N) (CC)		News	The Tonight Show With Jay Leno (CC)	Late Night																
KBSL/CBS (12) (11)	News (CC)	Inside Edition	How I Met	Two/Half Men	College Basketball: NCAA Tournament Final -- Teams TBA. Atlanta. (Live) (CC)					News (CC)	Late Show With David Letterman																
K15CG (2)	The NewsHour With Jim Lehrer (N)		Antiques Roadshow (N) (CC)		American Experience (N)		Terry Sanford & the New South (N)		BBC World	Monty Python	Charlie Rose (N) (CC)																
ESPN (28)	Sports- Center	College GameDay (Live) (CC)			Figure Skating: World Championships Recap. (CC)							SportsCenter (Live) (CC)															
USA (37)	(4:00) Movie: Pirates-Carib.		Law & Order: SVU		WWE Monday Night Raw (Live) (CC)					Law & Order: SVU		The Dresden Files Walls (CC)															
TBS (38)	Ray- mond	Ray- mond	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Family Guy (CC)	Family Guy (CC)	Seinfeld (CC)	Seinfeld (CC)	Movie: Payback ★★½ (1999) (PA)																
WGN (39)	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		WGN News at Nine (CC)		Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)															
TNT (40)	Movie: Forrest Gump ★★½ (1994, Drama) A slow-witted Southerner experiences 30 years of history. <i>Tom Hanks.</i> (CC)						Law & Order New York Minute		Law & Order Shangri-La		Law & Order Haven (CC) (DVS)																
DSC (42)	Mega Builders (CC)		Dirty Jobs Water snakes. (CC)		Futureweapons Future Combat (N)		Stunt Junkies		Stunt Junkies		MythBusters Deadly Straw (CC)		Dirty Jobs Water snakes. (CC)														
A&E (47)	CSI: Miami Open Water (CC)		CSI: Miami Shock (CC)		The Sopranos From Where to Eternity		The Sopranos Bust-Out (CC)		Bounty Hunter		CSI: Miami Shock (CC)																
HIST (48)	Modern Marvels Levees Levees.		UFO Files Out of This World (CC)		Digging for the Truth (N) (CC)		Egypt: Engineering an Empire Engineering feats. (CC)				UFO Files Out of This World (CC)																
NICK (55)	OddPar- ents	Jimmy Neutron	Spon- geBob	Drake & Josh	Full House	Full House	Rose- anne	Rose- anne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show															
DISN (56)	Phil of Future	Zack & Cody	Movie: The Even Stevens Movie ★★ (2003, Comedy) <i>Shia LaBeouf.</i> (CC)			Life With Derek		Phil of Future	Zack & Cody	That's- Raven	Phil of Future	Kim Possible															
FAM (58)	Lincoln Heights The F Word (N) (CC)		Kyle XY Pilot Kyle wanders in traffic.		Movie: Love Don't Cost a Thing ★★ (2003, Romance-Comedy) <i>Nick Cannon.</i>				The 700 Club (CC)		Kyle XY Pilot Kyle wanders in traffic.																
HALL (60)	Walker, Texas Ranger (Part 3 of 4)		Walker, Texas Ranger Retribution		Movie: Though None Go With Me (2006, Drama) <i>Christopher Allport.</i> (CC)				Movie: A Painted House ★★ (2003, Drama) <i>Scott Glenn, Arja Bareikis.</i> (CC)																		