

# Bulldogs power up with Lift-A-Thon

By Carmen Sepulveda

The Golden Plains High School football team has spent its summer preparing for the upcoming season by working hard in the weight room all summer and developing strength to take the field. On the final day of summer skills camp, the boys held a Lift-A-Thon in the weight room to max out their muscles and raise funds for the program. "We had a great week of camp," coach Travis Smith said. "Our theme this year is 'We Over Me' and the boys have really come together as a team. I think they will impress everyone when they get on the field this season." Several seniors demonstrated tremendous strength, commitment and skill including Josh Barnhart, Shane Ryburn and Tristan Schwarz. Barnhart lifted nearly five times his body weight as he benched 200, squatted 260 and cleaned 170 pounds. Barnhart has proven to be

a heavy lifter by placing second in the state record listings this year. "We are working towards a winning season," Barnhart said. Ryburn lifted the most weight for a total of 800 pounds in the three lifts combined. "Being strong should help us win football games," he observed. Senior Tristan Schwarz was close behind him at 755 pounds followed by junior Benny Martinez with 700 pounds. A total of 19 team members from freshmen through seniors participated in the Lift-A-Thon, lifting a total of 8,000 pounds. Sponsors donated so much per pound for each lifter's total weight with funds going to help purchase football practice gear, equipment and supplies. The Golden Plains Bulldogs kick off their season at home against Quinter on Friday, Sept. 6. Watch for more details and photos of all Golden Plains teams in the Fall Sports Preview section next week.



JUDY ROGERS/Golden Plains High School  
Senior Shane Ryburn gave it all he had in the squat as junior Benny Martinez spotted him during the Golden Plains football camp Lift-A-Thon this summer.

## 'Glo Run' set for late September

An annual 'Glo Run' in Goodland is set for Saturday, Sept. 28, beginning at 9 p.m. CDT. The night even features either a 5K run or 1 Mile Fun Run/Walk for both youths and adults. Entry fee is \$15 per person, and all those who register before Friday will receive a commemorative Glo-Run t-shirt. Registrations should be mailed or delivered to the City of Goodland at 204 W. 11th St. or the Goodland Activities Center at 808 Main St. For information, call the Goodland city office at (785) 890-4500 or the Activities Center at (785) 890-7242.

# Trojans trample through Dodge City

By R.B. Headley

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Dodge City's packed gymnasium of fans had a plan to disturb and distract the Colby College volleyball team Wednesday night. They probably took a little pride in Colby committing 13 service errors. "We can't do that," coach Carey Jones declared. "I know what what we'll be working on in practice today. We'll serve, serve, serve and serve some more." Yet the Trojans (3-2 record overall) served up another "D" word that only disturbed the Dodge City Community College fans: domination. Total domination as in a 25-12, 25-16, 25-17 Colby sweep of this Jayhawk League opening match. We did exactly what we wanted," Jones confirmed. "They packed the gym. They had a really great crowd, but we never

## Colby spikers will host weekend tournament

let it bother us. There was never any question about whether we brought the intensity." Sophomore Lorena Rosario played the role of old-school librarian with authority. When fans got rowdy, BOOM! She shushed everyone with another of her team-high 15 kills. Rosario only missed two hits to follow up her 66 kills in four matches at last weekend's North Platte, Neb., Community College tournament. With 81 total kills, Rosario ranks second in National Junior College Association Division I behind only Erin Terrell from Cloud County Community College. "Lorena was putting the ball down any time she got the opportunity," Jones confirmed. Efficiency carried across the Trojans' front line.

Freshman Kamryn Forrest took four swings and finished with four kills for 100 percent success. Sophomore middle blocker Taryn Lee crushed six kills without a single hitting error. Freshman Adrianna Sosnowska's seven kills were second only to Rosario, while even setter Maisy Munson finished four-for-five (80 percent) on hitting attempts. Of course, Munson's top talents continue to show as a returning all-district setter. Munson delivered another 32 assists Wednesday night. Munson's 10.5 assists per set are fifth nationally, according to njcaa.com. Meanwhile, freshman libero Danielle Rodriguez added another 19 digs to her nation-leading total of 119. After several tight sets last weekend that included a 38-36 marathon, the Trojans rarely allowed Dodge any chances to stay close Wednesday evening. "We talked about keeping our intensity from the weekend no matter what the atmosphere was like," Jones said. "I'm really proud of them." Outside hitter Ariana Jacquez was another key contributor statistically with three kills and one block assist. Forrest and Rodriguez each served two of the Trojans' six aces. Virtually every other Colby player provided highlights not seen on the stat sheet. "Savannah Gamble came in and delivered the perfect pass I was looking for," Jones staid. The Trojans now host their Colby Classic this weekend.



R.B. HEADLEY/Colby Free Press  
Junior Olivia Wetter was among the many Colby Eagles working on serves during their recent tennis team practice at Fike Park.

# One goal unites Golden Plains

By Hailee Spresser

"One Team, One Goal, One Heart, One Soul" stands as the Golden Plains High School Bulldogs volleyball team motto for the 2013 season. A total of 15 girls are out for volleyball featuring five seniors, five sophomores and five freshmen. The returning seniors are Jordan Christensen, Macayla Easton, Kylie Jones, Leea Juenemann and Hailee Spresser with three of them receiving all-league honors for the 2012 season. Also returning are sophomores Kami Miller, Kaycie Clapp, Maddy Walz, Kynndra Rush and Brianna Stoll. The freshman team members are Morgan Ritter, Gabrielle Schiltz, Jessica Koerperich, Arianna Camacho and Carmen

Sepulveda. Head Coach Orba Smith has been coaching Golden Plains High School volleyball for 16 years while her assistant Ashley Arberger has four years of high school volleyball coaching experience. "Practices this summer allowed us the opportunity to work on and explore some options for our offense, and have really allowed the freshmen to get to know our system and our expectations," Arberger said. The coaches held weekly practices in the summer and a team camp to get a jumpstart on the ladies' skills to prepare for official team practices which started Aug. 19. "I have some pretty lofty goals for this year's team, beginning with playing consistently and confidently every time we step on the

court," Smith said. "Like every coach, I want my players to share common goals, and work together to achieve those goals. I feel team unity, compassion for each other, passion for the game, and a desire to always achieve more are key attributes that will help this team reach our goals and achieve success. I'm very excited to begin competition." "I'm so thankful for the awesome parental and fan support we had last season, and I anticipate the same support this year," Smith added. Senior leaders Easton and Jones also said one of the major goals is to make it to state and also to improve every day. The Bulldogs begin their season with a scrimmage on Friday followed by home matches against Triplains/Brewster and Logan on Tuesday starting at 4 p.m.



JUDY ROGERS  
Senior Macayla Easton works on her skills during a recent Golden Plains volleyball practice. The Bulldogs begin their season at home on Tuesday.

# Colby tennis brings good talent to courts

By R.B. Headley  
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The talent remains so tight that no varsity spot has been decided on Colby High School's tennis team this fall. Madison Rogers and four-year player Sarah Lamm return to represent the senior class. Yet there are also five juniors who've been part of Eagles tennis since their freshman seasons: Sam Lindberg, Morgan Sanguinetti, Tresta Urban, Olivia Wetter and Jeni Gray. "They're all very promising players," coach Jennifer Rall confirmed. "All six varsity spots are up for grabs as several of the players are very close in ability and skill level."

Sophomores Julie Schroeder, Rachel Browne and Makayla Brackett are also capable of making a varsity impact. Rall's been impressed about how the serves of Schroeder "have come full circle" while Browne is a first-year player who's "very powerful." Rogers delivers another powerful serve, and the quickness of Lindberg are other highlights for Colby tennis fans to watch. The Eagles are less than a week from Tuesday's season opening 3 p.m. dual at Hays. They'll hold a Colby Invitational on 9 a.m. on Saturday, Sept. 7. "We're not sure who will play singles or doubles at this point," Rall concluded as challenges were taking place on Wednesday at Fike Park. "But we'll know soon."

# Who will win big showdowns on football's first weekend?

By Ralph D. Russo

AP College Football Writer  
and  
R.B. Headley  
Colby Free Press

Titanic matchups take place both on and off the gridiron this week as Colby Free Press sports editor R.B. (Rumblin' Bumblin' Headley) matches his one with AP college football guru

Ralph Russo. Editor's note: R.B. is taking about 10 minutes to make his picks, so look for his best weekend all season. No. 8 Clemson hosts No. 5 Georgia. Russo: Quarterback Tajh Boyd, your Heisman front-runner. Clemson 45-38. R.B.: I'm more dog than Tiger but Clemson 35-31. North Carolina at No. 6 South

Carolina Russo: Jadeveon Clowney meet Tar Heels QB Bryn Renner. He's not scared. South Carolina 28-17. R.B.: My renowned grubby North Carolina ballcap is really for basketball season. Gamecocks 26-21. No. 1 Alabama vs. Virginia Tech at Atlanta Russo: Tide too much for Logan Thomas and banged-up Hok-

ies. Alabama 34-10. R.B.: Other Tech nickname is Gobblers. When I roll against Tide or coach Nick Saban, I sink like a wet turkey. Alabama 33-17. Rice vs. No. 7 Texas A&M Russo: Will Johnny Football play? Either way. Texas A&M 48-14. R.B.: NCAA needs suspension. Aggies, 49-17. No. 12 LSU vs. No. 20 TCU at Arlington, Texas

Russo: Lots of new starters, same tenacious LSU defense. LSU 24-17. R.B.: UPSET SPECIAL TC 20-18. Other top 25 picks No. 13 Oklahoma State over Mississippi St.; No. 22 Northwestern over California; but they disagree on No. 19 Boise State at Washington

Russo: Boise State 23-20. R.B.: Washington 35-27. Take No. 10 Florida over Toledo, No. 16 Oklahoma over Louisiana-Monroe, No. 21 UCLA over Nevada, No. 5 Louisville over Ohio U. and No. 11 Florida State to escape host Pittsburgh. Oh, and don't forget No. 19 Nebraska to fight off Wyoming.

## You Don't Want To Miss

Sat., Aug. 31 - 5 p.m.  
at the Bird City Park

5 p.m. - Gospel Quartet - The Down East Boys  
7 p.m. - Pastor Todd Burpo, author of "Heaven Is For Real"  
8 p.m. - Becky Purpo leads in Praise & Worship  
Hamburgers & Hotdogs will be provided. Please bring your lawn chairs.

## Fall Festival

Winona United Methodist Church  
501 Bellview Ave.  
Sunday, Sept. 8th

Begins at 4 p.m.  
Bar-B-Q with  
Salad & Dessert  
Bar from  
5 - 6:30 p.m.

- Games, Cakewalk
- Home-made Ice Cream
- Wagon Ride
- Country Store
- Crafts and Bake Sale

Love Offering Drawing for Gift Basket and Drawing for Quilt "Pheasants in Flight" at 6:30

Everyone Welcome!

## Public Notice



Notice is hereby given pursuant to the provisions of K.S.A. 71-201(b)(15) of a vacancy in the membership of the Board of Trustees of Colby Community College, and that such vacancy shall be filled by appointment of the Board of Trustees for the remainder of the unexpired term not sooner than 15 days following publication of this notice. Such vacancy exists by reason of the resignation of Nick Wells.

Any person residing in Thomas County, Kansas wishing to be appointed as trustee for the unexpired term shall submit a letter of application and summary of qualifications to Dr. Stephen Vacik, President, Colby Community College, 1255 South Range Avenue, Colby, Kansas 67701 by 5 p.m. on September 12, 2013.

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