

Mavericks sign former Colby wrestler as team assistant

By Andy Heintz
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A former Colby Community College wrestler and All-American, will join former Trojans' wrestling coach Steve Lampe at the Northwest Technical College in Goodland in August as the Mavericks assistant coach.

Nick Kriss, a state finalist on last year's Colby college wrestling team, reached an agreement with Northwest Tech to become an assistant coach for the new Mavericks wrestling program.

"It just made my day," Lampe said. "He's a great kid. He'll be a huge asset to the beginning of a great new program. He's a nice guy – a tough guy and very smart."

Kriss was a first-rate student during his two years at Colby, garnering an over 3.8 grade average. He was one of many model student athletes on last season's wrestling team.

Lampe's final Trojan wrestling team was named the National Junior College Athletic Association

All-American Academic National Champions.

Lampe, a 37-year veteran coach, and a member of the National Junior College Athletic Hall of Fame; said his wife was the one who first brought up the idea of asking Kriss to be an assistant.

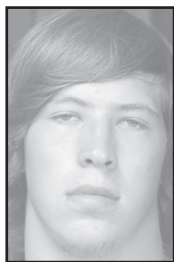
"She said why don't you ask Nick," Lampe said.

Kriss declined the job when Lampe first asked him about two months ago, but said he had a change of heart. Lampe said Kriss called him up and said, "You know Lampe, I've been doing a lot of thinking, and it would be really cool to coach with you."

Kriss said he wants to show his new team how to work hard.

"Work hard everyday," he said. "That's going to be my mentality."

Kriss said to be a successful wrestler, you need learn from every match and not be scared of anybody. He said he would try to teach this to the Northwest Tech wrestlers.



Kriss

Hays group planning STRIDE half marathon

The Center for Health Improvement of Hays is sponsoring - The STRIDE Half Marathon and 5K on Sunday, Oct. 23. Participants can choose from either running or walking the 13.1 half marathon course or the 5K run. Both courses take you through various locations in the city of Hays.

Registration packets are now available; they include a 12 week training program for both walkers and runners which begin on Monday, Aug. 2.

"This is our fourth year for this event and each year it continues to grow," said Stephanie Schaffer, director of the center. "The participants are motivated by this event and we look forward to providing the training. We are excited to be able to offer the 5K run along with the half marathon. It gives people another option to choose from."

The registration fee for the 5K is \$25 before Friday, Oct. 1 and \$35 after Oct. 1. Registration for the half marathon is \$45 before Oct. 1 and \$55 after Oct. 1. Registration forms are available at The Center for Health Improvement at Hays or you can e-mail kelly.flaska@haysmed.com to request a form. For more information or to have a registration form mailed to you call (785) 623-5900.

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NORTHWEST TECH

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NORTHWEST TECH is pleased to announce the grand opening of the Betz-Saint House located at 1219 Center Street built by the 2009-2010 Northwest Tech Construction Division. The date is August 4 from 11:00 am to 1:00 pm MDT with a ribbon cutting. This energy efficient, low maintenance home is perfectly located within walking distance to area churches, art center, town and beautiful parks. Proceeds from the sale of the home go back to support the ongoing commitment of "hands-on" education by Northwest Kansas Technical College.

The Northwest Tech Admissions Team will be available on August 4 to assist any prospective students with enrollment or questions regarding the Carpentry, Engineering and HVAC programs offered at the College. For more information on these programs, call 1-800-316-4127 ext. 515, 785-890-3641 or go to our website at www.nwktc.edu.



Vote Brenda McCants on August 3

- Brenda McCants doesn't want Topeka speaking for her, Brenda McCants wants to speak for Northwest Kansas.
- Brenda McCants has worked in healthcare, education, owned businesses and understands the need to create jobs and preserve jobs in Northwest Kansas. Brenda is pro life and wants to preserve the quality of life for the citizens of Northwest Kansas.
- Brenda McCants will support legislation that will put dollars back into the local economy to create jobs. Brenda will vote for legislation to keep our schools and colleges from further and harmful cuts that would have detrimental effects on our students and jobs in Northwest Kansas. Brenda has talked with school superintendents, teachers in the six school districts as well as college administrators and board members and she knows what further cuts would do to our schools.
- Brenda McCants will work for you—she believes politicians should be public servants and work for the people who elect them. She believes that legislators should vote term limits for themselves so the people they speak for will always be represented effectively.
- Brenda McCants doesn't have a "Friday night lights mentality", she wants to serve all of the communities in the District, all four hospitals, both colleges and all of the businesses. Everyone is important to Brenda McCants.
- Brenda McCants has the integrity, energy and enthusiasm to serve you in Topeka. Her pledge to you is to spend her out-of-session time at home in Northwest Kansas where she will talk to you face-to-face. Brenda will always accept your phone calls, e-mails and visits. She wants to continually learn what she needs to do to represent you, our schools, colleges, hospitals and businesses in Northwest Kansas.
- Brenda McCants promises to treat your tax dollars with the same respect and careful fiscal management that she used with the donations that supporters gave to her campaign.
- Vote for Brenda McCants on August 3—Brenda WILL ANSWER TO YOU; NOT TOPEKA!

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Sue Evans, Treasurer



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