

Eagle track members place in events at Holcomb, Scott City

The following are results from Colby High at the Holcomb track meet held Friday. Team results were not available.

Girls
100-110 hurdles
Ariel Coon, :19.4.
100 meters
2nd, Carleigh Dempewolf, :12.91; 3rd, April Gee, :12.93; Katelyn Schacher, :13.73.
1600 meters
Kelly Gerstner, 6:35.06; Barbara Bickner, 6:37.4.
400 meters
4th, April Weaver, 1:07.5; Katelyn Houtz, 1:12.7.
300 hurdles
6th, Coon, :53.7.
200 meters
2nd, Gee, :26.76; Dempewolf,

:27.2; Jenny Dickman, :29.1.
3200 meters
4th, Gerstner, :14.31; 6th, Bickner, :14.54.
Javelin
Leiker, 73-8.5.
Shot put
Leiker, 24-6
Discus
Leiker, 58
Long jump
4th, Tasha Wagoner, 14-10.5; Caitie Henry, 13-6.25; Dickman, 13-8.25.
Triple jump
1st, Gee, 36-3, school record; Wagoner, 30-.5; Henry, 29-8.
4x100 relay
3rd, Dickman, Gee, Wagoner, Dempewolf, :52.9
Boys

100 meters
1st, Mitchell Tuma, :11.17; 3rd, Scott McCoy, :11.5; Eli Robert, :11.68.
1600 meters
1st, Josh Baden, 4:49.9; 6th, Darren Sporing, 5:10.6. Breck Arnberger, 5:15.9
400 meters
Heath Stephens, :57.01; Ryan McCoy, :58; Adam Schroeder, :61.2
800 meters
6th, Sporing, 2:14.6
200 meters
1st, Tuma, :22.9; 3rd, Robert, :23.3; Schroeder, :25.9.
3200 meters
1st, Baden, 10:59.7; 6th, Arnberger, 11:47.
Javelin
1st, Ethan Stover, 157-10.5; 6th, Tuma, 136-4.
High Jump
tie for fifth, Scott McCoy, Stover, 5-8.
Shot put
Tyson Miller, 36-7; Schroeder, 34.
Discus
Stover, 126-8; Miller, 114.
Long jump

4th, Ryan McCoy, 19-10.5; S. McCoy, 19-5; Travis Parker, 15-2.
Triple jump
4th, R. McCoy, 39-1.25.
4x100 relay
2nd, Robert, S. McCoy, Heath Stephens, Tuma, :46.53.
4x400 relay
5th, Stephens, R. McCoy, Miller, Sporing, 3:49.3

Scott City
The following are Colby's results from Scott City Tuesday.

Girls
100-100 hurdles
3rd, Coon, :18.61; Rachel Lamm, :19.38
100 meters
1st, Gee, :13.15; 2nd, Dempewolf, :13.25; Lexie Garcia, :14.29.
400 meters
3rd, Weaver, 1:08.1; Houtz, 1:16.9.
300 hurdles
Coon, :56.75; Lamm, :58.1
200 meters
1st, Dempewolf, :27.83.
Shot Put
1st, Lissa Mazanec, 34-10.
Discus
1st, Mazanec, 117-11; Garcia,

56-10.
Long Jump
2nd, Wagoner, 14-7.5; Henry, 12-11; Lamm, 11-7.
Triple Jump
1st, Gee, 34-10.5, school record; Wagoner, 30-8.5; Henry, 30.
4x100 relay
1st, Henry, Gee, Mazanec, Dempewolf, :52.85.
4x400 relay
2nd, Henry, Weaver, Mazanec, Dempewolf, 4:26.7
Boys
100 meters
1st, Tuma, :10.84; 5th, S. McCoy, :11.57; 6th, Robert, :11.75.
1600 meters
2nd, Baden, 4:51.9; Arnberger, 5:19.1; Taylor, 5:51.2
400 meters
6th, Stephens, :56.33; R McCoy, :57.49; Stickel, :58.62.
800 meters
5th, Sporing, 2:15.4; Chase Moore, 2:31.4; Kalen Rasmussen, 2:32.8.
200 meters
3rd, Robert, :24.1; Tuma, :25.7.
3200 meters
1st, Baden, 11:06; 6th, Arnberger, 11:54; Reed, 13:32.

Javelin
1st, Stover, 158-6; 5th, Tuma, 139-5; Parker, 114-7.
High jump
4th, S. McCoy, 5-6; 5th, Stover, 5-4.
Shot put
Miller, 37-1.25; Weber, 34-5.5; Rundel, 33-3.
Discus
Stover, 113-5; Miller, 96-2.5; Weber, 94-5.
Long jump
4th, R. McCoy, 19-.5; S. McCoy, 18-4; Robert, 16-9.
Triple jump
5th, R. McCoy, 38-8; Rasmussen, 33-9.5.
Pole vault
3rd, Stickel, 11; tie 6th, Moore, 9-6.
4x800 relay
2nd, Baden, Arnberger, Rasmussen, Sporing, 9:03.2.
4x100 relay
1st, Robert, S. McCoy, Stephens, Tuma, :45.68
4x400 relay
3rd, Stephens, R. McCoy, Miller, Sporing, 3:47.7
Colby track competes 3 p.m. Friday at Goodland.

Trojan baseball team splits doubleheader

Colby Community College baseball team split a doubleheader with Dodge City Saturday.

The Trojans started quickly in game one, scoring eight runs in the first inning. The Trojans ended up with a 17-5 victory.

Kris Jiggitts earned the win by pitching six innings, allowing four earned runs while striking out nine batters. Chris Gordon was 2-3 with a home run and three RBIs while Jason Chatwood and Royle Beach

each collected three hits. Of the Trojans 17 hits, six were for extra bases.

The Trojans didn't fare as well in game two, losing 11-3.

The Trojan offense managed just four hits, although Trojan batters did earn 4 walks. Chris Eddy was 1-1 with a solo home run and two walks. Royle Beach was 2-3 with and RBI. Starting pitcher Josh Turner allowed six earned runs over three innings of work.

Colby is 27-18.

Trojan softball goes 1-2

The Colby Community College Lady Trojan softball team hosted the annual Allen Wolf Tournament Saturday at Carl Adams Field and at the Colby Recreation fields.

The Trojans went 1-2 on Saturday, losing to North Platte and Lamar. Their victory came against Trinidad State from Colorado.

"We were in each game today and could easily have been 3-0 on the day," Colby coach Ryan Sturdy said. "We couldn't get the key hit to drive runners in until the third game. We got more aggressive at the plate as the day went on."

The Lady Trojans lost to North Platte 2-1 in game one. Kari Panno struggled with her command in the first two innings, allowing four walks. She allowed two earned runs in the second inning, but shut down

the Lady Knights the rest of the way.

In game two, Amy Foster took a shutout and a 1-0 lead into the top of the seventh, but Lamar rallied for two runs. The Lady Trojans were unable to counter in the bottom half of the seventh and lost 2-1. Foster struck out six batters over her seven innings, and allowed six hits and one walk. Chloe Jackson was 2-4 to lead the Lady Trojans.

Colby defeated Trinidad State 7-3.

Mary McLaughlin was 1-2 at the plate with a double, and Jill Schmidt was 1-2 with two RBIs. Amy Foster had another solid outing on the mound, pitching a complete game, and allowing two earned runs on five hits and three walks.

Colby is 17-24 and plays Barton County 3 p.m. Tuesday in Colby.

Too much alone time concerns co-worker

Dear Dr. Brothers: I am concerned about a co-worker of mine. I use the term loosely, as we both work from home, but we are in similar fields and I usually know what she is working on because I occasionally see her at the office-supplies store or the post office. Anyway, when I asked her to go with me to an industry lecture, she informed me that she doesn't do that sort of thing.

She avoids any kind of large group; in fact, from the way she was talking, it became evident to me that she does everything she can not to leave her apartment at all.

She claims that she just doesn't care for most people and that she is perfectly happy. Is this possible? — L.I.

Dear L.I.: Anything is possible. But what usually passes for happiness to someone who is making a concerted effort to isolate herself from others is actually a sense of relief that she doesn't have to interact with others who have normal, outgoing, pleasant lives. Chances are, your friend combines a natural inclination toward being a loner with a bit of depression, in which she sees herself as a person who is better off alone, where she can't be disappointed by people — or herself, for that matter.

Perhaps you can gently coax her out of the house for an occasional coffee or lunch.

Since you share career interests, it shouldn't be that hard to draw her into a conversation and perhaps extend an invitation to a second event. It might take some doing, but as long as you respect her boundaries and don't push too hard, you may be able to help your colleague adjust to the outside world.

Dear Dr. Brothers: I am a few years out of college but still don't make enough money at my job to really spend a lot on rent. So I recently moved in with someone who had an extra room available in her apartment.



Dr. Joyce Brothers

Ask
● Joyce

I thought at first that she was just a little quiet, but now I find that whenever I am home, my apartment mate rarely takes her nose out of a book to say hello to me, which I consider just plain rude.

This is really getting on my nerves. Should I say something? — D.D.

Dear D.D.: It's a good idea for you to indicate to your apartment mate that you'd like to get to know her a bit better.

Maybe she wasn't looking for a friend when she decided to advertise for a roommate, but living together is much more enjoyable if you feel comfortable around each other.

I don't know whether she is just shy or is actively trying to avoid having to deal and interact with you, but if you want things to change, it looks like you will have to take the initiative.

Invite her to go to a movie with you, or to do some other activity where she will actually have to put down the book and participate.

Maybe you could try grocery shopping together. If this is too much togetherness, at least ask her to sit down and talk to you about how she sees your relationship, ideally.

Then let her know what you would like, and see if you have room for compromise. Maybe you can start by asking her what she is reading or to recommend a good book for you! If she is putting her nose in a book as a defense mechanism because she can't think of anything to say, or she doesn't think others want to talk to her, this will give her a perfect opportunity to start, with you!