

Ready, aim, fire



ANDY HEINTZ/Colby Free Press

Colby High freshman Todd Kane fired a throw to first base during the Eagles' baseball practice Tuesday afternoon at the Colby Recreation Fields.

# Junior Lady Eagles selected for squad

By Andy Heintz

Colby Free Press  
aheintz@nwkansas.com

Colby High juniors Kayla Hockersmith and Katharine Kaus were both named to the Northwest Kansas All-League basketball team. Sophomore Morgan Bell was voted honorable mention.

Coach Parker McKee said all three girls have strengths on the basketball court. He said Hockersmith's leadership and her willingness to win was her biggest strength.

"She will do whatever it takes to win, whether that means getting steals, scoring or passing the ball," said McKee. "She's a complete player."

Hockersmith led the team in steals and assists with 99 and 48 respectively. She had 52 more steals and 26 more assists than anyone else on the team. She said defense was her favorite part of the game. Hockersmith demonstrated a knack for getting steals throughout the season. She had 12 steals in Colby's 56-47 win on Jan. 5 at Atwood.

"I love stealing the ball," Hockersmith said. She said the rest of her team's strong defense makes it easier for her to get steals.

McKee said Hockersmith's best game was against Kingman on March 1 in the first round of the Class 4A Regionals.

"She really willed us to win that game," McKee said.

Hockersmith played a key role in the Lady Eagles' 44-27 win over Kingman, scoring a team-high 18 points on seven of 13 shooting. She also led the team in assists and rebounds with four and five respectively.

Kaus led the team in scoring, averaging 10.3 points per game. She also led her team in rebounds, grabbing five rebounds per game. She ranked first on the team in free throws attempted and second in free-throw percentage. Kaus made 49 out of 73 free

throws and she attempted 25 more free throws than anyone else on the team.

McKee said Kaus' best game was against Thomas More-Prep Marian in the Hays City Shoot-Out earlier this season. Kaus scored 11 out of her 13 points in the final quarter in the Eagles' 43-40 loss to the Lady Monarchs.

"She wanted the ball in her hands in that game," said coach McKee.

McKee said Kaus also defended Thomas More Prep-Marian's star player Rachel Jacobs very well in the game.

Kaus had several high scoring games this season including scoring 18 points and grabbing 10 rebounds against St. Francis and dropping 17 on Scott City.

McKee said Kaus was a tough defensive matchup for teams because she could score from both inside and outside.

Kaus said offense is the favorite part of her game. "You have to score to win," said Kaus.

Kaus said she likes to post up inside when she's being guarded by a smaller opponent and she likes to make bigger defenders play her outside.

Bell was the second leading rebounder on the girl's team, grabbing 75 rebounds overall. She was also the team's third leading scorer, averaging almost seven points a game.

Bell scored a season-high 19 points on eight of 10 shooting in the girls' 45-30 home-court win over Goodland. She knocked down all three of her three-point attempts in the game. The victory avenged the Lady Eagles' disappointing 38-27 loss to the Cowgirls earlier in the year.

Coach McKee said he saw Bell's confidence go up after the game.

Bell played a key role in the Lady Eagles' 42-30 victory over Clearwater in the second round of the regional tournament. She scored a team-high 14 points in the contest.

# Former Colby runner remembers races

By Andy Heintz

Colby Free Press  
aheintz@nwkansas.com

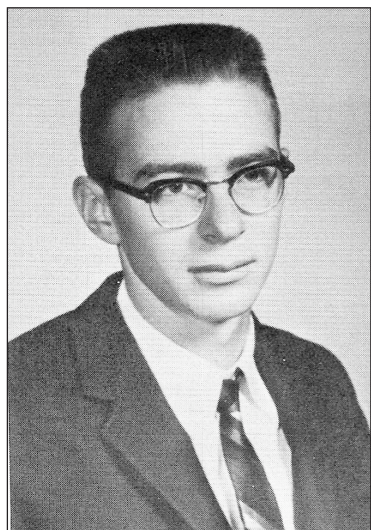
Today, Lowell Paul leads a normal everyday life as a staff attorney for Kansas Legal Service in Topeka. But during the magical year of 1973, the former Colby High athlete was part of a two-mile relay team that set two world records.

Paul, a Leoti native, moved to Colby when he was 6. He took third and second in the half mile and the 400 meters in the state track and field championships during his junior and senior years at Colby High. After graduating, he ran for the University of Kansas track team.

On Feb. 10, 1973, while working as a lawyer, Paul was part of a University of Chicago Track Club team that set the world indoor record for the two-mile run. The team of Paul, Tom Bach, Ken Sparks and Rick Wohlhuter ran the two miles with a time of 7:20.8 at the 14th Mason-Dixon Games in Louisville, Ky. The previous record was 7:22.8. Paul said he ran his leg in 1:48.8.7.

The four team members lived in different parts of the country, so they didn't have time to train together, said Paul. But they had competed together for several years, he added.

On May 12 that same year, the



Lowell Paul in 1962

same team broke the world outdoor record in the two-mile relay with a time of 7:10.4 at the King Freedom Games in Durham, N.C. The time broke a record of 7:11.6 set by a team from Kenya.

The group had entered the games with the goal of breaking the United States record in the two-mile relay, Paul said. The U.S. record was 7:16.4 at the time.

"We didn't think we would run that fast," said Paul.

The team was added to the meet schedule five days before the event. They had trouble finding someone to run against, but Vilanova finally offered to run the relay if it could be shifted to after the open 880-meter-run.

Paul said his team was helped greatly in the world-record run by Wohlhuter, the team's anchor runner. Wohlhuter ran the 880 in 1:44.8, which tied the world record at the time.

Paul was 29. It had been seven years since he graduated from KU in 1966. He was the third person to get the baton in the race, running his split in 1:48.0.

After the two record-breaking races, the small town Kansas boy continued running in national races for five years. He said he stopped because he felt he was too slow to compete any more. He decided to stick to marathons and road races until arthritis forced him to stop running completely about 10 years ago.

While he's lost contact with most of his former team members, Paul said, he did run into Wohlhuter three years ago at the National College Athletic Association cross country championship.

Paul said he was a three-sport athlete at the high school. He played football in the fall and basketball in the winter. While he started out primarily running the

800 meters, he eventually competed in several races during his high school career, including the 400 meters, the 220 and the 4-by-400 relay.

Paul took third at state in the 800 his junior season and second in the 400 his senior year. He was

primarily an 800-meter runner for the Jayhawks. He said he also ran the mile relay and the four-mile relay.

Paul said his 800 time vastly improved in college. He said his best time in high school was 2:01, but his fastest time as a Jayhawk

was 1:48. Paul said one of the reasons his time improved so much was because he was able to train year round.

Even though Paul is no longer running, he said, he still said he loves track.

"It's a great sport," he said.

## STRIKE ZONE

### ~ League Bowling Results ~

March 16, 2010 - Pinbusters League				March 17, 2010 - Ladies Nite Out League			
Team	Won	Lost	Place	Team	Won	Lost	Place
Al's Painting	134	66	1	Minds in the Gutter	7	1	1
Colby Bowl	130	70	2	Service Oil	6	2	2
Corona Kids	117	83	3	Swartz Veterinary Clinic	6	2	3
Bargos	109.5	90.5	4	Twisters II	5	3	4
Subway	109.5	90.5	5	Straightline	5	3	5
Roommasters	107	93	6	Assist-Ur-Sale	5	3	6
Cummins Central Power	96	104	7	Strike-Outs	4	4	7
Colby Automotive	94.5	105.5	8	Don's Electric	3	5	8
Chartwells	42.5	137.5	9	Bop Shop Betties	2	6	9
First high Individual game: Gordon Berry, 265				Susie's Circus	2	6	10
First high Individual series: Gordon Berry, 691				Twisters	1	7	11
First high Individual series: Monica Miller, 248				First high Individual series: Monica Miller, 580			

March 22, 2010 - First Nighters League				March 19, 2010 - Ten Pin League			
Team	Won	Lost	Place	Team	Won	Lost	Place
Kansas Quickklube	140	60	1	Once Upon a Sign	60.5	39.5	1
Pepsi	132	68	2	Cal Williams	49.5	50.5	2
McKee	125	75	3	Colby Bowl	49	51	3
Woolter Well & Pump	116.5	83.5	4	First high Individual game: Kelly Horinek, 188			
Frontier Ag Inc.	109	91	5	First high Individual series: Kelly Horinek, 501			
Fire Xtrikers	99	101	6	March 16, 2010 - Early Bird Ladies League			
Discount Repair of NW Refrigeration	98	102	7	Team	Won	Lost	Place
Parking Lot Maintenance	88.5	111.5	9	Van's Merry Four	23	17	1
Wild Ride	82	118	10	NW Vacuum	22	18	2
Sparky's Firework	81	119	11	Bowlerettes	17	23	3
Grinnell Furniture	38	162	12	www.strike	17	23	4
First high Men Individual game: Eric Smith, 280				First high Individual game: Dee Hovda, 192			
First high Men Individual series: Robert Lee, 685				First high Individual series: Dee Hovda, 508			

March 18, 2010 - King Pin League				January 28, 2010 - King and Queen non-smoking			
Team	Won	Lost	Place	Team	Won	Lost	Place
T.J. Tire	79	41	1	Norman-Mackley	35	17	1
Kurts Pro	75.5	44.5	2	Benson-Schmidtbe	33	19	2
www.visitcolby.com	74	46	3	Niermeier-McCarty	31	21	3
Colby Automotive	65	55	4	Kreutzer-Garrett	30	22	4
Drinkin Mates	65	55	5	Team RB	29	23	5
Balls Deep	61	59	6	Swartz-Barnett	27	25	6
Thomas County Feeder	58.5	61.5	7	Pancake-Kaiser	26	26	7
Morgan Construction	55	65	8	Schissler-Wolf	25.5	26.5	8
5 Pony Men	40	80	9	Prochazka-Jacobs	25	27	9
First high Individual game: Alex Ryan, 236				Cook-Lanning	25	27	10
First high Individual series: Mandee Sundquist, 647				Schroeder-Schroeder	18.5	33.5	11

Brought to you by:

**ColbyBowl**  
FUN CENTER  
GAME ROOM • POOL ROOM  
SNACK BAR/LOUNGE • PRO SHOP  
785-460-2672

**Farm Credit**  
of Western Kansas  
1190 S. Range  
785-462-6714  
www.fcwk.com

155 W 5th St  
785-462-3963  
**COLBY FREE PRESS**

"Yes 'n' Good  
Zoo III!"  
**Gambino's**  
Pizza  
1100 W. 4th  
785-462-9977

**ROOFMASTERS**  
ROOFING  
425 East Hill  
785-462-6642

**COLBY**  
IMPLEMENT  
Colby, Ks.  
405 W. Horton Ave  
785-462-3391

Make a Difference - Please Recycle

## Memory Impairment Research Study

CRI is seeking individuals with memory impairment to participate in a research study. Eligibility requirements:

- Aged 60 and older
- Can be taking Aricept (donepezil), a common medication for treatment of memory impairment

You may be compensated up to \$6,100 for participating.

Call Toll Free  
1 (866) 567-0247  
or [www.cri-research.net](http://www.cri-research.net)

**CRI**  
CLINICAL  
RESEARCH  
INSTITUTE  
201 South Hillside • Wichita, KS 67211

Affiliated with the University of Kansas School of Medicine-Wichita

**MOVIES**

**NOW SHOWING**

March 26th - April 1st

**HOW TO TRAIN YOUR DRAGON**

Genre(s): Adventure/Comedy/Animation  
PG 1 Hour, 40 Minutes  
Friday & Saturday 7:00 & 9:00  
Sunday -Thursday 7:00

**GREEN ZONE**

Starring: Matt Damon  
Genre(s): Drama/Thriller/War  
R 1 Hour, 55 Minutes  
Friday & Saturday 7:00 & 9:00  
Sunday - Thursday 7:00

**COMING SOON**

Clash of the Titans  
Remember Me  
Bounty Hunter  
Cop Out

**Colby Cinema**  
1935 S. Range • 785-460-9600  
[www.colbycinema.com](http://www.colbycinema.com)