

Volleyball team gears up for season

By Kayla Cornett

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Many people may think Head Coach Carey Jones has her work cut out for her, but Jones said she is ready for this new challenge.

The Colby Community College volleyball team has 12 new players this season, who are all freshmen, and only one returning player, sophomore Ana Calito.

Jones asked three freshmen from last year to return to the team, but Calito was the only one to accept.

"Academically, it was better for them to move on," said Jones of the two players that didn't return.

Still, Jones said she spent all spring finding these 12 new players, and she's excited to get the season started. She said her team has more depth on the bench, taller players, and more leadership this year. Some of the leadership comes from the three international players that Jones has this year, which includes Calito.

Calito, 5 feet, 8 inches, from Rio de Janeiro, Brazil, is an outside hitter. Since she is sophomore this will be her last year playing with the team, but she is excited about the coming season.

"I think we have a strong team and I'm sure we're gonna have a great season," Calito said. "We've been working hard, I'm really excited to start the season."

Another international player

is the 6-foot-1-inch Elzbieta Klein, also an outside hitter, from Gdynia, Poland. Jones said Klein adds a strong attack to the team and she's extremely vocal.

The last international player is Kristina Hahn, who is from Chemnitz, Germany. She is 5 feet, 7 inches and is a setter. Jones said that Hahn adds consistency in the setter position, something the team has been missing for the past couple of years.

The remaining players come from a few different areas of the United States. Baily Pfortmiller is a 5-foot-11-inch middle blocker from Natoma.

"She's surprised us with her versatility," Jones said, "where we can move her from middle to the setter position, which is great."

Sarah Eisenbarth is also a middle blocker at 5 feet, 10 inches, from Keenesburg, Colo. Jones said she is a very vocal leader on the court, and she holds girls accountable for their actions.

Kim Lindner was recruited as an outside hitter, but Jones said she will be a middle blocker instead. She is 5 feet, 10 inches, and is from Antigo, Wis.

Jessica Piper, 5 foot, 5 inches, from Kersey, Colo., and Neely Edwards, 5 feet, 6 inches from College Station, Texas, will be fighting for the starting libero position. "This has been a position where the team has struggled to find leadership," Jones said. "But

both of these girls bring that quality."

Abby Mrazek is a 5-foot-5-inch setter from Colorado Springs, Colo. Jones said that she also contributes to the consistency of the setter position.

Haley Darden is a right side hitter from The Woodlands, Texas, and is 5 feet, 10 inches. Jones said she adds experience and a big right side block.

Emily Torson from Dighton, Kan. is 5 feet, 10 inches, and Jones said she is transitioning to a right side hitter, but she adds heavy arm swing from anywhere.

Jessica MacDougal is another right side hitter that is 5 feet, 10 inches, and she is from Peoria, Ariz. Jones said she has a strong block and a consistent pass.

Tara Kelley from Aurora, Colo. rounds out the roster. She is a defensive specialist, and Jones said she finishes off the team's strong pass.

The team began practices on Aug. 5 and just finished a four-day camp with a clinician from California on Thursday. Jones said he worked in every aspect of the program and has helped the team with everything.

Jones' squad will begin the season with a scrimmage in Liberal on Saturday Aug. 20, followed by a tournament on Saturday and Sunday, Aug. 26 and 27, in North Platte. Its first conference match will be on Wednesday, Aug. 31.



KEVIN BOTTRELL/Colby Free Press

Ana Calito bumped the ball during a Colby Community College volleyball game last year at the Community Building. She is the only player from last season that is returning to the team this year, and she will be the only sophomore on the team.

Chiefs back to work after preseason loss

By Dave Skretta

AP Sports Writer

ST. JOSEPH, Mo. — Give credit to Chiefs coach Todd Haley: He's sticking with his plan.

It was hard to give anybody else in camp much credit after Friday night.

The team went back to work at its preseason headquarters on the campus of Missouri Western State University on Sunday, still smarting from a 25-0 thumping at the hands of the Tampa Bay Buccaneers. It was the kind of home rout that might typically cause coaches indigestion, but this season has been anything but typical.

"You have to, as a head coach, look at the big picture all the time," Haley said in a measured tone. "It's a different set of circumstances, and the goal is to be ready for Sept. 11, and that's all that I'm focused on."

That's when the defending AFC West champions open the regular season against the Buffalo Bills, and it's creeping up quickly. The NFL lockout resulted in a condensed offseason and a frenetic start to training camp, and there are only three more exhibitions during which the Chiefs can prepare for games that count.

"I feel really good about our plan," Haley maintained, when asked Sunday whether he regretted the almost overly cautious approach the Chiefs have taken through two weeks of camp.

By design, the Chiefs didn't play wide receiver Steve Breaston, defensive tackle Kelly Gregg, fullback LeRon McClain and several other free agent acquisitions.

Veteran center Casey Wiegmann got the night off, as did banged-up defensive end Glenn Dorsey and outside linebacker Tamba Hali, who spent his first game at Arrowhead Stadium since signing a five-year, \$60 million contract doing little more than wandering up and down the sideline.

Linebacker Derrick Johnson, tight end Tony Moeaki, cornerback Brandon Flowers and defensive end Wallace Gilberry were key contributors last season who never stepped foot on the field after warmups.

Part of that plan was to limit the touches for the Chiefs' top offensive players.

Quarterback Matt Cassel played three series, one of which went three-and-out, and the other two resulting in fumbles. Running back Jamaal Charles didn't carry the ball, top wide receiver Dwayne Bowe didn't make a catch, and the offense managed a measly 137 yards against a Tampa Bay defense with a different set of objectives.

True to Haley's word, practice wasn't much different from a usual Sunday.

Despite bemoaning the team's poor tackling Friday night, there was hardly any hitting. Despite the offensive line's inability to protect the quarterback, the big guys up front rarely went full speed against the defense.

Instead, it was another afternoon spent working mostly on conditioning and fundamentals, one more carefully planned step in Haley's master approach to preparing the Chiefs for the regular season.

Dental class holds 5K for oral health

The Colby Community College Dental Hygiene Class of 2012 will be holding a 5K Run/Walk for Oral Health. Race Day is at 8 a.m. Saturday, Sept. 10. Registration is \$20.

T-shirt included. This event is to help pay for dental work for people in need who cannot afford it. Come help

raise money for a good cause while getting in a good workout and having some fun.

Please call Kayla at (785) 678-7025 to pre-register.

Registration on the morning of the race will begin at 7:15 a.m. in Fike Park. To guarantee a T-shirt you must pre-register.

Students and coaches should play it safe in heat

TOPEKA — As the state continues to experience record-high temperatures, the Kansas Department of Health and Environment wants to encourage state school administrators, activity directors and coaches to be extremely cautious and monitor the health of their students.

The department recently contacted the Kansas State High School Activities Association to stress the importance of staying safe during hot weather, not just during excessive heat warnings.

"No one wants harm to come to our children, but sometimes we may overlook the warning signs," said Tom Langer, Director of Bureau of Environmental Health. "We are especially concerned that even as the temperatures decline out of triple-digit readings that the combination of temperature, relative humidity and exposure to the sun's rays can negatively affect everyone's health, especially student athletes and anyone partici-

pating in outdoor activities."

Heat is the number one weather-related killer in the United States and heat illness is the leading cause of preventable death in high school athletics. Other states have already seen student athletes die due to heat exhaustion. Before sending your child or player outside, keep these safety tips in mind:

- Make sure students drink fluids (water or sports drink) at least 30 minutes before the activity begins and every 15-20 minutes during activity.
- Have them wear light-colored, breathable clothing.
- Know the symptoms of heat-related illnesses, like heat rash, sunburns, heat cramps and heat exhaustion. More info at www.kdheks.gov/beh/extreme_heat.htm.

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T-N-T & Jones Auction Facility, 200 N. Franklin, Colby, KS

Preview sale items between 5-7 p.m. CT Friday, August 19, 2011

Queen bed set - Nice; Canopy bed; 2 Couches; 2 Love seats; Wooden rockers - Adults and kids; Grandfather clock; Stackable book case; Desk & chair from Colorado Capitol Bldg. #2104; Office chairs; Glass top table and chairs; Table and chairs; Oak round table; Wooden stools; Park bench with 2 street lamps; Kids bench; Wicker; Rocking horse; Knives; German flag / 2 belt buckles; 40+ belt buckles - States / Advertising; Craftsman laser compound miter saw; McCulloch Woodmate; Toro leaf blower; Slalom ski - Like New; 2 - 1950s 3-piece bedroom sets; 1950s 2-piece couch set; 1950s corner coffee table; White Frigidaire refrigerator works; 300+ hat collection; 1950s dining room table w/hutch; 1970s Hooker dining room table w/hutch; Secretary; Misc. crystal stemware; 1960s beauty shop hair dryer with chair; 1960s wide band exercise machine; 4-piece Bedroom set; Asian furniture: 4-stack tables, entry way table w/mirror, mirror; Depression glass plates; Pink and blue depression glass vase; Depression glass pitchers - Green & some clear; Depression glass candle holder - chipped; Iron - steam and heater, stove type; Tupperware bottle (small glass) collection; Kal Equipment Company Tune up Service; Old steamer trunk with compartments; Old treadle machine cabinet; Treadle sewing machine in cabinet; Decorative East Asian; Sword on Stand; Old cigar boxes - lots (wooden & cardboard); 4 old gas cans (Standard, Mobile, Conoco); 3 Car banks; 2 lamp shades; 2 hand mirrors; Cloth brush; 2 shaving brushes; Milk jugs with lids; 2 old hair coolers; Double grit; Lots of old pipes; Clown pipe holder; Electric sprayer; Old popcorn popper; 3 tire pumps; Coca Cola carrier; Coke bowls; Coke tray; Tea pot; Jars of marbles; Jars of old jewelry; Small china doll; Misc. figurines; Jar of trinkets; Wooden bowl; Old camera; Old dishes; Old wash board; 2 crock bowls; 2 spittoons; Crock; Coffee table; Folding wood table; Entryway bench; RCA Stereo system; TV stand; Boxes of puzzles; Copy machine; Footlocker; Binoculars w/case; Record player in case; Movie camera w/box; Transicorder in box; End table; Metal table; 3 corner cabinets; Metal cart; Metal bread box; Metal hat box; Misc. living room chairs; Stanley electro defuser; Vandermint liqueur bottle; 3 Prince Albert cans; Large Prince Albert can; Diamond King Razor Hone in case; Gene Autry toy gun and holster; Old tin drummer boy toy; Pipe rack with tobacco jar in center; Wooden powder container; 3 metal picture frames; Wooden picture frame; Chalk board (double sided); China doll - set of china arms and legs; Wooden cigarette case; Set of wooden Scottish shoes; Large wooden barrel; 5-drawer filing cabinet; Brand new mop bucket; Antique typewriter w/case; Manual typewriter w/case; Small wooden folding table; Hand held blow-dryer w/box; Misc. records 33s, 45s, & 78s; Metal cherry pitter & meat grinder; Large pressure cooker; Box of old garden tools; Wood head and foot board; 3 old crock jugs (gallon); Old pictures and picture frames; Colby Monopoly game; Woodworking and carpentry books; 2 - 8mm movie projectors; 3 - Slide projectors; 2 ice cream makers (old) - one in pieces all there; 37 metal semi trucks (large); Box extension cords & light fixture; Box Tupperware lids and seals; Box Tupperware bowls and containers; Pot and pan lid rack; Box of knick knacks & plates; 12-piece China set; Misc. kitchen cookware; 2 Thermo jug sets in cases; Salt and pepper shakers; Bissell Carpet Shampooer; Sharp Carousel Microwave; 3 - Vacuum Cleaners; Mr. Coffee coffee maker; Large Electric Roaster; Assorted Weather Boots; Box craft stuff; Box of lace; Christmas tree; Pumpkin jar; Computer desk; Ink jars; Soup cups; Whiskey jugs; Old tractor seats; Tonka trucks & toys; Old lantern; Christmas lights; 3 dog carriers; Lawn Spreader; Leaf Blower; Hedge Trimmers; Hand sand blaster; Fertilizer Spreader; Garden Hose; Garden Hose Roller; Sewing Table; Floor Fan; Meat Thermometer; Fold up sewing box; Kitchen Table; Fan; Plastic Floor Mat; Bushel Baskets; Toaster; Can Opener; Large Painted Saws; Patio Chairs; Wooden bread box; Old radio in cabinet; Old portable radios; Glass battery box; 10 gal wooden barrel; Old bird cage; 10 gal crock; Old time pulley; 2 cream cans; Old kerosene can; Hand gas pump; Army cot; Fishing Equipment; Remington 12 Gauge; New Daisy BB Gun.

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