

# Cowgirls lose two to Ulysses, down Holcomb

The Goodland High girls couldn't overcome the Ulysses Tigers on the road last Tuesday, as the home team beat the Cowgirls 11-7 and 6-2 in a softball doubleheader. On Thursday, though, the girls downed the Longhorns 13-7 and 10-3 at Holcomb. Britany Pettibone pitched the first game against Ulysses for Goodland, striking out seven and walking two. The Tigers got nine hits and 11 runs off her. Tomi Windell got the only double for the Cowgirls while Stephanie Fairbanks got a pair of singles and Pettibone, Shanae Calkins and Col-

leen Koehler each got one. Fairbanks and Alissa Schields were each credited with a pair of runs batted in (RBIs) while Pettibone and Calkins had one each. In the second game, Schields took over the pitching duties. She gave up three walks, six hits and six runs and had three strike outs. Calkins got the only two RBIs in the game. She did it on a pair of singles. Also singling were Pettibone, Schields, and Adrienne Garcia. Fairbanks got a pair of walks and turned one into a run. Schields also walked and came into score and

Tammy Weeter got a free pass for the Cowgirls. On Thursday, the Cowgirls had a hitfest going as they got a pair of homers, a triple, two doubles and 10 singles in the first game and a homer, three triples, a double and seven singles in the second game. Fairbanks and Calkins got the homers in the first game while Thompson belted in the triple. Fairbanks and Koehler each got a pair of doubles in that game. In the second game, Calkins hit the long ball while Calkins, Garcia and Windell got triples and Garcia got a double.

Pettibone pitched both games for the Cowgirls. She got 10 strikeouts and giving up six hits, six runs and five walks in the first, and three strikeouts while giving up six hits, three runs and no walks in the second. The girls were scheduled to play in Garden City on Monday in a make up game. On Friday, they will travel to Hays to take on the Thomas More Prep Monarchs at 3 p.m.

BOX SCORES					
Game 1 against Ulysses					
	AB	R	BB	H	RBI
Fairbanks	4	2	-	2	2
Pettibone	4	1	-	1	1
A. Schields	4	1	-	-	2

Calkins	4	1	-	1	1B	1
Windell	4	-	-	-	1B	-
Garcia	4	-	-	-	-	-
Tammy Weeter	3	-	-	-	1-	-
Koehler	3	1	-	1	1B	-
Jennifer Mentzer	3	1	-	-	-	-

Game 2 against Ulysses					
	AB	R	BB	H	RBI
Fairbanks	4	1	2	-	-
Pettibone	4	-	-	1	1B
A Schields	4	1	1	1	1B
Calkins	3	-	-	2	1B
Windell	3	-	-	-	-
Garcia	3	-	-	1	1B
Dee Thompson	2	-	-	-	-
Leslie Knitig	1	-	-	-	-
Weeter	3	-	1	-	-
Koehler	3	-	-	-	-

Game 1 against Holcomb					
	AB	R	BB	H	RBI
Fairbanks	5	4	-	1	1B 2 2B
Pettibone	5	1	1	1	2 1B
Thompson	5	1	-	1	2 1B 1 3B
Calkins	5	1	-	1	1HR
Windell	5	1	-	1	2 1B
Weeter	4	1	-	1	2 1B
Koehler	4	2	-	1	1B 2 2B
Mentzer	3	-	-	-	-
Leslie Knitig	1	-	-	-	-
C. Shields	4	1	1	-	-

Game 2 against Holcomb					
	AB	R	BB	H	RBI
Fairbanks	5	1	-	1	1B
Pettibone	5	-	2	1	-
Thompson	5	2	1	1	1B
Calkins	4	2	-	1	1B 1HR
Garcia	4	2	-	1	1B 1 3B
Windell	4	1	1	1	1B 1 3B
Weeter	4	-	-	1	1B
Koehler	4	2	-	1	1B
Mentzer	4	-	-	1	1B

## Weekend busy with breakfasts

Last weekend was a busy one. There were several early breakfasts. Lillian and I went to the one at Edwards Hall. There was one at one of the churches, and the garden show at the field house had food. The matinee performance of the Tumbleweed Chorus was at 2 p.m., and the show at 6:30.

Lucille and I went to the evening performance. It was wonderful, the program for the chorus and the two guest quartets, one from Nebraska and the other a women's quartet from Colorado Springs.

While all were good to listen to, my favorite was the one from Nebraska. It's almost impossible to explain how and what they did.

We went to the Afterglow gathering after the performance and were entertained by the whole bunch again for a couple of hours. Needless to say, we got home rather late and weren't really ready to get up Sunday morning when the alarm went off. It's the price you pay for entertainment.

I found out promptly that I can't function too well on just a few hours of sleep. After church I got some lunch and slept a couple of hours. The rest of the afternoon I got my washing done and was ready to hit the sack by 8:30, only to have to listen to that confounded alarm Monday morning.

I got to school on time to mentor



### Jan Zwetzig

- goodland gazette

the kids. Boy the school year is almost over, and I probably have only three or so sessions.

I'm proud of the kids, as all have shown a great improvement since the start of the school year.

I have a couple of birthdays, both on the 2nd of May, Brian Imel and Audrey Engel. There are no anniversaries that I know of. To all having a special day, best wishes.

It's hard to believe graduation day is just two and a half weeks away. One of my special girls, Ashley Engel, is one of the graduates. It's hard to believe she's that old.

Illness continues to keep a few down. Mary Schippert is in the hospital in Denver; Mary David is in the local hospital; and Bette Bebb is home from the Hays hospital.

There are others I'm sure, but I just don't have any information about them. Best wishes to one and all as they keep on their road to better health.

Deaths continue to haunt many in the area. Clifford Newland from

ary. To his children, my sincere sympathy on his death.

There were a few others, but I didn't know them. One was a former teacher, Loren Whipps. His service was in Garden City this past Monday. There were four others, Don Cooper, husband of Faye; Clayton Burton; Millie Enfield; and Sylvia Patten. Sincere sympathy to their families and any others I don't know of. May they all know they are in the hands of the Almighty during these difficult times.

I'm finishing this column after I finished making noodles from yolks that I got from Lucille following her baking an angel food cake. I traded some noodles for six trout from a friend. I think he got the short end, but we were both happy for the treat.

There will be more noodles when he brings me some more in the future. Boy was the one I fixed yummy. Thanks for the fish, and I hope you liked the noodles.

Nothing further, so I will close and see you next week.



Gertrude and Gerald Shelton 60 years ago



The Sheltons today

## Couple marks 60 years together

Former Goodland residents Gerald and Gertrude Shelton will celebrate their 60th wedding anniversary on Friday, May 23, 2003.

They plan an open house reception from 1-4 p.m. on Saturday, May 24, at St. Francis Episcopal Chapel in Russell Springs.

Gerald met Gertrude A. Bush in 1940 while attending high school in Russell Springs. Three years later, they were married in Oakley when Gerald returned home on furlough.

Gerald then spent two years over-

seas in the China/Burma/India theater while serving in the Army. The couple moved to Goodland in March 1947 after their daughter was born. Three more children arrived before they moved to Security, Colo., where their youngest was born in 1956.

In Security, Gerald was a mechanic for Johnson's Pontiac and then worked for Daniels Chevrolet before opening his own business, Shelton's Upholstery.

Gertrude was head cook for the

school district in Security for 21 years.

Their children are Sherry Reser and Lary and Terry Shelton, all of Denver, and Rich and Dick Shelton, of Colorado Springs. They have nine grandchildren and nine great-grandchildren.

After Gertrude retired from School District No. 3 in 1987, they moved back to their hometown in Russell Springs. Their hobbies of gardening and sewing keep them both busy.

## Social anxiety makes many stay home

Dear Plain Sense: I get so nervous when I am away from my home and family. I feel like everyone is watching me, that I am being judged.

I worry that people will not like me, or that I'm not good enough to be around them. So, it's just easier to stay home.

This is hurting my marriage because my spouse is a very sociable person and wants to be more involved in our community and church.

You may be experiencing "social anxiety," a term that has been touted in the media in recent months. Most of us feel uncomfortable when we have to give a speech or interview for a job or when introduced to a new group.

However, a person with social anxiety always feels self-conscious in public situations, including work, shopping and in meetings.

It is difficult for them to relax and enjoy themselves when other people are around. Even when they know it is not so, they constantly feel they are being negatively judged or criticized by others. Eventually, they find it easier just to stay away from social situations and



### High Plains Mental Health

- plain sense

avoid other people altogether.

According to Dr. Thomas A. Richards, Psychologist, at www.socialphobia.org, this disorder is the third largest psychological problem in the nation, affecting 15 million Americans each year.

People with social anxiety realize that others are not actually critically judging or evaluating them all the time.

They recognize that their thoughts and feelings are somewhat exaggerated and irrational, yet they still continue to have those very uncomfortable and uncontrollable feelings.

Along with negative thoughts are feelings that include anxiety, intense fear, nervousness, pounding heart, blushing, trembling, and muscle twitches.

Social anxiety can be successfully treated through a combination

of cognitive therapy, understanding the thinking process involved, and behavior therapy, recognizing and changing patterns of behavior associated with the disorder.

There are also medications that can be useful for some people. The involvement of the spouse and other family members in therapy is an important component in overcoming this problem. Contact your physician or local mental health professional for more information about your anxieties.

Contributed Karen Beery, Consultation and Education Department.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601.

Internet site: www.highplainsmentalhealth.com.

## Top college basketball coach shows up in Colby

By Tom (TD) Dreiling  
Colby Free Press

It's not every day that one of the nation's top college basketball coaches shows up on Colby's doorstep.

But that happened this past week. Sitting in the Colby Community Building watching the Colby Community College men's basketball Trojans work out was Bobby Knight, head coach of the Texas Tech Red Raiders and former long-time coach of the Indiana Hoosiers. Knight, according to Rich Epp — radio voice of the Trojans — was on the road taking a look at what might be out there.

Epp said Knight spent about an hour at the practice. Their conversation — Epp and Knight — didn't reveal any secrets, other than Knight was touring the territory by car.

Knight did mention, Epp related,

that he might be interested in returning sometime to hunt pheasants.

Knight's appearance in the community building came on the heels of the Kansas University "Barn-

storming Tour" which stopped here to play a Northwest Kansas All-Star bunch. The KU delegation included such names as Kirk Hinrich, Nick Collison and Jeff Boschee.



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