

A matter of conditioning



TISHA COX/Colby Free Press

Colby High School students stretched before taking a run during one of the nightly weight room sessions at the school Tuesday evening. The weight room is open several days a week for students to train in preparation for fall sports. See weight room schedule in SportsLine elsewhere on this page.

SportsLine

Youth Trap Club shoot is Sunday

The Colby Trap Club and the Kansas Department of Wildlife and Parks’ “Pass It On” program will have free shoots this summer for youth (under 18), women and inexperienced shooters. The shoots will be: June 19, July 17 and Aug. 21. All shoots will be at the Colby Trap Club, 5 miles west of Colby and all shoots will start at 3 p.m. “In honor of Father’s Day, we would like to ask all the kids to bring their dads and moms with them to shoot free,” said Benny Young of the Kansas Department of Wildlife and Parks office in Colby. Youth and women 20 ga. shotguns and shells and 12 ga. shells and all the targets will be provided. For more information, contact Benny Young at 785-462-7602, KDWP Office at 462-3367 or any Trap Club board member.

Colby, other MAYB deadlines noted

The deadline to register is Friday for 4th-12th grade boys and girls MAYB basketball tourney scheduled for July 8-10 at Colby. Five games guaranteed. Call the national office at 316-284-0354 or e-mail mayb@mayb.com for more information. Other tournaments and registration dates include: Friday for July 8-10 games at Sabetha, McPherson, Maize, Iola and Bonner Springs. 316-284-0354 or mayb@mayb.com.

Eagle weight room times

Jeff Quenzer, Colby High activities director, said the weight room is now open to any Colby School District student-athlete every Monday, Tuesday, Wednesday and Thursday, through Thursday, Aug. 11. Sessions will run from 6-7:15 a.m., 7:15-8:30 a.m., 8:30-9:45 a.m., and 8-9:15 p.m. It is important that athletes arrive a few minutes before the session they plan to attend. If athletes are late for a session, they will go with the next session, he said. If you have any questions concerning the summer workout program, please call the high school office at 460-5300.

Colby K18 baseball schedules

Colby 1 • Today • Quinter • Monday, June 20 @ Oberlin • Thursday, June 23 Atwood • Monday, June 27 St. Francis • Thursday, June 30 @ Oakley • Monday, July 4 Colby 2 • Thursday, July 7 Goodland • Monday, July 11 @ Quinter • Thursday, July 14 Oberlin • Monday, July 18 @ Atwood **Colby 2** Today • Atwood • Monday, June 20 Goodland • Thursday, June 23 @ St. Francis • Monday, June 27 @ Oberlin • Thursday, June 30 Quinter • Monday, July 4 Colby 1 • Thursday, July 7 @ Oakley • Monday, July 11 Atwood • Thursday, July 14 @ Goodland • Monday, July 18 @ Quinter • Wednesday, July 20 Oberlin

Father, son on roster for Shrine Bowl Game

MANHATTAN — Don’t be surprised if there’s a traffic jam or two between Effingham and Manhattan on July 30.

That’s because not one, but two representatives of Atchison County High School, Walt Alexander (head coach at Atchison County) and his son Blake Alexander (linebacker/fullback) are the first-ever Shrine Bowl representatives of the eastern Atchison County 3A school. No coach or player from the Effingham school has ever participated in the annual event.

Under Walt Alexander’s leadership, Atchison County is 24-8 in his three years as coach of the Tigers. The 5-10, 200-pound Blake has been a big part of that success, leading his team in tackles as a linebacker and rushing for over 2,700 yards as a fullback over those three years. He’s garnered some post-season honors in the process, earning all-state honorable mention his sophomore and junior years, and All-State recognition his senior year. The Tigers were 9-2 in 2004, bowing out of the state playoffs to Rossville 18-12 in the class 3A regionals.

How about being the first player from your school ever selected to play in Kansas’ most prestigious All-Star game, and playing for your dad to boot?

“It’s a great honor,” says Blake. “It should be fun. He’s been my high

school coach for three years, and this will give us one more chance to be together before I go to college.”

“There’s a lot of emotion involved, especially when you’re coaching your son in his senior year,” says Walt.

“It’s great to have one more opportunity to be together as coach and player.”

Blake may have the opportunity to play directly for Walt in the Shrine Bowl. Early discussions among the coaches indicate that Walt may be coaching defense — and that is Blake’s favorite side of the ball.

“I think I’ll be playing defense, although they may switch me to fullback if they need me,” says Blake. “But if I have a favorite, it’s defense.”

He may be doing some switching in college, as well. He’s been recruited by Garden City Community High School as a fullback, but hopes he’ll also have a chance to play some defense.

The Kansas Shrine Bowl has been called the “Kansas Super Bowl of Hope.” Proceeds from the game support the Shriner’s Hospitals for Children, a network of 22 hospitals that provide expert, no-cost orthopedic and burn care to children under 18.

For more information, call Dave Mize (1-800-530-5524), or Bob Fidler (785-230-2077).

Deadline nearing for Games

Athletes around the state are continuing to add their name to the growing list of participants for this year’s Sunflower State Games. However, the deadline to register is quickly approaching.

The registration deadline for team events is July 1 and for individual events is July 8. Athletes can register on-line by visiting www.sunflowergames.com. Printable registration forms are available on the website and can be sent via mail to:

Sunflower State Games
820 S Kansas Avenue
Topeka, Kan. 66612

Participants may also register over the phone by calling the Games office at (785) 235-2295. No registrations will be accepted after the above dates.

The Sunflower State Games is a private, non-profit organization including 32 sports with over 6,000 athletes from 75 counties.

Topeka will host the 2005 Games on July 15-17 and July 22-24.

Vermeil looking at former player

KANSAS CITY, Mo. (AP) — Wide receiver Az-Zahir Hakim agreed Wednesday to a one-year contract with the Kansas City Chiefs. But coach Dick Vermeil stressed there’s no guarantee the free agent will be in a Chiefs uniform this fall.

Hakim, who played for Vermeil when the St. Louis Rams won the Super Bowl six years ago, was released by Detroit in April. He signed as a free agent there before the 2002 season, but didn’t produce for Lions as hoped.

“First, Az has to make the football team,” Vermeil said. “He knows the situation. We’ve got a lot of good young receivers who are competing.”

★★★★★★★★★
NOW PLAYING:
★★★★★★★★★
COLBY CINEMA & ARCADE
JUNE 10 - JUNE 16
MR. & MRS. SMITH
Fri. - Sat.: 7:00 & 9:15 (PG-13)
Sun. thru Tues.: 7:00 2:00
Wed. & Thurs.: 7:15
MADAGASCAR
Fri. & Sat.: 7:15 & 9:00 (PG)
Sun. thru Tues.: 7:15 1:26
BATMAN BEGINS
Starts Wed. June 15th (PG-13)
7:00 2:15
COLBY THEATRE
JUNE 10 - JUNE 16
THE LONGEST YARD
Fri. & Sat.: 7:15 & 9:30 (PG-13)
Sun. thru Thurs.: 7:15 1:54
CINDERELLA MAN
Fri. & Sat.: 7:00 & 9:45 (PG-13)
Sun. thru Thurs.: 7:00 1:54

TV LISTINGS sponsored by the COLBY FREE PRESS

SATURDAY												JUNE 18	
	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
KLBY/ABC (4) (6)	La Gente	Paid Program	Good Morning America (C)		Lilo & Stitch	Proud Family	Even Stevens	That's-Raven	Phil of Future	Lizzie McGuire	Kim Possible	Power Rangers	
KSNK/NBC (8) (8)	Today (CC)			Paid Program	Paid Program	Endurance (E)	Croc Files (E)	Corwin Unlshd	Scout's Safari	Trading Spaces	Darcy's Wild Life	Golf	
KBSL/CBS (12) (11)	Saturday Early Show (CC)				Lazy-Town	Miss Spider	Backyardigans	Dora the Explorer	Little Bill (E) (C)	Blue's Clues	Paid Program	Paid Program	
K15CG (2) (2)	Business	Market-Market	Thomas-Friends	Jay Jay the Jet	Bob the Builder	Real Wheels	Dragon-flyTV	Kids A Cookin'	Hand-Crafts	Barbecue	Food	Victory Garden	
USA (34) (34)	Paid Program	Paid Program	Paid Program	6 Second	Monk Mr. Monk and the Red Herring		Movie: Raiders of the Lost Ark **** (1981) An archaeologist races Nazis to find a powerful relic. (CC)				Movie: IndianaJ		
TBS (35) (35)	Saved by Bell	Saved by Bell	The Real Gilligan's Island		The Real Gilligan's Island		Movie: Three Men and a Little Lady ***½ (1990) Three bachelors may lose their cherubic 5-year-old.				Movie: Dennis		
WGN (36) (36)	Enterprise	Adelante Chicago	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Health Corner	
TNT (37) (37)	Movie: You Know My Name ***½ (1999, Western) Sam Elliott, Arliss Howard.				Movie: Conagher *** (1991) Louis L'Amour's tale of a cowboy and a lonely widow. Sam Elliott.				Movie: Gettysburg **** (1993, Drama) Tom Berenger.				
NICK (43) (43)	Rocket Power	Rugrats (CC)	Jimmy Neutron	Jimmy Neutron	SpongeBob	SpongeBob	Oddparents	Oddparents	Danny Phantom	Avatar-Last Air	Teenage Robot	Chalk-Zone	
FAM (46) (46)	Battle B-Daman	Shinzo	Dragon Booster	Digimon-Digital	W.I.T.C.-H. (C)	Super Robot	Power Rangers	Fantastic Four	Super Picks	Power Rangers	Full House	Full House	
DSC (50) (50)	Paid Program	Paid Program	Paid Program	Paid Program	The New Detectives (CC)		The New Detectives (CC)		The New Detectives (CC)		The New Detectives (CC)		
A&E (53) (53)	Ask This Old	Ask This Old	Movie: Iris *** (2001) British author Iris Murdoch battles Alzheimer's disease. (CC)			Old House	Ask This Old	Ask This Old	Sell This House	Sell This House	Sell This House	Makeovr Mama	
ESPN (56) (56)	SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (Live) (CC)			SportsCenter From Pinehurst, N.C. (CC)		Billiards	
HBO (14) (14)	(5:10) Movie: The Next Karate Kid **		Legend-ary	Movie: Along Came Polly ** (2004) Ben Stiller. (CC)			Movie: The Rainmaker *** (1997, Drama) Matt Damon, Claire Danes. (CC)			Movie: Head of State *** (2003)			
MAX (29) (29)	Movie: Frantic *** (1988) An American doctor's wife abruptly disappears in Paris.			Movie: Ned Kelly (2003) An outlaw and his gang become folk heroes in Australia. (CC)			Movie: Lethal Weapon 2 (1989) Riggs and Murtaugh battle drug-smuggling diplomats.						
DISN (44) (44)	Koala Brothers	Doodle-bops	Higgly-town	JoJo's Circus	The Wiggles	Charlie & Lola	Rolie Polie	House of Mouse	Lilo & Stitch	Lilo & Stitch	Buzz on Maggie	Whisk-ers	

SATURDAY							JUNE 18						
	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
KLBY/ABC (4) (6)	Inside Stuff	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	WNBA Basketball: Phoenix Mercury at New York Liberty. Madison Square Garden.				Paid Program	ABC Wild News	
KSNK/NBC (8) (8)	(11:30) Golf: U.S. Open Championship -- Third Round. Pinehurst, N.C. (Live) (CC)												
KBSL/CBS (12) (11)	Paid Program	Paid Program	Paid Program	College Track and Field: NCAA Outdoor Championships. Sacramento, Calif. (CC)			Rebels on the Run: The Rise and Fall of UNLV Basketball			Paid Program	CBS News		
K15CG (2) (2)	Yankee Shop	This Old House	Ask This Old	Home- time	Wood- wright	Find! (CC)	Paint! Paint!	School- Fine Art	Love of Quilting	Piano Guy (CC)	Cabin Country	Kansas Spotlight	
USA (34) (34)	(11:30) Movie: Indiana Jones and the Temple of Doom *** (1984, Adventure)				Movie: Indiana Jones and the Last Crusade ***½ (1989) Indy's hunt for his missing father leads to the Holy Grail. (CC)				The Dead Zone Broken Circle (CC)				
TBS (35) (35)	(11:25) Movie: Dennis the Menace *** (1993, Comedy)			Movie: Dennis the Menace Strikes Again ***½ (1998)			Movie: Crocodile Dundee *** (1986, Comedy) Paul Hogan. (CC)			Movie: Galaxy Quest *** (1999)			
WGN (36) (36)	Soul Train (N)		Movie: Senseless *** (1998, Comedy) Marlon Wayans, David Spade. (CC)				Mutant X Investigate strange activities.		America's Funniest Home Videos (CC)		Home Improve.	Will & Grace	
TNT (37) (37)	(10:30) Movie: Gettysburg **** (1993, Drama) The Civil War's biggest battle as seen from both sides. Tom Berenger, Martin Sheen.									Movie: Legends of the Fall ***½ (1994, Drama) Brad Pitt.			
NICK (43) (43)	Hey Arnold!	Rock Star	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	Nick- toons TV	
FAM (46) (46)	7th Heaven In the Blink of an Eye (CC)		7th Heaven (CC)		Movie: Hook *** (1991, Fantasy) Captain hook kidnaps the children of the adult Peter Pan. Robin Williams. (CC)				Movie: Rookie of the Year (1993)				
DSC (50) (50)	The New Detectives (CC)		The New Detectives (CC)		The New Detectives (CC)		The New Detectives (CC)		American Hot Rod '65 Mustang 2 (CC)		Biker Build-Off		
A&E (53) (53)	Child Stars: Their Story (CC)				Caesars 24/7 (CC)		Caesars 24/7 (CC)		Investigative Reports (CC)		Investigative Reports (CC)		The Big House Sing Sing (CC)
ESPN (56) (56)	Billiards: 2004 Trick Shot Magic -- Final.		College Baseball: NCAA World Series Game 3 -- Teams TBA. Omaha, Neb. (Live) (CC)						Horse Racing: Super Saturday. (Live)				
HBO (14) (14)	(11:15) Movie: Head of State **		Movie: Empire Falls (2005, Comedy-Drama) A restaurant worker lives in a declining New England town. Ed Harris, Philip Seymour Hoffman. (CC)						Movie: Along Came Polly ** (2004) Ben Stiller. (CC)				
MAX (29) (29)	Movie: Freak Talks About Sex *** (1999) Josh Hamilton.			Movie: Double Bang ** (2001) William Baldwin. (CC)			Movie: Once Upon a Time in Mexico ***½ (2003, Action) Antonio Banderas.				Movie: A Bronx Tale *** (1993)		
DISN (44) (44)	Ameri- can Drgn	Proud Family	Movie: Rip Girls *** (2000, Adventure) A 13-year-old heiress learns to surf in Hawaii.			Whis- kers	Ameri- can Drgn	Kim Possible	Buzz on Maggie	Lizzie McGuire	Phil of Future		

SATURDAY						JUNE 18						
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	News (CC)	Seinfeld The Doll	Movie: Lilo & Stitch (2002) Animated. A lonely girl befriends a mischievous alien.			America's Funniest Home Videos (CC)		News (CC)	Seinfeld (CC)	Entertainment Tonight (N) (CC)		
KSNK/NBC (8) (8)	News	Wheel of Fortune	Dateline NBC		Movie: The Bone Collector ★★½ (1999, Suspense) A paralyzed detective guides the hunt for a serial killer.			News	Saturday Night Live Liam Neeson; Modest Mouse. (CC)			
KBSL/CBS (12) (11)	News (CC)	Friends (CC)	NCIS UnSEALed (CC)		NCIS Split Decision (CC)		48 Hours Mystery (CC)	News (CC)	Paid Program	Paid Program	Paid Program	
K15CG (2)	Antiques Roadshow Chicago	Keeping Up As Time Goes By	The Lawrence Welk Show Father's Day		Red Green	Austin City Limits Ben Harper (CC)	Soundstage (CC)		Baxter Black			
USA (34)	The 4400 Voices Carry (CC)	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		The 4400 Voices Carry (CC)		
TBS (35)	(5:00) Movie: Galaxy Quest ★★		Movie: Spider-Man ★★ (2002) A bite from a mutant spider gives a teen unusual powers. Tobey Maguire.				Movie: I Spy ★★ (2002) (PA) A spy recruits a boxer to help him retrieve a stolen plane.		Movie:			
WGN (36)	MLB Baseball: Los Angeles Dodgers at Chicago White Sox. U.S. Cellular Field. (Live) (CC)		WGN News at Nine (CC)				Becker (CC)	Movie: Murphy's Law ★ (1986, Drama) Charles Bronson. (CC)				
TNT (37)	(4:30) Movie: Legends of the Fall		Movie: Dances With Wolves ★★ (1990, Western) A U.S. Cavalry officer's vision of the American frontier. Kevin Costner.									
NICK (43)	Nick-toons TV	Nick-toons TV	Jimmy Neutron: Boy Genius	All That (N) (CC)	Drake & Josh	Full House	Fresh Prince	Fresh Prince	Cosby Show	Rose-anne	Rose-anne	
FAM (46)	(5:00) Movie: Rookie of the Year		Movie: The Sandlot ★★½ (1993, Comedy-Drama) Tom Guiry, Mike Vitar.				Whose Line? Who's Line?	Whose Line?	Home Videos	Home Videos	Home Videos	Home Videos
DSC (50)	American Chopper Mikey/Vinnie Bike 2		Killer Bees: Taming the Swarm		Killer Ants (CC)		Killer Squid (CC)		Killer Bees: Taming the Swarm		Killer Ants (CC)	
A&E (53)	City Confidential (CC)		City Confidential (N) (CC)		Cold Case Files The Green River Killer: Hitchhike to Murder; Never Forgotten (CC)			American Justice Driven to Kill (CC)		City Confidential (CC)		
ESPN (56)	College Baseball: NCAA World Series Game 4 -- Teams TBA. Omaha, Neb. (Live) (CC)					Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Golf: U.S. Open Championship		
HBO (14)	(4:45) Movie: Surviving Christmas ★½ (2004) Ben Affleck. (CC)		Ray Romano & Kevin James			Boxing: Glen Johnson vs. Antonio Tarver. From Memphis, Tenn. (Live) (CC)					Entou-rage	
MAX (29)	(5:00) Movie: A Bronx Tale (1993)		Movie: Lethal Weapon 2 (1989) Riggs and Murtaugh battle drug-smuggling diplomats.				Movie: The Terminal (2004) A European living in an airport befriends a stewardess.				Sex Games	
DISN (44)	Zack & Cody	That's R-Raven	Click It to Pick It Viewers choose their favorite programs.			Ameri-can Drgn	Zack & Cody	Phil of Future	That's R-Raven	Buzz on Maggie	Kim Possible	

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