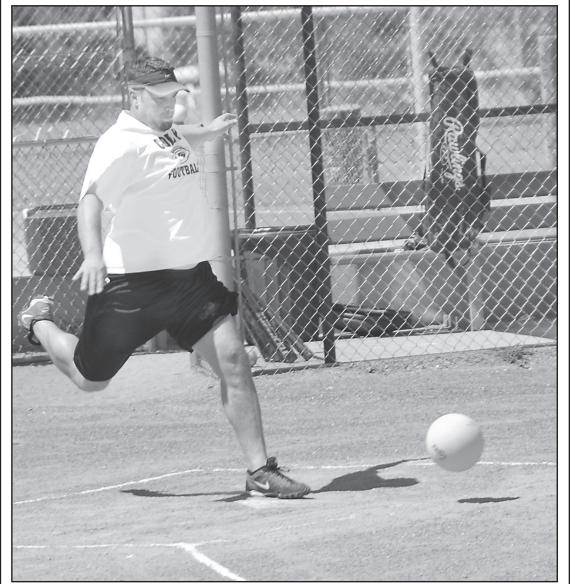
Give it a boot



ANDY HEINTZ/Colby Free Press

Jerad Johnson, assistant football coach for Colby High School and former Kansas State University football player, got ready to slam the ball with his foot during the duck soup tournament on Sunday afternoon. The tournament was put together by the Colby Community College softball program as a way to raise money for this year's squad.

Royals give up eight runs late; Minnesota whips Kansas City

KANSAS CITY, Mo. (AP) — Twins. After seeing a curveball on the it out. Next at-bat, Cuddyer saw

Two pitches, two approaches, one piece of history.

run triple, helping the Twins turn Tigers. a close game into a 10-3 rout over the Kansas City Royals on Sun-

A pitching duel between Twins starter Carl Pavano and Brian Bannister turned ugly in a hurry in the seventh, when Cuddyer hit the first pitch for a homer, then added a two-run shot that put the Twins up 9-1. Playing his sixth straight game in place of Justin Morneau (ear infection), Cuddyer became the first Twins player to hit two homers in an inning and the first in the majors since Boston's David Ortiz did it against Texas last August.

"A very special day and a very special scenario that happened," Cuddyer said after going deep twice in an inning for the first time on any level. "It was a pretty cool day."

And an important one for the





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first pitch of his previous at-bat, nings, Orlando Cabrera drove in Michael Cuddyer was looking for two runs and the Twins had 14 something soft. He got it and hit hits — every starter at least one and play like this, the guys stepped — to sweep a road series for the a pitch and reacted to it. Same re- first time since taking three games from San Diego from June 24-26, 2008. After a 2-7 start to August, Minnesota went 5-2 on its latest eight hits in his seven innings. Cuddyer homered twice in Min-road trip, scoring 23 run in three Bannister (7-10) wasn't bad, einesota's eight-run seventh inning games against the Royals to keep ther, matching Pavano most of the and Denard Span added a three- pace with the AL Central-leading way.

"We knew that we had to start Pavano pitched seven solid in- winning games and winning series," Twins manager Ron Gardenhire said. "To come in here

> Pavano (11-9) was sharp after a shaky outing against Texas on Tuesday, allowing two runs and





kickoff at 7:00PM

Lady Trojans' freshmen will play big role on squad

Colby Free Press aheintz@nwkansas.com

Colby Community College women's cross country team features several freshman who have already made a positive impression on coach Crystal Berndt.

Berndt said three of her four top runners were freshman. This year's freshmen and other new faces on the team include Breana Yost of Montezuma, Nicole Boucher, a transfer from Cloud College, Lindsay Hoss of Oakley, Jackie Robledo of San Antonio, and Carjunior college. Sophomore Tati- the rules stipulate that only two

She ran for the Trojans' track team as a freshman.

Scarla Nero will be returning for her sophomore season. She finished 41st out of 246 runners last vear at nationals with 19 minutes and 46 seconds. Berndt said she has been looking strong in practice. Other returning sophomores include Autumn Preston and Reba Schiesser.

Masai, Kahassay, Yost and Nero are the team's top four runners,

said Berndt. She said only three of her top oline Masai and Hlfti Kahssay are four runners will be able to run at den City in a duel at 7 p.m. on Friboth transfers from New Mexico nationals and regionals because day at the college.

ana Bartruff will also be joining international students can comthe cross country team this year. pete per team. Nero, Kahassay and Masai are all international students, so one of them wouldn't be able to compete. Nero is from Trinidad and Kahassay and Masai are both from Kenya.

Last years Lady Trojan's team finished 14th in the nation. Berndt said one of the goals of this years squad is to finish in the top 10. She said the Lady Trojans also want to be one of the top five teams in the region and one of the top three teams in the Kansas Jayhawk Community College Conference.

The Lady Trojans will face Gar-

Golden Plains football team loaded with returning seniors

Andy Heintz

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The Golden Plains High School varsity football team will be attempting to do something they have never done before this season. They will be trying to make the playoffs for the second consecutive sea-

The Bulldogs finished 5-4 in the regular season and 0-1 in the playoffs last year. This season's squad will consist of six returning starters on defense and five on offense. The team's returning starters on defense will be senior defensive guards Jeremy Hunter and Jordan Spresser, senior linebackers Corey Shaw and Isaac Broeckelman and junior free safety Riley Spresser.

Hunter and Shaw were both named to Western Kansas Liberty League second team all-league defense last season.

Returning starters on offense include Shaw, fullback; Riley Spresser, quarterback; Hunter, tight end; field in Rexford.

Jordan Spresser, offensive lineman; and Broeckelman, tailback.

Shaw ran for over 1,000 yards and rushed for 14 touchdowns. Spresser threw for 16 touchdowns and threw for 853 yards and Broeckelman scored nine touchdowns and ran for 820 yards. Shaw and and Spresser were both voted second team all league of-

Coach Travis Smith said he thinks his line will be strong on both offense and defense. He said he believes his defenses as a whole will be solid next

Smith said practice has been going pretty well so far. Nineteen students came out for football this sea-

The Bulldogs game strategy will vary from game to game depending on the weaknesses of their opponents, said Smith.

"We run multiple sets," he said.

The team's first game will be against Quinter at 7 p.m. on Friday, Sept. 4 at the Golden Plains football



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