

Colby Legion scores 65 runs in four games to open season

• **Tuesday**
Colby 22, Ellis 10
Colby 22, Ellis 9
• **Wednesday**
Colby 10, Goodland 2
Colby 11, Goodland 1 (5 innings)
Colby American Legion is off to a great start with two sweeps of area foes. On Tuesday, Colby traveled to Ellis and scored a combined 44 runs to open the season.
In game one, Bruce Arnberger went 4 for 5 with two home runs, a double, and seven RBI's to lead the Colby effort. Chris Gordon also had four hits along with three RBI's. Josh Houtz knocked two doubles while Brian Sulzman had a home run and a double. Both Brett Wilson and Jordan Cranston smacked doubles as well.

Houtz not only hit, but threw seven complete innings to get his first win of the summer.
Colby found themselves down 5-1 after the first inning of game two, but scored five runs in the third to tie the game, and three in the fourth to take the lead and never looked back.

Briefs

• **FOOTBALL NOTES**
PITTSBURGH (A) — Former All-Pro linebacker Jason Gildon was released by the Pittsburgh Steelers in a long-expected move that creates \$3.65 million of salary cap room for the team. Gildon, who will be 32 next month, learned weeks ago he would be traded or released. The Steelers also told him not to attend last month's minicamp or their ongoing voluntary coaching sessions, though he has worked out by himself at the team's practice complex. Gildon has seen his sacks total decline from 13 1/2 in 2000 and 12 in 2001 to nine in 2002 and six last season.

OWINGS MILLS, Md. (AP) — Kordell Stewart agreed to a one-year contract with the Baltimore Ravens. Stewart will receive the league minimum \$760,000 to replace the injured Anthony Wright as the backup to quarterback Kyle Boller.

DENVER (AP) — Defensive tackle Daryl Gardener's brief and tumultuous stint with the Denver Broncos formally ended when he was waived by the team. The move was expected. Gardener was suspended twice last season for conduct detrimental to the team, and in March he and the team settled a dispute over his \$5 million signing bonus.

• **STRIPPED OF TITLE**
KIEV, Ukraine (AP) — Ukrainian shot putter Vita Pavlysh was stripped of her world indoor title and banned from the sport for life after testing positive for steroids a second time. Pavlysh tested positive during the world indoor championships in Budapest, Hungary, in March, Ukrainian federation vice president Yuriy Karpiuk said.
It's the second time Pavlysh has been stripped of a gold medal from the world indoor championships. She tested positive after winning the shot put at the 1999 world indoors in Japan and was suspended for two years.

Under international rules, athletes committing a second steroid violation receive a life ban. The Budapest gold medal will go to the original second-place finisher, Svetlana Krivelyova of Russia.

Rockies fall, 2-1

SAN DIEGO (AP) — Jay Payton's clutch hit came a few innings too late to get Brian Lawrence what would have been a well-earned win.

Payton hit an RBI single past the glove of diving second baseman Aaron Miles with two outs in the 10th inning and the San Diego Padres beat Colorado 2-1 Wednesday to avoid being swept in consecutive home series.

Lawrence, San Diego's top starter, used his sinker to hold the Rockies to one run and five hits in 7 1-3 innings, buying the Padres some time before their struggling offense finally did something.

Although he was on track to join Roger Clemens as the only eight-game winners in the NL, Lawrence wasn't disappointed at not getting the decision.

"It's only a matter of time before these guys really turn it on and everything starts clicking," he said.

Bruce Arnberger, Sulzman and Gordon each had three hits in game two. Arnberger knocked two doubles and had four RBI's to bring his RBI total for the day to 11. He went 7 for 9 on the evening with three doubles and two home runs. Gordon had two triples, a home run and three RBI's to bring his totals to 7 for 11 with six RBI's. Sulzman had six RBI's on two doubles and a triple. For the doubleheader he was 5 for 7 with 8 RBI's.

Gordon also had success on the mound, earning the win in game two by pitching five and two-thirds, striking out six. Cranston completed the game, throwing one and a third innings, striking out three.

Sulzman got his chance on the hill Wednesday against Goodland

and made the most of it. He struck out 12 and walked three on his way to a complete game victory.

Arnberger gave Sulzman run support early with a two-run home run in the bottom of the first. Both Arnberger and Houtz had two RBI's in game one Wednesday.

In game two, Cranston pitched five complete innings, striking out six and walking just one, to earn the victory.

Houtz went 2 for 4 with a double and three RBI's to lead the Colby offense again. Both Miles Akerman and Jeremy Dietz had two RBI's apiece.

Colby Legion's next doubleheader will be Tuesday, June 8 at the Colby City Diamond against North Platte, Neb., at 5:30 p.m.

SportsLine

Program for athletes this weekend

A reminder was issued today of the "Be An '11'Success" seminar and a "Bigger, Faster, Stronger, Strength Training" clinic, at Colby High School on Friday and Saturday. The clinics are for coaches, students and parents of all 2004-05 Colby students who will be entering grades 7-12 and are planning to take part in athletics or enroll in a strength training class. Details were provided in a report in Wednesday's *Free Press* (this page). For other details call the high school at 460-5300.

MAYB updates

June 4 is the registration deadline for 4th-12th boys and girls basketball tournaments on June 25-27 at Olathe. Five games guaranteed.

June 11 is the registration deadline for tournaments for 4th-12th boys and girls at Emporia, Coffeyville and Kingman on July 2-4. Five games guaranteed.

June 18 is the registration deadline for tournaments for 4th-12th boys and girls at Colby and Sabetha on July 9-11. Five games guaranteed.

June 25 is the registration deadline for tournaments for 4th-12th boys and girls at Scott City and Baxter Springs on July 16-18. Five games guaranteed.

July 2 is the registration deadline for tournaments for 4th-12th boys and girls at Dodge City, Hillsboro and Gardner on July 23-25. Five games guaranteed.

Call (316) 284-0354 or email mayb@mayb.com for additional information. Colby's information can also be obtained by calling (785) 462-3736.

Eagle track results needed

We have the Colby Eagle baseball and softball season-ending games in today's *Free Press*, along with awards given at the recent baseball potluck, and will need the Eagle track results from the state met at Wichita over the weekend to complete the spring sports season. Thanks, Jeff Quenzer, activities director and all coaches, for your cooperation throughout the school year. .

KU announces baseball camps

The University of Kansas has several summer baseball camps on their schedule. They run through June and into July. Costs vary. The camps are for ages 5-12, 6-13, 9-14 and high school. For complete details and registration, call 785 864-7907.

SportsLine contact is colbysports@nwkansas.com to get your item placed in this column. Deadline is 10 am.

WE HAVE GOOD NEWS!

A QUICK PAINLESS METHOD TO ERADICATE HEMORRHOIDS USING MILD ELECTRICAL CURRENT IS NOW AVAILABLE. THIS TREATMENT REQUIRES SEVERAL BRIEF VISITS TO OUR OFFICE, AFTER WHICH PATIENTS GO BACK TO WORK IMMEDIATELY.

WHAT DO THE RESEARCH STUDIES SAY?

In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman, R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe", and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

ADVANTAGES OF HEMCURE OVER OTHER TREATMENTS FOR HEMORRHOIDS: HemCure is far less expensive than surgery, requires no recovery, avoids complications like scarring and infection, and is reported by most patients to cause only mild discomfort during the treatments, which resolves immediately after.

This treatment method is covered by Medicare and most insurance plans. A payment plan is available for patients not covered by insurance, and for patient deductibles and copayments.

We want you to be an informed health care consumer. Our office will be happy to provide further information, explanation of fees, and estimate of your out of pocket expense. If hemorrhoids are interfering with the quality of your life, call today.



HemCure

Dr. John D. Ferris, M.D.
Burlington, Colorado
1-800-593-0009
Wed., June 16

A day at the camp



TISHA COX/Colby Free Press

Taranie Touslee and Jordan Rasmussen tried to defend against Kayla Ziegelmeier during basketball camp at Colby High School today. The camp, put on by high school coach Derek Bissitt is for students in grades three through eight. Camp concludes Friday.

Player not in starting lineup beats Royals

DETROIT (AP)— Brandon Inge was at home, packing in preparation to move. He figured it would be an easy day at the ballpark.

Then catcher Ivan Rodriguez was pulled from the starting lineup because of inflammation in his right

wrist, and Inge was in the game.

Inge hit a two-run homer and Jason Johnson pitched shutout ball into the eighth inning, leading the Detroit Tigers over the Kansas City Royals 2-0 Wednesday night.

"I was just kicking back today,"

Inge said. "It was kind of a shock."

Johnson (4-6) worked around nine hits in 7 2-3 innings. He walked none and struck out three.

"He made the pitches when he needed to," Kansas City's Joe Randa said.



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9 p.m. at Twisters
Advance Tickets at
Twisters in Colby - \$7
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Friday Evening - \$10