

I t's all about weights



TISHA COX/Colby Free Press

Nathan Reed lifted weights this morning under the watchful eye of spotter Sam Kendrick. The two were taking advantage of the open weight room at Colby High School. Athletes can work out in preparation for the coming school year four days a week. Schedule is in today's SportsLine.

Mid America Youth Basketball

Tourney to feature 32 teams

Thirty-two teams from Kansas and Nebraska will converge on Colby this weekend for a Mid America Youth Basketball Tournament. The 16 boys teams are for 7th through 12th grades and the 16 girls teams are for 5th through 12th grade

students. Boys in the 11th and 12th grades begin play on Friday at 6 p.m. at the Colby Community Building. All other grades begin play on Saturday at 9 a.m. For complete times and locations of players you would like to see in

action, please call the Colby Recreation Department at 460-4440. The games will end Sunday around 5 p.m. Most of the teams are coming from the western part of Kansas, with a few teams from the southern area.

SportsLine

More MAYB dates given

Registration deadline is **July 8** for games July 29-31 at Wichita, Parsons, Manhattan, Hays and Gardner. **July 15** is the registration deadline for the Youth Basketball National Tournament at Wichita State (boys) and Oklahoma State (girls) on Aug. 4-7. Call 316-284-0354 or e-mail mayb@mayb.com for additional information on any of the above games.

Youth Trap Club shoot dates

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 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. 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.

Eagle weight room open

The Colby High weight room continues to be 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.

K18 baseball schedules

Colby 1 Thursday, July 7 Goodland • Monday, July 11 @Quinter • Thursday, July 14 Oberlin • Monday, July 18 @Atwood
Colby 2 • Thursday July 7 @Oakley • Monday July 11 Atwood • Thursday July 14 @Goodland • Monday July 18 @Quinter • Wednesday July 20 Oberlin.

Sports Briefs

Armstrong couldn't hand off jersey
MONTARGIS, France (AP) — Lance Armstrong tried to start the day without the leader's yellow jersey at the Tour de France, a gesture of sportsmanship to honor the former bearer, who lost it when he crashed a day earlier. Race officials, though, wouldn't hear of it. So the 33-year-old Texan relented and then cruised to another day in the overall lead.
McMillan leaving Seattle for Portland
PORTLAND, Ore. (AP) — Nate McMillan is leaving the Seattle SuperSonics to coach the Portland Trail Blazers. The Blazers hired McMillan, who led the SuperSonics to the Northwest Division title this past season. He will be introduced Thursday at a news conference, the Blazers said in a statement. McMillan's contract with the Sonics expired July 1 and the Blazers aggressively pursued him. The terms of his contract were not immediately available.

White Sox, Astros players get final All-Star slots
NEW YORK (AP) — Speedy outfielder Scott Podsednik of the Chicago White Sox and Astros pitcher Roy Oswalt earned the final spots on the All-Star teams in Internet fan voting. In a surprise finish, the unheralded Podsednik edged popular Yankees captain Derek Jeter for the 32nd roster spot on the American League squad. Podsednik also beat out Minnesota center fielder Torii Hunter, New York outfielder Hideki Matsui and Tampa Bay outfielder Carl Crawford.
Davenport withdraws from U.S. Fed Cup Team
MOSCOW (AP) — Top-ranked Lindsay Davenport withdrew from the United States' Fed Cup team for its semifinal matchup against Russia because of a back injury. Wimbledon champion Venus Williams will now lead the U.S. team. Mashona Washington, making her Fed Cup debut at age 29, will be the U.S. team's No. 2 singles player.

Sports: 462-3963

NOW PLAYING:

COLBY CINEMA & ARCADE
JULY 1 - JULY 7
WAR OF THE WORLDS
Fri. - Sun.: 7:00 & 9:15 (PG-13)
Mon. thru Thurs.: 7:00 2:00
REBOUND
Fri. - Sun.: 7:15 & 9:00 (PG)
Mon. thru Thurs.: 7:15 1:30
COLBY THEATRE
JULY 1 - JULY 7
HERBIE: Fully Loaded
Fri. & Sat.: 7:15 & 9:15 (G)
Sun. thru Thurs.: 7:15 1:41
BEWITCHED
Fri. & Sat.: 7:00 & 9:00 (PG-13)
Sun. thru Thurs.: 7:00 1:45

TV LISTINGS sponsored by the COLBY FREE PRESS

SATURDAY												JULY 9	
	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	BusinessWeek	Good Morning America (CC)		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	Tuten-stein (E)	Time Warp	Trading Spaces	Corwin Unshld	Darcy's Wild Life	Endurance (E)	
KBSL/CBS (12) (11)	Saturday Early Show (CC)				Lazy-Town	Miss Spider	Backyardigans	Dora the Explorer	Little Bill (E) (CC)	Blue's Clues	Paid Program	Paid Program	
K15CG (2) (2)	Business	Market-Market	Thomas-Friends	Jay Jay the Jet	Bob the Builder	Real Wheels	DragonflyTV	Kids A Cookin'	Hand-Crafts	Barbecue	Food	Victory Garden	
USA (34) (34)	Paid Program	Paid Program	Paid Program	6 Second	Monk (CC)		Movie: The Chamber ★★½ (1996, Drama) Chris O'Donnell. (CC) (DVS)			Movie: The Life of David Gale (2003)			
TBS (35) (35)	Saved by Bell	Saved by Bell	Movie: The Craft ★★ (1996) (PA) Teenage witches wreak havoc at their high school.			Movie: It Takes Two ★½ (1995) A young orphan swaps places with a wealthy look-alike. Kirstie Alley.			Movie: FriedGm				
WGN (36) (36)	Enterprise	People-People	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Health Corner	
TNT (37) (37)	(5:00) Movie: Midnight in the Garden of Good and Evil ★★½ (1997) Kevin Spacey.				Movie: Gone With the Wind ★★★★★ (1939, Drama) The Civil War forces a Southern belle to face reality. Clark Gable, Vivien Leigh.								
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 Gyasa	Fantastic Four	Fantastic Four	Fantastic Four	Fantastic Four	Spider-Man	Spider-Man	Super Picks	Dragon Booster	Full House	Full House	
DSC (50) (50)	Bosley Hair	Paid Program	Paid Program	Body by Jake	MythBusters Hollywood on Trial		MythBusters Ping-pong balls lift boat.		MythBusters Boom Lift Catapult (CC)		MythBusters Exploding House		
A&E (53) (53)	Makeover Mama	Old House	Old House	Ask This Old	Ask This Old	Ask This Old	Biography: Tom Selleck		Movie: Ike: Countdown to D-Day ★★½ (2004, Historical Drama) Tom Selleck. (CC)				
ESPN (56) (56)	SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (Live) (CC)		SportsCenter (Live) (CC)		2004 Home Run Derby (CC)		
HBO (14) (14)	Scooby-Doo and the Cyber Chase		Movie: Grind ★½ (2003) Friends follow a legendary skateboarder across America.				Costas NOW Goller Jack Nicklaus. (CC)		Dared-evil		Movie: Surviving Christmas ★½ (2004) Ben Affleck. (CC)		
MAX (29) (29)	(4:00) Movie:	Movie: Miracle on 34th Street ★★ (1994, Comedy) Richard Attenborough.				Movie: House of Sand and Fog (2003) An evicted woman tries to get her house back.				Movie: Men in Black ★★ (1997) Tommy Lee Jones. (CC)			
DISN	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	Whiskers	

SATURDAY												JULY 9	
	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	PGA Golf: John Deere Classic -- Third Round. From Silvis, Ill. (Live) (CC)				WNBA Basketball: All-Star Game. Uncasville, Conn. (Live) (CC)				Paid Program	ABC Wid News	
KSNK/NBC (8) (8)	Jeop- ardy!	Paid Program	NASCAR Racing: Busch Series -- USG Durock 300. From Joliet, Ill. (Live) (CC)				Action Sports (Live) (Part 1 of 2) (CC)				Paid Program	NBC News	
KBSL/CBS (12) (11)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	PGA Golf: Champions Tour -- Ford Players Championship -- Third Round. (Live) (CC)				Paid Program	CBS News	
K15CG (2)	Yankee Shop	This Old House	Ask This Old	Home- time	Wood- wrigt	Find! (CC)	Paint! Paint!	School- Fine Art	Love of Quilting	Piano Guy (CC)	Cabin Country	Kansas Spotlight	
USA (34)	(11:00) Movie: The Life of David Gale ★½ (2003, Drama) Kevin Spacey. (CC)				Movie: GoldenEye ★★★ (1995, Adventure) James Bond enters Russia to retrieve stolen weapon codes. Pierce Brosnan.				The Dead Zone School violence.				
TBS (35)	(11:25) Movie: Fried Green Tomatoes (1991) Fannie Flagg's tale of friendship between Alabama women.				Movie: Pleasantville ★★½ (1998) A suburban teen outcast finds solace in a 1950s TV sitcom. (CC)				Movie: Save the Last Dance (2001)				
WGN (36)	Soul Train Mario; Lyle.		Movie: American Gigolo ★★ (1980, Drama) Richard Gere, Lauren Hutton.			Mutant X No Exit (CC)		America's Funniest Home Videos (CC)		Home Improve.	Will & Grace		
TNT (37)	(8:00) Movie: Gone With the Wind		Movie: Gettysburg ★★★★★ (1993, Drama) The Civil War's biggest battle as seen from both sides. Tom Berenger, Martin Sheen.										
NICK (43)	Hey Arnold!	Rock Star	Oddpar- ents	Oddpar- ents	Oddpar- ents	Oddpar- ents	Oddpar- ents	Oddpar- ents	Zoey 101 Jet X	Zoey 101 (CC)	Zoey 101 Webcam	Zoey 101 Backpack	
FAM (46)	Full House	Full House	Movie: Problem Child ★½ (1990, Comedy) John Ritter, Michael Oliver.				Movie: Harry and the Hendersons ★★ (1987, Fantasy) John Lithgow. (CC)				Movie: The Beverly Hillbillies ★★ (1993)		
DSC (50)	MythBusters (CC)		MythBusters Cooling a Six-Pack		MythBusters Breaking Glass (CC)		MythBusters Son of a Gun (CC)		American Hot Rod A 1959 Impala.		Top Gear Actress Fay Ripley.		
A&E (53)	Movie: Windtalkers ★★ (2002, Action) A troubled Marine must protect a Navajo code talker. Nicolas Cage, Adam Beach. (CC)		Caesars 24/7 (CC)				Caesars 24/7 (CC)		Parole Squad New York parole officers.		Investigative Reports (CC)		
ESPN (56)	(11:00) 2004 Home Run Derby (CC)		Billiards: Trick Shot Magic -- Semifinal		Billiards: Great Lakes Classic		Billiards: Great Lakes Classic		Billiards: Great Lakes Classic		SportsCenter (Live) (CC)		
HBO (14)	Movie: Daredevil (2003) A blind man is a lawyer by day and a superhero by night.				Movie: Space Jam ★★ (1996, Fantasy) Michael Jordan. (CC)		Movie: Empire Records ★½ (1995) Anthony LaPaglia. (CC)		Movie: Grind ★½ (2003) Mike Vogel.				
MAX (29)	Movie: Oxygen ★½ (1999, Suspense) Maura Tierney. (CC)		Movie: Single White Female ★★½ (1992, Suspense) Bridget Fonda. (CC)		Movie: Bulworth ★★ (1998, Comedy- Drama) Warren Beatty, Halle Berry. (CC)				Movie:				
DISN	Ameri- can Drgn	Proud Family	Movie: George of the Jungle ★★½ (1997, Comedy) Brendan Fraser. (CC)			Whis- kers	Ameri- can Drgn	Kim Possible	Buzz on Maggie	Naturally Sadie (N)	Phil of Future		

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	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 (CC)	Movie: The Emperor's New Groove *** (2000, Comedy) <i>Voices of David Spade.</i>				America's Funniest Home Videos (CC)		News (CC)	Seinfeld (CC)	Entertainment Tonight (N) (CC)		
KSNK/NBC (8) (8)	News	Wheel of Fortune	Battlestar Galactica Hand of God (CC)		Battlestar Galactica Gleaming (CC)		Kobol's Last		News	Saturday Night Live (CC)			
KBSL/CBS (12) (11)	News (CC)	Friends (CC)	48 Hours Mystery Vanished (CC)		Cold Case Daniela (CC)		48 Hours Mystery (CC)		News (CC)	Paid Program	Paid Program	Paid Program	
K15CG (2)	Antiques Roadshow (CC)		Keeping Up	As Time Goes By	The Lawrence Welk Show		Red Green	Austin City Limits (CC)		Soundstage Cyndi Lauper (CC)		Tavis Smiley	
USA (34)	The 4400 Wake Up Call (Part 1 of 2)		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Action Sports		
TBS (35)	(5:00) Movie: Save the Last Dance		Movie: Legally Blonde (2001) A fashion major follows her ex-boyfriend to Harvard.				Movie: Save the Last Dance *** (2001, Drama) <i>Julia Stiles.</i> (CC)				Movie: Fools Rush In ** (1997) (CC)		
WGN (36)	MLB Baseball: Oakland Athletics at Chicago White Sox. U.S. Cellular Field. (Live) (CC)						WGN News at Nine (CC)		Becker (CC)	Movie: Dark Descent (2002, Suspense) <i>Dean Cain.</i> (CC)			
TNT (37)	Movie: Gettysburg **** (1993)		Into the West Jacob Wheeler's children witness history. (CC)				Movie: Entrapment ** (1999) A veteran thief's new partner has a hidden agenda.				Movie: Trapped ***½ (2002) (CC)		
NICK (43)	Zoey 101 (CC)	Zoey 101 Disc Golf	Cats- cratch	Cats- cratch	Cats- cratch	Cats- cratch	Full House	Full House	Fresh Prince	Cosby Show	Rose- anne	Rose- anne	
FAM (46)	(5:00) Movie: The Beverly Hillsbillies		Movie: Nothing to Lose **½ (1997, Comedy) <i>Martin Lawrence, Tim Robbins.</i>				Whose Line?	Whose Line?	Home Videos	Home Videos	Home Videos	Home Videos	
DSC (50)	The Party Planner With David Tuter		Firehouse USA: Boston (CC)		Deadliest Catch Greenhorns		Dirty Jobs (CC)		Firehouse USA: Boston (CC)		Deadliest Catch Greenhorns		
A&E (53)	City Confidential (CC)		City Confidential (N) (CC)		Cold Case Files Larvae help convict a family's killer. (CC)			American Justice The Bridge Murders		City Confidential (CC)			
ESPN (56)	Horse Racing: Hollywood Gold Cup/ Swaps Breeders Cup/A. Glean Invitational.				Boxing: 1974 Ali vs. Foreman			Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight (Live) (CC)	
HBO (14)	(5:15) Movie: Grind *½ (2003) (CC)		Movie: Anchorman: The Legend of Ron Burgundy			The Island	Ask Dr. Baden: An Autopsy Special		Entou- rage		Chris Rock: Never Scared (CC)		
MAX (29)	(5:30) Movie: The Rundown (2003)		Movie: Men in Black (1997) Secret agents monitor extraterrestrial activity on Earth.				Movie: I, Robot **½ (2004) A homicide detective tracks a dangerous robot in 2035.				Sex Games	Movie: Bikini	
DISN	Zack & Cody	That's- Raven	Click It to Pick It Phil of the Future "Phil of the Future."				Phil of Future	Naturally Sadie	Zack & Cody	That's- Raven	Buzz on Maggie	Kim Possible	



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