



TISHA COX/Colby Free Press

Colby Eagle football coach Bob Ray, left, gave instruction to youth during a football camp he held earlier this month. Colby is Ray's first head coaching position and has emphasized needing a stronger, bigger team.

New Eagle coach has strong goals

By John Van Nostrand

Colby Free Press

Bob Ray said 45 minutes now can pay off later.

Ray, Colby High School's new football coach, told Colby Rotary members Tuesday that players who are in weight training now will feel the results of their efforts.

"If you work hard now, practice will be easy," he said.

Preseason practice begins in August.

Ray's first game as head coach is Sept. 1 vs. Oxie.

Ray, who was hired in April, has already worked with about 60 students in the weight room. He is also the school's strength conditioning instructor. Ray said what players do in the offseason is important. Workouts don't have to be lengthy or every day.

"All I want is them to have a 45-minute weightlift program," he said.

Watching film of players who plan to return this season, Ray likes Colby's speed, but said the team needs more strength and size.

Ray has been in football for 10 years. For the past five years, he was an assistant coach at Missouri Southern State University in Joplin, Mo. He coached wide receivers, running backs and defense line during those years.

Before Missouri Southern, he spent two years at Basehor-Linwood High School in Kansas City and at Hope High School. He was a defensive coordinator at both schools.

Colby is Ray's first head coaching job, a job players obviously pay attention to especially during a change, he said.

"A good transition is trust in the coaches," Ray said.

Already working with his assistant coaches, Ray is pleased with the cooperation. Players should see that too.

"When you have close coaches, kids see that," he said.

In addition to encouraging weight training and trustworthy coaches, Ray wants his players to have a role model. Ray said his

mentor was Rick Upchurch, his coach when he played at Tabor College in Hillsboro. Upchurch played for the Denver Broncos. Ray appreciated Upchurch's commitment and integrity.

Life for Ray is not all football. "While I was at Missouri State, it took a lot from family time," he said. Ray has two children, a 3-year-old son and a 7-month-old daughter. "I started to miss them."

Ray said life as a college football coach is nearly all about football. Even though he has his responsibilities as a high school coach, he hopes to have more time with his family.

Ray refused to tell the audience how many games Colby will win this year. Last year Colby went 0-9.

"I like a challenge and I hate to lose," he said. "It's the coach's fault if you lose."



B. Ray

CLASSIFIEDS

Lost & Found

Found: 3-5 month old male Welsh Corgi Saturday morning. Call 460-3627 or 462-0808.
--6/14-6/16---

Garage Sales

1085 W. 4th St. Saturday 8:00 a.m. - noon. Lots of stuff. Teen clothes, other miscellaneous goodies - cheap.
--6/15 & 6/16---

Hill St. and Plains Ave. Friday 5:00 - 7:00 p.m. Saturday 8:00 a.m. - noon. Multi-family. Furniture, toys, bikes, household misc.
--6/15 & 6/16---

Garage Sales

260 E. Walnut St. Friday noon - 6:00 p.m. Multi family. Clothes, bikes, household, vehicles.
--6/15---

815 S. Grant Ave. Friday 8:00 a.m. - 2:00 p.m. Crib, wedding dress, mower, grill, toys, misc.
--6/14 & 6/15---

1040 Wheatridge Rd. Friday 4:00 - 8:00 p.m. Multi family. 4 wheelers, paddle boat, TV's, gas range, microwave, furniture, girls' clothing 0-8 years.
--6/14-6/16---

515 W. Cherry St. Saturday 9:00 a.m. - 1:00 p.m. Movies, Playstation games, clothes, lots of misc.
--6/15 & 6/16---

110 Kansas Ave. - Rexford. Saturday 8:00 a.m. - ? Lots of antiques and collectibles, miscellaneous.
--6/15 & 6/16---

580 N. Franklin Ave. Good Shepherd Thrift Store. Tuesday - Friday noon - 5:00 p.m., Saturday 10:00 a.m. - 4:00 p.m. Best trailer load ever just arrived.
--6/14-6/16---

375 E. Walnut St. Friday 5:00 - 8:00 p.m. Saturday 8:00 - 11:00 a.m. Multi-family. Women's, men's, children's clothing - name brands including GAP, Lucky, and Calvin Klein, nice home decor items, bedding, pots and pans, bake sale and more.
--6/14-6/16---

Rexford community wide garage sales. Saturday 8:00 a.m. - 1:00 p.m. Maps available at each location and Country Store.
--6/15 & 6/16---

Community wide garage sale, Oakley, KS. Saturday, June 17, 8:00 a.m. Maps available at One Stop, Kabredlo's, Oakley Shureline Foods and at each location. Quality items, approximately 40 locations. Phone 785-672-4862 for details.
--6/15-6/16---

Classifieds
462-3963

Moonlight Gardens

End-of-the Season CLOSEOUT!!

June 9, 10, 11 & 12th...30% off!

June 13, 14 & 15th...40% off! June 16, 17 & 18th...50% off!

Annuals • Perennials
Roses • Trees • Shrubs • Baskets • Planters

MOONLIGHT GARDENS

3 Mi. N. on Hwy. 25, 1/2 mi. W. of Colby

Kaus Kids will sell remaining inventory June 19th to ?



462-6355

Open Mon.-Sat.: 9:30-5:00
Tues. & Thurs. till 8:00 Sun.: 1:00-4:00

TV LISTINGS

sponsored by the COLBY FREE PRESS

SATURDAY

JUNE 17

	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 (6)	La Gente	BusinessWeek	Good Morning America (CC)		Lilo & Stitch	Emperor New	Proud Family	That's Raven	Zack & Cody	World Cup Soccer: 1st Rd. - Czech Republic vs. Ghana		
KSNK/NBC (8)	Today (CC)			Paid Program	Paid Program	Endurance (E)	Kenny Shark	Time Warp	Trading Spaces	Darcy's Wild Life	Flight 29 Down	Golf
KBSL/CBS (11)	Saturday Early Show (CC)				News				Little Bill (E) (CC)	Blue's Clues	Paid Program	Paid Program
K15CG (2)	Business	Market-Market	Thomas-Friends	Jay Jay the Jet	Bob the Builder	Real Wheels	Dragon-flyTV	Hand-Crafts	Family Kitchen	Food	For Your Home	Victory Garden
ESPN (28)	SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (Live) (CC)		SportsCenter From Pinehurst, N.C. (CC)		Boxing	
USA (37)	Paid Program	Paid Program	Paid Program	Sexy Abs	Monk Mr. Monk Stays in Bed (CC)		Monk (CC)		Coach (CC)	Movie: Backdraft *** (1991, Drama) Kurt Russell. (CC)		
TBS (38)	Becker (CC)	Becker (CC)	Movie: Who Framed Roger Rabbit **** (1988, Comedy) (PA) Bob Hoskins. (CC)		Roger Rabbit **** (1988, Comedy) (PA) Bob Hoskins. (CC)		Movie: Cats & Dogs ** (2001, Comedy) (PA) Jeff Goldblum. (CC)			Movie: Never Been Kissed ** (1999)		
WGN (39)	Enterprise	Adelante Chicago	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Home Improve.	Home Improve.
TNT (40)	The X-Files (CC)	The X-Files Bug Honey (CC)			The X-Files (CC)		The X-Files Duane Barry (Part 1 of 2)		The X-Files Ascension (CC)		The X-Files (CC)	
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Dinosaur Planet White Tip's Journey		Walking With Dinosaurs (CC)		Walking With Dinosaurs (CC)		Walking With Dinosaurs (CC)	
A&E (47)	Movie: Down With Love ** 1/2 (2003, Romance-Comedy) Renee Zellweger. (CC)			Ask This Old	Ask This Old		Airline (CC)	Airline (CC)	Airline (CC)	Airline (CC)	Rock Paper Scissors Champ	
HIST (48)	Automobiles Model T (CC)	Heavy Metal Aircraft Carrier (CC)		Band of Brothers (CC)			Modern Marvels Camouflage (CC)		Mail Call (CC)	Blue-print	Modern Marvels Assembly Lines	
NICK (55)	Grown Up	OddParents	Jimmy Neutron	Jimmy Neutron	SpongeBob	SpongeBob	OddParents	OddParents	The X's (CC)	Danny Phantom	Danny Phantom	Cats-cratch
DISN (56)	JoJo's Circus	Higglytown	Einsteins	Einsteins	Mickey Mouse	Mickey Mouse	Doodlebops	Doodlebops	Charlie & Lola	Koala Brothers	Whiskers	Emperor New
FAM (58)	Digimon-Digital	Dragon Booster	NASCAR Racers	Star-Racers	Power Rangers	Power Rangers	Power Rangers	Power Rangers	Power Rangers	Power Rangers	Full House	Full House
HALL (60)	Little House on the Prairie School Mom		Movie: The Parent Trap *** (1961, Comedy) Twins separated as infants plot to reunite their parents. Hayley Mills. (CC)				Movie: Stranded *** 1/2 (2002, Adventure) A family is shipwrecked on a tropical island.					

SATURDAY

JUNE 17

	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 (6)	World Cup Soccer		Paid Program	World Cup Soccer: First Round - Italy vs. United States. Kaiserslautern, Germany. (Live) (CC)					Paid Program	Paid Program	Paid Program	ABC Wild News
KSNK/NBC (8)	(11:30) Golf: U.S. Open Championship -- Third Round. From Mamaroneck, N.Y. (Live) (CC)											
KBSL/CBS (11)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Intercontinental Poker Champ.		Paid Program	CBS News
K15CG (2)	Yankee Shop	This Old House	Ask This Old	Home-time	Woodwright	Real Simple	Scrap-book	School-Fine Art	Love of Quilting	Piano Guy	Cabin Country	Rare Visions
ESPN (28)	Boxing: Contender		College Baseball: NCAA World Series Game 3 -- Teams TBA. Omaha, Neb. (Live) (CC)						Horse Racing (Live)			
USA (37)	(10:30) Movie: Backdraft *** (1991, Drama) Kurt Russell.		Movie: Big Fish *** (2003, Drama) A young man investigates his father's tall tales. Ewan McGregor.						The 4400 Unlocking the Secrets (CC)		The 4400 The New World (CC)	
TBS (38)	(11:00) Movie: Never Been Kissed	Movie: Down to Earth ** 1/2 (2001, Comedy) Chris Rock, Regina King. (CC)			Movie: Sister Act 2: Back in the Habit ** (1993, Comedy) Whoopi Goldberg.				Movie: Home Alone *** (1990) (PA)			
WGN (39)	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	MLB Baseball: White Sox at Reds
TNT (40)	The X-Files Home (CC)		Movie: The Mothman Prophecies ** (2002) A moth-like being is a town's harbinger of doom. Richard Gere.				Movie: Starship Troopers *** (1997, Science Fiction) Casper Van Dien. (CC)		Movie: Mummy			
DSC (42)	Before the Dinosaurs (CC)	Before the Dinosaurs (CC)			Killer Ants (CC)		Ant Wars (CC)		Tsunami: Wave of Disaster (CC)		Perfect Disaster Typhoon (CC)	
A&E (47)	Look, Up in the Sky of Superman (CC)	The Amazing Story			Movie: The Shining *** 1/2 (1980, Horror) A haunted hotel menaces a couple and their psychic son. Jack Nicholson, Shelley Duvall. (CC)							Cold Case
HIST (48)	Mega Movers America Moves (CC)	Mega Movers Locomotives (CC)			Mega Movers Tower Crane (CC)		Mega Movers Perils in Paradise (CC)		Amazon Adventures (CC)		Historic expeditions.	
NICK (55)	Avatar-Last Air	Avatar-Last Air	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Just for Kicks	Drake & Josh	Ned's School	Zoey 101 (CC)
DISN (56)	Movie: Kim Possible: A Sitch in Time (2003, Adventure) (CC)	Kim Possible	Kim Possible	Kim Possible	American Drgn		Proud Family	Emperor New	Even Stevens	Natural-Sadie	Life With Derek	Zack & Cody
FAM (58)	Full House	Full House	Full House	Movie: Slappy and the Stinkers ** (1998) B.D. Wong.			Movie: Good Boy! ** (2003) A 12-year-old's dog has an interplanetary mission.				Movie: Karate Dog (2004) Jon Voight.	
HALL (60)	(10:00) Movie: Stranded (2002)		Movie: Swiss Family Robinson *** 1/2 (1960) A shipwrecked family turns a desert island into a paradise. John Mills. (CC)				Movie: The Curse of King Tut's Tomb (2006, Adventure) Casper Van Dien. (CC)					

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JUNE 17

	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 (6)	News (CC)	Kake News	Movie: Lady and the Tramp *** 1/2 (1955, Fantasy) Voices of Peggy Lee. (CC)				The Evidence Wine and Die (N) (CC)		News (CC)	The Insider	Entertainment Tonight (N) (CC)	
KSNK/NBC (8)	News	Wheel of Fortune	NHL Hockey: Stanley Cup Final Game 6 - Carolina Hurricanes at Edmonton Oilers. If necessary. From Rexall Place. (Live) (CC)				News	Saturday Night Live Dane Cook, James Blunt. (CC)				
KBSL/CBS (11)	News (CC)	Paid Program	CSI: NY Super Men (CC)		48 Hours Mystery	Written in Blood (CC)		News (CC)	Drew Carey	Alias A Dark Turn (CC)		
K15CG (2)	Sun-flower	Farmers' TV	Keeping Up	As Time Goes By	The Lawrence Welk Show County Fair		Red Green	Austin City Limits (CC)	Soundstage Heart (Part 2 of 2) (CC)	Monty Python		
ESPN (28)	College Baseball: NCAA World Series Game 4 -- Teams TBA. Omaha, Neb. (Live) (CC)						Baseball Tonight (Live)		SportsCenter (Live)	Fast-break	World Cup Live	
USA (37)	(5:00) The 4400 The New World (CC)		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
TBS (38)	(5:00) Movie: Home Alone *** (1990)	Movie: Cheaper by the Dozen ** 1/2 (2003, Comedy) Steve Martin.					Movie: Old School ** (2003) Three men relive their wild past by starting a fraternity.				Movie: Fools Rush In ** (1997) (CC)	
WGN (39)	(5:00) MLB Baseball: Chicago White Sox at Cincinnati Reds. (Live) (CC)		America's Funniest Home Videos (CC)				WGN News at Nine (CC)		Sex and the City (CC)	Becker (CC)	Home Improve.	Movie: Jeepers
TNT (40)	(5:30) Movie: The Mummy *** (1999, Adventure) Brendan Fraser. (CC) (DVS)		Movie: Signs *** (2002) A widower investigates huge circles in his crop fields.				Movie: The Mothman Prophecies ** (2002, Horror) Richard Gere. (CC)					
DSC (42)	Pompeii of the East (CC)	Americas Volcanoes			Krakatoa: Volcano of Destruction			Mega-Tsunami (CC)		Americas Volcanoes		
A&E (47)	Cold Case Files (CC)	Cold Case Files (CC)			Cold Case Files (CC)		American Justice Jeff Zack. (CC)		CSI: Miami Addiction (CC)		Cold Case Files (CC)	
HIST (48)	Modern Marvels The Erie Canal (CC)	Jefferson's Other Revolution (N) (CC)		Movie: The Fog of War *** 1/2 (2003, Documentary) Robert McNamara discusses military issues. (CC)			Infams Murder		Jefferson's Other Revolution (CC)			
NICK (55)	OddParents	SpongeBob	The X's (CC)	Danny Phantom Reality Trip (CC)	Danny Phantom	Fresh Prince	Rose-anna	Rose-anna	Cosby Show	Fresh Prince	Fresh Prince	
DISN (56)	Hannah Montana	That's Raven	Movie: Wendy Wu: Homecoming Warrior (2006, Adventure) Brenda Song.			Phil of Future	Life With Derek	Zack & Cody	That's Raven	Hannah Montana	Emperor New	
FAM (58)	(5:00) Movie: Karate Dog (2004)		Movie: The Waterboy * 1/2 (1998, Comedy) Adam Sandler, Kathy Bates. (CC)			Movie: The Waterboy * 1/2 (1998, Comedy) Adam Sandler, Kathy Bates. (CC)				Movie: I Want to Marry Ryan Banks		
HALL (60)	(3:57) Movie: Curse of King Tut's Tomb		Movie: Blackbeard (2006, Adventure) A fearsome English pirate tries to control the high seas. Angus Macfadyen. (Premiere) (CC)				Movie: Blackbeard (2006) A fearsome English pirate tries to control the high seas.					

★ ★ ★ ★ ★
NOW PLAYING:
★ ★ ★ ★ ★

COLBY CINEMA & ARCADE
JUNE 9 - JUNE 15

CARS
Fri. & Sat. : 7:00 & 9:15 (G) 2:00
Sun.: 4:00 & 7:00
Mon. - Thurs: 7:00

AMERICAN HAUNTING
Fri. & Sat. : 7:15 & 9:00 (PG-13) 1:30
Sun. : 4:15 & 7:15
Mon. - Thurs: 7:15

COLBY THEATRE
JUNE 9 - JUNE 15

X-MEN 3
Fri. & Sat. : 9:00 (PG-13) 1:50
Sun. - Thurs: 7:00

THE BREAK UP
Fri. & Sat. : 7:15 & 9:15 (PG-13) 1:55
Sun. - Thurs: 7:15

Sherman County Speedway
Goodland
Races June 17,
6:30 pm MDST

Mini Stock, Econo, Bomber, Stock, Modified
Pit Gate Open 3:00 ~ Pit Pass \$25
NO DOGS ALLOWED IN THE PITS

Trophies sponsored by:
Mike Mattox
Grand Stand: 6 and under free
7 to 12 - \$5 • 13 and up - \$10
Children bring your father and get him into the races for only \$5?
Sponsored by Budweiser, Coke & SCSCRA

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