

Practice makes perfect



Brady Holzmeister made a lateral pass to Ben Matchell Wednesday during the Colby Middle School football team's practice at the middle school practice field. The team began

practices Monday and has its first game Thursday, Sept. 9, at Oakley.

Wide range of classes offered this fall

Bethanie Williams, a certified instructor, will be teaching a boot camp class from 5:45 to 6:30 a.m. on Mondays, Wednesdays and Fridays at the Community Building. This high intensity course uses sprint, endurance and circuit training for toning and weight loss. Cost is \$30 for six weeks. The next session will begin Wednesday, Sept. 7. Register at the Colby Recreation Department.

nity Building. Third through sixth graders are invited to learn about cooking fun and nutritious food with hands-on experience in measuring, mixing, baking and food safety.

The program is free but participants are required to register with the department. Each class is limited to 20 participants. The classes will be held on Thursday, Sept. 6, Oct. 13, and Nov. 17. Sign up today by calling 460-4440.

Williams will also be teaching an active yoga class that will be held either from 5:30 to 6:30 p.m. on Mondays and Wednesdays, or from noon to 12:45 p.m. on Tuesdays and Thursdays. This class focuses on yoga basics such as breathing, flexibility and balance. Cost is \$30 for six weeks. The next session will begin on Monday, Aug. 22. Contact the Colby Recreation Department to register.

Samantha Miller will be teaching an infant/parent swim class from 6 to 7 p.m. every Tuesday in September and October. The class will be at the Colby Community College swimming pool and cost is \$45. Children must be between nine months and 3 years of age to participate in the class. The program will begin on Tuesday, Sept. 6. Call the Colby Recreation Department at 460-4440 to register.

Williams will teach one more class, a yoga sweat class from 5:45 to 6:30 a.m. on Tuesdays and Thursdays. This is a higher energy class with more advanced poses and stretches in a heated room. Cost is \$30 for six weeks. The next session will begin Monday, Aug. 22. Sign up at the Colby Recreation Department at 460-4440.

There will be a fall session of water aerobics taught by Bonny Brown. The class will use the power of resistance for toning, cardio development and stretching. It will be from 7 to 8 p.m. on Mondays and Thursdays at the Colby Community College swimming pool, and cost is \$50. Men, women and teens over 16 years old are welcome to join. Sign up now at the Colby Recreation Department.

The Colby Recreation Department is holding a cooking class from 3:30 to 5 p.m. once a month in the Club Room at the Commu-

One batter drives Royals' loss to Red Sox

KANSAS CITY, Mo. (AP) – Luke Hochevar thought he made quality pitches to Dustin Pedroia. So did manager Ned Yost.

It didn't matter. Pedroia drove in three runs with a pair of well-timed singles, Josh Beckett survived a shaky start to go seven innings and the Boston Red Sox got back on the winning track with a 4-3 victory over the Kansas City Royals on Thursday night.

"A lot of people have trouble solving him," Yost said. "I thought Luke pitched very well. Both Pedroia hits off him were good pitches. You've got to take your hat off to him. They were real good pitches. The first one was a two-seamer that was about six inches in. It was a nice piece of hitting to drive the ball up the middle. The game-winner was a cutter that was down and away."

Hochevar called Pedroia a nemesis.

"He hit the ball where it's pitched," Hochevar said. "The base hit up the middle that scored off the plate for a ball and I felt like it was off the plate. He put a good swing on it."

Jason Varitek drove in the other run for the Red Sox, who had lost five of their last seven games after getting shut out by the division-rival Tampa Bay Rays on Wednesday.

Beckett (10-5) allowed all three runs in the first three innings to improve to 7-1 against Kansas City – his only loss came July 28 in Boston. He also reached the 10-win plateau after failing in his four previous attempts.

Daniel Bard worked the eighth for Boston, and Jonathan Papelbon made it through a perfect ninth to extend his career-best streak to 24 consecutive saves. It was his 29th of the season.

Hochevar (8-10) labored

through 114 pitches in just six innings. The former No. 1 overall draft pick allowed all four runs on eight hits and two walks, despite getting some help from his defense.

The Royals threw out three base runners: Varitek was nabbed at second trying to stretch a single in the second inning; Crawford was thrown out by center fielder Melky Cabrera trying to score from third on a shall flyball in the fourth; and Pedroia was thrown out at second by catcher Salvador Perez, who made an alert play after a late throw to the plate on Pedroia's RBI single in the fifth.

Alex Gordon hit a tying two-run homer in the third inning for Kan-

sas City, and he also scored on a sacrifice fly by Billy Butler in the first, playing a significant role in all the Royals' runs.

Boston didn't waste any time matching Kansas City in the second. Josh Reddick doubled leading off and came home on Varitek's two-out single. The Red Sox then pulled ahead in the third when Mike Aviles singled against his former team, Ellsbury walked, both advanced on a groundout and came scored on Pedroia's single.

Alcides Escobar led off the bottom half with a single, and Gordon followed by slapping a pitch from Beckett over the left-field wall to tie the game. His 16th homer matched a career high.

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• 1 p.m. Shotgun Start

Auction following meal
Four Person Scramble • \$240 per team
• (Includes supper)

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For More Information: Contact Coach Dustin Pfeifer
785-460-5470 or dustin.pfeifer@colbycc.edu

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