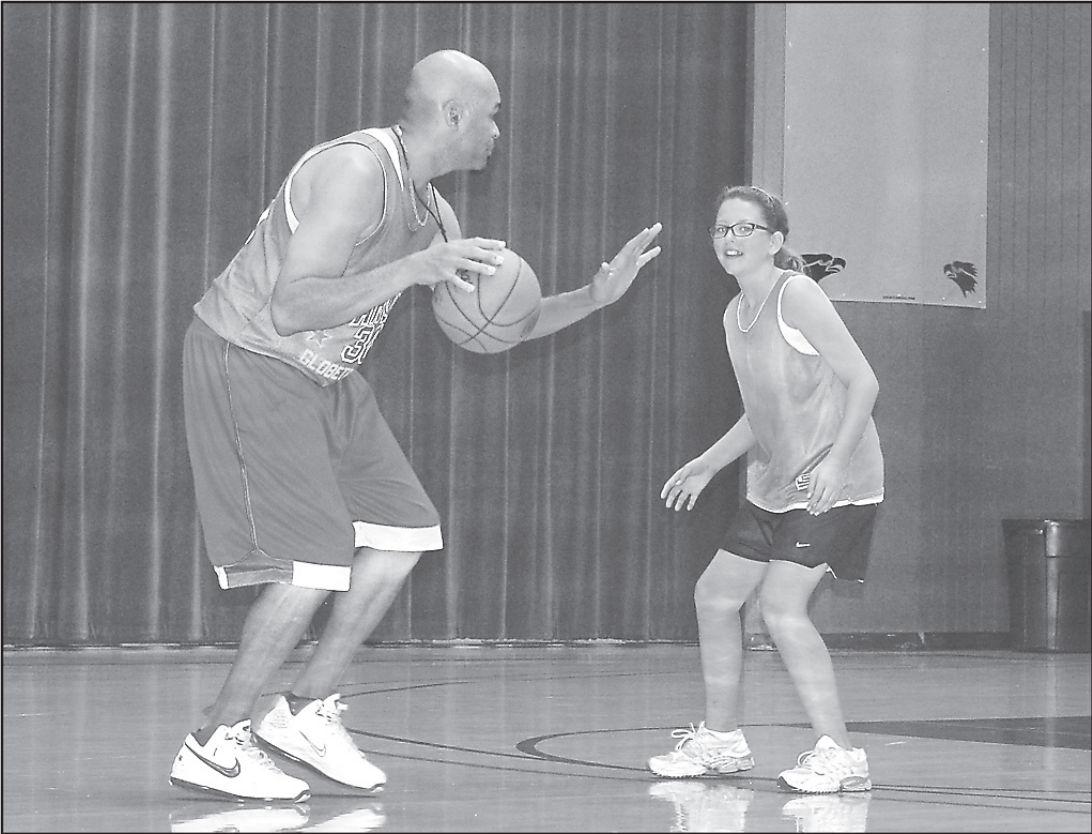


Learning the game



KAYLA CORNETT/Colby Free Press
Elbert "Tree" Gordon (left), former Harlem Globetrotter, taught Carson McLaughlin, daughter of Jim and Rhonda McLaughlin of Colby, how to play offense Tuesday at the Global Legends Basketball Camp at the Community Building. Gordon has been teaching the fundamentals of basketball to kids ages 6 to 17 in this five-day summer camp. This year, a record 27 kids signed up for the camp.

Registration is open for Sunflower Games

Registration for the Sunflower State Games is now open for the 23rd annual Olympic-style sports festival, to be held from July 13 to 29 in Topeka and Shawnee County.

The games are open to all Kansas residents, including military personnel and college students.

Athletes will compete in a record 48 sports, including two new events: cheerleading and girls fast-pitch softball. Highlighting the games once again will be the Hy-Vee Athlete Festival on Friday, July 13, at Hummer Sports Park, including the annual lighting of the cauldron, the 5K/10K Governor's Cup Road Race, a free picnic and much more.

"We are extremely excited about what's in store for the 2012 Sunflower State Games," said Executive Director Mitch Gross. "The addition of the new sports will provide more opportunities for Kansas athletes of all ages to compete at a high level We are

looking forward to hopefully another record breaking year."

Gross said the games need volunteers to help put on the event. Volunteer information can be found at www.sunflowergames.com.

The games are put on each July by a nonprofit organization based in Topeka. The purpose is to promote physical fitness and an active lifestyle for all Kansans through participation in sports.

During a 10-year tenure in To-

peka, the games have drawn an average of 6,700 athletes from more than 80 counties across the state in more than 45 events. An estimated 9,500 athletes are expected in complete in the 2012 games.

Sport information and registration instructions can be found at www.sunflowergames.com or by contacting Gross at sunflowered@sbcglobal.net or at (785) 235-2295.

Royals' pitcher outduels Twins

By Dave Skretta

AP Sports Writer

KANSAS CITY, Mo. — Bruce Chen will never overpower with a blazing fastball. He'll never step onto the mound and strike fear into the hearts of opposing hitters.

He's awfully adept at getting them out anyway.

The veteran left-hander kept Minnesota off balance all night, outdueling Francisco Liriano and making a lone run scored in the second inning stand up to give the Kansas City Royals a 1-0 victory over the Twins on Tuesday night.

Chen (5-5) allowed four hits without a walk to win for the fifth time in six starts, which came on the heels of a miserable start to the season that made some question whether the two-year deal he was given by Kansas City was really worth it.

Well, he's proving just how valuable he is to a patchwork rotation.

"Pitching is contagious. You say, 'You know what? Let's keep it going,'" said Chen, who added to a pair of shutouts logged by Kansas City already on this six-game homestand.

Chen was pushing Liriano, too.

The Twins' left-hander allowed only four hits in six innings, but three of them came in the second when the Twins' failure to turn a double play proved costly. It allowed Brayan Pena to send an RBI single rolling through the left side of the infield for the game's only run.

Greg Holland worked around an error in the eighth for Kansas City, and Jonathan Broxton left runners on first and second in the ninth for his 14th save of the season.

Meadow Lake holds golf nights, tourneys

For ladies' night at Meadow Lake Golf Course on May 29, eight ladies played low net golf. The results are, for the first flight, Susan Wark, first and Audrey Hines, second. For the second flight, Wanda Brown, first and Suzanne Schielke, second.

The next ladies' night was to be Tuesday with one-lady scramble as the game. Tee off was at 6 p.m. and cost was \$2 per person with a \$10 green fee for non members.

Last Wednesday, 36 men competed in a three-man ABC blind draw. The results are Brad Kersensbrock, Kerry Wark and Mark Fabrizio, first; Kyle Molstad, Steve Ryan and Alex Rosales, second; Brad Flipse, Scott King and Rick Ritter, third; and Jake Hagler, Brady Jasper and Ross Volkmer, fourth.

The next men's night is tonight and the game is three-man scramble. Tee off is at 6 p.m. and cost is

\$5 per person with a \$10 green fee for non members.

On Friday, eight couples played the golf game one-couple scotch and results are Alex and Amy Rosales, first and Randy and Mary-Lou Jones and Jasper and Stacy Lee, tied for second.

The next couple's night is Friday and the game is one-couple scramble. Tee off is at 6 p.m. and cost is \$5 per person with a \$10 green fee per couple for non members.

Meadow Lake will also be holding fund raising tournaments next week.

The Rotary/Chamber Golf Tournament, presented by F and M Bank, will be held Friday at the course. The game is four-person scramble on 18 holes and cost is \$65 per person or \$240 per team.

Registration will be at 9 a.m.

with tee off at 10. The cost includes green fees, lunch and a catered dinner as well as an opportunity to win great prizes or a cash payout.

For information, call Holly Whitaker at 460-3401 or Kris Cameron at 462-7557.

Citizen's Medical Center will hold a four-person scramble tournament on 18 holes on Friday, June 15. Cost is \$100 per person or \$400 per team. Registration will be at 8 a.m. with tee off following at 9.

The cost includes a light breakfast, lunch and hors d'oeuvres at the end of play. There will be games, prizes, drawings and special events as well.

For information, call Tama Unger at 460-1214.

The Fat Ole Duffer's Junior Golf fund raiser, dedicated to Smokey

Stover, will be held on Saturday, June 16. The game is two-person scramble on 18 holes and cost is \$75 per team.

The cost includes lunch, free beer and "not so great prizes."

For information, call Cal Williams at 460-9777.

A Father/Son/Daughter tournament will be held on Sunday, June 17, Father's Day. Cost is \$30 per team and \$20 per additional child. Registration will be at 9 a.m. with tee off following at 9:30. The teams will play nine holes and lunch is included.

For information, call Kevan Taylor at the clubhouse at 460-6443.

If you are interested in participating in any of the above activities, call Meadow Lake at 460-6443 to register.

Isn't it time you led a Spry life?

(Find out how June 13th)



- Spry Interview with Olympic Swimmer Dara Tomez
- Hooked on Sugar? How to Beat Your Addiction
- Sun Mistakes You're Still Making
- Prostate Cancer Tests: Who Needs Them?
- The New Spry Healthy Recipe Project - Submit Your Recipes!

spry
inspiring healthy lives



The "It's Only Another Beer" Black and Tan

8 oz. pilsner lager
8 oz. stout lager
1 frosty mug
1 icy road
1 pick-up truck
1 10-hour day
1 tired worker
A few rounds with the guys

Mix ingredients.
Add 1 totalled vehicle.

Never underestimate 'just a few.'
Buzzed driving is drunk driving.

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Partnering To Bring Medical Specialists To Colby

Colby Outreach Clinic Schedule

Citizens Medical Center
Specialty Clinic
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Cardiology - Dr. Christine Fisher
Monthly

Oncology/Hematology
Dr. January Fields
Twice Monthly

Orthopedic - Dr. Robert Bassett
Monthly

Orthopedic/Spine
Dr. Vivek Sharma
Monthly

Urology
Dr. Wallace Curry
Dr. Darrell Werth
Monthly

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Colby Medical Surgical Center
175 S. Range - Colby

Urology
Dr. Wallace Curry
Dr. Darrell Werth
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