

Eagles golfers ready for fall

By Kayla Cornett
Colby Free Press
colby.sports@nwkansas.com

The Colby High girls golf team has a few new faces this year, but the girls are ready to try and repeat as league champions this season.

Coach Rick Williams said he lost four seniors from the varsity squad, so only two champs will be returning this year. Kaylee Keck, Ariel Severson, Katie Zerr and Kim Wilson graduated in May.

Williams said Keck was a two-time league champion, winning medals twice at state, her junior and senior years.

"She's the best golfer in Colby history," he said.

Williams said Keck's the only girl golfer to win a medal at state for Colby High.

After dominating the league, two Lady Eagles qualified for state, Keck and Karly Kriss, a senior this year. Keck shot a 92 and took eighth place while Kriss finished 21st.

"Last year, (Kriss) was one stroke behind medaling at state," Williams said.

Kriss, a three-time state quali-

fier, will be returning to the team this year along with senior Haley Mengel and junior McKenna Ortner.

Williams said he will have seven girls playing for him: the two seniors, two juniors and three freshmen.

He said a couple of the freshmen have golfing experience, and one junior who just joined the team had played volleyball for the last two years.

Still, he said he's hoping the girls will do well again this season.

"We graduated an awful lot," Williams said, "but we've got three pretty good girls back and some good additions."

He noted that many of the other league teams graduated a lot of girls as well, and last year, the Lady Eagles were underestimated by the league.

"We weren't really favored to win league, but we played really well down the stretch," Williams said, "and we probably will do the same this year, hopefully."

The girls' first tournament will be at 1 p.m. Monday, Aug. 27, at Cimarron.



Colby junior Lauren Mountford (right) putted for the high school girls golf team in the Colby Invitational golf tournament last year at Meadow Lake Golf Course. The team's first action this year will be Monday, Aug. 27, in Cimarron.

Colby cross country team under new management

By Kayla Cornett
Colby Free Press
colby.sports@nwkansas.com

The Colby High cross country team began gearing up for the season Monday, holding two-a-day practices which will continue all week.

Chris Giersch, who is taking over as head coach since Bob Mannebach retired, said the practices are at 7 a.m. and 7 p.m. each day this week.

"Some of them aren't used to getting up that early," he joked.

This year, he has 22 runners, 10 girls and 12 boys. Giersch said having 10 girls will be beneficial for the team.

"The last few years, we've been struggling to get enough girls on our team to have even backup runners on varsity," he said, "and struggling to have enough runners to score at a meet, but this year we have 10."

He said that's plenty to make a strong

varsity squad, provided those girls stay healthy.

"Some come in already battling problems, but you just work to try and get the best you can," Giersch said.

Out of those 22 runners, 11 are seniors, four juniors, five sophomores and two freshmen, and Gierch said seven of them have no cross country experience.

"I have two senior runners who have never run cross country before," he said, noting that some of the new runners

switched to cross country from another sport.

The team is lucky to have a lot of new seniors since it lost eight from last season. Emilea Finley, Christina Ostmeyer, Dalaan Organ, Tate Query, Jordan Rasmussen, Lucas Snyder, Julia Hutfles and Paul Schiferl graduated in May.

Finley was the only runner to qualify for state last year, and she finished in 20th place. At the Great West Activities Conference league meet, the girls placed

fourth and the boys fifth.

"We're hoping to improve on that this year," Giersch said.

At regionals, which were held in Concordia, the girls took 10th and the boys finished 11th.

The team's first meet this season will be at 5 p.m. (Central Time) Thursday, Aug. 30, in Goodland.

The Eagles will hold the Great West Activities Conference league meet in Colby this year on Saturday, Oct. 13.

Drug suspensions are familiar territory for San Francisco

By Janie McCauley
AP Baseball Writer

SAN FRANCISCO (AP) — Melky Cabrera's 50-game suspension comes just as reliever Guillermo Mota is nearing his return to the Giants from a 100-game performance-enhancing drug penalty of his own.

Yes, San Francisco now accounts for two of the four suspensions this season under the major league drug program — and suddenly the Giants are back in the spotlight for performance-enhancing drugs several years after the club had finally moved forward from the Mitchell Report and BALCO mess.

"Unfortunately, these things happen in baseball," manager Bruce Bochy said. "There's not a lot you can do about it. I guess the best thing we can do is keep educating players so these things don't happen. I can't dwell on these things."

Cabrera, the 28-year-old MVP of last month's All-Star game, was suspended 50 games Wednesday following a positive test for testosterone. That puts an abrupt end to what had been a remarkable regular season and throws the Giants' playoff hopes into doubt.

"Ultimately, it was just a bad decision," catcher Buster Posey said. "That's all I'm going to say."

Cabrera leads the National League with 159 hits, and is second in batting average behind Pittsburgh's Andrew McCutchen. Cabrera's penalty was the first for a high-profile player since last year's NL MVP, Ryan Braun, had his suspension overturned by an arbitrator last winter.

"My positive test was the result of my use of a substance I should not have used," Cabrera said in a statement released by the players' association. "I accept my suspension under the Joint Drug Program and I will try to move on with my life. I am deeply sorry for my mistake and I apologize to my teammates, to the San Francisco Giants organization and to the fans for letting them down."

The Giants are no stranger to such cases. Home run king Barry Bonds, who was in the stands for a 6-4 loss to the Washington Nationals on Wednesday as the Giants played Day 1 of Cabrera's suspension, has long denied ever knowingly using steroids or performance-enhancing drugs and

the 48-year-old slugger appealed his obstruction of justice conviction from April 2011 on one count of giving an evasive answer to a 2003 grand jury investigating illegal steroids distribution.

In the spring of 2010, former San Francisco outfielder Marvin Benard admitted he used steroids during the team's 2002 World Series season to deal with a nagging knee injury.

Benard was among the 85 players named in the Mitchell Report, handled by former Senate Majority Leader George Mitchell, which was released in December 2007.

Specifically, he was named in sections on BALCO — the Bay Area Laboratory Co-Operative — as having obtained "the clear"

and "the cream" from trainer Greg Anderson.

Now, the current Giants will try to make up for the lost production of the "Melk Man," as he became known.

The suspension would extend into the playoffs if the Giants advance.

"It happened, and now we move on," right fielder Hunter Pence said. "I know the program and I know they test us, and if we test positive we get a suspension. That's what happened. And now we play with what we've got."

Cabrera is batting .346 with 11 home runs and 60 RBIs in his first season with San Francisco and is five hits shy of 1,000 in his big league career. Flashing bright or-

ange spikes, he singled and hit a two-run homer off Texas pitcher Matt Harrison last month in the National League's 8-0 win in the All-Star game, earning MVP honors for the game and securing homefield advantage in the World Series for the National League.

"When I give up a homer, it's a bad pitch. I don't think it really helps them hit home runs or singles, doubles or triples," Harrison said. "It was a bad pitch over the plate. But it's going to cost him now.... He's having to pay the consequences for it now. At least he was honest and came forward about it and said he took something he wasn't supposed to do."

Cabrera is set to become a free agent after this season, so he might

have cost himself a big pay day for next season and beyond.

Cabrera could still win the NL batting title. He has 501 plate appearances, one less than the minimum required to win a batting championship for a player on a team playing 162 games. However, under 10.22(a) of the Official Baseball Rules, he would win the batting title if an extra hitless at-bat is added to his average and it remains higher than that of any other qualifying player.

He will miss the final 45 games of the regular season and serve the remainder of the suspension at the start of next season or during the postseason, depending on whether the Giants make the playoffs and how far they advance.

Annual Sheridan County
HOBO DEMOLITION
August 18, 7 P.M.
Hoxie Fairgrounds
DERBY

PIT GATES OPEN 5 P.M.

Large Cars
1st • \$1,000
2nd • \$600
3rd • \$400

Small Cars
1st • \$900
2nd • \$500
3rd • \$300

Beer Garden on ground.
No coolers permitted in gate.

Contact **Brendon Gourley**
for more information:
785-675-8537

Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Dr. Frederick C. Miller Cardiology	8 Dr. Frankum Surgery	9 Dr. Reeves Podiatry	10 Dr. Reeves Podiatry	11
12	13	14 Dr. Frederick C. Miller Cardiology	15 Dr. Curtis Cardiology	16	17	18
19	20	21 Dr. Frederick C. Miller Cardiology	22	23	24	25
26	27 Dr. Rubinowitz Oncology	28	29	30	31	

To schedule an appointment with a visiting physician, **PLEASE CALL (785) 626-3211**
Cheryl Banister, RN - Specialty Clinic Director

The Colby Free Press is looking for Carriers!

Afternoons Monday - Friday • About 1 hour per day

Bonus after three months!!

A great part-time job for anyone!

For more information call the Colby Free Press office:
785-462-3963 or stop in at **155 W. 5th Street**