GOLF: Middlefield Men's Club

Monday, July 25 Game: 2 Best Ball First Place (tie) Frank Conti	-33	Third Place Bill Avery Jack Doleman Steve Erickson John Kallbrier	-31	Ron	Net Waterman 54 Warner LeBrun
Bob Armor Don Perkins Ron Warner		Fourth Place Mel Gowing Phil Jones	-25	Jerry Darre	Pennington Fisher ell Lee Duffy
First Place (tie) Jake Cox Jim Cunningham Jerry Pennington Gary Sparks	-33	Jim Lehl Dan Smith Low Gross Jake Cox Mike Helms Steve Erickson 69 Dan Smith	67 68 69	#5 #7 #14	est to the Pin Bill Avery Paul Waterman Mike Helms gest Putt Mel Gowing
Thursday, July 28 Game: 2-3 Points First Place (tie) Mike Stahl David Morris Don Perkins Ron Ackerman BD	116	Gary Ackley Bob Martindale Ron Ackerman Frank Gates Frank Conti Pat Rickard Tom Arney John Kallbrier	61 62 62 62 62 62 62 62 62	Closest to the Pin#5Jack Doleman#7Jack Doleman#14Bob MartindaleLongest Putt#16Gary Ingram	

First Place (tie) Russell Bryce Jim Cunningham **Bob** Martindale Leroy Bodine

116

113

112

112

71

71

73

60

Third Place Mel Gowing Gary Rider Ron Warner **Bill Wilson**

Fourth Place (tie) Tom Arney Lynn Ferrin Gary Sparks Frank Conti

Fourth Place (tie) Ron Ackerman Jerry Fisher Jim Hoover Paul Waterman

Low Gross Jake Cox

Jack Doleman Leroy Bodine Steve Erickson 73

Low Net Russell Bryce

ale SOUTH VALLEY ATHLETICS

FALL SOCCER & VOLLEYBALL

LAST DAY TO REGISTER - AUGUST 6TH!

MASS REGISTRATION WILL BE HELD AT THE

SVA OFFICE ON AUGUST 6TH

FROM 10:00 AM TO 3:00 PM. ANY REGISTRATIONS RECEIVED

AFTER 3:00 ON THE 6TH WILL BE PLACED ON A

WAITING LIST AND THERE WILL BE A LATE FEE.

DON'T WAIT!

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Bass Pro Shops outdoor tips for August

MAKING CAMPING FUN FOR THE WHOLE FAMILY

Camping is a great way to spend time with your family, enjoy nature and escape this fast-paced world. Keep the trip interesting so your family members will be excited for the next one.

Search for campgrounds that are close to a lake or river with good fishing nearby. Many of these areas will have places to rent a canoe or a boat for the day if you don't have one.

A camping area with hiking trails to explore the outdoors is a bonus. Take along some bird and plant identification books or download an app that has this information. Take some time to relax in the nearby lake or river. Some campgrounds even

have a swimming pool that your family can enjoy together. Make friends with other camping families and invite them over for a meal or just sit around the campfire and visit.

Making camping fun makes for great family memories. By Larry Whiteley, Host of the award-winning Outdoor World Radio

SNORKELING CAN MAKE YOU A BETTER FISHERMAN

Snorkeling isn't just meant for emerald green saltwater, colorful coral reefs and multicolored fish. Head for the nearest freshwater stream or lake and you'll discover a world you

never knew existed. Freshwater snorkelers can see colorful perch swim right up to their mask. They can discover bass and trout hiding under rock ledges.

Neon-colored darters swim in the bubbling waters of the stream riffles, turtles hide in the mud, suckerfish feed on the bottom and catfish stick their head out of a hole. I've seen crawdads fend off small bass and watched fish build nests and lay eggs.

I've observed how each species of fish reacts to both live and artificial baits and which they prefer. I know where to cast from the bank or boat because I know where they hang out.

Spend some time snorkeling in a freshwater stream or lake and you'll figure out behaviors of fish and animals in their own habitat, which will benefit you when you're out catching fish.

Please see Outdoor Tips, Page 3B

Caring for your Health

WE OFFER:

- Spine Care
 Orthopedic/Sports Rehab
 Job Injuries
 MVA
 Work Conditioning
- Foot Care
 Chronic Pain Syndrome
- Stabilization Therapy Manual Therapy
 McKenzie Method
- FREE & unlimited access to Anytime
- Fitness Club during clinic hours
- · Lunchtime, evening, early morning appointments
- · Convenient location within the Safeway Plaza

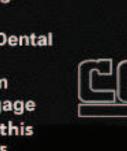


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