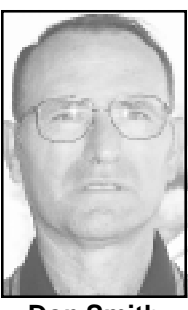


Coach admires runners

By Janet Craft
The Goodland Daily News
Don Smith is starting his 22nd year of coaching cross country at Goodland High School and said he has worked with some very good runners during that time.

"I admire any athlete that will give this a try," he said. He thinks cross country teaches mental toughness, and people have to face some tough things in life. He said this year's team is young, with one senior, no juniors, eight sophomores and seven freshmen.



Don Smith

Returning letter winners include Rebecca Gattshall, Tiffany Schwasinger, Deanna Livengood, Alan Cebula, Matt Gattshall and Timothy Kafka.

There are nine boys and seven girls, Smith said another boy may join. "We hope to add some, but we don't know," said Smith. "We just hope not to lose anybody."

Richard Schwasinger is the assistant coach and Alyssa Mason returns as the team manager. Smith said he will emphasize personal goals, rather than team ones.

The nice thing about cross country, he said, is that the kids have a chance to set their own goals. "It's not all team effort," Smith said. "The team aspect is the fun part."

A runner can do well and the team not do as good or vice versa, he said. "We won't start talking much about team goals until midway through the season," he added. "With our status of

being inexperienced, it would be unrealistic to expect to qualify for state. We just want to get better week by week."

He said he doesn't want to put pressure on the kids. He said they talk about the things they can accomplished individually and keep things positive.

In 20 of the 21 years that he has been coaching, he's had at least one qualifier, either an individual or a team, for state competition.

"We hope we can find someone that can get the job done this year," he said. "We have a lot of work, but we hope we can do it."

"The Wamego meet is the toughest meet we have."

Goodland will host the first invitational of the season at 4 p.m. on Thursday at the Sugar Hills Country Club. Coach Smith said people are welcome to come out and watch the kids that day.

Smith said not everyone on the squad will participate Thursday. Three or four athletes are questionable for competing because of ankle, knee or hip problems, he said.

He said he doesn't want to put someone out there for Thursday's race who then won't be able to run for five weeks. Most of the kids want to run here because it is the only Goodland meet and may be the only race that family members will see them in, he said.

Teams coming to the invitational include Brewster, Colby, Weskan, Oakley, Oberlin, Lakin and Ulysses from Kansas, and Grant, Imperial and Ogallala from Nebraska.

Smith said 214 athletes have been

entered. There will be five races, for freshman and sophomore girls, freshman and sophomore boys, junior high boys and girls, junior and senior girls and junior and senior boys.

The way the meet is run, the teams with the larger numbers will do better, he said, Colby, Ogallala, Ulysses and Lakin. For a team score, Smith said, they would need to have six girls finish and for the boys, they would need to have seven finish. In a normal varsity meet, the varsity team must have at least five but not more than seven runners.

Goodland's emphasis is on participation and competition for athletes who are close to the same age, Smith said. They want athletes to compete against others close to their own abilities.

"That's why our meet is growing," he said.

Smith said some years it's difficult to determine the varsity teams after only a couple weeks of practice.

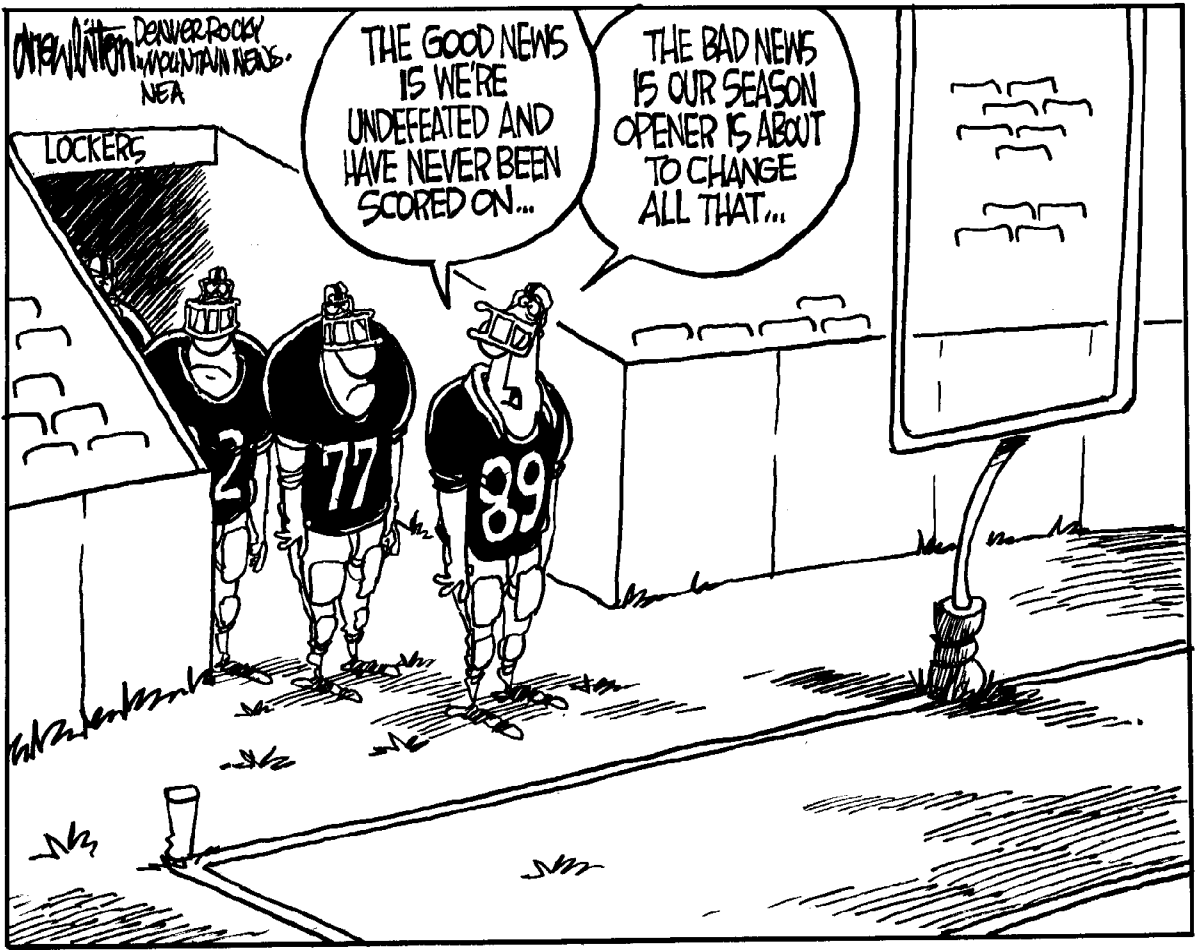
"Once you have this competition, then you have an idea of the varsity and junior varsity groups," he said.

Each athlete will choose a personal goal for the meet, he said, adding, "I don't have a team goal for the Goodland Invitational."

For some, it will be to just finish the race, he said. "This course out here is a very challenging course."

Smith said training has been very difficult this year.

"With the heat, inexperience and injuries, we haven't done much hill work," he said. "You have to have some good base training before doing the hill training."



Phillies squeak past the Rockies

PHILADELPHIA (AP) — Bobby Abreu hit his third homer in two games and Colorado's Todd Helton got three hits to raise his average to .397 as the Philadelphia Phillies beat the Rockies 3-2 Monday night.

Helton's average went up three points. He singled in the first inning, flied out in the third, and doubled in the fifth and eighth innings.

Abreu, batting .389 (14-for-36) since moving to the leadoff spot nine games ago, gave the Phillies a 2-0 lead in the third with his 22nd homer — a liner off the facing of the upper deck in right field.

Abreu hit a pair of homers, including a winning, inside-the-park drive in the 10th in Sunday's 2-1 victory over San Francisco.

Rockies manager Buddy Bell began serving a two-game suspension for excessive arguing after his ejection following a bench-clearing brawl against Atlanta last Tuesday. Bench coach Toby Harrah managed the team in Bell's absence.

Robert Person (7-4) allowed one run and six hits in seven innings. He struck out four and walked two.

Person, a hard-luck pitcher with 11 no-decisions, lowered his ERA to 3.19, fourth in the league and fifth in the majors. He's allowed two runs or fewer in seven of his no-decisions.

Jeff Brantley pitched a scoreless ninth for his 21st save in 25 attempts.

Mike Lieberthal's broken-bat, bloop single gave the Phillies a 1-0 lead in the first. Doug Glanville singled, stole second and scored on Lieberthal's two-out hit.

Masato Yoshii (5-14) allowed two runs and six hits in six innings. He matched a season-high with seven strikeouts and walked one.

Yoshii helped himself with an RBI single in the fourth that cut it to 2-1. Todd Walker led off with a double, moved to third on a single and scored on Yoshii's two-out liner to right.

The Phillies added an insurance run in the seventh when Tomas Perez led off with a triple, and scored on an infield single by Glanville to make it 3-1.

Colorado came right back in the eighth off reliever Vicente Padilla. Helton led off with a double to left, and scored on a single by Jeffrey Hammonds.

Goodland volleyball asks for pop

By Dana Sulsberger
The Goodland Daily News
The Goodland High School Cowgirls volleyball team will hold its annual Pop Scrimmage at 6 p.m. tonight.

Cost of admission for the debut game for the volleyball team will be a container of soda or a blank video tape.

Everyone is invited to attend the scrimmage, which will give the girls a chance to test their skills in a game situation.

The team will only have four home meets this year, so support during the scrimmage would be appreciated, said Coach Jerry McKee.

The scrimmage at the Max Jones

Fieldhouse will be an intersquad match. It should last until around 7:30 p.m., said McKee, with two games going on at the same time.

"All the girls should get the chance to have some court action," he said.

The number of games played, said McKee, will depend on how the games are going.

The pop collected tonight will be used throughout the season for the people at the score tables and the line judges, among others. The pop is an added incentive for people to volunteer, he said.

"It can be a long game for the people at the tables," the coach said, "and it is

nice to offer them something for a refreshment break."

It will also be used for the players on long trips. The team often packs lunch, said the coach and it is nice to have some pop to go with it.

The blank tapes will be used for filming the games.

"The donations are just a way of supplementing our budget," said McKee.

The Cowgirls will open their regular season with a quad meet featuring Thomas More Prep of Hays, Garden City and Burlington on Tuesday, with matches starting at 3:30 p.m. at the fieldhouse.

Guest will help Chiefs deal with death

KANSAS CITY, Mo. (AP) — A "mystery guest" will speak to Kansas City Chiefs players on Tuesday to help them deal with a tribute to the late Derrick Thomas planned for Sunday's season-opening game.

Coach Gunther Cunningham declined to identify the speaker.

"It's a man I really respect," he said after Monday's practice. "I'm not going to release his name right now because I don't know if he wants it known at this point."

Thomas, a nine-time All-Pro linebacker and the Chiefs' most popular player, died in February of injuries sustained in a traffic accident. The Chiefs are wearing helmet logos bearing his jersey number, 58, and many players have said privately they are dedicating their season to him.

Participant in the tribute before Sunday's game with Indianapolis will

include Thomas' mother, Edith Morgan, and his close friend, singer Hank Williams Jr. There'll be a moment of silence after a video tribute shown on the Jumbotron.

Cunningham said he spoke Monday with the players about dealing with it all.

"I talked to them a little bit today about it," he said. "It's an important area to address because we're going to have to concentrate on (Indianapolis), a so-called Super Bowl team."

"We're going to have some things happen before the game and I want them to be able to focus on the game, and I think we'll have to address that early."

The speaker will meet with the team Tuesday morning.

"Tomorrow you'll find out who it was," Cunningham said. "But I can't think of a better guy to address our team and talk about those kind of things."

Cunningham said he is not trying to use Thomas' death as a motivator.

"I talked to them a little bit today about Derrick as a person," he said. "Derrick as a player was a swashbuckler, a pirate. You never knew quite where he would be. We talked about that."

Cunningham also said the team voted for its captains Monday, choosing guard Will Shields and center Tim Grunhard on offense and cornerback James Hasty and linebacker Marcus Patton on defense.

Golfer battles tricky greens, comes in 2-under-par

DES MOINES, Iowa (AP) — Jan Stephenson battled tricky greens while shooting a 2-under-par 70 Monday to lead after one round of the Hy-Vee Classic, the second Women's Senior Golf Tour event.

Stephenson, who put together three birdies on the back nine and also birdied the fifth hole, was the only player to shoot under par. She led Marta

Figueras-Dotti and Susie Berning by two strokes.

Vicki Fergon, Judy Dickinson and Jane Crafter all shot 73. Fergon won the first tournament on the Women's Senior Golf Tour, at Green Bay, Wisc., this month.

Ten others, including LPGA Hall-of-Famers Amy Alcott and JoAnne Carner, were within five strokes of

Stephenson.

The 36-hole tournament ends Tuesday.

"The greens are tricky here," Stephenson said. "There were two or three (putts) I missed because they were total local knowledge greens. I wish I would have had a practice round or had my caddie here. There's a lot of optical illusions on this golf course."

baseball scoreboard

<i>By The Associated Press</i>				
National League				
East Division				
	W	L	Pct.	GB
Atlanta	78	53	.595	—
New York	78	53	.595	—
Florida	63	67	.485	15 1/2
Philadelphia	56	74	.431	21 1/2
Montreal	55	73	.430	21 1/2
Central Division				
	W	L	Pct.	GB
St. Louis	74	57	.565	—
Cincinnati	65	65	.500	8 1/2
Chicago	56	74	.431	17 1/2
Milwaukee	56	74	.431	17 1/2
Houston	54	77	.412	20
Pittsburgh	52	77	.403	21
West Division				
	W	L	Pct.	GB
San Francisco	74	55	.574	—
Arizona	71	59	.546	3 1/2
Los Angeles	69	62	.527	6
Colorado	66	65	.504	9
San Diego	64	67	.489	11
Sunday's Games				
N.Y. Mets 2, Arizona 1				
St. Louis 7, Atlanta 2				
Houston 7, Montreal 3				
Philadelphia 2, San Francisco 1, 10 innings				
Colorado 9, Pittsburgh 1				
San Diego 2, Milwaukee 1				
Los Angeles 7, Chicago Cubs 6, 10 innings				
Monday's Games				
N.Y. Mets 4, Houston 2				
Montreal 9, Arizona 5				
St. Louis 5, Florida 2				
Philadelphia 3, Colorado 2				
Cincinnati 6, Atlanta 3				
Los Angeles 5, Milwaukee 3				
San Diego 8, Chicago Cubs 2				
San Francisco 5, Pittsburgh 4				
Tuesday's Games				
Arizona (Guzman 3-4) at Montreal (Vazquez 8-6), 5:05 p.m.				
St. Louis (Hentgen 13-9) at Florida (C. Smith 2-5), 5:05 p.m.				
San Francisco (Hernandez 13-9) at Pittsburgh (Benson 8-11), 5:05 p.m.				
Houston (Miller 2-5) at N.Y. Mets (Leiter 14-5), 5:10 p.m.				
Colorado (Rose 1-2) at Philadelphia (Daal 3-15), 5:35 p.m.				
Cincinnati (Parris 8-14) at Atlanta (Ashby				

N.Y. Yankees 9, Seattle 1				
Only games scheduled				
Tuesday's Games				
Boston (P. Martinez 14-4) at Tampa Bay (Eiland 1-1), 5:15 p.m.				
Detroit (Weaver 8-11) at Baltimore (Parrish 9-5), 5:35 p.m.				
Cleveland (Woodard 0-2) at Texas (Glynn 3-2), 6:05 p.m.				
Minnesota (Romero 2-3) at Kansas City (Stein 4-3), 6:05 p.m.				
N.Y. Yankees (Pettitte 16-6) at Seattle (Moyer 11-8), 8:05 p.m.				
Chicago White Sox (Baldwin 13-5) at Oakland (Zito 2-2), 8:05 p.m.				
Toronto (Carpenter 9-10) at Anaheim				

(Karl 0-0), 8:05 p.m.				
Wednesday's Games				
Minnesota (Redman 12-6) at Kansas City (Suzuki 7-7), 12:05 p.m.				
Chicago White Sox (Sirotko 12-10) at Oakland (Appier 12-9), 1:35 p.m.				
Boston (Fassero 8-7) at Tampa Bay (Lopez 10-9), 5:15 p.m.				
Detroit (Nomo 5-10) at Baltimore (Mercedes 9-5), 5:35 p.m.				
Cleveland (Burba 11-6) at Texas (Davis 5-4), 6:05 p.m.				
N.Y. Yankees (Cone 3-11) at Seattle (Sele 13-9), 8:05 p.m.				
Toronto (Wells 18-5) at Anaheim (Wise 3-2), 8:05 p.m.				

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1997 Plymouth Breeze-4 Dr., Auto, 70,000 Miles, \$6,995

1993 Acura Integra-3 Dr., LS, Auto, Sunroof, \$5,995

1995 Chevy Lumina-4 Dr., 74,000 Miles, \$6,500

1989 JEEP Wrangler-4x4, 4 spd., 93,000 Miles, \$5,995

1988 Ford Bronco-V8, 4x4, 120,000 Miles, \$4,500

1995 Ford F150 XL-74,000 Miles, Auto, V8, \$8,995

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