

Young Cowgirl team faces Imperial tonight

By Tom Betz
The Goodland Star-News
The new edition of the Cowgirls basketball team faces its first action of the season at 5:30 p.m. tonight in Imperial, Neb.

First-year coach Terry Daise said he knows the team is on the young side and sort of short. His tallest girl is Justeen Koehler, a 5'10" sophomore.

"We will be a quick team," Daise said, "and I think we will have a good inside-to-outside game."

The varsity and junior varsity gave the Goodland fans a preview during the annual Soap Scrimmage on Tuesday at Max Jones Fieldhouse. In the junior varsity scrimmage, the gold squad came from behind to take the contest 24-23. In the varsity action, the black squad won 37-24.

Daise said the only starter returning is Jessica Osborn, a 5'7" senior, who averaged about 10 minutes playing time last year.

"We will be looking to Osborn as an experienced leader," Daise said. "She is one of our best three-point shooters, and plays very hard."

Daise said the center position will be filled by Koehler and probably a combination of freshmen Dani Bedore and Whitney Archer, who are both 5'9".

Bedore and Archer hit from both inside and outside during the scrimmage. Archer had several three-point shots, and Daise said she will

be part of the outside/inside game. "We are going to have several freshmen getting quite a bit of playing time," he said.

There are 21 girls out for basketball, with three returning seniors, Osborn, Megan Leonard, 5'8", and Cortney Schields, 5'5". The two juniors are Whitney Carmichael, 5'7", and Jennifer Enfield, 5'8".

There are six sophomores, Megan Rubio, 5'4"; Jordan Frazier, 5'7"; Melissa Swager, 5'8"; Andrea Grieve, 5'8"; Lisha Tedford, 5'6"; and Koehler.

There are 10 freshmen, Alicia Studer, 5'5"; Whitney Dautel, 5'7"; Stephanie Sheldon, 5'6"; Nicolette Clancy, 5'8"; Kaylee Billinger, 5'6"; Amber Cowan, 5'5"; Bedore; Emily Murray, 5'7"; Lindsay Schields, 5'5"; and Archer.

Daise said of the freshmen, he expects to play Bedore, Archer, Tedford and Murray. He expects Carmichael, Swager, Leonard and Frazier to get a lot of playing as well. He is concerned about Frazier, who may have broken her finger during the scrimmage.

"We are going to play an up-tempo game," Daise said. "We will be running every chance we get because of our lack of size."

"I think we will have a more aggressive style, and that may get us in foul trouble at times. We need to improve our defense, but I think that will come during the season as the girls get experience."

"We will be real competitive."

Daise said he expects Imperial to be a tough game because they have returning starters and more height at center.

"I think they get to play McCook before our game," he said. "That will give them a chance to get the early season jitters out of their system. I am a little concerned about our girls in the first game, but think they will get better as the game progresses."

The Cowgirls have their home opener Tuesday at Max Jones against the Burlington Lady Cougars and, then play in the Topside Tipoff on Thursday and Friday. The games against Burlington will begin at 4:30 p.m. with the varsity girls on the Max Jones floor and the boys junior varsity on the Junior High floor. The Cowboys varsity game will follow on the main floor while the Cowgirls junior varsity plays on the junior high boards.

Daise was named as head coach in October when Connie Livengood, who had been the girls coach for four years, resigned. A science teacher at Grant Junior High, Daise was an assistant coach last year.

The Cowgirls were 14-8 last year, and lost to Pratt, 47-44, in the first round of the sub-state tournament. The girls started the year winning the first six games, including the championship of the Topside Tip-off. The Cowgirls claimed the trophy by defeating Ottawa 76-69.



Melissa Swager, Whitney Carmichael, Justeen Koehler and Jennifer Enfield faced off on opposite sides during the soap scrimmage Tuesday at Max Jones Fieldhouse. The Cowgirls open their season tonight in Imperial, Neb. Photo by Greg Stover / The Goodland Star-News

sports shorts

Trojans move up in national poll

The Trojan basketball team moved up one spot to No. 4 in the latest National Junior College Athletic Association Division I poll released Tuesday.

Colby Community College was ranked No. 7 in the preseason poll and moved up two spots last week to No. 5. The Trojans are 11-0 going into this weekend's 2003 Jayhawk Shootout at Coffeyville Community College.

Colby faces Fort Scott Community College 9 p.m. (Central Time) Saturday and Allen County Community College 1 p.m. Sunday.

Both games can be heard on KQLS (100.3 FM) or KXXX (790 AM).

Lady Trojans improve to 10-1

The Colby Community College women's basketball team won both of its games at the Thanksgiving Classic hosted by Western Nebraska Community College in Scottsbluff, Neb., last weekend, improving its record to 10-1.

In Friday's game, the Lady Trojans defeated Casper College (Wyo.) 66-65. Sophomore Ivana Dramac led Colby with 16 points. Sophomore Bojanna Samardziska added 13 points, blocked six shots

and led the team in rebounds with eight.

The next day, Colby faced the Western Nebraska Lady Cougars for the third time this season, and beat them for the third time, 60-55. This time the Trojans needed an 11-0 point run in the final minutes to earn the win.

Samardziska led the Trojans with 13 points and 10 rebounds. Dramac and sophomore Jelena Spiric each added 12 points. Former Goodland Cowgirl Jayci Stone scored 10 points.

The team will play in Coffeyville this weekend at the 2003 Jayhawk Shootout.

<p>BROTHER BEAR G www.goodlandnet.com/movies</p>	<p>Bring this AD to the theatre for \$1 OFF on a large popcorn & 2 med. drinks EXP. 12/31/03</p>	<p>Fri. & Sat. 7:00 & 9:00 Sun. - Thurs. 7:00 Movie Bucks Make Great Gifts! Sherman 1203 Main - Phone 899-6103</p>	<p>Genesis Movie Sat. & Sun. 1:30 Spy Kids 3-D (PG) Admission is a toy, food or \$1 donation to Genesis Sponsored by BANKWEST OF KANSAS, ATEN'S DEPARTMENT STORE, BOWMAN'S HEATING & A/C, GOODLAND CHAMBER OF COMMERCE, THE SHERMAN THEATRE</p>
---	--	---	---

Go Cowboys & Cowgirls!

Goodland High School

Basketball	Tuesday, 4:30 p.m., Junior varsity and varsity at home against Burlington, Thursday, Topside Tip-off kicks off at 2 p.m., 6 p.m. Cowgirls vs. Burlington, 8 p.m. Cowboys vs. Burlington, Friday, Topside Tip-off Tournament starts at 2 p.m., Cowgirls play at 6 p.m. and Cowboys play at 8 p.m., Saturday, Topside Tip-off Tournament starts at 11 a.m.
Wrestling	Saturday, 8:30 a.m., varsity at St. Francis, 9 a.m., junior varsity at home, Thursday, 5:30 p.m., junior varsity and varsity at Atwood, Saturday, Dec. 13, 10 a.m., varsity at Burlington.

Brought to you by:

Fact:

It doesn't take a brain surgeon to cure a cold.



Being a good consumer of health care helps make it more affordable for everyone.

- Make informed choices of when, how and from whom you receive medical care.
- Ask your doctor to suggest a medical guide you can use to recognize early signs, symptoms and remedies for potential health problems. Consult a doctor when needed.
- Eight out of 10 health problems can be treated at home, so use self-care health remedies whenever appropriate.
- Avoid unnecessary hospitalizations when outpatient services are available.
- Learn if public health centers in your area offer immunizations free of charge or for reduced cost. Share the results with your doctor.
- Schedule the health screening tests recommended for your age, sex and risk group.

Use health care wisely.

Breakthrough medical treatments. State-of-the-art tests and technology. New "wonder" drugs. Today's remarkable medical advancements are helping Kansans live longer and healthier than ever before. But all this comes at a significant price — rapidly rising health care costs.

Fortunately, there are common sense ways to help control health care costs. Such as using self-care remedies when appropriate. Considering less expensive generic prescriptions. And remembering that the emergency room is for true emergencies.

By making wise choices about your health care, you'll be part of the cure for high health care costs.


785.291.4505 • 800.874.1825



BlueCross BlueShield of Kansas*


Your health care dollars ... and sense
www.bcbsks.com


*An Independent Licensee of the Blue Cross and Blue Shield Association
Registered mark of the Blue Cross and Blue Shield Association



Sterling Silver Steaks

Hand Cut, Never Frozen





8. Lincoln, Burlington Co.
1-719-346-8790

SPORTS • SPORTS •

"The Best Appetizers in Town"

Internet Tonight!

Call 899-2338