

Cross country season starts at home

By Pat Schiefen

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The Goodland High School cross country team, starting the season with the home meet at Sugar Hills Country Club on Thursday, had the seventh-place finisher in the freshman and sophomore boys race.

Goodland didn't post team scores for boys or girls. Sophomore Stephen Buller finished seventh in the freshman and sophomore boys race, finishing the 5,000 meters in 19 minutes, 50 seconds, seventh out of 31 runners. He was edged out in the final leg by Harry Adams of Ogallala, Neb.

For the girls, senior Cassie Cooper finished in 24:22, 14th out of 17 runners. She was the only girl to run for the high school. Freshman and sophomore girls out didn't compete because they hadn't practiced enough.

The top runner in the junior and senior boys race was foreign exchange student senior Simon Grunfeld, finishing in 19:34 to place 11th out of 48 runners. Junior Ben Waugh took 28th in 22:15, and senior Justin Verlinden finished 39th in 25:14.

Also in the freshman and sophomore boys race were sophomore Michael Pettibone, finishing in 22:43 for 18th and freshman Cory Davis, who took 30th in 31:10.

The top team scores for boys went to Ogallala with 23, Scott City with 106, Ulysses with 122, Lakin with 129, Perkins County of Grant, Neb., with 136 and Colby with 148.

The top team scores for girls were Ulysses first with 52 and Lakin second with 71.

The junior high and high school teams will compete at 9 a.m. Saturday at the Greeley County Cross Country Meet at the Tribune golf course.



Senior Simon Grunfeld, an AFS student from Sweden, fought to overtake a Lakin runner on the last stretch of the junior and senior boys 5,000-meter run Thursday at Sugar Hills Golf Club. Grunfeld was Goodland's top runner among junior and senior boys, finishing 11th out of 48 runners in 19 minutes, 34 seconds.

Photo by Pat Schiefen/The Goodland Star-News

Junior high runners follow high school

The Grant Junior High Mustangs cross country team ran at home Thursday at the Sugar Hills Golf Club, following the high school teams at the Goodland Invitational.

Twelve junior high girls and 19 boys ran a mile together but were ranked separately.

Among the girls, Goodland eighth grader Chantelle Coats placed sixth at 8 minutes, 55 seconds and seventh grader Shelby Arnold took 12th at 9:52. Elenna Leininger from Ogallala Middle School in Nebraska ran first in 7 minutes.

Among the boys, Grant seventh grader Ace Artega came in sixth at 6:42, eighth grader Tyler Raby took 12th at 7:22, eighth grader Jacob Schnabel was 16th at 8:16 and seventh grader Jarod Lake ran 17th at 8:22. Dill Mckeag of Ogallala took first in 6:01.

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Good job, Cowboys and Cowgirls!
We look forward to a great season!

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Cowgirls finish fourth at WaKeeney

By Sharon Corcoran

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The Cowgirls finished fourth out of nine teams in their first golf tournament at Trego Community High School in WaKeeney Thursday, and the coach says they should be competitive throughout the season.

The girls posted a team score of 201. Junior Amber Douglas and senior Chelsie Gausman tied with 47 strokes and both brought back medals. Gausman won a card playoff to take seventh and Douglas got eight. For the playoff, the girls re-played the hardest hole on the card, the No. 1 handicap hole, and Gausman got the lowest score.

Sophomore Kirsten Toppliff shot a 52, junior Natashia Hillman and sophomore Katlyn Toppliff both had 55, sophomore Andrea Roeder 63 and senior Sam Erickson 65 on the nine-hole, par 34 Big Creek Golf Course.

"I thought we had a good tournament, and the day could not have been a better day for weather," said Coach Connie Livengood. "I felt for the first tournament, we did relatively well. We have three girls (Katlyn Toppliff, Roeder and Erickson) who have not had any varsity experience, and they did all right."

Kirsten Toppliff did a good job, shooting a 52, Livengood said, and

while Hillman and Katlyn Toppliff shot 55s, they will get better as the year goes on. Erickson shot a 65 and was disappointed, the coach said, but she will do better also, as this was her first varsity tournament.

Roeder will just keep getting better this year, Livengood said, as she wants to get better and that will happen for her.

"I think as a team we will do well later on," she said. "We know what we need to do, and each girl knows a few mistakes that they can correct. I feel good about this team and this year of golf."

"We are going to have to shave a few strokes off for each girl to be really competitive, but really, we are going to compete and be in the top teams each tournament that we play."

"I felt for the first tournament, we did relatively well. These girls will do great."

Larned won the tournament with 186 total strokes, Russell was second with 187 and Hoisington third with 198. Behind Goodland were Oakley with 216, Colby 217, Dodge City 225, Hays High 261 and Thomas More Prep-Marian 291.

In individual scores, Oakley's J. Albers placed first at 41, followed by K. Walker of Russell and L. Farley of Larned with 42 and 43.

We Welcome Britany's Natural



The Goodland Star-News, The Greater Goodland Area Chamber of Commerce and The Goodland Ambassadors would like to welcome and congratulate Britany's Natural to our community!

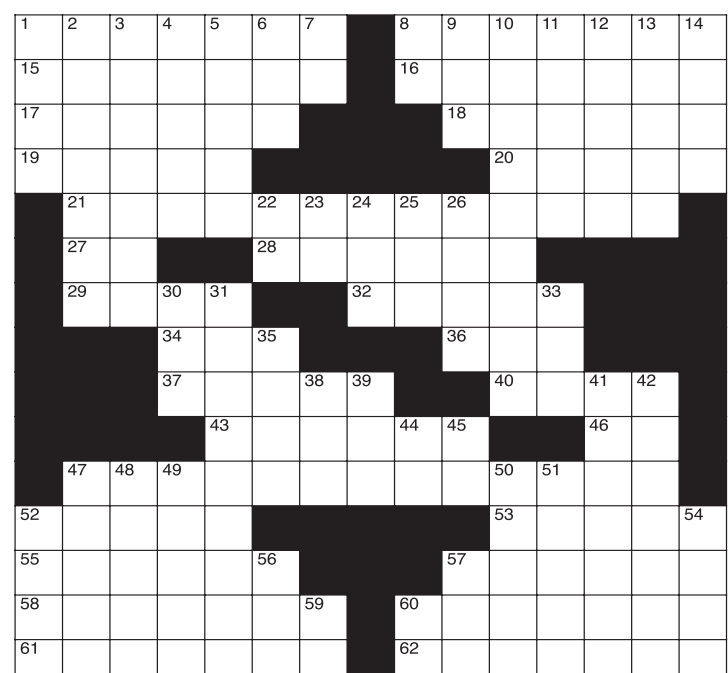
Britany's Natural opened at 1616 Main Street on Tuesday, Aug. 5, and while there aren't set hours of operation, Britney says she is busy. She has appointments usually available with a simple phone call to 890-6746. If you come by and the sign on the door says "Open", stop in. The building caused quite a stir when it was moved from its long-standing home near I-70 to just north of Crazy R's.

Britany Pettibone has been busy in the last three years! In the process of working full-time as a receptionist for Dr. Sid Unruh for seven years, she was also enrolled in school to become a massage therapist. After studying for 14 months and 1200 hours, Pettibone received her certificate for therapeutic massage from Heritage College in Denver. She went on to learn how to use the art of acupuncture and is certified from the Acupuncture Society of America. In the state of Kansas, however, if you are not working under a medical doctor or a chiropractor's license, you are not allowed to use needles and therefore can only use the pressure points. This modality is called acupressure.

When asked why she wanted to go into massage therapy, Pettibone explained that she loved working with the public and making everyone feel better. Acupressure can help with many conditions such as scar tissue, gout, allergies, weight loss, smoking, joint pain, headaches and migraines, stomach pain, infertility, menopause and pre-menopause, heel spurs, carpal tunnel and much more!

Pettibone just assumed she'd be working in one of the rooms upstairs that Dr. Unruh leased out to the massage therapists, she had no idea that she'd be out on her own but now she realizes the benefits and is grateful for the opportunity.

Crossword Puzzle



CLUES ACROSS

1. Reduce the level of
8. Programmers
15. Separate knitting
16. Famous Irish stone
17. _____ Keach, actor
18. Ascended
19. Works with a mortise
20. Evade
21. Potter's best friend
27. Lincoln's state
28. Mounds of stones
29. Rotating mechanisms
32. William's character in Aladdin
34. _____ tart: condiment
36. Autonomic nervous system
37. Former French monetary unit
40. Notable exploit
43. Debacle
46. The "Show Me" state
47. Network for "The Daily Show"
52. Traditional literary themes
53. Play again
55. Warnings
57. 1st woman circumnavigator Kay
58. Greek seaport
60. Unhurried
61. Burned with hot water
62. Orbs

CLUES DOWN

1. Dry particles of matter
2. Intestinal
3. Trail cereal
4. Radar beacon
5. Oats
6. Partridge star Susan
7. Chicago commuter train
8. Halfback
9. Pie _____ mode: dessert
10. Fondly touching
11. Food for baleen whales
12. Result
13. Thin in tone
14. Auld lang _____, good old days
22. Not caps
23. Ducktail (slang)
24. Hairpiece
25. Before
26. Heroine of "The King And I"
30. Magnetomotive force (abbr.)
31. Fed to excess
33. Point midway between E and SE
35. Stated
38. Negative
39. Reciprocal of a sine
41. More intelligent
42. Methylbenzene
44. Cerium
45. Atop
47. Acute abdominal pain
48. Classical music for the stage
49. Lesson of a story
50. Pledge of fidelity
51. Knot again
52. Lights out
54. NJ basketball team
56. Institute legal proceedings against
57. Baseball headgear
59. Sioux Falls state
60. A note to appended a letter

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