

Grant Junior High runners shine at cross country meet

The Grant Junior High runners did well at the cross country meet held Friday at Sugar Hills Golf Course with two boys leading the boys race.

High School Coach Ben Foust said the junior high runners had a great showing and he and Coach Jim Myers feel it is going to be a great season.

The returning junior high runners improved their times, Foust said. Kam Snyder had a 1 second improvement and an 11th place finish.

"He was pretty upset with himself because he felt he could do better," Faust said. "He has been sick on and off lately and shouldn't be too disappointed. I know he'll be fine Saturday at Tribune. He's mentally ready for the challenge...just needs to get the body on board."

Matthew House improved his time by over a minute on the challenging one mile course, Foust said. He's done an outstanding job for us so far this season. We saw big

improvements from him last year too and are expecting the same this year.

New junior high athletes are making us very excited for the future, Foust said.

Eighth graders Gerell Miller and Kyler Amthor finished 1st and 2nd respectively in the boys race, Foust said. These two both had a great track season and look to continue that success in Cross Country this fall.

Seventh graders Mario Lazo, Chandler Pettibone, Arron Arteaga, and Lexi Bergquist got their first taste of competition as well, Foust said. This group is very enthusiastic and passionate about running...and it shows.

Arron finished fifth and Lexi finished third in the girls division. Both Mario and Chandler finished just out of the medals, but have improved their time in practice and now in competition.

"This Junior High group of athletes is going to be very important

in the years to come for the future of the Cross Country program at Goodland," Foust said. "As Coach Myers and I look at how good we could be...wow...in a word, scary."

Junior High results

Boys race

Miller, Gerell, Goodland, 5.55, First
Amthor, Kyler, Goodland, 6.11, Second
Arteaga, Arron, Goodland, 6.18, Fifth
Snyder, Kam, Goodland, 6.44, 11th
Lazo, Mario, Goodland, 7.07, 16th
Pettibone, Chandler, Goodland, 8.05, 21st
House, Matthew, Goodland, 9.14, 27th

Girls race

Crymble, Kelsey, Ogallala, 6.21, First
Lapp, Skylar, Ogallala, 6.54, Second
Bergquist, Alexis, Goodland, 7.25, Third



Mustang Arron Arteaga raced for a fifth place finish in the junior high cross country race on Friday beating Kolin Loewen of Ulysses. Both finished the mile run in 6.18 minutes.

Photo by Tom Betz/The Goodland Star-News

Former Goodland girl leading Wyoming Cowgirls volleyball team

By Greg Stover

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Goodland's Dani Bedore and her University of Wyoming teammates won all four of their volleyball matches during last weekend's Florida road to Deland for the Clarion Invitational at Stetson University.

Bedore recorded 29 kills, 19 digs, and four service aces while helping the Cowgirls improve to 8-0 for the season.

On Friday Wyoming beat Florida's Bethune-Cookman University 3-0 then defeated Wofford College of South Carolina 3-1. Saturday the Cowgirls earned a 3-1 victory over Florida Atlantic University then finishing the tournament with a 3-0 win against the Stetson Hatters.

Bedore, a senior studying communications, is a 2007 graduate of Brewster High School in her third season at Wyoming after spending her freshman year playing for the University of South Carolina.

The Cowgirls will back in action on their home court in Laramie this

weekend for the UniWyo Cowgirl Classic with two matches on Friday and two on Saturday.

Editor's note: Greg Stover is helping The Goodland Star-News

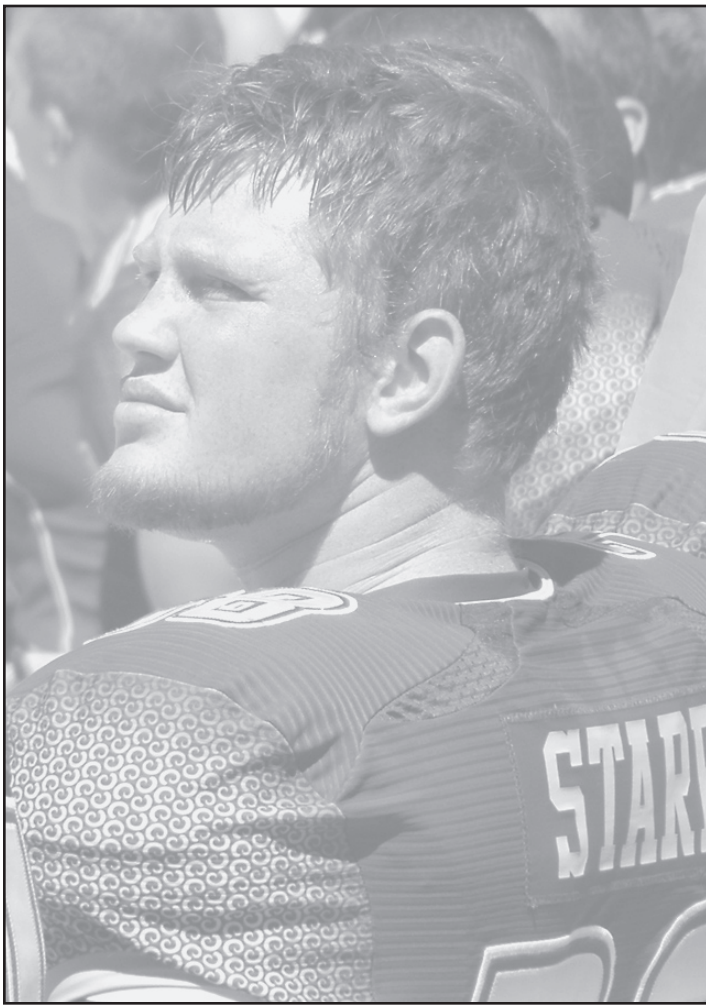
keep track of area athletes who are playing for college teams. Anyone knowing about an area athlete to watch should send Stover an e-mail.



Former Cowboy lineman for Rams

Former Goodland Cowboy Mark Starr was on the starting offensive line for the Colorado State University Rams as they opened their season against state rival Colorado University at Invesco Field at Mile High on Saturday. Starr (above) blocked for freshman quarterback Pete Thomas in the first half of the game as the Rams struggled to get their offense going. Starr (right), a senior, and other members of the offensive line sat on the bench and listened to the coaches between offensive series. The Colorado Buffaloes won the game 24-3 over the Rams.

Photos by Tom Betz
The Goodland Star-News



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Crossword Puzzle

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CLUES ACROSS

- Chick sound
- Islamic pilgrimage
- Yeddo
- Scottish hillside
- Arm bones
- The bomb ____ up
- Pouches
- Sandy seaside area
- Abba ____, Israeli politician
- The woman
- Inhabitants of Seoul
- Restaurant bill
- Big man on campus
- Ethiopian lake
- Produces acorns
- Founder of Babism
- Sound of a hound
- Evil spirit
- Every
- Household god (Roman)
- Lips
- Cease living
- ____ Lilly, drug company
- Churns
- Talk
- No. Am. republic
- An athlete who plays for pay
- Satiates
- Netherlands river
- A lyric poem
- Military quarter
- Basics
- Largest known toad species
- Helicopters
- Dove sounds
- America's eagle
- 4th Hindu month
- Tangelo
- They ____
- Variant of Hui

69. 100 = 1 kyt

CLUES DOWN

- Non-commercial TV network
- Periods of time
- Those considered individually
- Prior currency of Spain
- The center of a city
- Brew
- Genetic map
- Purple clematis group
- Italian Island
- Doyen
- Has title to
- Trembled
- Spelling contest
- Red cross
- Not or
- Yellow edible Indian fruit
- Baby mistakes
- Afrikaans
- It's capital is Damascus
- Emblem of identification
- False name
- Small blister
- Cheese containing mold
- City in Morocco
- As well
- Not happy
- A civil authority in Turkey
- Tempest in a ____
- Cellist Yoyo
- A leavened rum cake
- A culture medium
- Playing guideline
- Radioactivity unit
- An unidentified aircraft
- Carbonated soft drink
- Jurisprudence
- A mined mineral
- Chinese term for poetry
- Female sibling

The crossword puzzle brought to you by:

The
Goodland Star-News

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Flatlander Festival 5K Run, Family Fun Run/ Walk and Elementary "Mile"

Saturday, September 25th, 2010
Check In: Starts at 6:30 a.m.

Start Time: 7:30 a.m. Elementary "Mile"
8:00 a.m. 5K Run and Family Fun Run/
Walk, starting at Steever Park at Cherry
and 16th, Goodland



REGISTRATION: Registration through
Saturday, September 18th, 2010. If mailing, Entry forms must
be postmarked by Saturday, September
18th, 2010.



For more information contact
Sarah King at 785-890-7242 or
sarah@goodlandgac.com or visit
goodlandgac.com or flatlandersfestival.com



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