

Cowgirls host volleyball games at Max Jones

The Cowgirls played at a home quad on Saturday at Max Jones Fieldhouse against Wray, Phillipsburg and Wheatland-Grinnell.

The next action for the volleyball team will start at 3 p.m. on Thursday at Max Jones Fieldhouse against Ulysses.

“Our blocking and net play have improved greatly, said Coach Barb Bedore. “We now need to improve our defense behind the block. We still need to work on consistency of play”

They lost to Wheatland-Grinnell, 25-21 and 25-16. The Cowgirls beat Wray, 25-18 and 25-8 and lost to Phillipsburg, 25-20 and 25-20.

Phillipsburg defeated Wray 25-17 and 25-10 and Wheatland-Grinnell 25-17 and 25-20. Wheatland-Grinnell beat Wray 25-20 and 25-12.

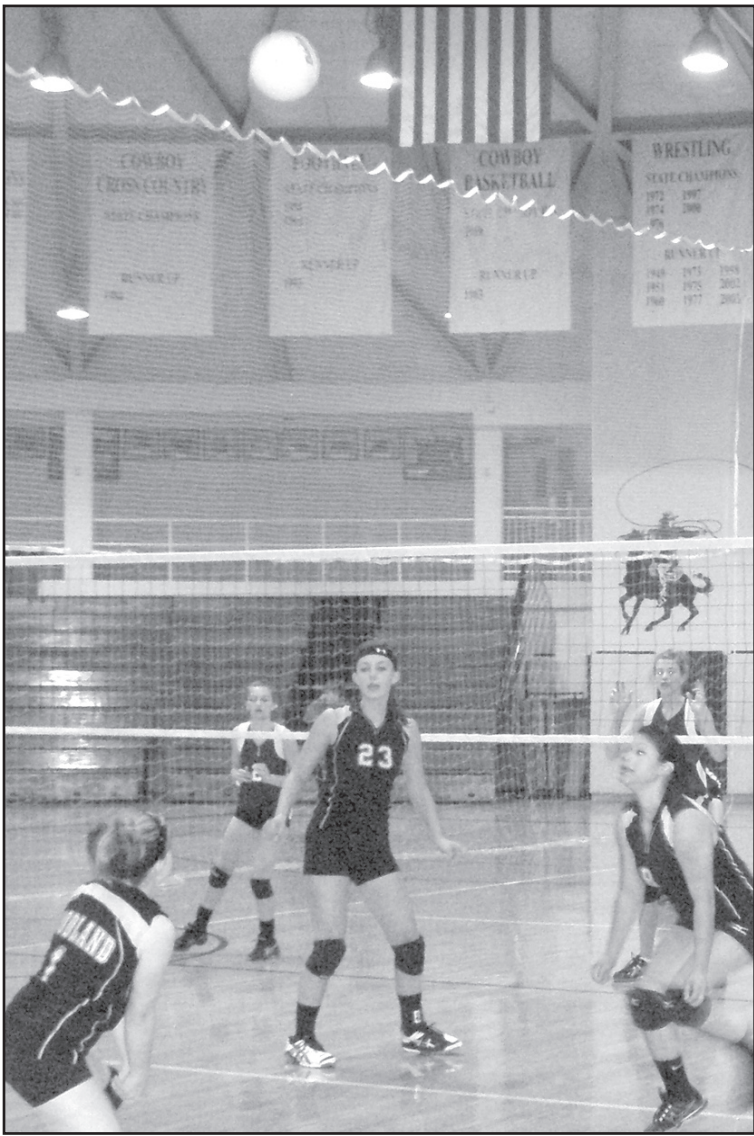
Junior Varsity Action

In junior varsity action Wray beat Goodland 25-19, 20-25 and 15-9. Wheatland-Grinnell beat Goodland 25-16 and 25-17 and Phillipsburg beat Goodland 25-18 and 25-8.

Phillipsburg defeated Wheatland-Grinnell, 20-25, 25-19 and 15-13. Wheatland-Grinnell beat Wray 25-10 and 25-9.

C Team Action

In C team action Goodland beat Wray, 25-11 and 25-19. Phillipsburg beat Goodland 25-14 and 25-17. Wray beat Goodland 25-11 and 25-19.



The junior varsity Cowgirl volleyball team at action on Saturday morning against Wray at Max Jones Fieldhouse. Pictured are number 1 Audrey Titus, number 23 Milan Brannick, number 19 Carlee Cooper and number 8 Brianna Salinas. They won one game 25-20 and lost two 25-19 and 15-9 against Wray. Photos by Pat Schiefen/The Goodland Star-News

Cross Country teams compete at Leoti

The runners of the Goodland High School and Grant Junior High cross country competed Tuesday at Leoti.

The runners next compete at 7 a.m. (Mountain Time) on Saturday at Hugoton.

Ace Arteaga was seventh with a time of 18:47 for the fastest run for the varsity boys. Gerell Miller was 12th with a time of 19:43, Kyler Amthor 13th with 19:51, Kamaron Snyder 20th with 22:31, Jesse Cooper 23rd with 24:28 and Chris Burchfield 29th with 29:35. The boys came in third as a team.

Sierra Estes was ninth with a time of 18:27 and Cheyenne Prevatt 15th with 22:13 in the varsity girls race. “Ace Arteaga and Sierra Estes ran the fastest times of their careers,”

said Coach James Myers. “They all continue to get better and better.”

In eighth grade boys, Arron Arteaga came in second with a time of 5:37.93, Mario Lazo fourth with 6:10.02, Yidam Mendoza fifth with 6:12.30, Daniel Cepeda seventh with 6:27.27, Chandler Pettibone 14th with 8:15.81 and Taitem Jones 15th with 9:10.11.

Lindsey Geeseka was fifth in eighth grade girls with a time of 6:59.71.

The runners competed at Tribune last Saturday. Ace Arteaga was seventh with a time of 19:28, Amthor eighth with 19:41, Miller 11th with 20:12, Jarod Lake 16th with 21:45, Ian Bonsall 10th with 22:36, Snyder 21st with 23:30, Cooper 22nd with 23:36 and Burchfield 19th with

29.22.

For the girls Estes was 14th with a time of 19:16 and Cheyenne Prevatt 30th with 21:58.

In the junior high results Arron Arteaga was second with a time of 5:30. This broke the school record for Grant Junior High in the mile run, which was previously set in 2003 at 5:35. Mendoza eleventh with 6:15, Lazo eighth with 6:18, Pettibone 35th with 8:07 and Jones 37th with 8:57.

Geeseka was 10th with a time of 7:07.

“Every one of these athletes ran faster than they did the week before, and quite a few of them ran their fastest time of their careers,” said Coach Myers.

In the home cross country meet at

Sugar Hill Golf Club on Thursday, Sept. 1, the results were: Miller sixth with a time of 20:27, Amthor eighth with 20:34, Ace Arteaga tenth with 20:42, Cooper 26th with 24:02, Snyder 30th with 25:15 and Bonsall 31st with 25:23. Estes was 13th with 20:45 and Prevatt 21st with 25:00.

For the junior high: Arron Arteaga was first with 5:41.21, Lazo eighth with 6:25.39, Cepeda 11th with 6:34.59, Jones 28th and Pettibone 29th.

Geeseka was eighth with a time of 7:52.26.

“As coaches we are excited as those kids continue to improve the times,” said Coach Myers. “We want to get better each meet. So far we are getting that done.”

Cheyenne Cruisers plan benefit poker run

The Cheyenne County Cruisers will hold a poker run open to all types of vehicles starting at 12:30 p.m. Mountain Time, on Sunday, Oct. 2, at the city park in downtown St. Francis. All proceeds will go to benefit Linda Elfers, who was recently diagnosed with cancer.

Participants are asked to arrive by noon Mountain Time to get

the instructions and draw the first card. There is a \$20 charge which includes the poker hand and meal after the run. Extra meals are an additional charge.

The route is from St. Francis, to Wray, Colo., then on to Haigler and Benkelman Neb., Bird City and back to St. Francis, approximately 125 miles.

Those under the age of 18 will need a parent or guardian signature on the release form.

People who do not want to participate on the run can make a donation to Mrs. Elfers through the Cruisers Club.

For more information, contact Kent Kechter, (785) 332-0039 or Scott Schultz, (785) 332-3960.

UPCOMING
EVENTS
in Kansas

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McPherson Scottish Festival
September 23-25, McPherson
Sixteen venues of family fun. 100 pipers and drummers, Celtic musicians, tossing the caber, Irish and Scottish dance. (620) 241-8507, macfestival.org

Joyful Noise - a Music and Prairie Family Camp
October 1, Elmdale
Presented by Symphony in the Flint Hills & Camp Wood YMCA. Music workshops & prairie activities. Grammy-award winner Eugene Friesen will inspire musicians of all ages. Twilight prairie concert is free to the public. joyfulnoisecamp.org

KS150 QuiltFest
October 7-8, Concordia
Celebrate KS150 with 150 quilts! Quilts on display throughout Concordia. Demonstrations, drawings, quilt fabric “thrift shop” & more! Wine social, dinner & auction Sat. evening. (785) 243-4303, KansasQuiltFest.com

Kansas 150 Festival
October 8, Wichita
The Sunflower State’s Biggest Birthday Bash Ever! Kansas Sunflower Parade, historic reenactors, “Home on the Range” concert and more! Find out more at KS150.org

Prairie Fire Marathon
October 9, Wichita
More than 5,000 runners are expected to run one of the flattest and fastest marathon courses in the U.S. (316) 265-6236, prairiefiremarathon.com

Tallgrass Film Festival
October 20-23, Wichita
Bringing the best of Indie cinema to the Heartland! Variety of film screenings. All access festival passes are available. (316) 303-2929, tallgrassfilmfest.com

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OCT. 8

OCT. 9

October Consultant Schedule

ALLERGIST**	Jeffrey Rumbyrt, M.D.	October 17
CARDIOLOGIST	Barry Smith, M.D.	October 12 & 26
CARDIOLOGIST	Vijay Subbarao, M.D.	October 13
CARDIOLOGIST**	Christine Fisher, M.D.	October 10
COUNSELING SERVICES		Thursdays by Appointment
DIETITIAN	Sarah Linton, RD, LD, CDE	Monday - Friday
EARS, NOSE, THROAT	Alfred N. Carr, M.D.	October 6, 13, 14 & 28
ENDOCRINOLOGIST	Gerald Poticha, M.D.	October 13, 27 & 28
GASTROENTEROLOGIST	Jeffrey D. Huston, M.D.	October 4, 17 & 18
GENERAL SURGEON	David D. Beck, M.D.	October 6 & 20
GENERAL SURGEON	Jeffrey Cross, M.D.	October 13
GYNECOLOGY	Laura Rokosz, M.D.	October 12 & 26
NEUROLOGIST	Steven J. Gulevich, M.D.	October 5, 12 & 26
OBSTETRICS/GYNECOLOGY	David Forschner, M.D.	November 16
ONCOLOGY	Prakash Neupane, M.D.	October 7, 14, 21 & 28
ONCOLOGY/HEMATOLOGY	Martin Rubinowitz, M.D.	October 4
OPHTHALMOLOGIST	Brian Joondeph, M.D.	October 19
OPHTHALMOLOGIST	Ronald Wise, M.D.	October 21 & 26
OPHTHALMOLOGIST**	Eric Fry, M.D.	October 14
OPHTHALMOLOGIST	Robert Fante, M.D.	October 28
ORTHOPEDIST	Tim Birney, M.D.	October 10
ORTHOPEDIST	Armond Hatzidakis, M.D.	October 3
ORTHOPEDIST	James Holmes, M.D.	October 24
ORTHOPEDIST	Edward Parks, M.D.	October 24
ORTHOPEDIST	Raj Bazaz, M.D.	October 10
ORTHOPEDIST	Kevin Nagamani, M.D.	October 5
ORTHOPEDIST	Gareth Shemesh, M.D.	October 6 & 7
PATHOLOGIST	Pathology Services P.C.	Call for Availability
PODIATRIST	Erik Ouderkirk, D.P.M.	October 12
PODIATRIST	Daniel Mallett, D.P.M.	October 26
PULMONOLOGIST	Ken Weisiger, M.D.	October 20
RADIOLOGISTS	Professional Radiology Services	WEEK DAYS
SPEECH THERAPY	Crystal Schultz	Monday – Thursday
UROLOGIST**	Kevin McDonald M.D.	October 11
UROLOGIST**	Wallace Curry, M.D.	October 25

**For an appointment with the Allergist please call 1-888-849-8424

**For an appointment with Dr. Fry please call 1-800-526-3937

**For an appointment with Dr. Fisher please call 1-888-625-4699

**For an appointment with Dr. McDonald or Dr. Curry please call 1-877-312-1619

Goodland Family Health Center • 106 Willow Road • (785) 890-6075

Monday – Friday, 8:30 a.m. to 5 p.m.

Walk-in Clinic M-F 8:30 a.m. to 9:30 a.m.

Saturday Clinic 9-11 a.m.

Dr. Mohedine Shafei (Out of office on Monday)

Dr. Travis Daise (Out of office on Wednesday)

Dr. David Younger (Out of office on Thursday)

Dr. Lisa M. Unruh – Pediatrician (Out of office on Tuesday)

Jackie Jorgensen, ARNP

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