



First day 'in pads' for Goodland Cowboys



Players (above) stretched out before starting their first day of "banging heads." After a few rounds on the blocking sled, the players (above right) took part in a blocking/tackling drill under the watchful eyes of the coaches including first-year assistant Dylan Warden (left in photo). Head coach Tony Diehl (center in right photo) told the players he was pleased with their first day "in pads."

Photos by Greg Stover The Goodland Star-News

Go Cowboys!







Crossword Puzzle



Assistant eighth-grade volleyball coach Sandy Trachsel showed the Lady Mustangs the proper position for preparing to hit the ball Thursday morning at Max Jones Fieldhouse. Coach Char Avilar and Trachsel are starting this year's team off with the basics.

Photo by Greg Stover/The Goodland Star

Sports television schedule

SATURDAY MORNING

10:00 28/37 TNT NASCAR Nextel Cup Happy Hour (Live) (CC)

54/57 ESPN2 Little League World Series Pool Play — Owensboro, Kentucky vs. Preston, Maryland. From Williamsport, Pa. (Live) (CC) 11:00 13/7 FOX MLB Baseball Boston Red Sox at Chicago White Sox. From U.S. Cellular Field in Chicago. (Live) (CC)

28/37 TNT NASCAR Racing Busch Series — Cabela's 250. From Michigan International Speedway in Brooklyn, Mich. (Live) (CC) 30/55 FXSP ATP Tennis Legg Mason Classic — Semifinal. From Washington, D.C. (Live)

AFTERNOON

12:00 7/11 CBS PGA Golf WGC NEC Invitational — Third Round. From Firestone Country Club in Akron, Ohio. (Live) (CC)

54/57 ESPN2 LPGA Golf Wendy's Championship for Children — Third Round. From Tartan Fields Golf Club in Dublin, Ohio. (Live) (CC)

1:00 22/56 ESPN Little League World Series Pool Play — Richmond, Texas vs. Redmond, Washington. From Williamsport, Pa. (Live) (CC) 2:00 54/57 ESPN2 Golf U.S. Amateur Championship — Semifinals. From Mamaroneck, N.Y. (Live) (CC)

3:00 22/56 ESPN Horse Racing Alabama Stakes and Saratoga Breeders' Cup. From Saratoga Race Course in Saratoga Springs, N.Y. (Live)

4:00 54/57 ESPN2 Little League World Series Pool Play — Poland vs. Taiwan. From Williamsport, Pa. (Live) (CC)

4:30 22/56 ESPN SportsCenter (Live) (CC) 5:00 22/56 ESPN NFL Live (Live) (CC)

30/55 FXSP ATP Tennis Legg Mason Classic — Semifinal. From Washington, D.C. (Live) 99/36 WGN MLB Baseball Chicago Cubs at Houston Astros. From Minute Maid Park in Houston. (Live) (CC)

SUNDAY MORNING

10:30 7/11 CBS ATP Tennis Legg Mason Classic—Final. From Washington, D.C. (Live) (CC) 22/56 ESPN Baseball Tonight (Live) (CC)

11:00 22/56 ESPN Little League World Series Pool Play — Owensboro, Kentucky vs. Richmond, Texas. From Williamsport, Pa. (Live) (CC)

54/57 ESPN2 MLL Lacrosse Championship — Teams TBA. From Nickerson Field in Boston. (Live)

11:30 28/37 TNT NASCAR Pre-Race (Live) (CC)

AFTERNOON

12:00 28/37 TNT NASCAR Racing Nextel Cup Series — GFS Marketplace 400. From Michigan International Speedway in Brooklyn, Mich. (Live) (CC)

99/36 WGN MLB Baseball Chicago Cubs at Houston Astros. From Minute Maid Park in Houston. (Live) (CC)

12:30 7/11 CBS PGA Golf WGC NEC Invitational — Final Round. From Firestone Country Club in Akron, Ohio. (Live) (CC)

1:00 22/56 ESPN Little League World Series Pool Play — Thousand Oaks, California vs. Morganton, North Carolina. From Williamsport, Pa. (Live) (CC)

54/57 ESPN2 Golf U.S. Amateur Championship — Final Round. From Mamaroneck, N.Y. (Live) (CC)

1:30 4/6 ABC IRL Racing Honda Indy 225. From Pikes Peak International Raceway in Fountain, Colo. (Live) (CC)

2:00 25/35 IND MLB Baseball Atlanta Braves at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (Live) (CC)

30/55 FXŠP Baseball Čal Řipken Jr. World Series. From Ripken Stadium in Aberdeen, Md. (Live)

3:0054/57 ESPN2 LPGA Golf Wendy's Championship for Children — Final Round. From Tartan Fields Golf Club in Dublin, Ohio. (Live) (CC) 4:00 22/56 ESPN SportsCenter (Live) (CC) 5:00 22/56 ESPN Baseball Tonight (Live) (CC) 54/57 ESPN2 Horse Racing Pacific Classic/ Ballerina Handicap. (Live)

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The crossword puzzle brought to you by:

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