

Goodland faces Oakley, honors soldiers

The Cowgirls and Cowboys will honor senior parents, crown Snoball royalty, honor returning Kansas soldiers and one who is leaving for active duty at Max Jones Fieldhouse tonight — and try to play basketball games against the Oakley Plainsmen.

The evening will be a busy one starting with the Cowgirls game followed by the special ceremony for the National Guardsmen and honoring the senior parents and crowning of the Snoball royalty at half time of the Cowboys game.

The Cowgirls, 7-10 on the season and 3-1 in league play, will tip-off at 5:30 p.m. facing the Oakley Lady Plainsmen who are 14-3 for the season and 6-3 in league play.

Cowgirls Coach Don Smith said he hopes the girls are healthy enough this week, and that the game tonight is important because the Cowgirls will be on the road next week to face the league leading Colby Lady Eagles (17-0) on Tuesday and then in Hoxie on Friday.

The Cowgirls had a few days off of competition after the hectic games last week against Garden City, St. Francis and Dodge City. The Cowgirls lost to 6A Garden City and 6A Dodge City, but had a great game against the St. Francis Lady Indians winning 64-44.

The Cowboys game will follow about 7 p.m. tonight, and Goodland has a 7-10 season record and is 4-0 in league play facing the Oakley Plainsmen with a 5-11 record and 2-5 in league play.

Cowboys Coach Brad Bergsma feels the Cowboys are making improvements and finding ways to fill the minutes of senior Tanner Smith who went out with an ankle injury two weeks ago.

The Cowboys have had some



Junior Travis Angelos (32) readied to pass the ball to Junior Greg Farris (33) at last Friday night's game with St. Francis. The Cowboys beat St. Francis, 56-49. Also pictured was Senior Forrest Trachsel (left).

Photo by St. Francis Herald

illness Bergsma said, but feels that most of the players will be in good health for the game.

He thinks the Cowboys have a good chance to stay atop the Northwest Kansas league with a win and set up a showdown with the Colby Eagles on Tuesday in Colby. The Eagles are 12-4 this season with a

4-0 league record.

A send off for Major Larissa Coon, who has been called up to serve in Iraq with the 1835th Medical Detachment from Denver, and a welcome home for 10 soldiers back from the Middle East will fill the time between basketball games and half time of the boys game.

Five soldiers who returned in August and five expected back before Friday have been invited to the event for a welcome home, said Staff Sgt. Mark Reasoner of the Goodland armory. The Goodland armory of the Kansas National Guard will provide a color guard, and a Kanorado father and son will

sing, the son, Devin Mangus, "The Star Spangled Banner" and the father, Danny Mangus, "God Bless the U.S.A."

The welcome for those who have returned from Iraq includes Sgt. Lonny Guyton and Specialists Aaron McClelland, Kody Sanchez, Richard Sturtevant and Ian

Donovan, who came home in August. Soldiers scheduled to return shortly before the ceremony include Specialists Amanda Bonner, Drew Edwards, Ryan Nichols, Kelly Simmonds and Randy Lee. They may not want to break away from family, though, Reasoner said, so they may not all attend.



Three sign letters of intent to go to Garden City

Cowboys Football Coach Jonathan Dansel watched Wednesday afternoon as seniors Casey Henderson son of Jeff and Anita Henderson, T.J. Hawkins son of Tim and Kelly Hawkins and Nathan Heiter son of Michelle Heiter of Goodland and Tom Heiter of Salina, signed letters of intent to attend Garden City Community College to play football.

Photo by Sharon Corcoran/The Goodland Star-News

Come Join the Fun!

Shape Up Sisters will be hosting Yoga and Pilates classes every Monday, Wednesday, and Thursday! Classes start at 6:30 PM and end at 7:30 PM. Yoga and Pilates tone muscles, increase your flexibility, decrease your blood pressure, increase your energy level, and may also help with migraines, back pain, and hypertension! Yoga can make a person feel better about themselves. What's not to love! Paige Harper will be teaching the Yoga and Pilates classes. Paige is also a certified trainer and does individual training! Come on down to Shape Up Sisters and join us in getting in shape!

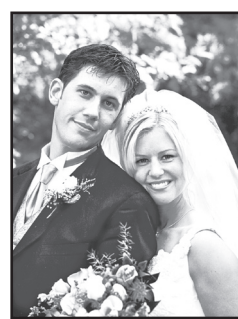


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To the love of my life, Amy. May our years together be filled with happiness and great memories that will last a lifetime. Happy Valentines Day!
Love Always,
John



Happy Valentine's Day! To our sweet child, Emily. We see your smiling face everyday and realize how blessed we are to have you in our lives.



Love You!
Mom and Dad



To my beautiful husband, Matt. I am the happiest when I am with you. You make me feel so beautiful, so cherished, so loved. I can't wait until we are the old couple sitting on the swing on the front porch!
Love,
Jennifer



Come on down to the Goodland Star News office today, and we will help you make the perfect Valentine's Day gift for that special someone. For only \$14, this is the perfect way to say what's on your mind! Tell that special someone just how much you care about them! (AD DEADLINE IS WEDNESDAY, FEBRUARY 13, 2008)