Put on your pink for tonight's game

A week of events to raise awareness for breast cancer begins today with the annual "Pink Out" football game at Cowboy Stadium.

Be a part of "Cowboys for the Cure" by wearing pink to the Goodland High School varsity football game at 6:30 p.m. tonight at Cowboy Stadium. A portion of the proceeds from the ticket sales of the game along with t-shirt sales and other fundraising activities at the game will be donated to the Susan G. Koman for the Cure Foundation.

The first 300 fans will also receive pink rally towels at the game. And all fans, whether they purchase the T-shirts, are encouraged to wear pink to cheer on the Cowboys at their home game against Scott City. Several high school organizations are planning pink-related fundraising activities.

Other events that will focus on breast cancer awareness include free Zumba classes at 7 p.m. Tuesday and 6:15 p.m. Thursday at Right Combination Dance Studio. Wear pink and be eligible for a door prize at each of the classes.

On Wednesday, the Sherman County Health Department and Goodland Regional Medical Center will hold "Putting On The Pink" a ladies' night out that will include shopping, refreshments, door prizes, information and speakers. Putting On the Pink will take place in the assembly room at the student union on the Northwest Kansas Technical College campus and will begin at 4:30 p.m. and continue until 7 p.m.

Staff from the hospital's radiology department will be on hand that evening to schedule mammogram appointments and the health department will be making appointments for a women's health clinic. Speakers are scheduled at 5:30 and 6:30 p.m. and Westport Grill will provide the refreshments for the event.

October is National Breast Cancer Awareness Month. Since the program began in 1985, it has been dedicated to increasing awareness of breast cancer issues, especially the importance of early detection. Finding breast cancer early is the best strategy for successful treatment. The American Cancer Society suggests that around age 35, women should get a baseline mammogram and starting at the age of 40, women should have a yearly mammogram and clinical breast exam. The society also recommends that women should start doing a monthly breast self-exam in their 20s and have a clinical breast exam every three years.

Goodland Regional Medical Center encourages women to take advantage of this reminder and schedule a mammogram. The imaging process takes less than 30 minutes and is relatively painless. Results are normally received by the patient in 7 to 14 days after the exam.

"If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further," said Jackie Jorgensen, nurse practitioner at Goodland Family Health Center. "The key to mammography screening is that it be done routinely – once is not enough. And it must be in conjunction with a clinical breast exam. Mammography alone cannot always detect breast cancer."

To schedule a mammogram at Goodland Regional Medical Center, call, 890-6033. To make an appointment for a clinical breast exam, please contact one of the physicians at the Family Health Center at 890-6075.

Cowgirls win league meet

Goodland High School golfer Cortney Cowan teed off at Sugar Hills Golf Course earlier this year. At the league meet Monday, Cowan shot a 101, finishing in sixth place.
Photo by Kevin Bottrell/The Goodland Star-News

The Goodland High School varsity girls golf team won its first ever league title on Monday at Buffalo Dunes Golf Course in Garden City.

Holcomb was the host school for the Great West Activities Conference meet. The Cowgirls placed first with a team score of 408. Colby placed second with 413 and Ulysses, third with 418.

"I'm really proud of this team," said coach Connie Livengood. "We had a day of wind and cooler weather than we are used to playing in."

Logan Perryman, Cortney Cowan and Megan Siruta were named to the All-League Team. Perryman placed third in the league meet with 96; Cowan placed sixth with 101; and Siruta, seventh with 103.

Jordan Knitig shot a 108; Katie Hays, 110; and Emily Purvis, 116.

The individual league winner was Maggie Koops, a Ulysses senior, who shot an 86.

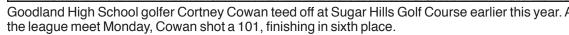The regional tournament is Monday at Larned.

"We are going to have to play well next week at Larned at the Regional tournament.," Livengood said. "Ulysses, and Colby and Larned are all good teams. We are all good teams, but we do have an advantage to a degree that our 1-6 players are all pretty even in scoring and it is nice to have that depth, as one girl can have a bad round of golf and the other girls pick up the difference in scoring."

The junior varsity team placed fifth at the Thomas More Prep-Marian tournament on Monday, their last tournament of the season. The Cowgirls had a team score of 509. Russell got first place with 445. There were eight teams at the tournament.
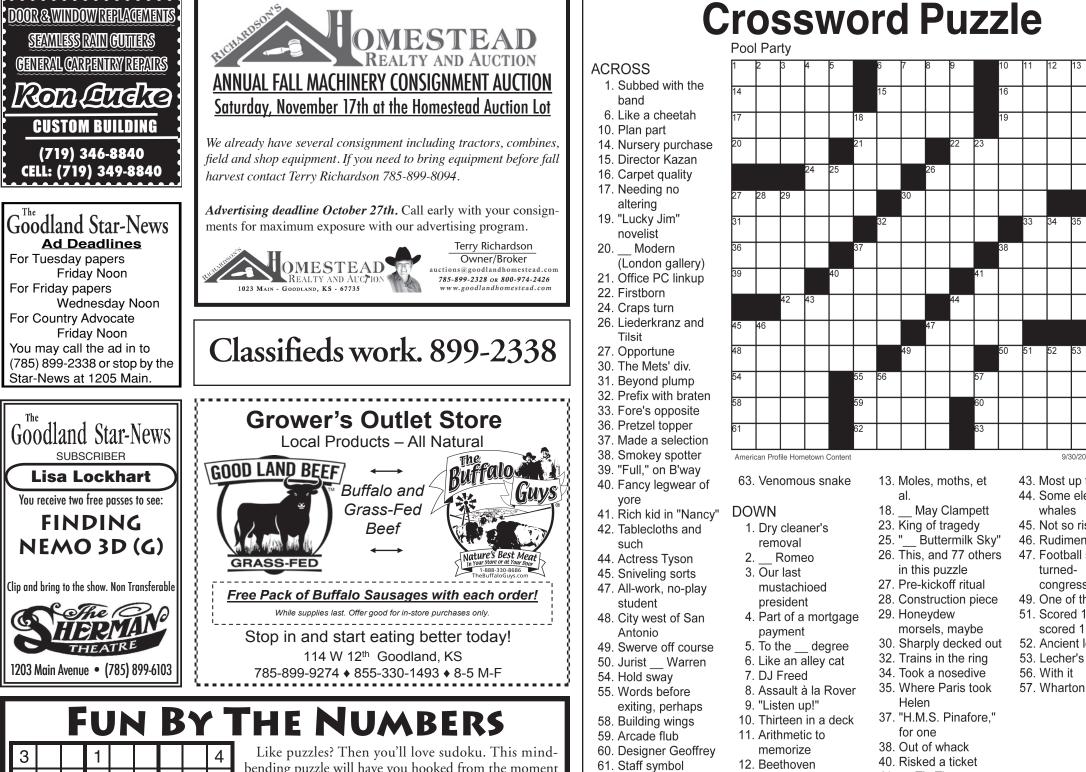
"I'm really proud of these girls for outscoring some of the other teams," Livengood said. "They have all improved so much this year."
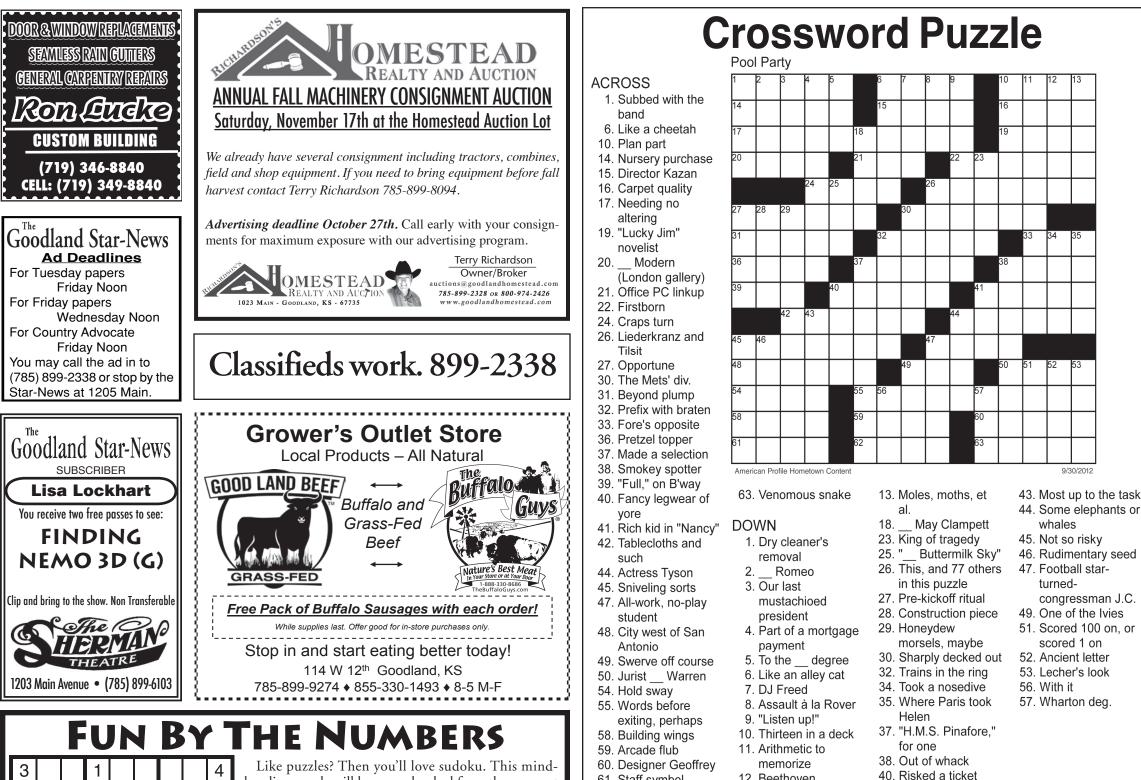
Dayne Webring placed 12th with 121; and Kristi Stasser, 15th with 123.

Dani Mangus shot a 131; Milan Brannick, 133; Breanna Garrett, 137; and Sara Johnson, 152.

Fun By The Numbers

3		1						4
2	8	5						1
				7				
					7			
	6	7	9	1		2		
		2						5
1	4					9		3
9			6	4		1		

Level: Advanced

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Crossword Puzzle
Pool Party

American Profile Hometown Content   9/30/2012

ACROSS
1. Subbed with the band
6. Like a cheetah
10. Plan part
14. Nursery purchase
15. Director Kazan
16. Carpet quality
17. Needing no altering
19. "Lucky Jim" novelist
20. __ Modern (London gallery)
21. Office PC linkup
22. Firstborn
24. Craps turn
26. Liederkranz and Tilsit
27. Opportune
30. The Mets' div.
31. Beyond plump
32. Prefix with braten
33. Fore's opposite
36. Pretzel topper
37. Made a selection
38. Smokey spotter
39. "Full," on B'way
40. Fancy legwear of yore
41. Rich kid in "Nancy"
42. Tablecloths and such
44. Actress Tyson
45. Sniveling sorts
47. All-work, no-play student
48. City west of San Antonio
49. Swerve off course
50. Jurist __ Warren
54. Hold sway
55. Words before exiting, perhaps
58. Building wings
59. Arcade flub
60. Designer Geoffrey
61. Staff symbol
62. Big galoots
63. Venomous snake

DOWN
1. Dry cleaner's removal
2. __ Romeo
3. Our last mustachioed president
4. Part of a mortgage payment
5. To the __ degree
6. Like an alley cat
7. DJ Freed
8. Assault à la Rover
9. "Listen up!"
10. Thirteen in a deck
11. Arithmetic to memorize
12. Beethoven dedicatee
13. Moles, moths, et al.
18. __ May Clampett
23. King of tragedy
25. "__ Buttermilk Sky"
26. This, and 77 others in this puzzle
27. Pre-kickoff ritual
28. Construction piece
29. Honeydew morsels, maybe
30. Sharply decked out
32. Trains in the ring
34. Took a nosedive
35. Where Paris took Helen
37. "H.M.S. Pinafore," for one
38. Out of whack
40. Risked a ticket
41. __ Tin Tin
43. Most up to the task
44. Some elephants or whales
45. Not so risky
46. Rudimentary seed
47. Football star-turned-congressman J.C.
49. One of the Ivies
51. Scored 100 on, or scored 1 on
52. Ancient letter
53. Lecher's look
56. With it
57. Wharton deg.

The crossword puzzle brought to you by: