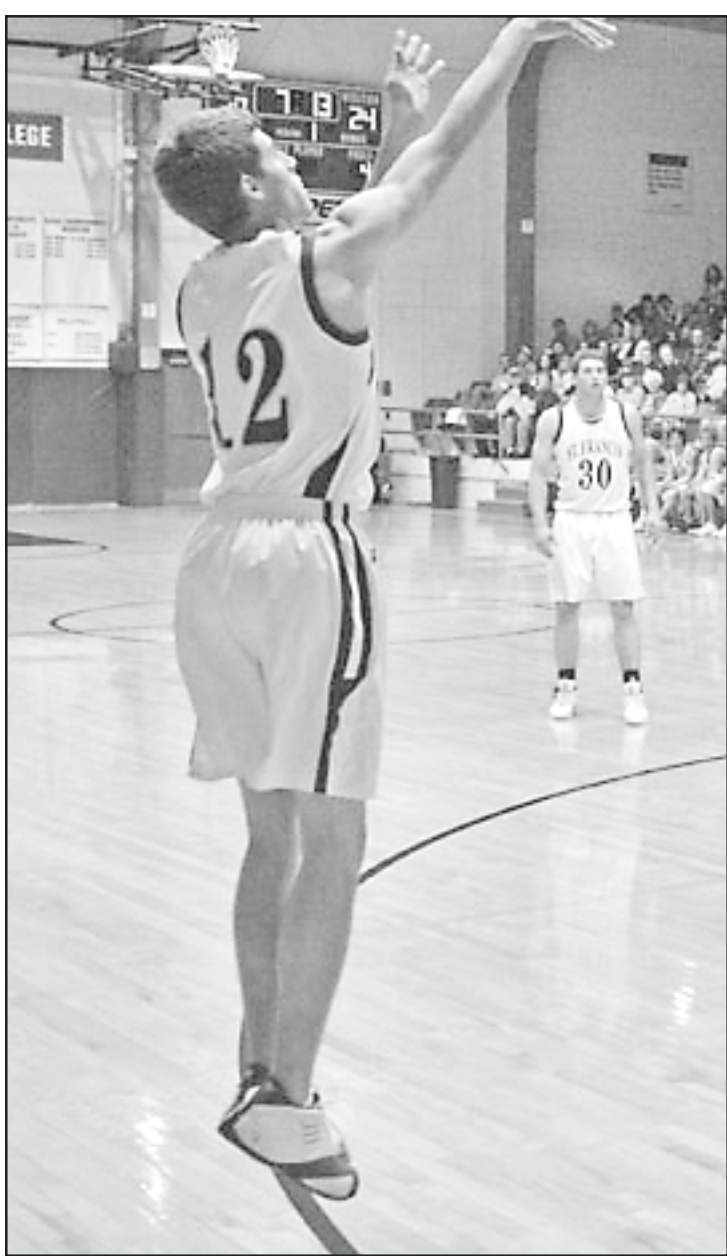


At the Game



St. Francis seniors wrestle in Nationals at Virginia Beach

By Karen Krien

Two St. Francis high school seniors, Jordan Gienger and Brennan Wilger, traveled to Virginia Beach the end of March where they wrestled in the National Wrestling tournament. There they met with wrestlers from all over the country, all vying for the title of national champion.



Gienger



Wilger

While both of the wrestlers competed well, they didn't get into the top eight in their division.

Brennan wrestled 285 pounds. His first match was a low-scoring match but his opponent from Idaho ended up on the top end of the 0-2 score. The second match with a wrestler from Virginia ended up turning Brennan, pinning him in the third quarter with only 30 seconds left.

Brennan's dad, Bill, said Brennan hadn't made up his mind if he was going to wrestle in college but he sure had a good time at Nationals.

At 152 pounds, Jordan wrestled four matches. He lost the first match 5 to 4 against a kid from Minnesota. He won the next two matches, 4 to 3 against a kid from North Carolina and 8 to 5 against

a kid from New Jersey.

He lost the last match, 3-0 with a kid from New York.

In the match, the score was 0-0 in the third period. The New York wrestler managed an escape. Jordan made an attempt to earn two points with a take down which ended with his opponent turning it into a takedown for himself.

Jordan said it was exciting to be able to go to Nationals. His dad, Kelly, said that when the last match ended, Jordan came out saying he wasn't done yet! The senior wrestler is headed to University of Nebraska-Kearney to continue his career.



Joel McAtee and AJ McAtee participated in The 14th Annual Northwest Kansas All-Star Basketball Classic on Sunday, April 1, 2007 at Colby Community College.

Photos courtesy of Monica Kane



Coach Frewen, Gienger, Wilger, Rogers, Smull, J. McAtee, Weeden, AJ McAtee, Crabtree, Zimbelman, Pochop, Kehlbeck, Sager, Shrader, Marshall, Weishapl

Basketball, wrestling stars plus coach named

Following the winter sports season, the *McCook Daily Gazette* honored a number of area wrestling and basketball players by naming them to the Gazetteland All-Area teams. They also chose a Basketball Coach of the Year and a Wrestling Coach of the Year.

Topping the *Gazette* list were two Kansas State champion wrestlers, Jordan Gienger of St. Francis and Matt Migchelbrink of Rawlins County, who were named Gazetteland All-Area Wrestlers of the Year. The undefeated Wauneta/Palisade

(Neb.) boys basketball team, who won the Nebraska Class D-1 State Championship, were also listed at the top.

Gienger won the 125-pound championship at the Kansas Class 3-2-1A tournament. He had a 35-1 record this year and participated in the Kansas Senior Classic in Topeka where he pinned Bryant Petty of Manhattan. He also went on to participate in the National tournament held in Virginia Beach the last weekend in March.

The *Gazette* profile on Gienger states that his father

and both grandfathers were state champions and he is one of nine family members who have won state championships. St. Francis wrestling coach Mike Frewen said in a *Salina Journal* article that Gienger is an exceptional athlete who excels in all sports; that his technique in wrestling is outstanding and that he is a hard worker in the practice room.

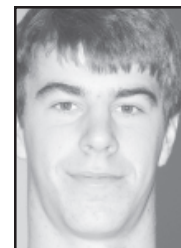
Coach Frewen of St. Francis was named the All-Area Wrestling Coach of the Year for leading the Indians to a ninth-place team finish at the 3-2-1A state tournament. St. Francis col-

lected 64 points.

Migchelbrink and Gienger led the All-Area Wrestling First Team but three additional Indians were also named to the First Team. They are Brennan Wigler, who placed second at State at 285 pounds, Russell Rogers, who placed fifth at State at 171 pounds and Gavin Smull, who placed sixth at State at 130 pounds.

Basketball

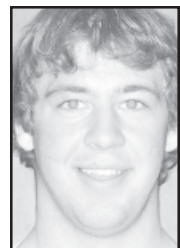
Joel McAtee of St. Francis was named to the Gazetteland All-Area boys basketball first team.



Crabtree



Zimbelman



Pochop



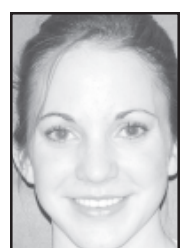
Kehlbeck



Sager



Shrader



Marshall



Weishapl

Levi Weeden was named to the second team. AJ McAtee and Ted Crabtree received honorable mention.

Alecia Zimbelman received honorable mention on the All-Area girls basketball team.

Cheylin honors

Several Cheylin basketball players were named to the

Gazetteland All-Area teams.

Lincoln Pochop was named to the All-Area boys basketball first team.

Aubrey Kehlbeck was named to the All-Area girls basketball first team.

Tia Sager, Colleen Shrader, Jessica Marshall and Alexis Weishapl were received honorable mention for the Lady Cougars.

"Hays Medical Center gives excellent, excellent care."

Ron Wenthe, President, Golden Belt Bank

When oral medication no longer controlled his diabetes, Ron Wenthe consulted with his doctor about changing to insulin injections. He began a series of diagnostic tests related to his diabetes and overall health.

One of the diagnostic tests was for sleep apnea, a condition in which air passages become blocked causing breathing to stop repeatedly during sleep and impacting the amount of oxygen and rest the body receives. Wenthe learned that the lack of proper rest can affect the heart and - in the ensuing testing process - discovered serious cardiac problems.

"I had blockage in four arteries and so that lead to quadruple bypass surgery."

Preparation for his surgery was thorough and informative.

"I had never been through surgery, except when I was a young kid."

Wenthe reviewed a videotape that walked him through the procedure.

"Knowing exactly what's going to happen, what all the procedures are, what the rehab is, everything you are going to be going through, then there's no surprises. You know what's coming."

In discussing options with his doctor and cardiac specialist, he was given the option of going elsewhere for his surgery but wouldn't even consider it.

"This is my home. I am proud that we have a quality regional hospital here and I want my surgery done here," he told them.

"During my surgery, the information beforehand, the procedures, the rehab afterwards, was excellent. Hays Medical Center gives excellent, excellent care."



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HealthGrades™, the nation's leading independent reviewer of healthcare quality, has ranked The DeBakey Heart Institute at Hays Medical Center among the Top 10 Hospitals in Kansas for Heart Surgery, and the Top 10% Nationwide for Coronary Interventional Services.

