

At the Game

Wrestling team competes at tournament

By Betty Jean Winston
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St. Francis was in a pool with Hutchinson, Scott City; Hays; Hoxie and Goodland, during the tournament and then faced Oakley and Liberal in the placing matches.

St. Francis lost to Hutchinson 52-24, Scott City 48-30, Hays 64-18, Hoxie 59-21 and Goodland 54-21 in pool play. Later Saturday they lost to Oakley 39-36 but defeated Liberal 34-33.

"We were in a tough spot in the tournament all weekend because of lack of numbers," Coach Nate Smith said. "We have 17 young men out for wrestling but many have little wrestling experience and our lack of wrestlers at the upper weights puts us at a disadvantage from the start. We were spotting teams 24 points because we could not fill four weight classes.

"At a quality tournament like the one Colby has, it's hard to compete for dual wins with giving up free points."

Individual records following the tournament on Saturday include: 103: Lane Hoffman 11-0; 112: Casey Keller 6-6; 119: Austin White 4-4; 119: Gaten Cooper 0-3; 125: Michael Leibbrandt 5-6; 125: Blaine Guggenmos 0-1; 130: Logan Lampe 2-8; 130: David Leibbrandt 1-5; 135: Austin Manners 7-2; 140: Zach Bishop 1-10; 145: Derek Queen 0-6; 152: Dylan Wolaver 3-9; 160: Thomas Douthit 1-2; 189: Adam Guthmiller 9-2.

The Indians will be attending the Wray Invitational on Saturday.

Vs Hutchinson

"I thought our kids wrestled well overall in the Hutchinson dual," Coach Smith said. "Keller, Manners, Bishop and Guthmiller won matches for us."

The final score was Hutchinson 52, St. Francis 24.

103: Hoffman won by a fall over Sparks; 112: Hutchinson was open

to Keller; 119: A. White lost by a fall to Sullivan; 125: M. Leibbrandt lost to Peterson; 130: Lampe lost by a 16-6 decision to Goetz; 135: Manner won by a fall over Wise; 140: Bishop won; 145: Queen lost by a fall to Roman; 152: Wolaver lost by an 8-2 decision to Cotton; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Hutchinson was open to Guthmiller; 285: St. Francis was open.

Vs Scott City

"Scott City is in the same situation we are in that their kids are inexperienced wrestlers," Coach Smith said. "Lane Hoffman, Casey Keller, Austin Manners, Zach Bishop and Adam Guthmiller came away from the dual with wins.

"Adam's win was against the current number one wrestler in 3-2-1A in his weight class. M. Leibbrandt lost a battle with returning state qualifier Alex Kough at 125 pounds."

The final score was Scott City 48, St. Francis 30.

103: Hoffman won by a fall over Fairleigh; 112: Keller won by a fall over Anchonda; 119: A. White lost by a fall to Mulligan; 125: M. Leibbrandt lost by an 8-2 decision to Kough; 130: open; 135: D. Leibbrandt lost by a fall to Chavez; 140: Manner won by a fall over Apperson; 145: Bishop won by a fall over Paul; 152: Queen lost by a fall to Kios; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Guthmiller won by a 2-0 decision over Inlow; 285 St. Francis was open.

Vs Hays

"We took the opportunity to work some of our younger kids into this dual against a bigger school but one we felt our younger kids could compete with," Coach Smith said. "Lane, Austin and Adam won their matches but others gained varsity wrestling action."

Team travels to Colby for dual

By Betty Jean Winston
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The dual season opened for the Indians on Thursday night when they traveled to Colby to compete with both Colby and Oakley. The Oakley Plainsmen are Northwest Kansas League opponents. Colby won the match with the Indians 55-21 while Oakley took by the second match by a much closer score 42-35.

The Indians participate in the Wray Invitational on Saturday to finish the 2010 part of the schedule

Vs Colby

St. Francis had four victories against Colby including wins by Lane Hoffman, Austin Manners, Dylan Wolaver and Adam Guthmiller. Sainty was open at 145, 160, 171 and 215.

The final score was Colby 55, St. Francis 21.

"Staring the night off against a strong Colby team was Lane Hoffman who won an 11-5 decision," Coach Nate Smith said. "Casey Keller wrestled a return state place at 112; Gaten Cooper stepped in and wrestled at 119 as Austin White did not make weight. He wrestled hard but lost; Logan Lampe was pinned by a returning state placer; Austin Manners got us back on the winning side with a pin; at 145 as Derek Queen is still trying to get down to a lower weight; Wolaver won by a fall and Guthmiller won by a fall in the last match of the dual."

Results include:

103: Hoffman won by a 11-5 decision over Mainus; 112: Keller lost by a fall to Reed; 119: Cooper lost by a 14-1 decision to Schlaback; 125: Mickey Leibbrandt lost 13-2 to Baumfalk; 130: Logan Lampe lost by a fall to Kriss; 135: Manners won by a fall over Moore; 145: St. Francis was open; 152: Wolaver won by a fall over Elling; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Guthmiller won by a fall over Sloan; 285: St. Francis was open.

The final score in the Oakley match was Oakley 42-35.

"The Oakley dual set up to be a competitive dual," Coach Smith said. "We started the dual out with wins at 103 with Lane (Hoffman) winning by a fall and Casey Keller having an open. Gaten Cooper wrestled tough but couldn't find a way to win; Michael and David Leibbrandt each had opens at their respective weight classes. Logan Lampe wrestled a good Oakley wrestler but lost. The team exchanged pins with Oakley with Austin Manners wining by a fall and Zach Bishop losing by a fall. Dylan Wolaver lost a close match to a returning state qualifier and then St. Francis had some openings. Adam Guthmiller won by a fall at 215.

103: Hoffman won by a fall over Howard; 112: Oakley was open to Keller; 119: Cooper lost 4-2 to Flipse; 130: Oakley was open to M. Leibbrandt; 135: Lampe lost by a fall to Hefner; 135: Bishop lost by a fall over Boyd; 145: St. Francis was open; 152: Wolaver lost by a 9-3 decision to Albers; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Guthmiller won by a fall over Albers; 285: St. Francis was open.

Junior varsity

Vs Colby

"In junior varsity action Matt White wrestled the varsity 103 pounder and lost by a fall," Coach Smith said. "Austin White wrestling up a weight and won by a fall and also had an 8-0 victory. Blaine Guggenmos also wrestled two matches winning an exciting match 7-6 and then losing by a fall. Derek Queen wrestled two matches losing one by a fall and the other by points."

St. Francis was open 145, 160, 171 and 285 while Oakley was open at 112, 125 and 285.



ZACK BISHOP works for a pin during the Thursday night wrestling in Colby.

Herald photo by Kritsi Guthmiller

The final score was Hays 64, St. Francis 18.

103: Hoffman won by a fall over Blanchet; 112: Keller lost by a fall to Arnhold; 119: Cooper lost by a fall to Stiles; 125: Guggenmos lost by a fall to Pfannenstiel; 130: D. Leibbrandt lost by a fall to Wolfe; 135: Manner won by a fall over Leon; 140: Bishop lost by a fall to Franco; 145: Queen lost by a fall to Weigel; 152: Wolaver lost by a 15-2 decision to Brown; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Guthmiller won by a fall over Drylie; 285: St. Francis was open.

Vs Hoxie

"I believe Hoxie will be in contention for a team title at the state tournament this year and so this dual would let our kids know where we stood against the best in our own class," Coach Smith said. "Lane, Austin White, Austin Manners and Adam were victorious in the dual. Austin White was down for most of the match but continued to wrestle hard and came away with a big pin."

The final score was Hoxie 59, St. Francis 21.

103: Hoxie was open to Hoffman; 112: Keller lost by a fall to

Jones; 119: A. White won by a fall over Heim; 125: Lampe lost by a fall to Sealock; 130: Open; 135: Manners won by a 12-11 decision over Schamberger; 140: Bishop lost by a 16-0 decision to Yergey; 145: St. Francis was open; 152: open; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Hoxie was open to Guthmiller; 285: St. Francis was open.

Vs Goodland

"Goodland is another solid school that we will see come post season time," Coach Smith said. "They had several quality kids in their lineup. Lane, A. White, Michael Leibbrandt and Adam won matches in the dual.

"Austin Manners did not compete on Saturday because of a finger to the eye in his last match of the day on Friday (a match he won).

The final score was Goodland 54, St. Francis 21.

103: Hoffman won by a fall over Paxton; 112: Keller lost by a fall to Bahe; 119: A. White won by a fall over Hernandez; 125: M. Leibbrandt won by a 15-0 decision over Davis; 130: Lampe lost by a fall to Miller; 135: D. Leibbrandt lost by a fall to House; 140: Bishop lost by a

fall to Rans; 145: Queen lost by an 8-5 decision to Dantel; 152: Wolaver lost by a 10-4 decision to Peden; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Guthmiller won by a 12-0 decision over O'Harrar; 285: St. Francis was open.

Vs Oakley

"We moved some kids up a weight class trying to win this dual and came up a little short," Coach Smith said. "Austin White, Michael Leibbrandt, Logan Lampe and Adam won matches."

The final score was 36 St. Francis, 39 Oakley.

103: Oakley was open to Hoffman; 112: Oakley was open to Keller; 119 A. White won by a fall over Elipse; 125: Oakley was open to Lampe; 130: open; 135: D. Leibbrandt lost by a fall to Hefner; 140: Bishop lost by a fall over Boyd; 145: Queen lost by a fall to Schwarz; 152: Wolaver lost by a 4-1 decision to Cox; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: Guthmiller won by a fall over Albers; 285: St. Francis was open.

Vs Liberal

The final score in this match was St. Francis 34, Liberal 33.

"I thought the kids came out

ready to wrestle in the last dual of the tournament," Coach Smith said. "Lane, Casey, Austin White, Michael Leibbrandt, Logan Lampe and Dylan Wolaver won. Dylan struggled through most of the tournament with a shoulder injury and found a way to win the last match of the tournament for the team. Adam Guthmiller battled a tough kid wrestling the final 11 second with a lip that needed four stitches to close. But in finishing the match and keeping them from gaining extra team points it secured the only win of the tournament for the team."

103: Hoffman won by a fall over Wood; 112: Liberal was open to Keller; 119: A. White won by an 11-2 decision over Ramirez; 125: M. Leibbrandt won by a fall over Frazer; 130: Liberal was open to Lampe; 135: D. Leibbrandt lost by a fall to Smith; 140: Bishop lost by a fall to Braimah; 145: Queen lost by fall to Baimah; 152: Wolaver won by a fall over Wilson; 160: St. Francis was open; 171: St. Francis was open; 189: St. Francis was open; 215: lost by a 9-2 decision to McPhail; 285: St. Francis was open.

Find out if program is right for you

"Many landowners and producers ask 'Is Conservation Service program (CSP) Right for Me?'" says Keith D. Kisner, Supervisory District Conservationist on the Natural Resources Conservation Service (NRCS) staff, at the U.S. Department of Agriculture Service Center in Atwood. The current Conservation Stewardship Program (CSP) signup deadline is Jan. 7.

Mr. Kisner says landowners and producers can play a large role in determining whether or not the program is right for them and explains how.

"First, can they answer 'yes' to the following three questions?"

- Are you willing to commit

time to inventory and document your conservation activities and production system to determine eligibility and ranking?

- Do you have records of your farming activities and are you willing to continue maintaining records to document your conservation activities? (Records will be used during Natural Resources Conservation Service field visits to verify the accuracy of application information before contracts are approved.)

- Are you ready to enter into a 5-year contract requiring you to apply additional conservation activities and to improve, maintain, and manage existing conservation activities?

"Second, if they can answer

"yes," then they need to complete the Conservation Service Program Self-Screening Checklist," continued Mr. Kisner. "It is available on the Internet at http://www.nrcs.usda.gov/programs/new_csp/2010/ranking_period_two/jobsheet_pdfs/special/CSP_Producer_Self-Screening_Checklist.pdf.

The Self-Screening Checklist can be downloaded or can be requested at the local Natural Resources Conservation Service office.

"The checklist doesn't have to be turned in to Natural Resources Conservation Service," said the district conservationist. "It's there to help landowners and producers determine if the

program is right for them."

This is a voluntary program that encourages land stewards to improve their conservation performance by installing and adopting additional activities; and improving, maintaining, and managing existing activities on agricultural land and non-industrial private forest land.

If you have questions regarding the checklist and Conservation Service Program or other conservation programs, please contact your local Natural Resources Conservation Service staff, at the St. Francis field office, 614B West Business US Highway 36 in St. Francis, KS.) or call at 785-332-2341 and visit with us.

Moments With Mila

Hand washing and seasonal flu awareness

Nobody wants to be sick during the holiday season. Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. However, if soap and clean water are not accessible, use an alcohol-based product containing at least 60 percent alcohol to clean hands.

Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

- Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- Stay home when you are sick.

If possible, stay home from work, school, and errands when

you are sick. You will help prevent others from catching your illness.

- Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

The flu shot is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. It contains three seasonal influenza viruses that are grown in eggs. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most



By Mila Bandel

County Health Nurse

common during the flu season. The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus). Note that vaccination with the nasal-spray flu vaccine is always an option for healthy persons aged 2-49 years who are not pregnant.

Seasonal flu shots and flu mist are still available at the Cheyenne County Health Department and Clinic. For more information on the seasonal flu contact Mila Bandel County Health Nurse at 785-332-2381.

Holiday Greetings