

Coach selected to be inducted

Larry Gabel, former Indian wrestling coach and St. Francis Elementary School principal, is one of five individuals selected for induction into the Kansas State High School Activities Hall of Fame Class of 2011. Mr. Gabel is now associated with the Colby High School.

Also being inducted are Raymond Patterson, Burdett, Larry Schroeder, Frankfort, Don Steffens, Andover and Kendra Wecker, Norman, Okla.

From 1974 through 2005, Coach Gabel's influence in the sport of wrestling (Class 3-2-1A) at St. Francis Community High School is known statewide in all classes: six state championships and 16 combined second through sixth place team finishes. He coached 34 individual state champions, 76 individual finishers (second through fourth place) and 11 fifth and sixth place finishers. Northwest Kansas and strong wrestling programs go hand-in-hand.

Coach Gabel combined an overall dual record of 205-104-10 at St. Francis.

Some of his many honors: named 3-2-1A Coach of the year five times, Kansas Wrestling Coach of the Year (all classes) two times, and Regional Coach of the Year (six states) in 2001.

The St. Francis Invitational Wrestling Tournament now bears his name.

In addition to his coaching responsibilities, Mr. Gabel served as the elementary grade school principal for 23 years and for over 25 years served on the community's emergency medical service team.



Gabel

Awards will be presented during 2011 in conjunction with a Kansas State High School Activities Association-sponsored state function/championship or locally, at the inductee's request.

The honorees were chosen from nomination sent to the Selection Committee. To be eligible for the Hall of Fame, an individual must have made an unusually outstanding contribution in inter-school activities, either as a student with exceptional talent, or as an adult working with youth (such as an activity coach, director or sponsor, an administrator, an official or a contributor). Hall of Fame inductees may no longer be active in the field for which they are nominated (exception: contributor with over 30 years of outstanding service).

The Hall of Fame is housed in the Kansas State High School Activities Association office, 601 SW Commerce Place in Topeka and is open Monday through Friday during business hours.

The Gardener

by Kay Melia
Master Gardener
vkmelia@yahoo.com

It's always an exciting time when we learn about the new vegetable and flower offerings for the new gardening season. There is even more excitement when the new year's All America plant selections are announced.

All America designated vegetables and flowers are determined by a widely scattered committee of American gardeners just like you and me. This network of gardener-judges is located in all climate zones of America and these judges must agree that the plants they are testing are superior in every way before they receive the coveted designation. Lets have a look at the vegetable designations today.

There are five new All America selections this year, and strangely enough, two of them are small cherry-type tomatoes. One has been named Terenzo, and the other is called Lizzano. Terenzo is a high yielding cherry tomato, and Lizzano produces smaller grape-type fruit. Both are generally ready in 60 days after transplanting.

Cherry tomatoes are becoming quite popular these days because of their versatility in hanging baskets, indoors or out.

Also this year, a classy new pumpkin has been awarded gardening's highest honor. It's called Hijinks, is a highly productive smooth pumpkin, and generally weighs from 6 to 7 pounds. Hijinks is ideal for carving or painting.

Say hello to Shiny Boy, a new All America winning watermelon. Shiny Boy grows to about 15 or 20 pounds and is said to be practically seedless.

And finally, we should all be excited about Cajun Belle, a big new bell pepper that has a little bit of heat. This is a first for bell peppers, and the judges all raved about it's true bell pepper flavor with just a little spice. We all should try them.

There! Five new All America vegetable winners for 2011. Seeds are listed in several seed catalogs, but you probably won't find them on the seed racks at the store.

Next week, we'll check out this year's All America flower winners. Prepare for some surprises!



4-H LEADERS pack boxes of Valentines to send to the troops overseas. Those pictures are (l to r) Christina Schoenrogge, Jandy Dunn, Taylor Archibald and Allison Grice.

Sainty students send Valentines

Valentine's Day is more than flowers for a loved one. In St. Francis, kids and adults are thinking about the U.S. troops overseas and providing boxes of needed as well as sweet surprises.

For the second year, the Cheyenne County 4-H Teen Leaders helped pack boxes for the troops as part of their community service project for February. Members were to bring items such as candy, chocolate, granola bars and toiletry items, just to name some.

Once the items are collected and boxed, they are given to Jo Frewen, St. Francis, who sends them to many different troops overseas.

Mary Beikman, school art teacher, had the junior-senior high school students make Valentines for the troops. The kindergarten

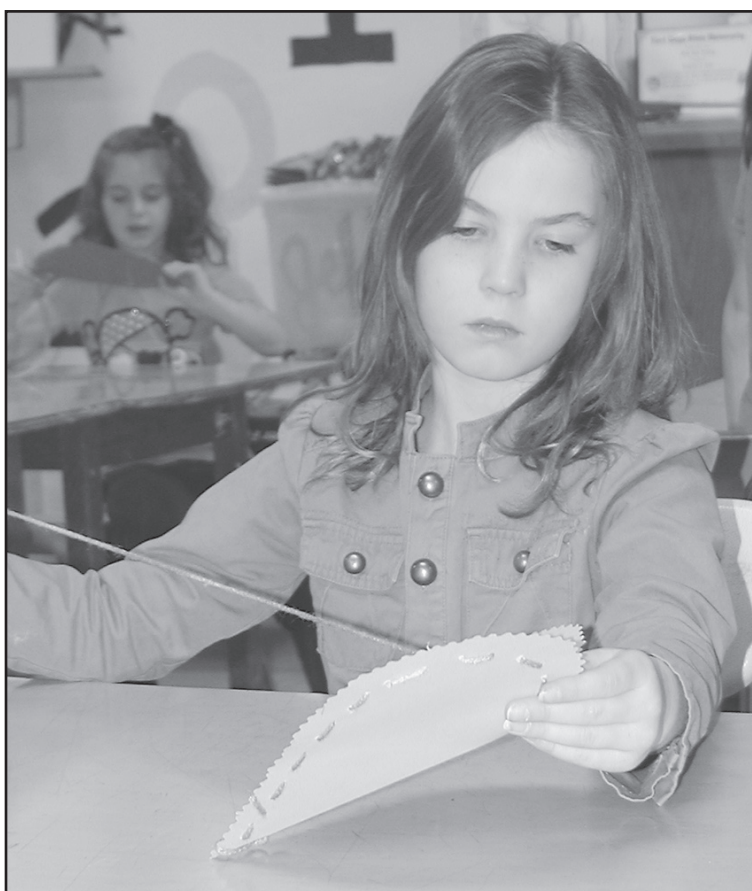
and first grade students at the grade school drew large Valentine cards which included a red heart with carefully decorated stitching around the edge.

"They are very cute and will touch many hearts," said Mrs. Beikman.

Jo Frewen is basically responsible for the starting the Valentine project and others. Several years ago, she went to the web site, adoptaplatoon.org and adopted a soldier. Since that time, she has adopted eight soldiers.

She found that platoons also needed care packages. A platoon has 35 soldiers. This is where the Valentine care packages are going.

If any individual or organization would like to help with this great cause, call Jo Frewen, 332-3466, Mary Beikman, 332-3028 or Tammy Grice, 332-2910.



JESSLYNN HOUTMAN makes a Valentine heart for troops overseas. Herald staff photos by Karen Krien

Sports shoes needed

Do you have any old wrestling shoes that are not being used anymore?

Ty Long, former St. Francis Community High School graduate, is now the head wrestling coach at Berry Creek Middle School in Edwards, Colo.

"I have over 30 students who are wanting to enjoy this great sport," he said.

However, there is a problem — actually several problems. This is the first time most of these students have ever stepped on the mat, then Berry Creek is in an impoverished area with little money for extras such as wrestling shoes.

"This area does not have many wrestling followers and wrestling

shoes are limited," Mr. Long said.

Knowing there are lots of retired wrestlers in St. Francis, he is wondering if there are some old wrestling shoes just laying around in basements or closets that, if donated, could go towards encouraging young men to wrestle.

"The first dual is Feb. 15," he said. "My goal is to have enough pairs to loan each wrestler for the season."

Those having wrestling shoes they would like to donate to Mr. Long's team can drop them by the high school office (to the attention of Steve Jenkins) or *The Herald* office. Mr. Jenkins said he will make sure they get to Mr. Long.

Alumni meeting to be held on Monday

A St. Francis Community High School Alumni meeting will be held at 7 p.m. on Monday in the high school cafeteria. People who would like to help, have input and/or ideas for alumni activities on June 18, should plan to be there or contact Shirley Zwegardt, alumni coordinator, 785-332-2286.

Last year there were around 10 people attending the

meeting. Some good ideas were discussed and some were implemented.

"The Monday meeting is a brain-storming meeting and we need a good showing of alumni present to help make decisions," Shirley said.

Anyone is welcome to come but those whose honor classes are meeting this year might be especially interested in coming.

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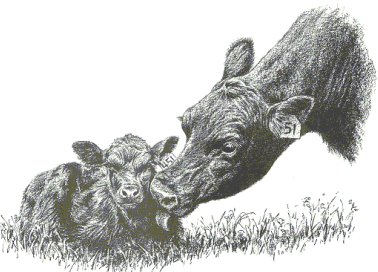
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