



BILLY GABEL wrestles at state during his high school years. Billy was a four-time state champion.
Photo courtesy of Hays Daily News

Coach claims 5A state title

By Karen Krien
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Billy Gabel, former St. Francis resident, has received more honors.

Mr. Gabel is the wrestling coach at Pine Creek High School in Colorado. He took his team to top by claiming the 5A State title on Friday, Feb. 18. Eight of the Pine Creek wrestlers placed at the state tournament, one taking first, three in second place, two third place winners, one fourth and one sixth.

Following the announcement of the team's championship title, he was named 5A Coach of the Year. On Monday, Feb. 20, he received a phone call informing him that he was selected as the Coach of the Year for the state of Colorado in all classifications (2A, 3A, 4A and 5A).

In the fall, Bill was inducted into the Kansas Wrestling Coaches Association Hall of Fame.

Bill knew what it was like to be a champion wrestler, having taken

state four times - a feat claimed by few. He finished his high school career with 125 wins and 5 losses. He was named Senior 3-2-1A Wrestler of the Year and was the 1996 Kansas Wrestler of the Year.

He competed in the Junior Fargo All Americans for two years placing fifth in Greco Roman the first year and seventh the second year. He was a four-time Junior Regional National Champion and was named Outstanding Wrestler in 1996 at the Rocky Mountain Regionals. Gabel was also featured in the 1996 Sports Illustrated magazine.

After high school, he was recruited by the University of Nebraska at Lincoln and wrestled there from 1996-1999. He then transferred to Oklahoma State University to wrestle with his brother, Kelly Gabel. He wrestled at OSU from 1999-2001 where he graduated with his degree in Physical Education.

He then began teaching and coaching in Goodland from 2001-2002. He went on to teach and coach at Pine Creek High School in Colorado Spring. He was the assistant wrestling coach there from 2002 - 2007 and was named the head wrestling coach in 2008.

As a first time head coach for Pine Creek High School, Gabel's team placed 30th in the state. His second year as head coach, the team placed second in the state

where Gabel was honored with the 5A Coach of the Year Award.

His third year they placed seventh in the state, and last year his team took a third place finish at the state tournament. In the five years he has been the head wrestling coach, he has had 24 state placers and-or champions, two two-time state champions, five High School National All-Americans, one Senior National third place All-American, and six Fargo National All-Americans.

Gabel said he believes that athletics, coaching and life are summed up in a couple of sentences: "You have to be willing to sacrifice to achieve something great! Staying strong in your faith in the Lord and trusting His lead in your life will always be worth while."

Billy is the son of Larry and Beth Gabel, Colby. Larry Gabel was the head wrestling coach in St. Francis for 32 years. In 2005, Larry received the Kansas Wrestling Coaches Association Hall of Fame Award and just last year was inducted into the Kansas High School Activity Association.

Weather

Date	High	Low	Prec.
Feb. 28	66	27	
Feb. 29	59	23	
March 1	51	22	
March 2	44	16	
March 3	47	30	
March 4	63	28	
March 5	76	26	

Thank You

There are not words enough to express our gratitude for all the acts of kindness given to Michael and us during his illness and now. To the people who took care of his yard, house and dog. For the many cards, prayers, food, gifts sent. To the visitors who came by or called the hospitals to wish him well. To the doctors and nurses who cared for him. To the friends and family who traveled many miles to sit by his side and cheer him up or give a massage. To Norman, David and Talley for their part in the service. And to the Church of Christ ladies who prepared the delicious dinner after the service. To all of you, we give our thanks.

The family of Michael Forsythe

James E. Reeves, DPM
Podiatrist/Foot Specialist
Reconstructive Surgery
Foot & Ankle Injuries
For appointments call:
Rawlins County Health Center
785-626-3211
Wed., April 4
Cheyenne County Hospital - P.M.
210 W. 1st • 785-332-2104
Thurs., April 5
Atwood (a.m.) • 626-3211
Colby (p.m.)
CSMC, 175 S. Range
785-462-3332
CMC, 100 E. College Dr.
785-462-7511
Fri., April 6
CSMC at 9 a.m.

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785.332.2905

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2011 Ford F-150 Eco-Boost!! 15,500 miles, #T7715A	\$33,750

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Death notice
Long-time St. Francis resident, Alice Bernice Lampe, 82, died Saturday, March 3, 2012, at Wheat Ridge Care Center, Goodland. Funeral service will be held at 1:30 p.m. on Thursday (today) at Peace Lutheran Church, St. Francis. Memorials may be made to Peace Lutheran Church, Hospice Services or Cheyenne County Hospital.

Memorial service
A memorial service for Helen Louise Burnham will be held at 11 a.m. on Saturday, March 10, at the First Christian Church, St. Francis. Inurnment will be in the St. Francis Cemetery. Mrs. Burnham was born Nov. 14, 1924, in Conway Springs, Kan., and died Dec. 10, 2011, at the Cheyenne County Hospital, St. Francis. A complete obituary was printed in the Dec. 22 issue of The Saint Francis Herald.

Block Fest
Children, 12 months to first grade, along with their parents, are urged to attend "Block Fest" on Tuesday, March 20, at the St. Francis grade school gym.

The children will learn math and science through simple block play. "Building with blocks can be a great, fun learning experience for your child," said Lori Rieger, Headstart School instructor.

Sign up by March 18 by calling Mrs. Rieger at 332-3110 or 332-2418.

Tornado Safety drills
In conjunction with Severe Weather Awareness Week, March 12-16, a statewide tornado safety drill will be held at 1:30 p.m. on Wednesday.

The Cheyenne County Communications Center will conduct monthly siren testing starting the first Wednesday in April at 9 a.m. The testing will continue through the end of September.

Wildlife banquet
The Cheyenne County Wildlife Banquet and membership meeting will be held on Friday, March 30, at the 4-H building in St. Francis. Doors will open at 6:30 p.m. Items of business on the agenda are: Elect new board members; treasurer's annual report; and review and amend bylaws.

Technicians needed
The Cheyenne County Emergency Medical Service is looking for emergency medical technicians

(EMTs). A class will be offered in the near future. For more information, call 332-8888. Signup deadline is March 10.

Lenten service and lunch
The Ministerial Association invites everyone to join them for the next Lenten service and lunch at noon on Wednesday, hosted by the United Methodist Church. Freewill donations for the lunch will be received.

Church meeting
Come to an appreciation of the Fullness of Faith in the Catholic tradition. Join them for a series of faith-enriching audio sessions this Lent. St. Francis of Assisi Catholic Church, 625 River St., March 4- "Finding the Fullness of Faith" by Stephen Ray. March 11- "The Bible Made me do it!" by Tim Staples

Cell phones go public
Cell phone numbers will go public this month. All cell phone numbers are being released to telemarketing companies. Those with cell phones will start to receive sales calls and they will be charged for these calls.

To prevent this, call the following number from your cell phone: 888-382-1222.

It is the National "do-not-call" list. It only takes a minute. It blocks your number for five (5) years. Remember, you must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

Tax help available
Rowland Roelfs will be giving free tax help from 1 to 5 p.m. on Wednesdays and Thursdays at the St. Francis Public Library. The help is available through the American Association of Retired Persons (AARP) and is to help taxpayers with middle and low incomes, with special attention to those age 60 and older. Mr. Roelfs will not be at the senior center this year. For more information, call him at 785-332-3490.

Bird City school alumni
The Bird City Alumni is planning the annual banquet for this year. It will be held on May 26 at the Cheylin High School. Any and all help will be appreciated. Contact the Bird City Library, 785-734-2203 or Dave Hickert 785-734-2522.

New address
Bruce Roelfs has been moved to a long-term acute-care hospital located in the Porter Adventist Hospital, Denver. The hospital deals with acute rehab for individuals

that need extra time to recover and rehab with complex medical condition.

Bruce would appreciate cards and letters to keep his spirits up. His new address is: Porter Adventist Hospital, Bruce Roelfs, ICU Room 2260, 2525 South Downing, Denver, CO 8021.

After church dinner
The After church spaghetti dinner will be held from 11:30 a.m. to 1:30 p.m. on Sunday, March 18, at the Cheylin cafeteria in Bird City. (Team Bolivia 2012).

Bird City Historical meeting
The Bird City Historical Association will meet at 2 p.m. on Friday at the Bird City Senior Center (weather permitting.) After a brief business meeting, the program will be on ideas of how to develop community-wide interest in our area's history.

Reminders: March issue of The Mystery of the Past will be on the Land Seekers (Homesteaders). Bring an article for your category. Also keep in mind articles for the Heirloom Keepsakes Journal.

Are you interested in preserving our history? Come and join us at our meetings.

Emergency number
The new phone number for Cheyenne County Communications Center (Dispatch) for non-emergency calls: 785-332-8822, Dial 9-1-1 for an emergency.

Free popcorn
The Cheyenne Theater Committee is asking, that the first weekend of the month, those attending the movie bring a canned food donation for the Food Pantry and they will receive a free sack of popcorn.

Narcotics Anonymous
Narcotics Anonymous meetings are held at 104 W Webster/Methodist Education Building on Thursday nights at 7:30 p.m. Contact (785) 342-0028.

Northwest Kansas Family Shelter
Northwest Kansas Family Shelter provides 24-hour-7 day-a-week service to victims of domestic violence and sexual assault. Weekly support groups are available for women and children within the northwest Kansas area. For information or in need of assistance, please call the toll-free number 1-800-794-4624.

Correction
• Benny Weber has been a barber for 55 years, not 50 years.

March- New Clients

\$5 Men's haircuts \$10 Women's haircuts
20% off any color service
re-book and get 10% off next appointment
*one discount per visit

Returning clients
10% off any service if you refer a new client

Kaye's Beauty Shop — Chelsi Kabureck
785-772-7782

SHOWTIME: 7:30 p.m. Sunday Matinee 2 p.m. 1 hr. 44 min.

The Vow

Mar. 9, 10 & 11 Romance/Drama
Channing Tatum, Rachel McAdams, Scott Speedman PG-13

CHEYENNE THEATER St. Francis, KS
785-332-2747

Children 12 & Under: \$4 All Others: \$6
3D Movies: Children 12 & Under \$5 All Others: \$7

CHEYENNE COUNTY HOSPITAL

210 W. 1st • St. Francis, KS
785-332-2104

Diabetes Education Management Meeting

Wednesday, March 21,
1:30 p.m.

Cheyenne County Clinic Basement

Topic: "Know your Numbers"
Carbohydrate Counting & Carbohydrate Containing Foods -
Kirsten Angell, CCH - Dietitian

For more information contact
Mila Bandel, RN - County Health Nurse
785-332-2381

Prehistoric Puzzling

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