

SHAKOTAH BLANKA works for a pin at the district wrestling tournament.

Herald photo by Shawna Blanka

Wrestlers qualify for tournament

The District IV Championship wrestling tournament was held in WaKeeney on Saturday. Eight out of 11 St. Francis wrestlers qualified for the state tournament. To qualify, they work all year long for the state tournament.

"There were some really good matches and our kids wrestled good," said coach Dylan Loyd. "They work all year long for the state tournament."

Trayton Doyle and Shakotah Blanka were both district champions.

Those wrestling and their placings included:

8 and under: Shadryon Blanka, 80 pounds, third place. Won 8-2

decision; lost 0-2 decision; won by fall and won 15-12 decision

10 and under: Tayton Weeter, 82 pounds, second place. Won 2-0 decision; won 5-3 decision; lost 2-8 decision

12 and under: Luke Lampe, 120 pounds, third place. Won by fall; lost 1-9 decision; won by fall, won by fall.

Ryan Grover, 190 pounds, second place. Won by fall and lost by fall. Trayton Doyle, 215 pounds, first place. Won by fall, won by fall.

14 and under: Garrett Brunk, 135 pounds, third place. Won by fall, lost by fall, won 14-2 major deci-

sion, won by fall. Justin Pacheco, 145 pounds, sixth place. Lost by fall, won by fall, lost by fall. Lane Hobrock, 155 pounds, placed fifth. Bye first round, lost by fall, lost 1-7 decision. Shakotah Blanka, 265 pounds, placed first. Won by fall, won by fall.

High school: Logan Lampe, 138 pounds, participated. Lost by fall, lost 5-6 decision Zach Gienger, 195 pounds, placed third. Won 15-2 major decision, lost by fall, won 4-3 decision, won by fall.

This weekend they will travel to Topeka for the 2012 Kansas State Folkstyle Championship Wrestling Tournament.

March designated to those with traumatic brain injuries

March has been designated as Traumatic Brain Injury Month. This may seem insignificant to many, but to those with a traumatic brain injury, it is a disability they live with every day.

One of those people is Krysta Smestad who lives in St. Francis. The daughter of Randy and Dorothy Smestad, Krysta's life was good as she worked at her job in Goodland. Then one day, while at work, a 15-pound cast-iron book holder fell on her head and it changed her life.

After being hit on the head, Krysta's parents took her to their St. Francis home and doctors told them to watch her. Only 2 percent of people having a concussion will end up with a traumatic brain injury, Mr. Smestad said, and, of those, 5 percent will have seizures.

Mr. Smestad said each day, instead of seeing an improvement in Krysta's condition, she seemed to be getting worse. Then the seizures started. That is when we knew something was desperately wrong, he said.

Krysta said that St. Francis has a wonderful clinic and hospital. The doctors and physician assistants, she said, are supportive and if it were not for them, she does not think she would be as far along in her recovery today.

People and coaches, Mr. Smestad said, need to be aware that kids and adults that are hit on the head can have a concussion and can develop into a traumatic brain injury. The military has determined that there are over 52,000 servicemen and women who are like Krysta, he said. The sounds from an explosion will cause a brain injury.

Studies, he said, have found that even after a year, that bump on the head can turn into a traumatic brain injury, especially if there is a second hit to the same area.

Today, Krysta continues to live with her parents. She has good days and bad days. On bad days,

her father said, she is barely able to function. However, on good days, she goes for walks and is able to go to the stores.

But, on the good days, her father said, we keep an eye on how she is doing. A trip down the cereal aisle to pick out a cereal will trigger a brain overload. If they are taking a walk and she starts to drag a leg, they know it is time to stop... overloading her body is not good.

Her hearing is especially sensitive. They avoid crowds where there are many people talking. At home, the noise level is kept to a minimum. If the television is going, they make sure that the dishwasher or washing machine is not running.

Mr. Smestad said that there is a chance that Krysta's condition will improve with time. There is nothing else that doctors and medicine can do to improve it. Someday, she may be able to function more like she did before the accident.

We just have to be patient, Mr. Smestad said.

What is it?

Traumatic brain injury is a complex injury with a broad spectrum of symptoms and disabilities. The impact on a person and his or her family can be devastating.

Most people are unaware of the scope of traumatic brain injury or its overwhelming nature. It is a common injury and may be missed initially when the medical team is focused on saving the individual's life.

Before medical knowledge and technology advanced to control breathing with respirators and decrease intracranial pressure, which is the pressure in the fluid surrounding the brain, the death rate from traumatic brain injuries was very high.

Although the medical technology has advanced significantly, the effects of traumatic brain injury are significant.

Traumatic brain injury is classi-

fied into two categories: mild and severe.

A brain injury can be classified as mild if loss of consciousness and/or confusion and disorientation is shorter than 30 minutes. While MRI and CAT scans are often normal, the individual has cognitive problems such as headache, difficulty thinking, memory problems, attention deficits, mood swings and frustration.

These injuries are commonly overlooked. Even though this type of brain injury is called "mild," the effect on the family and the injured person can be devastating.

Severe brain injury is associated with loss of consciousness for more than 30 minutes and memory loss after the injury or penetrating skull injury longer than 24 hours.

The deficits range from impairment of higher level cognitive functions to comatose states. Survivors may have limited function of arms or legs, abnormal speech or language, loss of thinking ability or emotional problems.

The range of injuries and degree of recovery is very variable and varies on an individual basis.

The effects of traumatic brain injury can be profound. Individuals with severe injuries can be left in long-term unresponsive states. For many people with severe brain injury, long-term rehabilitation is often necessary to maximize function and independence.

Even with mild traumatic brain injury, the consequences to a person's life can be dramatic. Change in brain function can have a dramatic impact on family, job, social and community interaction.

The Smestads recommend that people wanting to know more about traumatic brain injury go to the internet or YouTube. Today, Mr. Smestad said, many people are talking about traumatic brain injuries.

Obituaries

Rudy H. Zimbelman

Feb. 19, 2012 - March 15, 2012

Lifelong Sherman County, Kansas resident Rudy H. Zimbelman, 74, died Thursday, March 15, 2012, at Hays Medical Center, Hays, Kan.

Rudy was born Feb. 19, 1938, on the family farm in rural Goodland, the son of Christina (Schlepp) and Henry Zimbelman. He graduated from Sherman Community High School in Goodland with the class of 1955. He furthered his education at Fort Hays State College.

On Sept. 19, 1959, Rudy and Nancy Lee Brimer were married at the First United Methodist Church in Goodland. He loved farming and ranching in Sherman County. He also worked as parts manager for Herl Chevrolet in Goodland for 45 years.

Traveling to the mountains on family trips, as well as camping and fishing, were activities that he enjoyed. Attending his grandchildren's sporting events and activities were a highlight in recent years. He was a member of First United Methodist Church.

Preceding him in death were his wife Nancy Zimbelman, who died April 4, 2008; his parents; three brothers Edwin Zimbelman, Don Zimbelman, and an infant Jacob Zimbelman; and sister Helen Chadwick.

Surviving family includes two daughters Tammy Taylor and her fiancé Eric Powers of Colorado Springs; Debbie Satran and her husband Jim of WaKeeney; six grandchildren Brian Taylor and his wife Lauren, Jeff Taylor,

Christine Taylor, Nicole Satran and her fiancé Ben Michael, Curtis Satran, and Aaron Satran; two sisters Dorothy Palmer and her husband Eldon of Goodland, Darlene Merklin and her husband Leon of St. Francis; brother Alvin Zimbelman and his wife Sylvia of Goodland; and many nieces, nephews, and cousins.

The funeral was Tuesday, March 20, at the First United Methodist Church in Goodland with Reverend Shelly Petz officiating. Burial followed in the Goodland Cemetery.

Memorials may be designated to First United Methodist Church, and may be left at or mailed to Koons Funeral Home, 211 N. Main, Goodland, KS 67735-1555.

Donald E. Kruse, Ph.D., PE

July 2, 1944 - March 13, 2012

Don Kruse, 67, Bonner Springs, Kan., died March 13, 2012. He was born July 2, 1944, in Benkelman, Neb., to George and Velma (Carstens) Kruse.

Don received four degrees from the University of Kansas, including a Master's in Engineering and a Ph.D. in Mathematics. He was the senior engineering programmer team leader and fellow with HNTB for 33 years before his retirement.

He was the senior software developer of the company's bridge programs and was responsible for dynamic structural analysis of major projects and development of in-house programs for complex structural design and

analysis. He also published articles and gave presentations.

According to a friend and colleague, his math background allowed him to develop analytical solution techniques that most engineers can only dream about. To those that actually worked with him, he was simply "Don" — kind, unassuming and brilliant.

He taught lost wax silversmith technique for 20 years, collected antique woodworking tools, and antique cars. He loved nature, enjoyed his farms and greenhouse, and was a former member of the Orchid Society.

Survivors include his wife, Jane (Lenderman) Kruse; mother, Velma Kruse, Bird City; brother,

James Henry Hickert

April 22, 1942 - March 13, 2012

James Henry Hickert was born April 22, 1942, at home in Bird City, near his grandfather's farm in northwestern Kansas. His great-grandfather, Bernard Hickert, had homesteaded nearby in the 1880s, and both the homestead and his grandfather's farm remain in the Hickert family today.



Hickert

Jim lived on a farm south of Bird City with his parents, John and Mary Hickert, and older brother, Ed until 1950, when the family sold the wheat acreage and moved to Phoenix, Ariz., seeking asthma relief for his father. After John's death, Mary married Elmer Ommen.

A 1960 graduate of St. Mary's High School in Phoenix, Jim received a swimming/diving scholarship to the University of Minnesota in St. Paul. He soon lost his Arizona tan but embraced the student life. Jim joined Delta Upsilon Fraternity, where he learned to play the acoustic guitar, sing songs, and become a noted storyteller.

He took a sabbatical from college life to join the Marine Corps in 1963. Like everything else he attempted, Jim became a dedicated Marine, graduating first in his boot camp platoon at Parris Island.

He was assigned to a Marine Air Wing and began flying as a Loadmaster and Navigator on a C-119, Flying Boxcar, and a C-130 Hercules. He flew the world over, but did not serve in Vietnam, much to his chagrin.

Following his Marine tour, Jim graduated from the University of Minnesota with a Business/Engineering degree, which was soon followed with a master of business administration from Xavier University in Cincinnati. Much fellowship followed in Cincinnati, where he learned the sales game with Alcoa Aluminum and remodeled a brownstone rowhouse. His friends complemented his efforts, saying, "It looks like a San Francisco Nob Hill house!"

Jim took the cue and moved to the San Francisco area, where he ultimately met Gayle Bandy on the ski slopes of Squaw Valley, in Lake Tahoe. He persuaded her to become his wife and on October 25, 1980, the two were wed in Tiburon, California. They were blessed with two sons: Michael and Justin.

Jim was preceded in death by his parents, his stepfather, and his beloved uncle, Eddie.

He is survived by Gayle, sons, Michael and Justin (Ashley); brother, Ed (Erika); in-laws, Alice and Vern Bandy, Rena (Bruce) McKay; nephews, Eric (Susan) and Zachary (Angela) Hickert, Mitch (Sara) McKay; nieces, Jaime (Ed) Saunders,

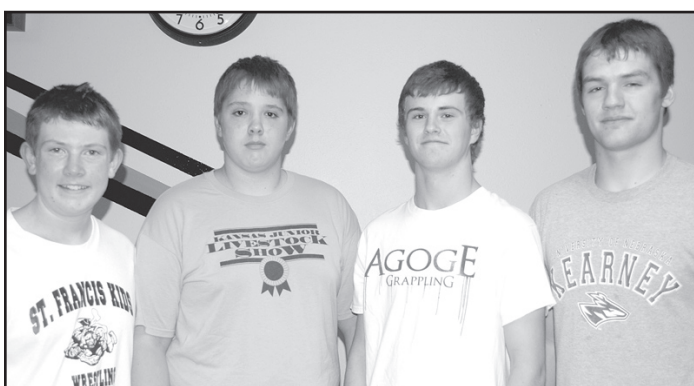
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Good Luck to our State Bound Wrestlers

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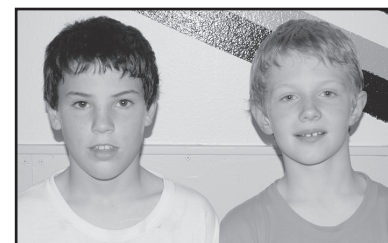
Ryan Grover, Shakotah Blanka, Garrett Brunk, Zach Gienger

From

Your Families and the St. Francis Wrestling Club



Trayton Doyle



Tayton Weeter, Shadryon Blanka

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Emily Rehmer & Dylan Loyd

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Wedding - April 28

Rachel Schmidt & Steven Morris

Shower - April 1
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