

# Wrestlers place at state

# Three take 1st on mat

## Junior high places fourth

Oberlin had three champions and took fourth place in the Northwest Kansas League junior high wrestling tournament in Oakley last Tuesday.

Brent Juenemann, Dalton Paal and Jacob Larue pinned their opponents and won championships.

Colby won the tournament with 224.5 points followed by Hoxie, 145; Goodland, 130.5; Oberlin, 114; St. Francis, 92; Rawlins County, 72.5; Oakley, 67; and Quinter, 28.

Juenemann, 92 pounds, pinned Logan Whitmore, St. Francis, and Michael Tubbs, Colby, for first.

Juenemann's season record is 10-2.

Paul, 130, pinned Nate Cox, Oakley; won 3-2 over Nathan Deeds, Goodland; and won 6-5 over Cayle Taylor, Hoxie, for first.

Paul's record is 10-2.

Larue, 170, pinned Nathan Quagliano, Colby, and won 6-5 over Tyler Fisher, Goodland, for first.

Larue's record is 8-3.

Matt Wittman, 80, pinned Cory Howard, Oakley, and lost 13-0 to Austin Avelar, Goodland, for second.

Wittman's record is 5-6.

Nolan Peters, 98 pounds, pinned Wyatt Alletson, Quinter; won 7-4 over Colton Spreser, Hoxie; and was pinned by Taylor Moeder, Colby, for second.

Peters' record is 9-3.

Josh Ritter, 122, won 12-0 over Brenden Finley, St. Francis; was pinned by Dalton Snyder, Colby; won 10-1 over Jeffrey Shaw, Hoxie; and won 7-5 over Jason Cowan, Goodland, for third.

Ritter's record is 9-4.

Jacob Helm, 86, pinned Isaac Schlitz, St. Francis; was pinned by Konner Kriss, Colby; and lost 13-4 to Dillon Trachsel, Goodland, for fourth.

Helm's record is 5-7.

Keithen Fortin, 110, was pinned by Chris Bustillos, Goodland, and Cody Killingsworth, St. Francis. Fortin's record is 2-7.

Chad Williams, 116, won 8-3 over Chris Helm, Hoxie; was pinned by Kenton Argabright, Rawlins County; and lost 7-0 to Kaylor Reitcheck, Goodland.

Williams' record is 8-5.

Jonathan Samson, 138, was pinned by Trevor Reed, St. Francis, and Laine Herl, Goodland.

Samson's record is 2-9.

Dalton Dolan, 275, pinned Dustin Zahn, Quinter; was pinned by Billy McCain, Rawlins County; and lost 4-2 to David Murray, Goodland.

Dolan's record is 8-5.

## Two Oberlin boys take fourth place

Gage Reichert and Brock Euhus took home fourth-place medals from the state Class 3-2-1A wrestling championships held in Hays this weekend.

Reichert, at 140 pounds, and Euhus, a heavyweight, both won three matches and lost two.

Seniors Regan Badsky, Euhus and Terry Urban ended their high school wrestling careers at the tournament.

The Decatur Community High team finished 15th, below last year's 10th place when eight wrestlers went to state, but higher than 2005 when they finished 21st.

Beloit and Smith Center tied for first with 116.5 points, putting to an end Norton's three-year string of team titles in one of the closest finishes in the past 10 years. The Blue Jays finished third with 115 points.

The rest of the field included Scott City, 97; Phillipsburg, 85; Eureka, 83; Sabetha, 73; Oakley, 67; St. Francis, 64; Silver Lake, 63.5; Garden Plain, 49; Rossville, 43; Atchison County, 39; Plainville, 38; Oberlin, 35; Herington, 34; Rock Creek and Atwood, 32 each; Trego, 29.5; Osborne and Burlington, 29 each; Lincoln, 27; Onaga, 26.5; Hoisington, 26; Southeast of Saline and Wichita Independent, 25 each; Wellsville, 24; Stockton, 22; Wabaunsee, 21; Chase County, 19; Haven and Ellis, 17 each; Hill City, 15.5; Bennington, 13; Minneapolis, 12.5; Fredonia, Hillsboro and

West Elk, 12 each; Pleasant Ridge, 10; Jayhawk-Linn, 9; Caney Valley, 7; Marion, 5; Hesston, Belleville, Horton, Halstead, Pittsburg-Colgan and Flint Hills, 4 each; Chaparral, Ellsworth, Burlingame, Doniphan West, Oskaaloosa, Central Heights and Remington, 3 each; St. Mary's, 2; and Lakin, 1.

Oberlin results:

• **140 pounds**, Reichert, won 12-1 over Clint Janzen, Hesston; won 3-2 over Daniel Utley, Onaga; lost 11-0 to Brad Ested, Beloit; won 5-3 over Cody Eaton, Bennington; and lost 7-5 to Dustin Warta, Scott City.

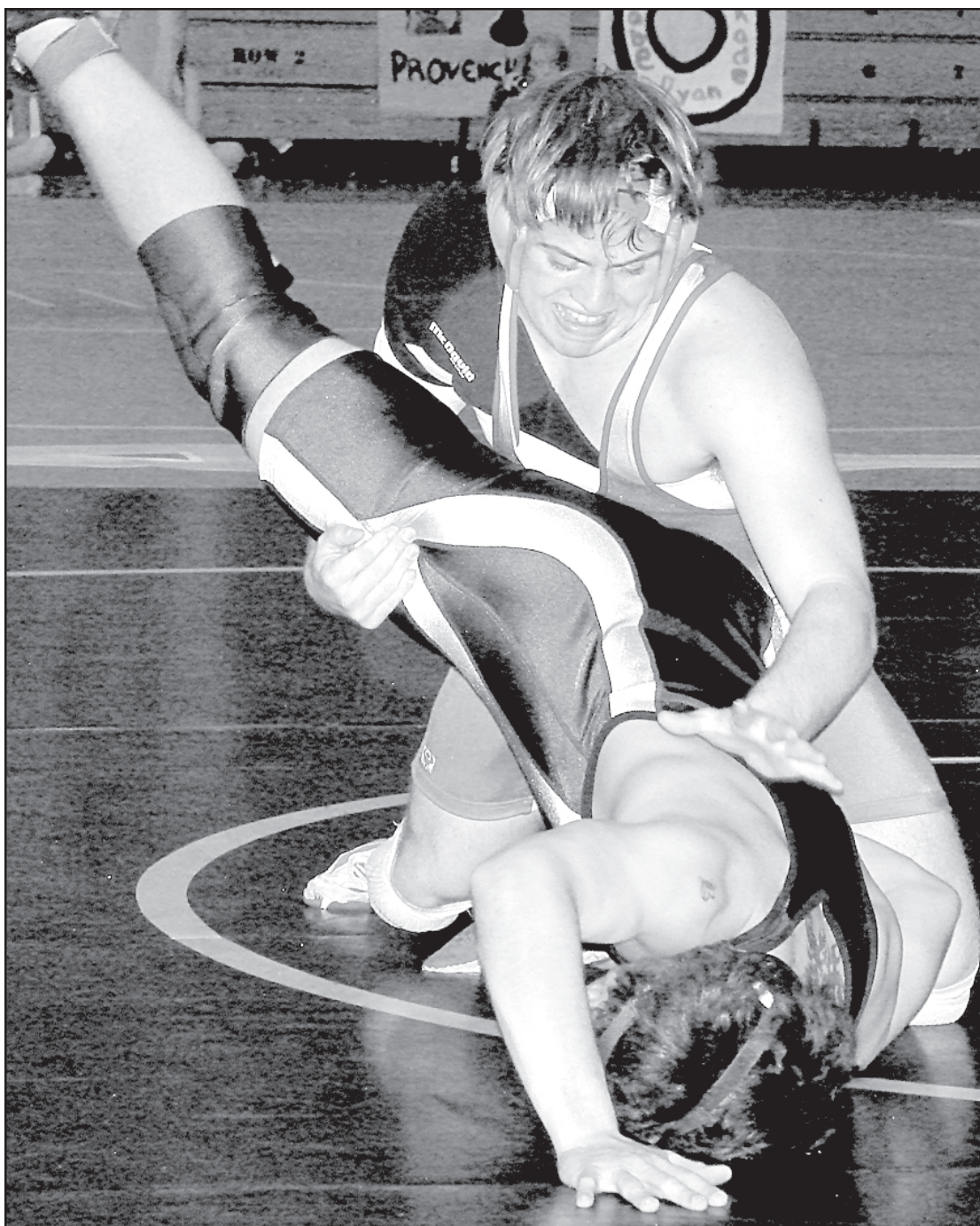
• **189 pounds**, Urban, won 5-1 over Joey Phillips, Pleasant Ridge; lost 11-5 to Matt McGinty, Southeast of Saline; and lost 1-0 to Caleb Breon, Phillipsburg.

• **215 pounds**, Badsky, lost 2-1 to Lucas Camac, Jayhawk-Linn; pinned Kevin Mornvec, Sabetha; won 3-1 over Jared Wall, Silver Lake; and lost 4-1 to Kendall Fiscus, Fredonia.

• **275 pounds**, Euhus, won 6-1 over Colby Ares, Rock Creek; pinned Tyler Jamis, Beloit; lost 2-1 in overtime to Brennon Wilger, St. Francis; pinned Zack Puotz, Garden Plain; and lost 1-0 to Alex Thomas, Norton.

"I am proud of these guys and the whole wrestling team," said Coach Joe Dreher. "We had a pretty decent year."

"Thanks to all the parents and fans who supported us throughout the season."



SENIOR TERRY URBAN overpowered Caleb Breon of Phillipsburg in the consolation round, but Breon came back to defeat Urban 1-0 later.

— Herald photo by Wilbur Reichert

# Oberlin swimmers bring home gold medals

Oberlin swimmers on the McCook YMCA Devil Rays team competed in Hastings, Neb., on Feb. 17 against 180 Nebraska swimmers from Columbus, Grand Island, Lincoln and Hastings.

Oberlin's Jakobi, Keagen and Kiah Blau each took first at the meet.

Results:

• Jakobi Blau, girls 8 and under, 50-yard freestyle, first, 44.13 seconds; 25-yard butterfly, second, 25.08; 25-yard freestyle, third,

18.85; and 100-yard individual medley, second, 2:02.55.

• Keagen Blau, boys 9-10, 50-yard fly stroke, first, 54.27; 50-yard backstroke, third, 50.96; and 50-yard freestyle, fifth, 43.25.

• Kiah Blau, girls 11-12, 50-yard fly stroke, first, 34.42; 50-yard backstroke, sixth, 40.35; 50-yard breaststroke, fourth, 41.19; and 50-yard freestyle, second, 30.26.

• Kyleana Blau, girls 8 and under, 50-yard freestyle, 10th, 1:07.99, and

25-yard freestyle, 12th, 32.18.

• Kristen Burns, girls 9-10, 100-yard freestyle, eighth, 1:30.45, and 50-yard freestyle, seventh, 39.76.

• Kariah Castle, girls 9-10, 100-yard freestyle, seventh, 1:28.04; 50-yard backstroke, eighth, 48.97; 50-yard breaststroke, fourth, 51.08; and 50-yard freestyle, fifth, 39.59.

• Taylor Geisler, girls 9-10, 100-yard freestyle, 10th, 1:34.55; 50-yard backstroke, 11th, 54.24; and 50-yard freestyle, ninth, 42.28.

• Kaylee May, girls 11-12, 50-yard fly stroke, ninth, 48.94; 50-yard breaststroke, seventh, 47.65; and 50-yard freestyle, seventh, 36.82.

• Kelsey May, girls 9-10, 50-yard fly stroke, fourth, 52.18; 50-yard breaststroke, ninth, 1:05.23; 50-yard freestyle, eighth, 41.75; and 100-yard individual medley, eighth, 1:54.29.

• Albany McDonald, girls 8 and under, 50-yard freestyle, fourth,

49.52; 25-yard fly stroke, fourth, 26.0; 25-yard backstroke, sixth, 27.38; and 25-yard breaststroke, 27.8.

• Nicky McDonald, boys eight and under, 50-yard freestyle, second, 46.69; 25-yard fly stroke, second, 24.64; 100-yard freestyle, third, 1:41.42; and 100-yard individual medley, second, 2:01.13.

• Jamie Soderlund, girls 11-12, 100-yard freestyle, third, 1:08.91; 50-yard fly stroke, fifth, 37.31; and 50-yard backstroke, fifth, 38.5.

Relay results:

• Girls 10 and under, 200-yard medley (Klein, Geishler, Burns, Premer), third, 3:39.24.

• Girls 12 and under, 200-yard medley (Castle, May, Soderlund, Blau), third, 2:42.86.

• Girls 10 and under, 200-yard freestyle (Geishler, Klein, Premer, Burns), third, 3:11.17.

## Fifth, sixth graders win two tournaments

The Oberlin fifth- and sixth-grade boys basketball team, coached by Tim Breuer and Roland May, played in four tournaments this year.

Fifth graders include Kyle Breth, Kennedy Fortin, Chris Anderson, Grant Gilliam and Konner Fortin. The sixth graders are Kade Brown, Tyler Bruggeman, Channing Farr, Brady Fortin, Matt Glading, Ryan May and Zach May.

On Jan. 6, the boys took first place in the Cambridge (Neb.) Youth Basketball tournament.

In game one, Oberlin creamed Southern Valley, 22-4.

Top scorer was Bruggeman with 8 points, followed by B. Fortin, 6; Z. May, 4; and Breth and Konner Fortin, 2 each.

In game two, the Red Devils beat the Dundy County "B" team, 26-15. Bruggeman led Oberlin with 12, followed by Z. May and B. Fortin, 6 each; and Breth, 2.

Game three was won by Arapahoe's "A" team, 14-8. R. May had 7 points and Kennedy Fortin, 1.

Oberlin then came back through the consolation bracket in the double elimination to win first.

In game four, Oberlin downed the Dundy County "A" team, 26-20.

Z. May led the Red Devils with 11, followed by Bruggeman, 9; B. Fortin, 4; and Breth, 2.

Oberlin won the championship game in overtime, 28-18, shutting out Dundy County in overtime.

Bruggeman was top scorer with 11, followed by Z. May, 8; B. Fortin, 3; and Kennedy and Konner Fortin, 2 each.

On Jan. 13, the Red Devils took third in the sixth annual Mum Elementary School round-robin basketball tournament in Curtis, Neb.

The team added Grant Gilliam and Kelden Breth to the roster.

In game one, Oberlin conquered the Cambridge "A" team, 40-36.

Z. May was top scorer with 13, followed by Bruggeman, 10; B. Fortin, 9; Kennedy Fortin, 6; and R.

May, 2.

In game two, McCook trampled the Red Devils 59-27.

Bruggeman was top scorer with 8, followed by Z. May, 6; Konner Fortin, 5; Kennedy Fortin, 4; and R. May and B. Fortin, 2 each.

In game three, Oberlin squeaked by the Dundy County "A" team, 32-31.

B. Fortin led the Red Devils with 13, followed by Bruggeman, 9; Z. May, 8; and Kyle Breth, 2.

Jan. 20, the sixth-grade Red Devils took third in the Mac Attack Tournament in McCook.

Oberlin played the first two games with half a squad as the other half attended a wrestling match in Norton.

In game one, Oberlin slipped by Dundy County, 21-19.

Bruggeman led with 12, followed by Z. May, 7, and B. Fortin, 2.

In game two, the Arapahoe Indians scalped Oberlin, 44-26.

Z. May led with 13, followed by Bruggeman, 9, and B. Fortin, 4.

In game three, Oberlin beat Cambridge 40-23.

Z. May and Bruggeman led with 11 each, followed by Brown, 6; R. May, 4; B. Fortin and Konner Fortin, 3 each, and Breth, 2.

Feb. 10, the young Devils won the Oberlin Area Youth Basketball Tournament.

Oberlin defeated Southwest, 37-16, in game one.

Brown and B. Fortin had 10 points each, followed by Bruggeman, 8; Z. May, 5; and R. May and Farr, 2 each.

In Game two, Oberlin beat Quinter, 47-8.

Bruggeman led with 18 points, followed by Brown, 13; Z. May, 8; B. Fortin, 4; and R. May and Farr, 2 each.

In the championship, Oberlin edged Cambridge, 27-24.

B. Fortin led with 9 points, followed by Z. May and Bruggeman, 8 each, and Brown, 2.

## Oberlin girls advance

The Decatur Community High girls defeated the Norton Lady Blue Jays 46-42 in the first round of substate playoffs in Norton on Monday.

The Lady Devils will travel to

Salina to play Sacred Heart High School of Salina on Thursday.

Time was still to be announced.

The boys lost to Norton 55-33, ending their season.

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## March is Save Your Vision Month

— The Doctors and Staff of LIFETIME EYECARE would like to focus this month on

## Healthy Eating Habits and Healthy Eyes

More than 22 million Americans suffer from cataracts and age-related macular degeneration (AMD), the two leading causes of visual loss and blindness.

Studies have suggested that by eating foods rich in six nutrients, you can protect your eyes from disease. In other words, healthy eating habits can mean healthy eyes.

**So, what type of foods are EYE HEALTHY?** Most fruits and vegetables are great sources of **Vitamin C**, including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.

**Vitamin E** is more difficult to obtain from food sources, since it is found in very small quantities. However, good food sources include vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.

**Betacarotene** is present in dark green leafy vegetables (spinach!), deep orange or yellow fruits and vegetables (cantaloupe, mangos, apricots, peaches, sweet potatoes and carrots) and fortified cereals.

**Lutein and zeaxanthin** are found together in many food sources. Dark green leafy vegetables are the primary sources of lutein and zeaxanthin (kale, collard greens and spinach), but they are also present in lesser amount in other colorful fruits and vegetables, such as broccoli, orange peppers, corn, peas, persimmons and tangerines.

Good food sources of **zinc** include meat, liver, shellfish, milk, whole grains and wheat germ.

Eating healthy for your eyes could be the most promising means of protecting your eyes from AMD and cataracts. In addition, planning menus rich in the nutrients described above can mean better overall health for you and your family. Consider eating eye healthy foods and gain benefits for your whole body.

**And remember:** Your eyes are often the best window to your health. Some systemic and chronic diseases can often be detected by your eye doctor during a comprehensive eye exam. Schedule your regular comprehensive eye exam today.

Visit our website for eye healthy recipes!



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