

Russell Gaston: Athlete

Mr. Russell Gaston attended OGHS from 1975 to 1979, participating and excelling in both football and wrestling for the Panthers. In football, Mr. Gaston played center on offense and linebacker on defense and earned four varsity letters. He led the conference in tackles his sophomore, junior, and senior years, served as captain his junior and senior years, and earned 1st Team All-Conference his senior year. As a wrestler, Mr. Gaston earned a varsity letter all four years and All Conference, All District, and All State honors both his junior and senior years. His junior year, he finished 2nd at the state tournament. His senior year, he capped an undefeated season as the first individual state champion in school history at 167. After high school, Mr. Gaston attended Waldorf College in Forest City, Iowa, and played football and wrestled his freshman and sophomore years. After his sophomore year, he transferred to Central Missouri State University, where he made the wrestling team but decided to work instead. He worked as a foreman for a commercial roofing company in Warrensburg and continued his education. He later became a superintendent for a construction company and continued his career in construction. Mr. Gaston started his own construction company, R and E Construction, and has successfully operated it for the past twenty-five years. During his time in the Oak Grove community, he also volunteered as a little league football coach for eight years and as a little league wrestling coach for fourteen years. Mr. Gaston and his wife Emily raised two boys Jayson and Jacob, who also played football and wrestled for the Panthers.