

MILITARY NEWS

Marine Pvt. Michael R. Martinez

... son of Esperanza R. Martinez of East Bernard, has completed recruit training at Marine Corps Recruit Depot, San Diego.

During the 13-week training cycle, Martinez was taught the basics of battlefield survival. He was introduced to the typical daily routine that he will experience during his enlistment and studied the personal and professional standards traditionally exhibited by Marines.

He participated in an active physical conditioning program and gained proficiency in a variety of military skills including first aid, rifle marksmanship and close order drill. Teamwork and self-discipline were emphasized throughout the training cycle.

A 1990 graduate of East Bernard High School, he joined the Marine Corps in August 1990.

Navy Seaman Recruit Jesus G. Cano

... son of Guadalupe B. and Socorro Cano of Eagle Lake, has completed recruit training at Recruit Training Command, San Diego.

During Cano's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

His studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1990 graduate of Rice High School, he joined the Navy in September 1990.

Pvt. Dustin W. Noska

... has completed basic training at Fort Jackson, South Carolina. During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

He is the son of Doyle L. Noska of Columbus and a 1990 graduate of Columbus High School.

Spec. Curtis B. Ward

... a tank turret mechanic at Fort Belvoir, Germany, has deployed to the Middle East with American military forces participating in Operation Desert Storm in response to Iraq's invasion of Kuwait and threat to Saudi Arabia.

"It is the presence of dedicated military people like Ward that brings America's principles to life and gives them strength and meaning," President George Bush said.

He is the son of Loraine Gamble and Pervis Young of Texas City. His wife, Kimberly, is the daughter of Lenny and Flossie M. King of Columbus.

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Proper Use of Inhalers in Asthma Treatment

Asthma is a common lung condition that affects more than 9 million Americans (about four percent of the population). According to a recent issue of the *Mayo Clinic Proceedings*, asthma is the most common chronic condition treated by pediatricians and the leading cause of childhood disability. Medically, asthma is a narrowing or obstruction of the small air passages in the lungs. Typically, asthma causes chest tightness, breathlessness, wheezing, and coughing.

Prescription medicines given by way of a metered-dose inhaler have been found to be effective in treating asthma. Such medicines include *albuterol*, *terbutaline*, and *metoprolol*. Some studies have shown that very few patients actually use metered dose inhalers correctly. The most common problem relates to inhaling and holding the breath for the proper amount of time. The correct procedure, according to most references is: remove the inhaler cap; shake the inhaler container; hold the container upright; tilt the head back slightly; inhale and exhale through the mouth or nose normally; seal the lips on the inhaler mouthpiece; breathe in slowly and deeply through the mouth to activate the inhaler; hold the breath for 10 seconds; exhale slowly through the nose; use one puff of medication; wait 30 to 60 seconds before administering another puff.

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Chartered bus ride to 'Colorado County Night' at Houston Rodeo

The Colorado County Go Texan Committee, headed by Henry Beck of Weimar, invites everyone to ride the bus to Houston for Colorado County Night at the rodeo.

Guest performers at the rodeo on Colorado County Night, Friday, February 22, will be the Judds. The Colorado County Go Texan scholarship winner will be recognized. Go Texan Queen Jennifer Wied will ride in the grand entry and county residents in attendance at the rodeo will be saluted on the scoreboard.

The chartered bus will leave from the First State Bank of Weimar parking lot at 2:30 p.m. and from the south side of the County Courthouse at 3 p.m. for the trip to the Astrodome. Thirty minutes after the rodeo is over it will depart for the return trip to Columbus and Weimar. Seats on the bus sell for \$18 each and may be purchased in County Judge Strunk's office.

Blood drive to help troops of Operation Desert Storm

The American Legion Post 383 and Veterans of Foreign Wars Post 6113 of Columbus along with VFW and American Legion Posts of Weimar and Eagle Lake and other organizations in Colorado County will jointly sponsor a blood drive on Friday and Saturday, March 1 and 2.

This being a county-wide project, the Veterans Memorial Center in Columbus will be the location used. Donation times will be March 1 from 1 to 7 p.m. and Saturday, March 2 from 10 a.m. to 5 p.m. The posts have made arrangements with the Houston Blood Center to be here and draw the blood. All blood is being earmarked for the troops involved in Operation Desert Storm. Everyone prays that this blood

will not be needed, but if it is, it will be available. If any organizations wish to come as a group, please call to make special arrangements: Lucien LaCourse at 732-2556 or Charles Humbird at 732-5255, co-chairman of this blood drive.

We should remember that all personnel in that area are putting their life on the line for our country; the least we can do is give them the gift of life if they need it. The Ladies Auxiliary of the VFW and Legion Post of Columbus will furnish refreshments for donors. Young people under 18 must have their parents' consent. It should also be remembered that some of our own citizens are participating in this Operation Desert Storm.



Reggins in Miss Jr. America Pageant

Once again Little Danisha M. Reggins has been picked for the Miss Junior America Pageant. She is the daughter of Mrs. Elaine Reggins and granddaughter of Mr. and Mrs. Philip Reggins of Eagle Lake.

The pageant will be held at the Twin Towers Hotel and Convention Center in Orlando, Florida on July 11-13, 1991.

Meeting needs of blind children

There are nearly 10,700 blind children in Texas. Early detection of visual conditions is critical to helping these children. If you or someone you know has a child who is blind call the Texas Commission for the Blind for information on services. Call toll-free 1-800-252-5204.

Helping children cope with the war

During a crisis, especially one with such devastating and far-reaching effects as the Persian Gulf war, many people rely on support groups for help. These groups provide adults the emotional support necessary to cope with day-to-day fears and concerns. Children usually don't have such groups to turn to for help.

In response to this need, pediatric psychologists at Scott and White Memorial Hospital in Temple are offering emotional support strategies that parents and schools can use to help children deal with the current war crisis.

Drs. Constance J. Fournier and William A. Rae, with the Division of Child and Adolescent Psychiatry/Psychology at Scott and White, suggest some guidelines.

What can parents do?
•Set aside time to talk with your children about their feelings. "Kids are very much affected by the war," said Dr. Fournier. "Parents have no idea, unless they are talking to their children, just how much they're affected." Children who are not encouraged to talk tend to let their feelings out in detrimental ways, such as behavioral problems, grumpiness, trouble with grades, anxiety, headaches or stomach aches.

What can schools do?
•Watch the news with your children to help explain what is happening. Younger children, especially, need to know what they see and hear on TV. "They have no sense of time or distance. They just think the war is next door, and its going to come here," said Rae. Parents need to discuss media reports with their children to clear up any misconceptions.

Keep up your routine as much as possible. Children and adolescents need consistency and predictability. "Consistency can be very reassuring," he said. "A structured schedule helps kids feel secure... They need to know that life goes on no matter what happens."

If your child has physical complaints, such as headaches or stomach aches, reassure him or her; however, the child should go to school. "Sometimes when you get very anxious or worried, it comes out in headaches and stomach aches," said Dr. Fournier. "The tendency might be to let them stay home, but kids need to go to school. School is their work and they need to stay busy."

Recognize that school work may suffer. Keep close contact with your child's teacher regarding how the child is coping in the classroom. When they are anxious or upset, children lose their concentration and grades suffer, they said. Parents should be aware of any problems their children are having at school and offer extra help with homework.

Take care of yourself; your children are relying on you. Develop networks to discuss your concerns with others. "You can't take care of somebody else unless you are okay," said Rae. "Parents need to find help for themselves first." It is important for parents to rely not on their children but on other adults for emotional support, he said.

If your child has ongoing or increasing difficulties, seek additional help from a psychologist, psychiatrist or social worker.
•What can schools do?
•Normal school procedures during and after the crisis should be followed whenever possible. Some modifications in the classroom may have to occur. "You don't want to spend the entire day watching the news or suspend classes to watch TV reports," said Rae. An exception to the normal class routine may be brief updates on the war for older children.

Faculty members should be provided coping assistance first. They will be able to help students cope. It is important for teachers to make time to talk and "debrief each other" on issues that affect them personally, as well as their students.

Identify students most closely affected by the war. Children with family members in the Gulf and those with close friends affected by the crisis are at highest risk. Teachers should identify and target high-risk students, and "cut a little slack" on school work when necessary, said Dr. Fournier.

Networking efforts should provide both individual and group counseling to high-risk students and others known to be at risk emotionally.

Schools need to make sure the kids' mental health needs are met with either individual or group counseling, whatever is appropriate and available," she said.

Small classroom discussions, presentations and announcements are preferable to large school assemblies in discussing feeling and/or ongoing information. General information can be given in a large group, "but there has to be interchanges in order to monitor how students are receiving information," explained Rae. It also helps if teachers take a few minutes at the beginning of class to gauge the students' feelings, Dr. Fournier added. "You can take five minutes out of a 55 minute period to process how kids are feeling, then you've got 50 minutes of good time, as opposed to 55 minutes of distracted time," she said.

It is appropriate to contact the family and support from the school will be appreciated. Parents should be kept informed of special programs offered at school, as well as any problems their children may be having, said Rae.

Extreme care should be taken if media interview children on campus. Written procedures for dealing with reporters are recommended. "Schools must have procedures on how students will talk to the media and when the media will be brought in," said Dr. Fournier. Reporters need to use sensitivity and common sense, she said, and children should be prepared in knowing what to expect from an interview.

Counselors, teachers and administrators who deal with the crisis should meet frequently to discuss how their strategies are working and plan for ongoing intervention. Educators need to stay informed of current happenings in the Gulf and be aware of students' reactions to these events, said Rae. They should work together to appropriately meet the ongoing emotional needs of their students.

SPORTS PAGE



Rice freshman team action

Brandon Wiese, #24, shoots a free throw for the Raiders who beat Columbus 57-45 in Friday night's game (Feb. 1). Headlight Photo by Tonya Castro



Up and over

Chad Sunderman, 54, is shown going for two, regardless of the Cardinal defense trying to block him. Headlight Photo by Tonya Castro

8th grade Raiders pluck Cardinals 27-20

We traveled to Columbus and got our 5th win of the season 27-20 over the Cardinals. This makes our record 5-9 with one game left.

Leading the team were as follows: Charyan Thomas with 13 points and nine rebounds; Charles Chapman, seven and two; Tim Jones, five and six; Neil Brosche, two and 10; Donny Oberhaus, two rebounds; and Robert LeBlanc, with one rebound.

Congratulations to the kids for their victory. Our last game of the year is against Brookshire Royal. This game has been changed from the 7th (Thursday) to the 4th (Monday) of next week.

"Raider Pride '91"

Coach Jackson

Coach Sanders

ELMS Lady Raiders play hard against Bluejays

The ELMS Lady Raiders played hard against the opposing Brookshire Royal team.

The 8th graders won with a score of 31-16. Annette McTeer made 15 of those points while Crystal Lockett scored 6 and Shea McClanahan scored 10.

The 7th graders lost, 34-27, but it was a good game, nonetheless. Rebecca Burrow did an outstanding job, scoring 23 out of 27 points. B.J. Salazar scored 2 and Stephanie Rivera and Kristie Gertson each scored one point for the Raiders.

Congratulations to these young ladies for hard efforts throughout the entire year.

Special Olympians capture medals

Stroman High School in Victoria was the site of this year's Special Olympics basketball meet for Area 3.

Entering in the individual skills contest on Jan. 26 were ten athletes from Columbus I.S.D. and four from Rice.

Results for the Columbus team were: 3rd place medalists: Jessica Burris, Socorro Cano, Sidney Lira, Dwayne Lopez and Rex McCloud; 2nd place: Beth Lippert and Jason

Wright; 1st place: Olga Lopez, Larry Morgan and Roman Ortiz.

Placing for the Eagle Lake team were: 3rd place medalist: Jaime Gonzales; 2nd place: Eric Gutierrez and Demont Holloway; 1st place: Judy Holloway.

Accompanying the Columbus group were Ron Peach, Sandy Neundorff, Judy Wright, Jerry Perrino, Gae Ann Noska and Judy Pustejovsky.

Columbus tops 7th grade

The Cardinals avenged their loss to the Raiders by topping the Raiders 39-18 last Thursday night. We got behind early in the game and could never regain our composure.

Scoring for the Raiders were Jessie Bishop and Brandon Mathis with 6 points each followed by Byron Black with 4 and Garett Hagedorn, 2 points.

"Raider Pride '91"

ELMS plays Royal in last game of season

Brookshire Royal came to town for the final game of the season and defeated the Raiders in overtime 28-25. It was a very exciting game. This brings the record to 5-10 for the year.

Leading for the Raiders were Charyan Thomas with 14 points and 10 rebounds; Charles Chapman, 7 and 5; Tim Jones, 2 and 5; Neil Brosche, 1 and 5 and Donny Oberhaus with 3 rebounds. Robert LeBlanc also played hard for the team this week.

The 7th grade game wasn't as close. Royal took the win, 42-23. Brandon Mathis made 15 pts. for the team and Jessie Bishop made 8 pts.

I am very proud of the way this team hustled. Despite the score they never gave up.

Congratulations to the kids for a good finish to the season. We now concentrate on track and try to defend our district championship in the 8th grade and to capture one in the 7th grade.

"Raider Pride '91"

Coaches Jackson and Sanders

Games This Week!

Friday, Feb. 8 Raiders vs. La Grange, 5 p.m., There*
Monday, Feb. 11 Raiders Baseball Scrimmage
Rice vs. Hallettsville, 4:30 p.m., Here
Tuesday, Feb. 12 Raiders vs. Bellville, 5 p.m., Here*
*District games



Great things come in small packages

Raymond "Tweet" Ford, #12, is pictured shooting one of his five three pointers. He scored a total of 26 points for the Raiders leading them to a 69-63 victory over the Columbus Cardinals and bringing their record to 3-4 for district.

Headlight Photo by Tonya Castro

Raiders play strong against 'C-Town'

Friday night, Feb. 1, the Rice Raiders took on the Columbus Cardinals.

The Freshman team, coached by Monte Cain, did an outstanding job. Chris Clemons, #50, and Brad Gohlke, #42, played a very strong defense.

Clemons scored 19 points and Rick Thomas, #11, scored 13. Ernest Sims and Brandon Wiese also played hard and helped Rice dominate the Cardinals.

By half-time the score was 30-16. In the second half, the Cardinals tried to catch up, but were no match. Rice took the victory, 57-45. The Freshmen standing is now 5-2 for district games.

The Junior Varsity played a good game, but could not overpower the Columbus team. Chad Sunderman scored 11 points along with Arlen Lemons.

The first half ended with a score of 15-22 in the Cardinals favor. The J.V. played hard, but their opponents

slipped by them, 41-43.

The Varsity game kept the fans cheering. It may have been Raymond "Tweet" Ford, however, that the crowd cheered for. "Tweet", #12, seemed to steal the show with five awesome three point shots and a total of 26 points.

Jose Gonzales, #30, and Kevin Diggins, #40, made 14 points each. Kevin Williams played strong defense and Rice ended the first half with a score of 37-31.

The Cards came back strong, but the Raiders gave no slack. The Varsity took the victory over Columbus; 69-63. Standings in district are now 3-4.

On Feb. 8, Rice plays in La Grange and on the 12th Bellville will come to Rice for the last basketball game of the season.

Come out and support your Mighty Raider teams starting at 5 p.m.

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