

RAIDER REVIEW

The Raider Review is published by the Journalism Department of Rice High School. The opinions reflected are those of the students and not the administration or The Eagle Lake Headlight unless otherwise stated.

TCI Cable contributes to RHS library

Bill Berekay Jr., of TCI Cablevision of Central Texas in Columbus, presented a check to Mrs. Lynne Hollie, Rice High School librarian. TCI presents money earned in their fall educational campaign to the high school libraries in Columbus ISD and Rice CISD. The money will be used to buy videos, CD-ROM Program, and/or computer software for use by students and faculty in the Rice High School library.



Bill Berekay Jr., TCI representative, presents Lynne Hollie, RHS librarian, a donation from TCI Cablevision.

Atkins makes State Band

The 1994-95 Raider Band is proud to announce the acceptance of junior, Crystal Atkins to the All State Band. Through hours of hard work and preparation, Crystal rightfully won this statewide honor. In order to earn a seat in this notable band, Crystal perfected the music on her baritone saxophone which was used for seating in the All Region Band. At Area tryouts, her performance was chosen to be taped, which is an honor in itself. In being taped, Crystal competed for one of two seats in the state band. Much to everyone's delight, she was chosen as tops in the entire state.

Along with band director Floyd Spenrath, assistant Jesus Gonzalez, and her father Bill Atkins, Crystal will spend four days and three nights in this marks Crystal's second appearance in the All State Band, receiving the top honor her freshman year also. In addition, she is the only musician from Rice to ever receive this State Band recognition. Crystal is the Rice-Band President and a regular alto saxophone player, with the baritone sax as an extra. She is the daughter of Bill and Julie Atkins of Garwood.



Crystal Atkins

PALS trek to Austin conference

By Nancy Hernandez The Rice High School PALS traveled to Austin on Friday, Feb. 3, to attend the 8th Annual Leadership Conference for high school PALS and Peer Helpers. The two-day convention whose theme was PALS for Peace included general sessions with keynote speakers such as Jennifer Ontovero, and 18 year-old former gang

leader who delivered a message of perseverance, overcoming great odds, and resilience, and Kevin Wanzler who has worked with the NBA's, NFL's and Major League Baseball's "Stay in school and Say No to Drugs" rallies.

A multimedia show entitled "Above and Beyond" was a highlight. The three-screened slide presentation set to music emphasized the importance for young people to be empowered, confident and strong so that they will have the courage to make tough choices.

About 2500 students also attended workshops on topics such as peer mediation, racism, understanding body language (non-verbal behavior), and building self-esteem. They were given the opportunity to meet PALS from across the state and then divided into "families" (smaller groups) to discuss different subjects and participate in group activities.

The 16 PALS who attended from Rice High School were accompanied by their sponsors, Jane Wied and Tommie Holden.



Pictured kneeling: Dornay Obenhaus and Jared Vawter. Standing (from left to right) Shea McClanahan, John Kabaiza, Ricardo Reyes, Corinne Parker, Nick Kovenski, Leigh Jackson, Anna Páez, Shari Grahamman, Almiria Smith, Jodie Heard, Lailita Deville, Bernita Fry, Shawn Hurd and Robert Hernandez.

Local FFA members competing in Houston

Seven FFA members from Colorado County will be joining other 4-H and FFA members from throughout Texas for show ring competition at the upcoming Houston Livestock Show and Rodeo, Feb. 17 through March 5 at the Astrodome. These FFA and 4-H exhibitors compete in one of two divisions at the Houston Livestock Show, the junior show division. The other division, the open show, attracts its exhibitors from the world's agricultural industry, primarily professional breeders and ranchers. Entries on both the open and junior shows combine with horse show entries to make the Houston Livestock Show the world's largest.

According to a release from Houston, those competing from Colorado County are, from Eagle Lake, Del Franka Jr. showing a market barrow and Michelle Spaniel exhibiting three commercial steers; from Garwood, Chad Fucik showing three commercial steers, Clint Krensek with three commercial steers and Brent Schneider also exhibiting three steers; Shari Grahamman of Rock Island has three commercial steers and a beef heifer and Jennifer Hajovsky of Sheridan is listed showing three commercial steers.

Bible Verse

"The eyes of the Lord are upon the righteous, and his ears are open unto their cry." — Psalms 34:15

Submitted by Neddly Phillips

Ring Services, Jewelry Repair Services, Ring Sizing, Ring Repair, Chain Repair, Bracelet Repair, Diamond & Colored Stone Replating, Repronging, Retipping, Latch & Loop Buildup, Watch Batteries Changed

K-D JEWELRY 704-B S. McCarty, Eagle Lake 234-5717



Views On Dental Health

BRUSHES HAVE COME A LONG WAY

We've come a long way since Aristotle decided to clean his teeth with a twig. The first toothbrush as we know it was made by the Chinese at the end of the 1400's. Three hundred years later, toothbrushes were introduced to Europe and became a commercial success in 1780 when William Addis wired hair from a cow's tail into a bone and offered them to the public. Nylon bristles began to replace natural animal hair in the early 1940's. The decision was made on economic, not scientific grounds. These bristles were extremely stiff and sharp causing all sorts of gum and tooth problems.

By the 1950's, the consensus was that soft nylon bristles were best to clean plaque from teeth. Nylon had advantages over natural bristles. They were uniform in size, shape and texture and did not have a hollow shaft that might collect bacteria. Rounding the ends made them even more gentle and increased their cleaning ability.

Presented as a public service to promote better dental health. From the office of JOHN B. MYRES, D.D.S., 704 S. McCarty Avenue, Eagle Lake, 234-3525.

JOHN B. MYRES, D.D.S. 234-3525 Located Next to Eagle Lake Drugs

W.A. Vinnau & Sons, Inc. Sealy: 885-3549 Sealy Direct: 234-5312

Schindler LPG, Inc. 234-3314 Eagle Lake

The First National Bank Member F.D.I.C. Bank of Friendly Service Eagle Lake

Lissie Flying Service Farmer to Farmer Agriculture Flying Lissie, Texas 234-2482

Eagle Lake Headlight 220 E. Main "Your Hometown Newspaper" 234-5521

Financial aide

By Ashley Cranek

On Monday, Feb. 6, a financial aide meeting was held for seniors and their parents in the Rice High School commons. Conducting the meeting was Mr. George Lehner Jr., from Louise, and Mr. Joe Wendel from Eagle Lake. George Lehner was a high school counselor for 24 years and is now an Associate Financial Aide Director at Wharton County Junior College.

If anyone is still interested in getting financial aid and didn't have a chance to attend the meeting you may go by Mr. Wendel's office and pick up a form. Mr. George Lehner will be back on Feb. 27 and 28 and March 3 and again on March 27 and speak to the students through the government classes.

If you have any questions pertaining to the form, please feel free to talk to Mr. Lehner on the scheduled days he will be here. Parents are welcomed to come and talk to Mr. Lehner individually with their child. Remember, if you need a financial aid form please go by Mr. Wendel's office and pick one up. It is very important to fill out the form and get it in as soon as possible, so please do not delay.

New teacher Ms. Rose

By Mari Valles

Introduced to the staff and students this semester is Ms. Deanne Rose. Ms. Rose had replaced the recently retired Mrs. Diane Wunderlich as the new Home Economics teacher at Rice.



Ms. Rose graduated from North Texas University in Denton. She has worked as a substitute and a daycare teacher for toddlers. Ms. Rose is presently residing in Houston but looking for a residence in our area. Ms. Rose enjoys camping, reading, writing and traveling in her spare time.

When asked what she thought "A man should live if only to satisfy his curiosity." — Yiddish Proverb "The obvious is always the least understood." — Metternich "Nothing is particularly hard if you divide it into small jobs." — Henry Ford

Who's Zat?

By Kristen Stienke

Wow! Look at this cute little cowboy! His picture stumped very few people. The only clue given to guessers was that he is a junior, but isn't that sweet little smile enough to give him away?



Sheridan students prepare for UIL competition

Sheridan students and teachers are preparing for UIL contests. Arriving early and leaving late is what it's all about. UIL is the reason. Sheridan likes bringing home ribbons. Here are just a few students who will be participating.

In the Maps, Charts and Graphs: 5th grade: Ricky Perez, Kolt Miller, Ahida Garcia, Jaki Alleyway; 6th grade: Isam Brisco, Robyn Alleyway, Kyle Kincheloe; 7th grade: Joel Baggett, Matthew Ray, Danielle Tesich; 8th grade: Jonathan Godley, Nathan Munoz.

Creative Writing: 2nd grade: Stuart Ray, Erica Heam, Tyler Kloss, Stephanie Botard. Storytelling: 2nd grade: Donovan King, Katie McDaniel, Rachel Peterson, Tiffany Varley; 3rd grade: Griff Clipson, Clifton Spangenberg, Steven Moore.

Ready Writing: 3rd grade: Marshall Peterson, Lauren Kasper, Jennifer Lopez, Griff Clipson; 4th grade: Patrick Milentz, Jason Godley, Leila Baggett, Krystal Buegler; 5th grade: Kimberly Denley, Lakisha Dawson, Tiffany Stern, Sheil Layton; 6th grade: Robyn Alleyway, Stephanie Mahalic, Eric Kasper, Bruce Lowe; 7th grade: Virginia Eds, Brandy Lawson, Danielle Tesch, Kimberly Smith; 8th grade: Danielle Witte, Thomas Pittman, Johnny Slavinski, David Houser, Bo Josef Vavrusa.

Spelling: 3rd grade: Esthervon King, Lauren Kasper; 4th grade: Jason Godley, Leila Baggett, Travis Pittman, Brandon King; 5th grade: Johnny Eds, Mike Lloyd, Jonathan Hubenak, Felipe Rangell, Matthew Hinz; 6th grade: Matthew Milentz, Danielle Witte.

Arithmetic: 4th grade: Matthew Hinz, Andrew Varley, Jacqui Mahalic, Christine Jackson, Travis Pittman; 5th grade: Michael Kincheloe, Amanda Labay, Ross Tinsley, Courtney Sims, Jaki Alleyway.

Oral Reading: 4th grade: Courtney Mahalic and Christine Jackson; 5th grade: Lakisha Dawson, Sheil Layton, Tiffany Stern; 6th grade: Christina Cuno, Erica Cole, Joshua Spangenberg; 7th grade: Kimberly Smith, Brandy Lawson; 8th grade: Stacy Rodriguez, Michelle Kazmir, Karuna Jones.

Number Sense: 4th grade: Andrew Varley, Reggie Ford, Michael Hubenak, Felipe Rangell, Matthew Hinz; 5th grade: Kimberly Denley, Ace Banks; 6th grade: B.J. Ross, Jeffery Kazmir, Bruce Lowe; 7th grade: Justin Lawson, Dustin Brisco, Virginia Eds; 8th grade: Lakeva Banks, Bo Josef Vavrusa.

Calculator Skills: 6th grade: Christina Garcia, Jennifer Hearn, Stephanie Mahalic, Christina Cuno; 8th grade: Kevin Godley.

Listening Skills: 6th grade: Tyler Abernathy; 8th grade: Geronimo Tonchez.

Life Science: 7th grade: Cody Thompson.

Earth Science: 8th grade: Thomas Pittman, Jerry Jackson, David Houser.

With all these people, teachers and students, involved in UIL academics, Sheridan students are moving on the Top-SMART.

Von Heeders celebrate 50th anniversary

Walter and Louise Von Heeder of Garwood were quite surprised Jan. 21, 1995, in Sealy where they were attending an annual Von Heeder family reunion.

Mr. and Mrs. Wilbur Von Heeder of Houston had arranged for a beautiful 2-tiered wedding cake and a vase of pink carnations to be on a decorated table honoring Walter and Louise on their 50th anniversary. Cards and gifts were also on the table.

Family members present were from Temple, Port Bolivar, Sealy, Austin, Conroe and Houston.

Mrs. Doris (Von Heeder) Small and Richard and Pauline Small were hosts for the family reunion in Sealy.

Mr. and Mrs. Walter Von Heeder of Garwood were happy to have their daughter, Kay Eileen Von Heeder of Houston, spend her birthday (Feb. 4) and the next day with them.

Colorado County Go Texan representatives compete in Houston

Colorado County Go Texan representatives competed on Go Texan Day Saturday, Feb. 11, at the Houston Livestock Show and Rodeo.

Competing against 58 other Go Texan teams were: men's horseshoe pitching: Keith Pensell from Eagle Lake and Anthony Drik of Garwood; women's horseshoe pitching: Mary Lou Spalok of Alletton and Jacque Sevcik of Sheridan.

Boys' horseshoe pitching: Brett Boenisch and Clay Konek of Garwood; girls' horseshoe pitching: Colleen Sevcik and Stacy Rodriguez both of Sheridan.

Senior washer pitching: Bobby Wied Sr. and Bobby Wied Jr. both of Eagle Lake; junior washer pitching: Doug Bradford and Stephen Bradford both of Columbus.

Men's hay hauling: Stephen Spaniel, Dusty Leopold and Chad Sunderman-alternates Jim Wood of

Quilt Contest will be on display during the Houston Show which begins Feb. 17 and ends March 5. Anita Neundorff of Cat Spring is Colorado County's champion quilter.

Photography winners from Colorado County will be on display during the same period of time. Winners known to date are elementary students Kristi Johnson of Eagle Lake, Katie Schindler of Alletton and Ashley Walligera of Garwood.

All of the 62 county representatives who competed in Houston have won championships at their county events.

Points are awarded to counties for 100% participation in all the Houston competition and for placing first in 1881.

Mathews, Garwood and Eagle Lake respectively; and

Women's hay hauling: Vivian and Michelle Spaniel and Rachel Weishuhn all of Mathews.

Team penning competition was held Sunday, Feb. 12, at the Horse Arena. Representing Colorado County in this event were Monroe "Rip" Ripper and Al Schindler of Eagle Lake and Stephen Spaniel of Mathews.

The barbecue cook-off was held Friday, Saturday and Sunday, Feb. 9, 10 and 11, on the Astrodome parking lot. Colorado County was represented by Kubi's Cookers of New ULM. Team members included Eugene, Delores and Clement Kubicek and Jeanne Venghaus.

Senior washer pitching: Bobby Wied Sr. and Bobby Wied Jr. both of Eagle Lake; junior washer pitching: Doug Bradford and Stephen Bradford both of Columbus.

Men's hay hauling: Stephen Spaniel, Dusty Leopold and Chad Sunderman-alternates Jim Wood of

Quilt Contest will be on display during the Houston Show which begins Feb. 17 and ends March 5. Anita Neundorff of Cat Spring is Colorado County's champion quilter.

Photography winners from Colorado County will be on display during the same period of time. Winners known to date are elementary students Kristi Johnson of Eagle Lake, Katie Schindler of Alletton and Ashley Walligera of Garwood.

All of the 62 county representatives who competed in Houston have won championships at their county events.

Points are awarded to counties for 100% participation in all the Houston competition and for placing first in 1881.

through tenth in any of the events in Houston.

These points, in addition to Go Texan Committees activities throughout the year, are used to determine the amount of the scholarship awarded to each county in the amounts of \$2,500, \$5,000 or \$10,000.

Colorado County has been a Sweepstakes County the past two years which entitled it to one of the three \$10,000 scholarships.

The scholarship winner and Go Texan Queen Melissa Harbich, along with Colorado County Fair Queen Kacey Stewart and Membership Queen De'Ann Blair will ride in the grand entry during Colorado County morning at the Rodeo Feb. 18. The 11 a.m. performance will feature Clint Black.

Senior washer pitching: Bobby Wied Sr. and Bobby Wied Jr. both of Eagle Lake; junior washer pitching: Doug Bradford and Stephen Bradford both of Columbus.

Men's hay hauling: Stephen Spaniel, Dusty Leopold and Chad Sunderman-alternates Jim Wood of

Quilt Contest will be on display during the Houston Show which begins Feb. 17 and ends March 5. Anita Neundorff of Cat Spring is Colorado County's champion quilter.

Photography winners from Colorado County will be on display during the same period of time. Winners known to date are elementary students Kristi Johnson of Eagle Lake, Katie Schindler of Alletton and Ashley Walligera of Garwood.

All of the 62 county representatives who competed in Houston have won championships at their county events.

Points are awarded to counties for 100% participation in all the Houston competition and for placing first in 1881.

Paul Vasut Farms, located in Eagle Lake has been accepted as a member of the American Herford Association (AHA) according to an announcement by H.H. Dickenson, AHA Vice President.

The American Herford Association, headquartered in Kansas City, Mo., is the world's largest beef breed registry organization. There have been over 19 million head entered in the AHA herd book since its founding in 1881.

Paul Vasut Farms, located in Eagle Lake has been accepted as a member of the American Herford Association (AHA) according to an announcement by H.H. Dickenson, AHA Vice President.

The American Herford Association, headquartered in Kansas City, Mo., is the world's largest beef breed registry organization. There have been over 19 million head entered in the AHA herd book since its founding in 1881.

N. Lake Baptist Church Jan. missionary lessons

Area: "Understanding the purpose for ministry." The scripture said, "Get wisdom get knowledge, but above all get understanding." Many auxiliary churches, families, schools, civic affairs have been torn up, on account of lack of understanding.

Theme: "The servanthood ministry." Rom. 15:1

First week: Ministry means, any organization, such as, teacher, usher, musician, etc. If you being the head one, that's your ministry.

Jesus the Messiah came and introduced his ministry as a servant hood. He was despised, rejected, oppressed, afflicted and persecuted. But he was also the chief master teacher. Rom. 15:1 said, "We that are strong ought to bear the infirmities of the weak."

Meaning to be a true servant of the almighty God, we must go through some persecution, and be able to stand for the word of God, as a good soldier. For I Pet. 5:8 said, "Be sober, meaning having a clear mind, be vigilant, meaning be alert to danger, because your adversary the devil, is seeking whom he may devour."

Second week: "Serving with love an unity." Heb. 13:1-3

Serving means to prepare, and offer to others. With the agree love. For the love of God, will unify and bring unity to the people of God. We can't minister to those we don't love.

Jesus said in John 13:35, "By this, (talking about loving one another) all men will know that you are my disciples." Heb. 13:3 says, "Remember those who are in prison (sin) as though it were us."

We can often see others fall, but not our own. Knowing that we as believers are sealed into the day of redemption or the rapture, by the Holy Spirit. Eph. 1:13

Our service should be motivated by the ministry, love and service of Jesus Christ.

In the country are homeless, hungry, oppressed, depressed and locking in proper health care. But we say we are dedicated followers of Christ Jesus.

Third week: "The need for commitment in ministry." Gal. 2:20

Need means something urgent or necessary to have. Commitment means to pledge or bind. Being committed to a duty. This spiritual commitment is not to be taken lightly. For the Apostle Paul said in I Tim. 1:12, "For I know in whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day."

Christian people, we better make sure that we have been washed in the blood of the lamb. In Rev. 3:13, John said, "He that hath an ear, let him hear what the Spirit saith unto the churches." Look around Eagle Lake, and view the city, the death angel is riding. Jesus is on His way back. In Rev. 1:7, John said, "Behold coming 'Look.' He cometh with clouds, and every eye shall see Him, and they also which pierced Him, and all kindreds of the earth shall wail, meaning mourning and crying, because of Him. Ever so amen. We need to take a survey and examine our

responsibilities in ministry." Neh. 6:1-4

This subject means, accepting obligation. In Matt. 10: 1-21, Jesus gave his disciples a strict order of ministry. Go not to the Gentiles nor the Samaritans, but go rather to the lost sheep of the house of Israel. Jesus had called them, taught them, now sending them forth. He said when you get there, "preach."

He knew the adversary Satan is crafty, artful and a liar. Many ambulances will come over way. Neh. 6:1, Satan tried to hinder Nehemiah from doing a good work. The pastor is the leader of God's people, he is the under shepherd. The Holy Spirit must lead, and the pastor must follow his leadership. Each member must be led by the Spirit of God in our work. The Holy Spirit will cause the believer to see, understand and realize something. He convinces us of the way we should go.

Pastor Rev. J.H. James; General teacher, Sis. Inola Johnson; Teachers, Sis. V. Fields, B. McTeer, B. Johnson, A. Heam and R. Banks.

See School, Page 8

Pharmacy & Your Health

EAGLE LAKE DRUGSTORE Steve K. Balas, RPh 702 South McCarty • Eagle Lake • 234-2502

•Patient Counseling • We Accept Master Card, VISA, Discover & American Express Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid

24 Hour Emergency Phone: 234-3834 New Forms Of Migraine Medicines Due Soon

According to a recent report in Pharmacist's Letter, the U.S. Food and Drug Administration will soon approve new forms of two prescription medicines used to treat migraine headaches. The new forms are easier to use than the existing injectable forms of these medicines. This is good news for many migraine sufferers. For some, attacks of migraine headaches are so severe and debilitating that they must stop work and may be incapacitated at home for hours or even days. The two dosage forms approved are a tablet form of sumatriptan (Imitrex) and a nasal spray form of dihydroergotamine (DHE-45).

Sumatriptan is a relatively new prescription medicine for migraine headaches. This medicine stimulates serotonin receptors, resulting in a constriction of select blood vessels in the brain. Shrinking these vessels, relieves migraine pain. One drawback with this medicine is that headaches may recur (the medicine is short acting). And it should not be used by persons with a history of heart disease. Dihydroergotamine (DHE) works a lot like sumatriptan. However, until the nasal spray form is approved and available, it also must be given by injection. Sumatriptan and DHE should not be used together. Combined actions of both medicines could lead to chest pain and high blood pressure.

EAGLE LAKE COMMUNITY HOSPITAL

Now has available Physical Therapy Services

•Licensed Physical Therapist available Monday-Friday, 8 a.m. - 5 p.m. to handle all rehabilitation needs.

•All physician referrals are welcome.

•Our Staff has over 14 years of combined clinical experience in Rural Health Care.

600 S. Austin Road, Eagle Lake 409-234-5571

Marine Pvt. 1st Class Angel A. Elizondo

... was recently selected as Sailor of the Quarter aboard the guided missile frigate USS John L. Hall, homeported in Pascagoula, Miss.

Botard was chosen as the top performer from all the sailors assigned to the command and cited for outstanding professional accomplishment, proficiency, leadership, initiative and military bearing.

Botard, a 1986 graduate of Rice High School, joined the Navy in Aug. 1987.

His parents and girlfriend, Maria Tapia, traveled to San Diego for his graduation on Jan. 19. Members of his family gave him a surprise family reunion when they returned from Calif. on Jan. 20. His sister Aracely, her husband Francisco and daughter Ashley drove from McAllen to be at the family reunion. On Jan. 30, Elizondo returned to San Diego.

Elizondo, a 1994 graduate of Rice High School, joined the Marines in Oct. 1994.

John Kaluza and Stephanie Labay had no idea who it was. Osvaldo Silva fell off his horse by guessing Michael Wiese, Breanna Wood tripped on her boots by guessing Chad Westedski. But Shea McClanahan, Michael Wiese, Jill Satsky and Andrea Machack knew right away that it was Clint Krensek.

Clint "Stoory" is the son of Bill and Sue Krensek of Garwood. He is a varsity football player and president of the Rice High School FFA. In his spare time, Clint enjoys rodeoing and snow skiing.

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

Marine Pvt. 1st Class Angel A. Elizondo

LAKER PRINTING & TROPHIES

123 N. McCarty Eagle Lake Will Be Closed Monday, Feb. 20, through Friday, Feb. 24 We Will Be Open for Business Monday, Feb. 27, at 9 a.m.

SOUTH TEXAS MEDICAL CLINICS, P.A.

is proud to announce the association of Jo E. Cain, P.A. (Physician Assistant) to its staff.

Ms. Cain obtained her B.S. in biology at the University of Southern Mississippi in Hattiesburg and her bachelor's degree in medicine as a physician's assistant from Medical Center in Omaha. She was a ROTC cadet at the University of Southern Mississippi.

Her work experience includes time spent at Beaumont Critical Care Emergency Room, St. Elizabeth's Minor Care Emergency Room in Beaumont, and Bergen Mercy Hospital in Omaha.

As a commissioned officer with the U.S. Army in active duty, Cain served in Italy, Germany and Honduras in the medical field.