

This Week's Action!



Date	Team, Time & Place
Tuesday, Dec. 30	Raider JV & V basketball at Living Water, Rosenberg, 4 p.m.
Tuesday, Jan. 6	Raider F, JV & V basketball vs. Sealy, Here, 5 p.m.

Lady Raiders lose two in tourney

The Lady Raiders opened the Columbus Tournament Thursday, Dec. 18, against Lamar Consolidated, a 4-A school. The game was decided in the first quarter, when Lamar jumped out to a 27-4 lead.

The Lady Raiders played hard throughout the game, despite being over-matched.

"Lamar's a 4-A school; we don't think anyone in our district is close to their level," commented the Lady Raider's coach.

The Lady Raiders have played against strong competition early in the year. Their record is not an indication of how good they are. Once district starts, the Ladies will be right there, in the thick of it.

The Lady Raiders went on to lose to Lamar Consolidated by a score of 65-31, bringing the seasons record to 3-8.

Leading the scoring for the Lady Raiders was Briana Bedford with nine; Chazara Scott had six; Natesha Glover and Tierra Wright, four each; Mildred Smith, Amy Obenhaus,

Ruthie Long and Angela Phillips each contributed two points.

On Friday, Dec. 19, the Lady Raiders played their second game in two days. This game's opponent was Schulenburg.

The Lady Raiders raced out to an early 4-0 lead, but Schulenburg came back with 10 unanswered points to end the first quarter.

The Ladies had a difficult time scoring the rest of the way.

Schulenburg put the game away in the third quarter with a 14-4 run.

There weren't many highlights for the Lady Raiders.

On Dec. 9 the 8th grade Raiders traveled to the Columbus Tournament and came away with a decisive 53-23 victory over Columbus.

The Raiders started out strong as they built a 33-8 lead by halftime. In the second half, the Raiders were on cruise control as they shot down the Cardinals.

Adrian Middleton led the scoring with 14 points. Jerry Cleveland had 11; Norris Powell, eight; Jason Barrow, seven; Jermal Wright, seven; and Conrad Diggs, six.

Cleo Johnson and Jeremy Walker were credited with giving great effort on the defensive end of the court.

Coach Ehrlich stated that his players had to "step it up" a notch because two players were unable to play (Dante Fuller, injured; and Eyan McClain, sick).

Saturday, Dec. 13, the Raiders and La Grange Leopards battled for the tournament championship.

La Grange started out strong, building a quick 8-0 lead. The Raiders regained their composure and cut the

lead to five points at the half.

In the second half, the Raiders fought hard and cut the lead to one point, but couldn't take the lead.

La Grange won 33-32 on the scoreboard, but every Raider understands that they won the game in their hearts.

Leading the Raiders were Powell with nine points; Middleton, eight; Fuller, seven; Wright, six; and Barrow, two.

Middleton and Wright were selected to the All-Tournament team.

Monday, Dec. 15, the 8th grade Raiders traveled to Columbus and kept their perfect record in district play intact with a solid 50-30 victory.

The Raiders finally started out strong to begin the game, building a 17-7 lead at the end of the first quarter.

Rice led 37-12 at half and 46-17 at the end of three quarters.

The Raiders seemed to lose their intensity in the fourth quarter as Columbus made a surge to cut the lead to 20 at the end of the game.

Diggs led the scoring with 11; Wright, 10; Middleton, nine; Fuller, seven; Cleveland, five; Walker, three; Barrow and Johnson had two each; and Angel Franco added one point. Playing good defense was McClain.

Coach Ehrlich said the team's goal is to finally put four strong quarters together without mistakes, throughout the season. "Our weak quarter has been the first, but tonight we finally came out and took control of the game from the opening tip. The only negative came in the fourth quarter, when we 'let up a little' but the season is still young and we will continue to work hard on reaching our goal of solid play for four quarters."

The Raiders are now 6-1 overall, and 5-0 in district play.

Raider Varsity takes bite out of Sharks, de-claw Wildcats

The Rice Raiders won two games last week, taking their season record to 10-5.

First, they took the bite out of the Palacios Sharks 88-73 and then on Friday the Raiders clawed the Wildcats from Weimar 77-57. This brings

the Raider record to 9-5.

On Tuesday, Dec. 16, the Raiders got all over Palacios.

Rice was led by Josh Godley with 21 points, Warren Scott with 15 and Clint Gertson with 17 points.

Also contributing to the Raider victory were Pete Rangel with nine; Eric Johnson, eight; Kenny Pipkins,

seven; Charles Axel, four; Jay Knight, three; and Jamaricus Brooks and Kevin Godley, two each.

The Raiders jumped off to a fast start and never really looked back. Rice totally dominated all facets of the game, pulling down 47 rebounds, taking 26 steals and blocking seven shots.

All night the Raiders ran and ran; Palacios never really had a chance.

As evidence by the number of steals, the main key to the victory was the Raiders defense.

On Friday, Dec. 19, the Raider running game was, again, in high gear as they ran over, through and around the Weimar Wildcats.

Once again, solid defense (21 steals, 11 blocks) led the way for Rice. Also the Raiders dominated the boards, grabbing 63 rebounds (Josh Godley, 13; Pipkins, 12; and Gertson 10).

On the offensive end, the Raiders were led by Scott's 18; Josh Godley's 17 and Brooks' 10.

Also contributing to the Raider offensive output were Pipkins with nine; Gertson, eight; Rangel, five; Johnson and Knight, four each; and Axel, two.

The Raiders take the week off for Christmas and come back Tuesday, Dec. 30, against Living Water Christian in Rosenberg.

The games begin with the JV at 4 p.m. and the Varsity about 5:30 p.m.

SCORE BY QUARTERS

	1	2	3	4	Tot.
Rice	20	25	17	26	88
Palacios	11	18	18	26	73
Rice	23	15	20	19	77
Weimar	14	14	14	15	57

GARWOOD SCHOOL NEWS

Christmas around the world
Mrs. Dopslauf's 6th grade World History class enjoyed preparing for the Christmas season by learning about Christmas customs and traditions from many places.

The students researched information to share with the others; some even brought foods from their country to share.

The different customs researched were from the Netherlands by Elizabeth Tapia and Fabiola Vazquez; the Philippine Islands, Reinbeaux Guthrie and Dora Juarez; France, Jess Little and Dustin Krenke; Mexico, Sundraih Evans and Cynthia Torres; Germany, Ella Edwards and Laurence Vasquez; England, Brittnea Williams and Jessica Almond; Holland, Derland Sanford; Sweden, Rusty Moore and James Johnson; Norway, Adrian Ax-

el; France, James Jurica; Hanukkah, Brandie Bartlett; Italy, Morgan Perry. Mark Hernandez researched history and facts of Denmark.

Christmas at our school

On Dec. 18, the students of Garwood School presented **Christmas at Our School**.

The kindergarten classes, first, second and third grades presented seasonal poems and songs. Some of them were **Eight Little Reindeer, Must Be Santa, Holiday Signs and Snowman**. They concluded their segment of the program by singing **We Wish You a Merry Christmas**.

A Good Old Fashioned Ho-Ho Happy Family Christmas was performed by Mrs. Bradford's 4th grade class. They did an outstanding job. Mrs. Hinz's 5th grade class re-

cited **The Night Before Christmas in Texas, That Is** and several other Christmas poems.

Mrs. Goetzke's 7th grade language arts students performed **What No Christmas?** and her 8th grade performed **Christmas Coast to Coast**. The skits were enjoyed by parents and students alike.

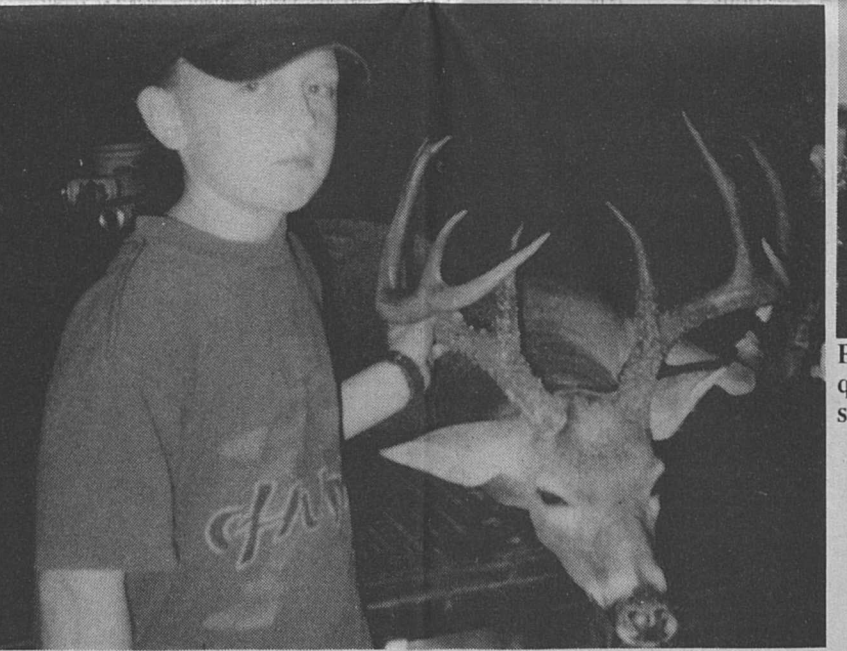
Later that afternoon, students celebrated Christmas in their classrooms.

The day ended with a band concert under the direction of Mrs. LaTouf.

Students from the 5th, 6th, 7th and 8th grades showed off their musical talent by playing several Christmas songs.



Elizabeth Tapia and Fabiola Vazquez researched the Netherlands, showing how Santa appears there.



Breithaupt gets buck

Justin Breithaupt, 10 year-old son of Billy Breithaupt, killed this nine-point buck while hunting with his dad south of Rockdale in Milam County. The deer had a 18" spread and Green Scored 147 points Boone and Crocket.

Justin is the grandson of Sonny and Dorothy Breithaupt of Eagle Lake. Photo Courtesy of Dorothy Breithaupt

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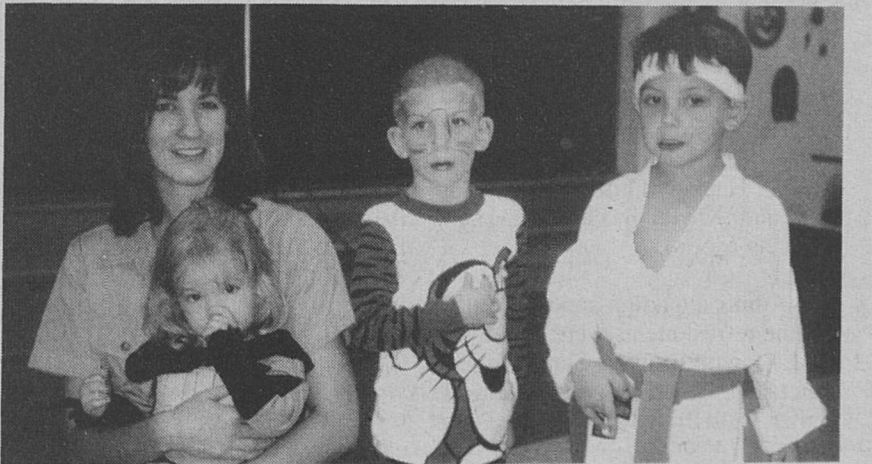
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Trouble Sleeping? Things You Can Do

Insomnia is a broad term that refers to one or more problems related to sleep. Up to one-third of the American adult population, at any given time, experiences sleeping difficulty. One such difficulty is **sleep apnea** (brief episodes of not breathing while asleep). Sleep apnea can be a sign of an underlying health condition such as high blood pressure, heart irregularities, or heart failure. **Narcolepsy** (extreme sleepiness at abnormal times, such as while eating or while driving a car) affects about 1% of the population. **Parasomias** refer to sleep walking and night terrors. These occur most often in children between ages two and 15.

Treatment of insomnia is best approached by determining the cause of the problem. Sleep specialists may prescribe medications such as those that belong to the benzodiazepine family. Examples include **flurazepam**, **temazepam**, and **triazolam**. These are relatively safe medicines, but they should never be taken with alcohol. Antihistamines such as **diphenhydramine** may be prescribed. Nondrug approaches to mild insomnia include (1) avoiding late afternoon or nighttime use of caffeine, nicotine and alcohol, (2) getting regular exercise, (3) avoiding daytime naps, (4) establishing a regular bedtime routine, and (5) taking a warm bath to help relax.



ELPS costume contest winners

Pictured above are the winners of the Rice High School Drama Club's costume contest held during the Fall Festival at the Eagle Lake Primary School Saturday, Oct. 25. The Festival served as a fundraiser for the Club. Activities included face painting, basketball, toy walk, ring toss, a fortune teller and magic show.

From left are third place winner "Batgirl" Cathryn Myres; second, "Tigger" Christopher Politsch; and first place, "Ninja" Caleb Gould.

Photo Courtesy of Lynda Appelt



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Merry Christmas!



Foot Facts

By Dr. Eric R. Tepper, Podiatrist

THE NERVE OF THOSE FEET!

Let's say you've started noticing a sore spot on your foot, or possibly more of a tingling, numbing, or burning sensation. What could be the cause? One possible explanation is a neuroma. Formed when a nerve is pinched or damaged (an injury, or poorly fitting shoes, for example), neuromas are growths of swollen, inflamed nerve tissue. You may be able to feel a moveable mass when you massage the foot, and touching the area may be painful. While neuromas rarely pose a serious threat to health, they can present a seriously uncomfortable obstacle to walking. Once the cause of the neuroma is determined, treatment options range from a simple change in shoes to removal of the neuroma.

If you suffer from sharp pain, numbness, or a burning feeling in your feet, a nerve condition may be the cause. These can result from wearing tight shoes, being on your feet too long, or general medical conditions. Nerve conditions can be hard to detect, but podiatrists are trained to identify them, relieve any pain they cause, and correct them whenever possible. There's no need to suffer... we can help. Call 234-5571, at Rice Medical Center, for an appointment. I am there every Tuesday.

P.S. Neuromas can occur almost anywhere, commonly near the ball of the foot or on the side of the big toe.

THANKS FOR BEING IN STEP WITH US!

This New Year's Eve, whether you Tango...fandango... Or all-out shake-it-up on the floor, We'd like to cut in and wish you A very happy 1998!

Waltz right in and see us anytime!

From Your Elected Officials...

Lawrence Berger Constable Precinct #1

Darlene Hayek County Clerk

Wilfred Luedecke Constable, Precinct #4

Ivan Menke Constable, Precinct #3

J. Julian Moore County Attorney

Mary Jane Poenitzsch Tax Assessor/Collector

Richard Seifert Commissioner Precinct #1

Vince Slominski Colorado County Judge-Elect

L.J. "Sonny" Spanihel Commissioner Precinct #4

Joyce Stancik County Treasurer

Mary Lou Szymanski Justice of the Peace Precinct #4

Harvey Vornsand District Clerk

R.H. "Curly" Wied Colorado County Sheriff

