

This Week's Action!

Date Team, Time & Place
 Friday, Feb. 20 .. Raider basketball at Bellville*, 5 p.m.
 Sat., Feb. 21 Powerlifting meet, Rice Gymnasium, 9 a.m.
 *District competition



Raiders lose chance for playoff spot

The Rice Raiders' outside hopes for a playoff berth were dashed Tuesday night, Feb. 10, by the second-place Hempstead Bobcats, 71-60.

The loss brings Rice's record to 16-10 on the season and 2-5 in district.

Leading the way for the Raiders was Josh Godley with 27 points.

Also scoring were Warren Scott with nine; Pete Rangel, eight; Clint Gertson and Kenny Pipkins, four each; and Eric Johnson and Jamarus Brooks with two each.

The Raiders played tough against the quicker, taller Bobcats for most of the game until the fourth quarter when the Bobcats pulled away for the final

margin of victory.

Once again the Raiders two worst enemies came visiting, missing easy shots underneath and free throws.

Even though the Raiders blew many opportunities, they never gave up and played hard throughout the night.

Also on Tuesday, the parents of all the Raider basketball players were honored before the varsity game.

The basketball coaches would like to thank the parents for their participation and the Booster Club for their help in organizing this special event.

On Friday, Feb. 13, the Raiders defeated Hallettsville 70-68 to im-

The Lady Raiders played their most inspired game Friday night, Feb. 6, against Columbus.

prove to 17-10 overall, 3-5 in district.

Leading the Raider cause were Godley with 27 points; Gertson, 15; and Johnson, 10.

Also scoring were Brooks with nine; Pipkins, six; and Scott, three.

The Raiders were running and gunning throughout the entire first half.

In the second half, Hallettsville caught fire and came back to make it an exciting game... maybe too exciting for Raider fans.

The Raiders finish the season this week as they travel to La Grange on Tuesday and Bellville Friday.

Both games will get started at 5 with the freshman, JV will begin about 6:30 and the varsity about 8 p.m.

Come on out and help end the Raiders season on a positive note.

SCORE BY QUARTERS					
Team	1	2	3	4	Tot.
Rice	16	14	20	8	60
Hemp.	23	16	15	17	71
Rice	23	15	13	19	70
H'ville	13	12	17	26	68

Garwood VFD lists memorials

The Garwood Volunteer Fire Department announced the following memorials received July 1 through Dec. 31, 1997.

In memory of Mary Zbrank: Patsy Weishuhn, Olga May Hefner, Mr. & Mrs. Joe Seifert, Mable Beard, Mr. & Mrs. Ben Pavlu, Mr. & Mrs. Frank Popp Jr., Mary Ann Waligura, Mr. & Mrs. Michel Smith, Mr. & Mrs. Wm. N. Lehrer, Mr. & Mrs. M.G. Lanier, Mr. & Mrs. James Keenon, Rice CISD Food Service, Mr. & Mrs. Ed. Lee Schneider, Mr. & Mrs. Walter Divia, Mr. & Mrs. Victor Lobpries, George F. Fricik, Mr. & Mrs. Alfred Kolloja, Henrietta Krenek, Elsie Krenek;

Also in memory of Alex Dugi Sr.: David Seifert, Mr. & Mrs. Albert Bittner, Mr. & Mrs. Joe Seifert, Mr. & Mrs. Frank Popp Jr., Mr. & Mrs. Anthony Kallina, Mr. & Mrs. Stephen Mahalic; in memory of Joe Kallina Sr.: Mary Payne; and,

Also, in memory of Molly Hunt: Mr. & Mrs. Bill Wegenhof; in memory of Wilfred Frnka Sr.: Elsie Krenek; in memory of Leo Malek: Millie Faykus; in memory of Willie C. Patik: Mr. & Mrs. Paul Baumgarten; in memory of Annie Anderson: Mr. & Mrs. Albert Bittner and Jeff.

"Golf is a good walk spoiled."
 — Mark Twain

SPORTS

Lady Raiders drop games to Cards and Bobcats

Offensively, the Lady Raiders displayed the uncanny ability to knock down several shots from downtown. Monique Cotton led the three-point attack with three good ones, Erica Dunmore followed with two, and Angela Phillips had one.

Due to the lack of power players, the Lady Raiders do not have any other options. Despite the long range shooting, Columbus went on to win by a 61-46 score.

The 46 points scored by the Lady Raiders was their highest point total in 16 games; that is saying a lot for the seven players who were in this game. The team is playing the season out without their top three scorers.

The Lady Raiders also had their best effort point wise in the second half, scoring 13 points in the third and fourth quarters.

Leading the scoring for the Lady

Raiders were Cotton with 16 points; Dunmore, 11; Briana Bedford and Amy Obenhaus, six each; Chazara Scott, four, and Phillips, three.

The loss to Columbus brought the Lady Raiders record to 4-19, 0-8 in district.

On Tuesday, Feb. 10, the Ladies made their annual trip to Hempstead, who is in the hunt for the playoffs.

The Bobcats almost got caught overlooking the Lady Raiders.

There's something about Hempstead that brings out the best in the Lady Raiders.

Perhaps it's the hostile environment that our girls thrive on.

The first quarter was very competitive with Hempstead grabbing a 11-10 lead.

The Lady Raiders countered by winning the second quarter 11-10, putting the halftime score at 21-21.

The second half started with Rice throwing telegraphed passes and setting up easy layups for Hempstead.

Once again, the Lady Raiders battled back to within five points.

By the fourth quarter fatigue had set in, especially for the Rice guards. "Our guards had a frigid night shooting, with only two field goals between the four of them. Hempstead survived the game and kept their playoff hopes alive with a 53-42 victory," said the Lady Raiders' coach.

"I believe that was our best effort of the year. Our post players dominated their 6'3" post players to the tune of 19 points for Obenhaus and 16 for Scott. The two seniors had exceptional games and their leadership will be missed in the future."

Scoring for Rice were Obenhaus, 19; Scott, 16; Bedford, five; and Natesha Glover added two.

Winners in Soil & Water contests listed

The Directors of Colorado Soil & Water Conservation District #333 attended the meeting of the Gulf Coast Association of Soil and Water Conservation Districts at the George Ranch Historical Park near Richmond on Jan. 29.

The group toured the ranch where they were taken back in time, revisiting 100 years of Texas history. The meeting was called to order by Fletcher Morgan Jr., Gulf Coast Association president from Thompsons.

B.P. Bono, chairman of the Coastal Plans SWCD from Coldine welcomed the group to the meeting.

Roland C. Adamson, executive director of the George Foundation, welcomed the group to the ranch.

After lunch, a business meeting was conducted. Beverly Tuck, District secretary of Colorado SWCD #333, gave a report on the Teacher Seminar which the local district will be sponsoring June 16 and 17.

On behalf of District #333, local District Chairman James Helfrey offered to host the fall association meeting. The association members accepted the invitation.

Directors attending from the local soil and water conservation district included Ted Schultz of Frelsburg representing Zone I; Doris Albright, Weimar, Zone II; Henry Sunderman, Eagle Lake, Zone IV; and James Helfrich, Mentz, Zone V.

Others attending were Tuck, Dennis Neuman, Mildred Schultz, Alice Sunderman and Barbara Helfrich.

The coloring, poster and essay contest sponsored by the Colorado SWCD #333 was deemed a great success due to the efforts of teachers and students across the District.

Ted Schultz, SWCD Director of Zone I representing the Frelsburg area serves as chairman of the Environmental Education Committee. He reported a total of 1,355 entries, including 973 coloring entries, 280 posters and 102 essays. (This year, the poetry division was eliminated.)

The entries were judged by Environmental Education Committee members Sonya Saul, Barbara Hartley, Urissa Green, Dorothy Fitzgerald, Pam Potter, Rita Ruffeno, Joan Hunsicker, Joyce Loessin, Natalie Dupre and Lillian Golhke.

All district winners will be pre-

sented trophies and honored, along with their parents and teachers, at the 49th Annual Awards Banquet March 19 at the Nada Community Center.

District winners of the coloring contest, their parents, schools and teachers are: Pre-k: Cherish Henry, daughter of Barbara Yeverino and Garland Axel, Columbus Elementary, teacher, Jackie Kovar; kindergarten: Kolby Scardino, son of Mr. & Mrs. Mike Scardino, Weimar Elementary, teacher, Nellie Cernosek; 1st grade: Isabel Rosales, daughter of Mr. & Mrs. Fauto Rosales, Weimar Elementary, teacher, Lisa Marak; 2nd grade: April Pagel, daughter of Mr. & Mrs. Dwayne Pagel, Garwood Elementary, teacher, C.J. Dromgoole; 3rd grade: Ryan Kulhanek, son of Mr. & Mrs. Gary Kulhanek, St. Anthony, Columbus, teacher, Karen Zavesky.

The district winners of the poster contest, their parents, schools and teachers are: 1st place: Myles Neuendorf, son of Mr. & Mrs. Kenny Neuendorf; 2nd place: Paul Heffley, son of Mr. & Mrs. Ervin Heffley; 3rd place: Christopher Glynn, son of Mr. & Mrs. Chuck Glynn; 4th place: Michele Wostarek, daughter of Mr. & Mrs. Michael Wostarek. Neuendorf, Heffley, Glynn and Wostarek are sixth grade students at St. Anthony in Columbus. Tracey Wegenhoft is the teacher of the poster winners.

The district winners of the elementary essay contest, their parents, schools and teachers are: 1st place: Jill Kloesel, daughter of Mr. & Mrs. Mark Kloesel, St. Michael's, Weimar, teacher Mrs. Billie Kusey; 2nd place: Naomi Mays, daughter of Ms. Nina Waddle, Columbus Elementary, teacher, Mrs. Donna Solanksy; 3rd place: Warren Winkler, son of Mr. & Mrs. Michael Winkler, St. Michael's, Weimar, teacher Mrs. Billie Kusey.

The district winners of the junior high essay contest, their parents, schools and teachers are: 1st place: Penny Bayer, daughter of Mr. & Mrs. Larry Bayer, St. Michael's, Weimar, teacher, Mrs. Caroline Grohmann; 2nd place: Megan Sainz, daughter of Mr. & Mrs. Ferman Sainz, St. Michael's, Weimar, teacher, Mrs. Caroline Grohmann; third place: Heather Shanks, daughter of Mr. & Mrs. Eugene Shanks, St. Mary's, Nada, teacher, Mr. Benny Morton.

Following are the two top essays submitted for the contest.

"Soil and Water Conservation"
 By Penny Bayer, 8th grade, St. Michael's, Weimar, 1st place Jr. High Division

Every year we are asked to write a paper on conserving soil and water. Every single time I sit around and think what the whole world is doing wrong. I always forget that I am part of this world, too. So, this year, I'm going to concentrate on what I do just in my backyard and in my house. Sure, farmers and crop producers are conserving for the growth and development of their crops, but what can a confused student do to conserve?

Well, first, conserving is using the right amount and not wasting any extras. Conserving soil is necessary for all plants to live happily. Plants don't have existing lives so they need good soil to plant their feet in. In our gardens, we can't put harsh fertilizers in the ground and must not over water, which can carry soil away. We can help out by planting flowers and trees to keep the pollination cycle going. Trees block air from taking the soil away and they serve as air tanks for humans.

Conserving water is just as important because it is like a magical ingredient that makes flowers and trees grow. Water is a basic building block for living and without water, the face of the earth would be like a desert with no evidence of life.

We can conserve water by not brushing our teeth too long and pouring excess water from drinking cups into plants. We can water our lawns in the evening, instead of the daytime, so the sun doesn't make the water evaporate so quickly.

God created the earth in seven days. That includes soil and water. We only have a limited amount of resources to use, and once it's gone, it's gone! So, we must try our best to keep conserving so generations after generations have as many privileges as we do today.

(See Winners, Page 10)

APC

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A fast and effective way to accomplish these goals is to reduce predation. This year, Refuge staff are hoping to give the APC some additional help by attempting to prevent predation on nests, chicks and adults.

Not only will this help the population grow, but it will also help protect this year's release of captive-reared birds - and the investment of time and money behind each one.

Refuge staff have prepared an environmental assessment of planned predator management activities.

Public participation is an important part of the planning process and comments on the assessment are always welcome.

To receive a copy of the assessment, please call the Refuge at 409-234-3021, or send your request via e-mail to: kara_leonard@fws.gov.

Any comments are requested by March 6, 1998.

Trade

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profit groups to make some real cash for their organizations.

This Trade Day will have a distinct focus. Area residents wanting to sell their boat or recreational vehicle are encouraged to bring them to the park. Space for each boat or R.V. is only \$15, regardless of size. The CAN-DO committee hopes to line the park with boats and RVs for sale.

Vendors, boat and RV owners (dealers welcome), should contact the Chamber of Commerce for information or reservations, 409-548-3249.

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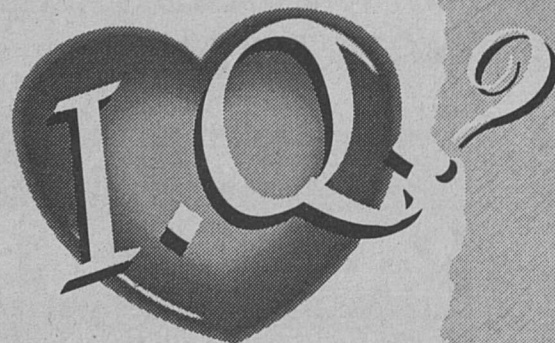
Antidepressants May Relieve PMS Symptoms

Pre-menstrual syndrome, or PMS, refers to the physical and mental (emotional) symptoms that occur in women a week or so before their monthly menstrual periods. Physical changes typically include lower abdominal pain, breast tenderness, and slight weight gain due to fluid retention. Mental changes may include increased irritability, restlessness, and depression. Some physicians prescribe tranquilizers for the mental symptoms and diuretics for fluid retention.

Two recent studies indicate that a type of antidepressant may be useful in relieving PMS symptoms. The class of antidepressant evaluated in both studies was the selective serotonin re-uptake inhibitors (SSRIs). Examples of SSRI antidepressants include fluoxetine (Prozac) and sertraline (Zoloft). The most recent study involved 200 women in 12 centers. Over 60% of those who took sertraline showed "much" or "very much" improvement in mental symptoms.

Recently, Canadian researchers evaluated over 300 women with PMS. They found 20 mg and 60 mg of fluoxetine effective in reducing tension, irritability, and restlessness. Other researchers have reported that about 60% of women with PMS respond favorably to fluoxetine.

What's Your Healthy Heart



Heart Disease is still the #1 killer in America today!

- Know your risk factors
- Know the warning sign of a heart attack

In recognition of National Heart Month, Gulf Coast Medical Center reminds you to take care of your heart.

Call 409-282-6808 for FREE "Healthy Heart" recipes and information on the risks and warning signs of a heart attack.

Gulf Coast Medical Center

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