

This Week's Action!



Date	Team, Time & Place
Thurs., April 16	LL: G Tigers vs Slammers, 5:30 p.m. LL: G Orioles vs Marlins, 6:30 p.m. LL: S Sheridan PW vs Braves, 5:30 p.m. LL: S Lady Lakers vs Darlings, 7 p.m.
Fri., April 17	Rice girls district track meet, Columbus LL: G Blue Jays vs Devil Rays, 5:30 p.m. LL: S 2x4's vs Young Guns, 5:30 p.m. LL: S White Sox vs Yankees, 7 p.m.
Sat., April 18	LL: Eagle Lake Opening Day LL: Braves vs Orioles LL: Rockies vs Dodgers
Mon., April 20	LL: EL Indians vs Young Guns, 5:30 p.m. LL: EL Yankees vs Dodgers, 7 p.m. LL: G Blue Jays vs 2x4's, 5:30 p.m. LL: G Darlings vs Lady Lakers, 7 p.m.
Tues., April 21	Rice baseball at Hallettsville, 5 & 7:30 p.m. LL: EL Marlins vs Sheridan PW, 5:30 p.m. LL: G Tigers vs Bloopers, 5:30 p.m.
Wed., April 22	LL: G Blue Jays vs Indians, 5:30 p.m. LL: S 2x4's vs Devil Rays, 5:30 p.m. LL: EL Rockies vs White Sox, 5:30 p.m.

LL = Little League

County 4-H advances to State Roundup

Tabitha Connor of the Eagle Lake 4-H Club and Penny Krueger and Brandy Tuck of Live Oak 4-H Club in Columbus have advanced to State Roundup competition to be held June 2-5 at Texas A&M University.

Tabitha will compete in the Share-the-Fun Drama division and Penny and Brandy are advancing to the Companion Animals competition with their illustrated talk.

Contestants have to be senior age level (14-19) 4-H members and place first or second in their category to advance to the state contest.

District 11 competition was held Saturday, April 4, at Moulton High School with more than 280 4-H members from across the 18 county Coastal Bend District 11 participating.

Krueger and Tuck placed first in their category and Connor placed second.

Other senior 4-H members participating were Derison Fitzgerald and Hillary Thompson of Riverside 4-H in Columbus placing fourth in the Focus on Health category; and Carlos Rhodes, also of Riverside 4-H, placing sixth in the poster contest.

Junior division contestants (ages 11-13) included Richanne Waddell placing first in Share-the-Fun Musical; Stephanie Coleman, second, Share-the-Fun Poet; and Whitney Thompson, second, Food and Nutrition Educational Activity illustrated talk.

These 4-H members all belong to

Riverside 4-H.

Stacy Markwardt of Frelsburg 4-H placed first with her Rabbit illustrated talk and Margie Leopold of Bluebonnet 4-H placed fourth with her Poultry illustrated talk.

4-Hers advancing to State Roundup will have the opportunity to participate in activities other than their event.

They will be attending and participating in daily awards assemblies that recognize scholarship winners and events participants.

They will also be participating in the 4-H Spirit Rallies. These rallies recognize the community service activities of the 4-Hers and also give them an opportunity for social interaction with other 4-H members, have the chance to hear motivational speakers and enjoy different cultures.

The spirit rallies will also showcase the talents of the 4-H youth.

A dance is also held on Tuesday, Wednesday and Thursday nights for the 4-H members.

Garwood students jump rope, shoot hoops for AHA

Garwood Elementary and Junior High students have a lot of heart.

Last year, Coach Paul Goetzke's P.E. classes participated in a fund raiser for the American Heart Association (AHA). They raised an outstanding \$940.

This year, Coach Goetzke and his students set a goal to raise at least \$1,000.

Fifty-seven students from the first through eighth grades reached and surpassed this goal by raising \$1,527!

Coach Goetzke stated, "I am very proud of these kids. They worked very hard and were eager and excited to help."

Grades one through four participated in Jump Rope for Heart while grades five through eight participated in Hoops for Heart.

The 27 students who "jumped" there way into many people's hearts for their kind deed were: Dillan Gertson, Jessica Walzer, Kacie Smith, Farrah Ellenbogen, Hillary Johnson, Jessy Besch, April Pagel, Katie Hoffman, Kayla Wishert, Jessica Engstrom, Layne Perry, Kristen Danklefs, Bridget Kaiser, Hunter Smith, Audrey Drlík,

Malcolm Jenkins, Cassidy Popp, Valencia Carter, Jessica Till, Jasmine Jenkins, Jose Zepeda, Ashley Brown, T.J. Danklefs, Ross Lobpries, Darkeith Pratt, Marisol Tapia and Kourtney Krenke.

Two students raised over \$100 to become the highest fund raisers. Darkeith Pratt raised \$144 and Hunter Smith raised \$125.

The remaining 30 students who shot baskets to help heart patients

were: Robert Woolard, Dora Jaurez, Keith Drlík, Brandie Bartlett, Jamie Till, Alyson Lanier, Kristi Johnson, Brittany Waligura, Amanda Kaiser, Jesus Ortiz, Ben Ortiz, Theresa Henry, Justin Fitzgerald, Mark Hernandez, Melissa Drlík, Lisa Hoelscher, Morgan Perry, Frank Chavira, Estella Leal, Dustin Krenke, Laurance Vasquez, Derland Sanford, Jamie Hutchison, Keishae Sewell, Ronnie Vasquez, Amanda Henry,

Tiffany Perry, Monica Torres, Janna Janish and Jess Little.

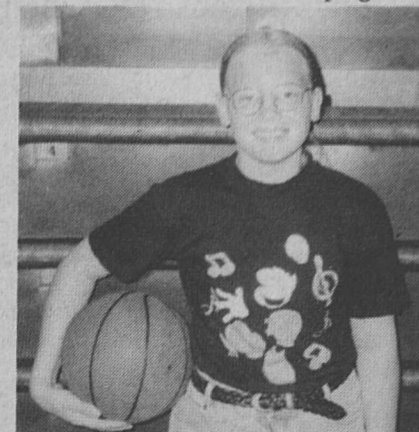
Brandie Bartlett, a sixth grader, raised the most money... \$125!

Garwood School would like to thank all the people who donated money to these students to help them not only reach their goal, but also to benefit a very good cause, the AHA.

Also, special thanks to the Garwood Student Council for helping out.



These students recently took part in the Hoops for Heart fundraiser at Garwood School.



Brandie Bartlett, a sixth grader, raised the most money... \$125!

All about Raider Pride

When you walk into Garwood's gym, there is no question about the spirit these Raiders have. The writing is on the wall.

Recently, the Garwood Student Council provided funding for a huge mural of the words, "Raider Pride" and "Rice" with the two crossing swords in the background. It symbolizes all the hard work the students have done in the classroom, as well as in athletics. Each grade probably has a different interpretation of the work.

Here are a few we have gathered: "They are tight!" - Tanner Wishert, Kindergarten

"They put the pictures up there

because it is neat and beautiful!" - Destiny Frazier, 1st grade

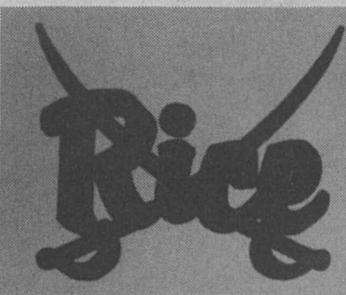
"I think we put it up there because the Raiders are working hard and have a lot of pride" - Shelly Walker, 2nd grade

"It shows the Raiders are #1!" - Jessica Till, 3rd grade

"It shows that Raiders have a lot of pride in what they do." - Layne Perry, 4th grade

"It shows that we care about our school and we have pride and spirit." - 5th grade class

"The pictures show pride in our school and it shows a team effort." (See Mural, Page 8)



RAIDER PRIDE

DAR reports meeting

Rau were hostesses.

The program, "What the Daughters Do", was given by Anne McGraw of Brenham during which she reminded members the organization was founded on Oct. 11, 1890, with historical, educational and patriotic objectives.

The National NSDAR Headquarters cover a full city block a short distance from the White House in Washington, D.C. Constitutions Hall seats 3,800 and is available to the citizens of the area for seminars, concerts, and lectures.

The AR Library is a genealogical library which houses a collection of over 105,000 titles and is located in the Memorial Continental Hall which is also on this site.

The Museum has a collection of 40,000 objects that trace the development of life in early America.

The Museum References Library contains over 2,000 volumes and the American Collection serves as a repository for over 5,000 documents focusing on Early America.

There is also a microfilm center.

The society also publishes *Daughters of the American Revolution* magazine and the *DAR Patriotic Index*.

It also assists in the education of

Indian youths. Two schools in the remote Appalachian Mountains area also receive support.

In all, approximately \$600,000 is contributed annually to six schools.

Junior American Citizenship clubs are sponsored and awards are given.

American History awards are given to students and NSDAR Good Citizens are selected from the senior classes each year. These winners receive a scholarship to a school of their own choice.

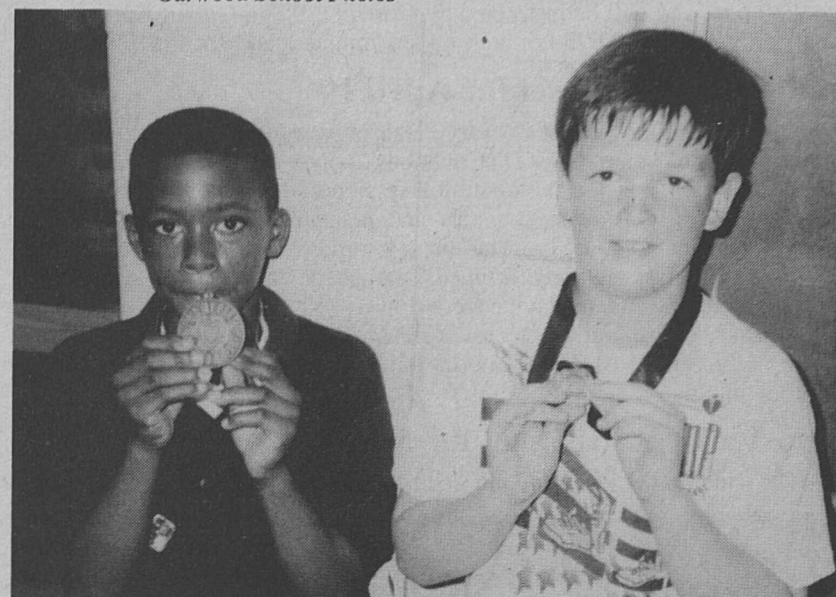
Other students receive awards for their outstanding performance in certain subjects.

Certified representatives donate thousands of volunteer hours in VA medical centers. It provides thousands of flags and Flag Codes (many in Braille) each year.

The Society encourages everyone to pursue their heritage and give of their volunteer service to make this a better world for all.

There are now over 190,000 members in chapters in all 50 states and in other countries.

The next event for the John Everett Chapter NSDR is a trip to the George Memorial Library in Richmond on Monday, April 13th.



These two students raised over \$100 to become the highest fund raisers in Jump for Heart. Darkeith Pratt and Hunter Smith each raised over \$100.



These students recently participated in the Jump Rope for Heart fundraiser at Garwood School.

COLUMBUS LIVESTOCK AUCTION REPORT

Sale Every Thursday at 10:30 a.m.

We will be on the air at KULM, Columbus, Wednesdays from 6:30 to 6:45 a.m. and Thursdays, live at ring side, from 2:00 to 2:15 p.m.

If you can help you with marketing your livestock, please call George Hagan or Art Moeller, 409-732-2622.

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"We are at your service 24 hours a day, seven days a week," say George, Art, Ken and Charley. "We appreciate your business."

Market Report April 9, 1998

Animals on hand: 906; 4 horses, 8 sheep and goats.

Packer cows: higher dressing quality & cutter cows, 40-44 1/2¢ per

lb.; lower dressing utility & cutter cows, 34-40 1/2¢ per lb.; lighter weight canner cows, 29-34¢.

Packer bulls: heavy weight bulls, 48-53 1/2¢; utility cutter bulls, 44-48¢; lightweight canner bulls, 35-44¢.

Stocker/Feeder Calves/Yearlings

Steers #1: 200-300 lbs., 90¢-\$1.25; 300-400 lbs., \$1.00-1.12; 400-500 lbs., 90¢-\$1.04; 500-600, 84-94¢.

Steers #2&3: 200-300 lbs., 75-89¢; 300-400 lbs., 75-99¢; 400-500 lbs., 60-89¢; 500-600, 72-83¢.

Heifers #1: 200-300 lbs., 90¢-\$1.03; 300-400 lbs., 90¢-\$1.11; 400-500 lbs., 89-98¢; 500-600, 75-80¢.

Heifers #2&3: 200-300 lbs., 60-90¢; 300-400 lbs., 60-90¢; 400-500 lbs., 70-88¢; 500-600, 55-74¢.

Stocker cows: good stocker cows & heifers, \$400-500 by head; med. stocker cows & heifers, \$375-425 by head; good cow & calf pairs, \$700-800; med. cow & calf pairs, \$600-700; common cow & calf pairs, \$450-600.



Foot Facts

By Dr. Eric R. Tepper, Podiatrist

LEAVE LIFTS BEHIND

You used to hear a lot about "lifts," wedges stuck in shoes to raise up the heel. The reason for the lifts was usually to ease pain in the heel and calf — in the Achilles tendon. Unfortunately, lifts usually made the problem worse over time. It is the Achilles tendon's job to stretch and rebound as the foot rocks through its heel-to-gait. Achilles tendinitis can cause stiffness, inflammation, and shortening of the tendon. While lifting up the heel temporarily eased the pain by shortening the distance the tendon was required to stretch, it eventually allowed the tendon to shorten up even more. Instead of lifts, treatment today may involve physiotherapy, stretching exercises, and prescription orthotics.

When you first visit my offices, I'll conduct a physical exam and diagnostic tests to determine your foot problem. Once a diagnosis is made, I'll develop a treatment plan designed to relieve your discomfort or correct the problem. I'll also give you helpful tips for avoiding foot problems in the future. I offer a wide range of modern podiatric treatments and procedures at Rice Medical Center. I am there every Tuesday. Please call 234-5571.

P.S. Causes of Achilles tendinitis include poor footwear, overuse, straining, or abnormal pronation (turning of the foot during walking).

Views On Dental Health

ON DENTAL ANXIETY

If you are apprehensive or, to put it bluntly - scared - when you visit the dentist, you shouldn't have to feel embarrassed by it or have to apologize. As the patient, you have the right to be anxious. As the dentist, it's my responsibility to help you deal with it.

You can make your day at the dentist more pleasurable by bringing your Walkman with you. Putting on ear phones and tuning in your favorite music has a relaxing effect. We also have TVs in our treatment rooms.

Many people find their dental appointments more enjoyable by using nitrous oxide. Also called "sweet air" or "laughing gas" (it really doesn't make

you laugh), it can help you relax. The gas is administered through a loose-fitting nosepiece that usually stays on during the procedure. It can give a light-hearted feeling that, for most people, is very relaxing. It's administered with oxygen. The effect wears off a few minutes after breathing oxygen alone.

Start to build rapport with the dentist by discussing your fears without embarrassment.

Presented as a public service to promote better dental health. From the office of JOHN B. MYRES, D.D.S., 700 S. McCarty Avenue, Eagle Lake, 234-3525.

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