

RAIDER REVIEW

Meet the Teacher

By Kim Lott

As you look around the halls at Rice, you may notice a lot of new faces. One is that of Ms. Jennifer Rowe. Ms. Rowe is teaching English 2, English 3, English 3 A.P.

Before coming to Rice, Ms. Rowe taught composition for three years. She also taught a linguistics course as a graduate student at Northern Arizona University. This is her first year teaching high school English.

When asked how she felt about teaching in high school, Mrs. Rowe replied, "I like it very much. Working with young adults is challenging and rewarding. 'I've learned more in three weeks than I have in all my training. The kids are interesting and really very amusing.'"

I asked Ms. Rowe how she felt about teaching at the same school as her mother (Government/Economics teacher Mrs. Majorie Heard), she said, "It works out well (for me at least). She gives me all the useful 'insider information' I need, and I benefit from

her good reputation in a myriad of ways. I can also borrow lunch money from her when I'm a little short."

"I will keep my standards high, get to know my students as individuals, and learn all that I can as fast as I can about my field." She wants to make sure that her students get the best education possible.

Ms. Rowe lives in Sheridan with her three children.



Ms. Jennifer Rowe

Drama Club has a fresh, new start

By Valerie Galvan

The 1998-99 school year is here. For the Rice High School Drama Club this means the beginning of a new organization.

This year's officers include the following: President, Valerie Galvan;

Vice-President, Susana Silva; Secretary, Amy Fearing; Treasurer, Chrissy Leopold; Advertising Manager, Debbie Leopold.

They would also like to announce that they have a new sponsor, Ms. Debra Cummings. Ms. Cummings is a graduate of Prairie View A&M and majored in Theatre Arts.

This year's One Act play coach will be Mrs. Deborah Reed. Mrs. Reed has spent several years working with the Prairie Edge Junior Players and other theatre programs.

The Drama Club is looking forward to putting together their fall production which they hope to perform in December. They would like to thank their sponsor, Ms. Cummings, for all her help so far and also Mrs. Reed, for "joining a winning team!"

Who's Zat?

By Angie Leopold

Her eyes sparkle with innocence, and her face shines like a star. Who is this precious, little angel? Students were asked this same question, given only one hint - she is currently a senior.

This gleaming sweetie puzzled many students' minds as they struggled to guess her identity. John Rucka was ready to give up the mystery game when he finally stated an incorrect guess of Dyana Rees.

Andrew Powers stumbled over names with his guess, Caleche Cranek.

Jaimie Christ also matched these sweet cheeks with the wrong person - Cori Gertson.

However, Rebal Canaris, Misty Morales, Richard Vargas and Jenna Hoffman were on the right steps to baby heaven when they knew that this twinkling tot was none other than Lisa Valigura. "I could tell by her eyes!" exclaimed Jenna.

Lisa is the daughter of Allan and Sheila Valigura of Eagle Lake.

She is the vice president of NHS and 1st lieutenant in the flag corps. She is also FTA parliamentarian, band historian, yearbook editor and a member of Student Council.

"Conscience is the inner voice that warns us somebody may be looking."

—H.L. Mencken



Raider Band dresses for success

By Olivia Mendoza

This year as you come out to support your Raider team on Friday night, you can admire the new uniforms the band purchased this summer.

The uniforms consist of a coat, overall pants, and a hat. This year the band members will not wear a cape. The coat is black, white and Raider blue with an R on the front and on the back. The overalls are black. The hats carry a silver eagle on the front and are

topped with a black and silver plume.

Many of the students like the uniforms. Monique Cotton said, "This year's uniforms are really comfortable." Kim Lott agreed with her, "Last year's uniforms were much heavier." Others, like Joe Romo, miss the cape.

So come out and support our Mighty Raider Band, and watch them tackle this year with a new look and a new attitude!

Meet the Lady Raider

By Chrissy Leopold

"Bump, set, spike!" These are some of the words you will hear at every volleyball game.

This week's spotlight Lady Raider, Amy Moore, is used to hearing and responding to these words. Amy is the daughter of James and Kathy Moore of Altair.

This is Amy's fourth year playing volleyball at Rice. She hopes that this will be the year they go to the playoffs. "We're on top!", she says. Amy believes that this year's team will go far. She says that the girls work together

like "clockwork" and that everyone always works together and are very enthusiastic on the court. "Everyone's always ready for the next game and ready for practice. It's great!"

Amy's most memorable volleyball moment is the time that Jennifer Christ hurt her knee for the first time. Jennifer was retrieving a ball that was hit into the bleachers. She fell over the rail and hit her knee.

About her high school years, Amy most remembers when a bomb threat was called on the school her freshman year. "It was pouring rain and we had to go to the PAC Center," says a laughing Amy. "I remember thinking 'Oh my gosh! Someone wants to blow up the school!'"

Amy also plays softball and is the captain of the Flag Corps for the Rice band. This leaves little free time but she still finds a way to go to dances, sleep and hang with her friends.

Amy plans to attend Blinn and then transfer to Texas A&M. There she plans to major in business and become an import/export buyer.



Amy Moore

Meet the Raider

By Lisa Valigura

Playing offensive and defensive tackle for the Mighty Raiders is senior Brandon Besch, who wears jersey #56.

Brandon says he plays football for the love of the game.

He stated that the thing he likes most about the coaches is that they will work with the players and they show they care. When asked what his goals for the team are, he said, "My goals are to play harder and better each week and to ultimately make the playoffs."

Brandon thinks the team has improved greatly. "We are a faster, stronger team and have become more mentally prepared."

Brandon's highlights so far this year has been being named one of the five captains of the team. One of his duties as captain is to be a leader of the team on and off the field.

Brandon also participates in baseball. In his spare time he likes to hunt, fish and hang out with friends.

His proud parents are Charles and



Brandon Besch

Brenda Besch of Eagle Lake.

After high school Brandon plans to attend Texas A&M Kingsville and major in Wildlife Management.

"Life is the garment we continually alter, but which never seems to fit."

—David McCord

Rice Cheerleader camp held

Pictured below are the Rice High School Cheerleaders with the participants of their annual mini-camp.

Students were taught the latest cheers and chants. Stunts, jumps and a dance were also taught.

The young ladies will get a chance to show the public what they learned at the Rice vs Shiner football game on Sept. 11.

A two-day intensive camp was held for all Rice District Jr. High

cheerleaders. The junior high squads will be invited to perform at various football games during the season.

The annual mini-camp is not only a fund raiser for the cheerleader, but also a way for them to spread "Raider spirit" to young students of the district.

RHS cheerleaders extend a warm thank you to everyone who attended camp and encourage the public to back the Raiders!



Sheridan mini camp participants.



Garwood mini camp participants.

Photos Courtesy of Melody Grigar

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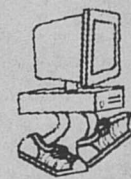
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SOME CALCIUM FACTS

A key nutrient to dental health is calcium. Children and adolescents need extra calcium to ensure the formation of strong, healthy teeth. Pregnant women need extra calcium to ensure the development of their unborn babies' teeth.

The need for extra calcium diminishes after adolescence but emerges again later in life. In fact, calcium deficiency is one of the major causes of osteoporosis, a disease characterized by loss of bone density. Osteoporosis affects 25 percent of women over 65 and 10 percent of men. The end result is brittle bones that break easily. Some

researchers believe that osteoporosis of the jawbone may cause tooth loss and problems in fitting dentures.

Dairy products are by far the richest sources of calcium. Fruits and vegetables all contain some calcium, especially kale, collard greens, and spinach. Canned salmon and sardines with edible bones are also excellent sources. Calcium supplements can also be purchased over the counter.

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Medicines May Cause Rebound Headaches

Many people are not aware that excess use of certain medicines to relieve headache pain can actually make their headaches worse. This is sometimes referred to as "drug rebound headache." The idea of a drug worsening a condition that it is supposed to treat is not new. Physicians have known for years that narcotic and nonnarcotic pain relievers (including nonsteroidal antiinflammatory drugs such as aspirin and ibuprofen) and pre-cription migraine headache medicines referred to as the triptans can cause rebound headache pain. According to an international workshop devoted to this problem, several things must be present for a true rebound headache to occur. For example, there must be more than 20 headaches per month. The headache must last for at least 10 hours. Medicines used to relieve the pain must have been taken for more than 20 days of the month. And the headache must increase in severity when one or more medicines are stopped.

Physicians who treat drug rebound headaches offer suggestions as to how to prevent this situation. Medicine use should be limited to 2 to 3 times a week at most. The amount of pain reliever used should be low. A non-drug approach (for example, stress reduction, limiting caffeine intake, and getting plenty of rest) may be beneficial. 8/98

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