

SPORTS

Raider varsity team loses close one, wins two

The Varsity Rice Raiders took on Tidehaven on Tuesday, Nov. 16.

The Raiders played well in the second half. Tidehaven is a very good team. Last year they went to the Quarter Finals and returned five starters this year.

The Raiders were 22 points behind in the second quarter, but came all the way back and tied the game with Jason Burrow's three pointer with three seconds left.

Unfortunately, Tidehaven scored as the buzzer sounded to end the game 67-65.

Leading scorers were Barrow, 21 points; Adrian Middleton, 15; Jesse Upson, 11; Quentin Whitfield, eight; Dustin Brisco, six; and Chaston Thomas, four.

Leading rebounders were Barrow with nine; Upson, eight; and Whitfield and Norris Powell had five each.

Leaders in steals and assists were Upson, eight steals, six assists; Barrow, six steals, three assists; and Whitfield, four blocks.

On Friday, Nov. 19, the Raiders took on Palacios, beating them 62-44.

The team had a good night on defense. The coach stated that the team is really starting to play well together.

Leading scorers were Whitfield, 10; Conrad Diggs, nine; and Thomas and Powell, eight each.

Leading rebounders were Whitfield, 10; and Brisco, nine.

Leading blockers were Whitfield, four; and Brisco, three.

Leaders in steals and assists were

Barrow, seven steals, six assists; Upson, five steals, four assists.

On Monday, Nov. 22, the Raiders took on Brazos and came away with a victorious score of 75-43.

Their coach said, "The team had a great game defensively. Our press was the difference in the first half. I'm very pleased with the progress we are making right now. Our schedule will be getting tougher - so we will have to keep improving to win!"

Leading scorers were Middleton, 18; Ben Ortiz, 15; and Upson and Whitfield, 12 each.

Leading rebounders were Whitfield, 11; Powell and Brisco, seven each.

Leading blockers were Whitfield and Brisco with three blocks each.

Leaders in steals and assists were Barrow, nine steals, 10 assists; Diggs, eight steals; and Upson, six steals.

The Raiders will take on the Edna Cowboys in Edna on Tuesday, Nov. 30, then participate in the East Bernard Tournament Dec. 2-4.

Junior varsity team is 3-2 on season

The JV Rice Raiders played Tidehaven on Tuesday, Nov. 16, winning the game 47-21.

Leading scorers were Conrad Diggs with 14; Edwin Miller, 11; Marquess Johnson, 10; Craig Dabney and Jermal Wright, five each; and Adam Baird, two.

Leading rebounders were Baird, five; and Wright and Johnson, had four each.

On Friday, Nov. 19, the Raiders took on Palacios losing 38-15.

Leading scorers were Bernardo Vasquez with 6; Lonnie Sims, Levi Zuniga and Cody Seay with two

This Week's Action!

| Date | Team, Place & Time |
|------------------------|---|
| Monday, Nov. 29 | Lady Raider 7th grade vs. Hitchcock, Here, 5 p.m. |
| Tues., Nov. 30 | Raider basketball at Edna, 5 p.m. |
| | Lady Raider basketball at Wallis, 4 p.m. |
| Thurs., Dec. 2 | Lady Raider 8th grade at Hitchcock, 5 p.m. |
| | Lady Raider varsity at Yoakum Tournament |
| Thurs.,-Sat., Dec. 2-4 | Raider basketball teams at East Bernard Tournament, TBA |

points each; and Acey Banks with one. Leading rebounders were Zuniga, 4; and Rashawn Spears, two.

On Saturday, Nov. 20, the Raiders played Living Waters, losing 42-35.

Leading scorers were Johnson and Dabney, nine each; Baird, seven; Miller, six; and Banks and Wright, two each.

Leading rebounders were Wright, four; and Baird, three.

The Raiders also took on Needville on Saturday and won, 35-29.

Leading scorers were Johnson, 16;

Miller, eight; Dabney and Wright, five each; and Baird, two.

Leading rebounders were Baird, five; and Johnson and Dabney, four each.

Monday, Nov. 22, the Raiders took on Brazos and came away with a win, 69-26.

Leading scorers were Johnson, 13; Miller, 12; Baird and Seay, nine each; Sims, eight; Dabney, seven; Wright, six; Banks, three; and Vasquez, two.

Leading rebounders were Wright, five; and Dabney, four.

Leading in steals and assists was Spears with four.

7th grade Raiders tip-off season

The 7th grade Raiders faced the Stafford Spartans last week.

In the first game, the Raiders fell to the Spartans 25-11.

Scoring for the Raiders were John Paul Morales with 4 points; Joe Brown, three; Miguel Arellano, two; and Jose Elizondo, two.

Playing a tough game on the defensive end was Roger Tillman,

Daniel Posada and Jimmy Navarro.

In the second game, the Raiders lost what was a close game, 33-15 to Stafford.

Leading the Raiders were Brandon Sims, six points; Jonathan Thomas, four; Robert Scott, three; and Charles Huffman, two points.

Playing a hard game defensively were Gary McTear and Jeremie Hemphill.

For the first games of the season, the Raiders played hard in both games. The team needs a lot of work on rebounding and getting to places on the court where they need to be.

But after only three practices since the end of football season, every Raider should be proud of their effort.

These young Raiders will improve with more practice time.

7th grade Ladies lose close one, 16-13

The 7th grade Lady Raiders traveled to Stafford to take on the Spartans.

Although they lost, they did play an excellent game. "We were down 13-3 at halftime. In the second half we

improved considerably," said Coach Garland.

The defense of Tina Ann Zapata and Rachelle Shorter tightened underneath the basket while Vanessa Villafuerte, Arizbeth Ruvalcaba and

Jenny B. Morgan clamped down on their ball handlers.

Bea Posada provided valuable minutes under the basket and Patty Ruiz did well filling in for the guards.

This team showed great heart and sportsmanship.

The scoring was led by Ruvalcaba with six points; Villafuerte, five; and Shorter, two points.

Bebe Rodriguez is the manager... ask her about the game!

JV Ladies place second in tourney

The Lady Raider JV team participated in the Brookshire Royal Tournament, Nov. 18-20.

The first game was against Hempstead with the Lady Raiders winning it 31-29.

Sonya Fields led the team in scoring with 10 points. Desi Botard had seven; Ebony Prince, five; Amanda Burrow and Trineca Sewell, four each; and Nicki Maxie added one.

On Saturday, the Lady Raiders played Sealy and came out on top with a big victory, 34-28.

Fields led all scorers once again with 10 points. Prince and Marquita Johnson each had eight points; Sewell, six; and Botard added two.

The last game of the day was the championship game.

The Lady Raiders fought hard to get first place but came out with second.

Botard led the scoring with seven points. Sewell had six; Fields, four;

and Burrow, Prince, Shelley Greak and Nina each added two points.

Congratulations to the Lady Raiders for a job well done.

Good luck throughout the season.

8th grade Ladies hold 1999-2000 season opener

The Eagle Lake 8th grade Lady Raiders had their season opener Thursday, Nov. 18, against the Spartans of Stafford.

Being that it was the first game of the season, both teams did a wonderful job. "We know now where our weak

points are and can focus on correcting them," said their coach.

The 8th grade B team fell short to Stafford, but only by two points. A comeback at the end of the game made it exciting.

Leading in scoring was Valeen Soliz with four points. Hillary Aguilar and Mayra Montiel each added two points.

The 8th grade A team walked away with their first victory of the season.

They started off strong and never let up leading on the scoreboard the whole game.

Candace Spears led the scoring with 10 points followed by Charlotte Foster with seven. Also scoring were LaToya Sims with two points and Erra and Vera Cleveland each with one point.

Overall, both teams did a wonderful job and their determination was apparent, on the court.

The Lady Raiders will be back in action Thursday, Dec. 2, when they travel to Hitchcock to take on the Lady Bulldogs.

A successful volleyball season for 'fish'

The Lady Raider freshman volleyball team had a victorious season, with a district record of 6-4.

They had victories against Hitchcock and Stafford twice and Sweeny and Needville, once.

The only four defeats were against Sealy twice and Needville and Sweeny once.

Each member of the team played to their fullest ability. They should be proud.

Playing for the Lady Raiders were Erin Gold, Heidi Hammemiller, Sandra Rodriguez, Amanda Burrow, Aimee Bubela, Lauren Spaniel, Nicki Maxie, Kimberly Waligura, Leila Baggett and Ebony Prince.

Mrs. Willis coached the team this season.

Erin lead in scoring points with 52 for the season.

Lauren followed with 48. Amanda was next with 44. Aimee and Leila tied

with 39 points.

The top acers were Erin with nine, Amanda with six, Lauren with three, Leila with two, and Ebony and Nicki adding one each.

Thanks to the coaches, Mrs. Willis, Mrs. Dietrich and Mr. Politsch, the Lady Raiders had a successful season. Each player contributed to each and every win. Thanks for representing Rice well.

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Treatment for Restless Leg Syndrome

Until recently, little was known about restless leg syndrome (RLS). This condition, which currently affects 2 to 5% of adults, is characterized by a "creepy" or "crawling" (but not painful) feeling in the legs at night. The sensation tends to ease with motion. Persons who report having RLS seem to have symptoms before age 20. In children the condition may be mistaken for growing pains or even attention deficit/hyperactivity disorder. The cause of RLS is unknown, but may be associated with iron deficiency, heavy metal poisoning, anemia, nerve damage, high blood levels of uric acid, and kidney failure.

Preventive measures for RLS include establishing a regular sleep pattern, getting moderate exercise, and good nutrition. A hot bath or leg massage before bedtime may be helpful. It is thought that alcohol and cigarette smoking may worsen the condition. Dietary supplementation with vitamin E and the B vitamins such as folic acid are thought to be preventative as well. Prescription medicines such as clonazepam have been used for mild symptoms. For more severe symptoms levodopa/carbidopa (Sinemet) and ropinirole (Requip) have been used. Other medicines used for RLS include gabapentin (Neurontin) and clonidine (Catapres).

Pesticide training, licensing requirements

Four state agencies share responsibility for pesticide applicator training, certification and licensing: The Texas Department of Agriculture (TDA), Texas Structural Pest Control Board (TSPCB), Texas Department of Health (TDH) and the Texas Agricultural Extension Service (TAES).

Under TDA requirements, a commercial license is required to use or supervise the use of restricted or state-limited pesticides on the land of another person for hire or compensation. Applicators employed by government agencies must have a non-commercial license.

It also applies to someone who uses pesticides on their employer's property but does not qualify as a private applicator.

The private license is required for a person who uses or supervises the use of restricted use or state limited

pesticides to produce agricultural commodities.

Agricultural commodity is defined as any plant or plant part and any animal or animal product produced for sale, feed, food or other use by humans or animals; for example: nursery stock, sod, Christmas trees, apples, cotton, corn, carrots, potatoes, cattle, milk and eggs.

Examples of private applicators include farmers, ranchers, vineyardists, plant propagators, Christmas tree growers, aquaculturists, floriculturists, orchardists, nurserymen, sod growers and other similar occupations.

The TSPCB tests and license people who want to perform structural pest control, as either a contractor or employee.

Structural refers to space in or next to a residence, business, industrial

plant, institution, park or street.

The TSPCB issues six types of licenses: commercial, business, technician-apprentice, technician, non-commercial and non-commercial apprentice.

The TDH certifies applicators for vector control and licenses only government employees.

The TAES develops applicator training and study materials.

Training is available through Extension Service and certain providers approved by TDA and TSPCB.

Both TDA and TSPCB require continuing education courses for recertification and license renewal.

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Views On Dental Health

ARE YOU A DENTAL PHOBIC?

About 12 million Americans are dental phobics — so terrified of dental treatment, they avoid it entirely. Unfortunately, they usually wind up toothless. Another 35 million people suffer from dental anxiety. This is the group that continually schedules and cancels dental appointments.

Modern dental techniques and equipment have greatly reduced and often eliminated any discomfort associated with dental care. Too many people are unaware of this fact and suffer needlessly.

Dentists realize that fear is responsible for some people's reluctance to seek needed care. The dental profession wants the public to know that pharmacological agents and behavioral techniques are available to allay patient fear and lessen any possible discomfort.

If you're fearful about dental treatment, tell your dentist. Talking about it is the first step in overcoming it. Most dentists welcome patients who make an appointment to discuss their fears. Actual treatment is then scheduled for a later date.

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Community Service reported

Linda Smith, director of the 2nd 25th Judicial Community Supervision and Corrections Dept. (CSCD), reported for July through Oct. 1999, her department recorded 5,495.50 hours of Community Service Restitution.

The hours were performed by 330

offenders serving various governmental or nonprofit agencies in Colorado County with an estimated labor cost savings of \$28,307.

The CSCD collected \$18,838.80 in victim restitution from offenders which was disbursed to victims.

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