

Lady Raiders season wrap-up

According to Coach Wendy Dietrich, volleyball season is officially over for the Lady Raiders and as each of you are probably well aware... they made school history!

The season ended after a hard fought match with Kountze on Thursday, Nov. 1, at Crosby High School.

The Lady Raiders played with heart and guts until the final point was played out.

Scores for the match were 11-15, 16-14 and 11-15.

Stepping up for the Lady Raiders and showing her senior leadership was Janna Janish who scored 16 points, four of which were aces, as well as posting 12 kills, 11 digs, one block and one save during the three game match.

Every member of the Lady Raiders had some sort of statistic for the match, which showed the teamwork that took place.

Erin Gold had four digs, a block and two saves.

Lana Engstrom had nine service points with one ace and a dig.

Crystal Alcaral not only led the team in assists with 34, but she posted

six digs, four saves, four kills and five service points with two aces.

Leila Baggett had two saves and five kills.

Jessica Spanihel had a block and nine kills for the evening.

Lauren Spanihel had three blocks, a save and four kills.

Kristin Thompson led the team with seven blocks and also posted three digs, two saves and five kills.

Tiffany Stern had a dig, while teammate Amanda Burrow had four service points and three digs.

Shelley Boenisch had four service points with two being aces, six digs and two kills.

Coach Dietrich said, "Everyone contributed in some way and that's what makes a good team."

"It was encouraging to see the girls handle the big game pressure as well as they did since they had never been in that position before."

"None of the girls have any reason to be ashamed; they played hard and never gave up!"

"This season has been wonderful! We accomplished many goals and

plan to continue building on the success we've had."

The Lady Raiders end the season with an overall record of 19-16.

The Lady Raider Volleyball teams

would like to send out a big thank you to all of the fans who came out to show their support throughout the regular season and the playoffs. It is greatly appreciated.

Sandhill crane hunting seasons change in state

As sandhill cranes begin arriving in Texas, hunters are reminded that areas open to hunting have changed this year. Zone boundaries in the Rolling Plains and Coastal Prairies regions have changed.

Portions of five counties north and west of Fort Worth (Cooke, Denton, Montague, Tarrant and Wise counties) have been closed this year to allow the hunting season in the much larger adjacent hunting area to be extended until Feb. 10, 2002.

Last year, this area in North-Central Texas had to be closed Jan. 21 because of the Light Goose Conservation Order. No sandhill crane hunting is allowed by federal regulations while this order is in effect.

On a more positive note, portions of seven counties along the mid and lower Texas coast that were closed last year are open this year. Texas Parks and Wildlife (TPW) has successfully petitioned the U.S. Fish and Wildlife Service (USFWS) to allow hunting along general coastal areas between Lavaca Bay and Galveston Bay and south of Corpus Christi Bay.

As a trade-off, the daily bag limit has been reduced from 3 to 2 birds.

The earliest hunting season for sandhill cranes in Texas this year was Saturday, Nov. 10, in West Texas (Zone A) with North-central Texas (Zone B) opening Dec. 1 and south-eastern coastal areas (Zone C) opening Dec. 29. A free permit available at all license vendors is required to hunt sandhill cranes anywhere in the state.

For specific boundary descriptions of closed areas to hunting, see the description and map in the "2001-2002 Texas Hunting Regulations for Ducks, Mergansers, Coots, Geese and Cranes" booklet, available at most license vendors and sporting goods stores, or check the web (http://www.tpwd.state.tx.us/hunt/reg/02_regs/map_zones_crane.htm).

"We believe that these changes will result in a net increase in hunting opportunity," said Jay Roberson, TPW migratory bird program leader. "They are not optimum for sportsmen, but they are the best we can do and still protect the resource."

In 1999, the coastal sandhill crane hunting Zone C had its season reduced 57% (37 days to 16 days) to accommodate this Light Goose Conservation Order. As a result, hunting opportunity has declined in subsequent years.

"TPW is requesting that the USFWS allow sandhill crane hunting concurrent with the Light Goose Conservation Order as long as crane hunters don't possess electronic calling devices and unplugged guns," said Roberson, "but that will not change the season closure in Zone C this year."

Hunters wishing to comment on this issue to the USFWS are encouraged to testify at a public hearing in Rosenberg Dec. 12 at 7:30 p.m., in the Education Center of the Texas Agriculture Extension Service, 1402 Band Road. Written comments may be submitted through Dec. 14 to Chief, Division of Migratory Bird Management, U.S. Fish and Wildlife Service, Department of the Interior, ms 634 ARLSQ, 1849 C St., NW, Washington, D.C. 20240. RE: DEIS Light Goose Management, or via e-mail (white_goose_eis@fws.gov). The draft EIS is available on the internet (<http://migratorybirds.fws.gov>). Comments may also be sent by e-mail by visiting TPWs website (<http://www.tpwd.state.tx.us/>) or by mail to Jay Roberson, TPW, 4200 Smith School Road, Austin, TX 78744.

Additional hunting opportunity would not harm long-term sandhill crane breeding populations, Roberson argued. "Surveys indicate breeding

populations were the highest on record in 1996, 1997 and 1998 (since records of photo-corrected counts began in 1982)," he explained. "Hunting regulations for sandhill cranes have not been changed for 12 years even though crane numbers appear to be increasing along the coast."

Roberson said wildlife agencies in the 10 states that comprise the Central Flyway have imposed moratoriums on expansion of hunting opportunity until more information on crane abundance, distribution and subspecies composition could be gathered. "Texas has been involved in that crane research for over five years," Roberson pointed out. "Those results do not indicate a problem with moderate increases in hunting opportunity for coastal sandhill cranes."

Hunters are asked to look for and avoid endangered whooping cranes. "There are several species that might be confused with whooping cranes, including snow geese, white pelicans, sandhill cranes, great egrets and wood storks," according to Lee Ann Linam, endangered species biologist for TPW. "The white whooper stands nearly five feet tall—much larger than any similar species—with a bustle of feathers over the tail."

In flight, observers should look for black wing tips that do not extend along the entire margin of the wing, a long, completely white, outstretched neck, and long, dark trailing legs. Another good clue is flock size. If the flock contains more than four to six white birds, they're probably not whooping cranes."

Anyone sighting a whooping crane is asked to report it to TPW Dept. at 1-800-792-1112 or 512-847-9480. Sightings can also be reported via e-mail (lalinam@wimberley-tx.com).

Colorado County Hay Show results released

The Colorado County Hay Show was held Thursday, Oct. 11, at the New Bielau Community Center with 59 good quality hay samples submitted.

The Hay Show has long been the producers' opportunity to grade their hay and determine whether additional feed will be needed during the winter.

Winners in this year's show and advancing to the State Hay Show Dec. 6-7 were: Sidney Frey, Grand Champion, Coastal Bermuda, 12.5% protein. Grand Champion annual grass was exhibited by Otto Kahlden, annual Ryegrass, 10.9% protein.

Other entries advancing to state were: Herbert Aschenbeck, Coastal, 12.7% protein, and James Thompson, Tifton 85, 13.6% protein.

Blue ribbon winners were C&M Ranch, Aschenbeck, Charles Harbich, Thompson, Dennis Christen, Milton Beken, Raymond Zaskoda, Herbert Popp, Harvey Poenitzsch and Larry Foster.

Red ribbon winners were Louis T. Menis, Jean Walker, Franklin Addicks, Poenitzsch, C&M Ranch, Frey, Aschenbeck, Harbich, Milton Christen, Roy Wright, KCM, Buddy Pruse, Kathy Burris and Mike Arnold.

White ribbon winners were Frey, Harbich, Bill Hobaugh, KCM, Zaskoda, Popp, Aschenbeck, Burris, Foster and Arnold.

The 2001 Show was sponsored by the Colorado County Livestock Committee, Soil & Water Conservation District, Tx. Cooperative Extension and local agri-businesses: Animal Feed Supplement, Columbus Animal

The Nada/Garwood TEEA Gadabouts met at the home of Minnie Lee Conner in Garwood Oct. 17 at 2 p.m. Her home and yard were decorated in the Halloween and fall motif.

Our new President, Anita Meisner, called the meeting to order, and led the group in the Pledge of Allegiance to our flag and the club prayer.

In honor of Fire Prevention Week, Oct. 8-14, fourteen members and one visitor answered the roll with, "How many fire preventatives do you have in your home?"

Jo Knox, of the Frelsburg Extension Education Club and delegate to the State Convention in College Station in Sept., gave the group a very interesting account of the State Convention held Sept. 11, 2001.

Knox reported 950 people registered; 86 agents attended; 13 visitors; 358 members; 354 delegates; four past president; and 21 board members. Knox also attended a computer seminar called "Mouse in the House" which she said was very interesting.

The youngest member attending was 29 years old and the oldest was 91. There are 1,184,000 4-H members and 1/5 are in Texas.

Since the Sept. 11 tragedy, planes were not allowed to fly, so the keynote speaker did not make it to the convention.

A thank you note and an angel pin was sent to Knox for her informative presentation of the week's events. She also won a door prize.

Secretary LaJuan Braden read the minutes and Treasurer Lucille Till gave her report.

Regina Scheffler, hospitality chairman, sent get well cards to Geneva Bunge and Anita Meisner and a birthday card to Caroline Lehrer.

Thank you notes were sent to Thomas Kallina of Area Rice Marketing and Henry Sunderman of Eagle Lake for their samples of rice and recipes they furnished the club at our last meeting.

The Green Thumb Committee reported fall gardens look good. Leona Wesselski reported she had cabbage, cauliflower, small potatoes, radishes, lettuce. Lorine Bubela said

she has squash and carrots. Tillie Janish has mustard greens and lettuce. Clara Bruemmer has squash, beans, cabbage, carrots, radishes and lettuce.

Helen Noteboom, council delegate, gave out drawing tickets to sell. We are to sell as many as we can by our Dec. 5 Achievement Day Luncheon. Gadabouts are to take care of the kitchen chores this year.

Members are to dress in red, white and/or blue clothes or a decorated hat. The tables are to be decorated in a patriotic or Christmas theme for judging. The Cultural Arts items will be judged with the blue ribbon winners to go to District in the spring.

All the clubs of the County Association have adopted two charities to help this year. One group is the Sister of Incarnate Word Charities in Houston. Sister Roseanne Popp, MD, daughter of Clara Bruemmer of Nada, is on staff there. She will be glad to get useable clothing for adults and children, bedding, toys, dolls and games for this mission.

The other is the Wharton County Junior College Senior Citizens Program. They can use small sizes of toiletries: tooth paste, brushes, shampoo, hand cream, soaps, combs, Q-tips, Kleenex and like items. These items are to be brought to the Achievement Day Luncheon on Dec. 5.

There will be a Colorado County Pecan Food Show Nov. 29 in Weimar. For those wishing to enter cakes, pies, cookies, candy, rolls and miscellaneous items, there is a \$1 fee for each entry to help defray expenses. Those who enter will also receive a Pecan Food Show Cookbook with all the recipes in it. Judging begins at 10 a.m., items go on sale at 11:30, with 50% of the money being returned to the entrant. This is a great time to buy some great items for the holidays. Entry forms are available at Nada Grocery.

We are reminded that the by-laws say we need to have our books audited soon.

Happy Birthday was sung to our Oct. birthday, Clara Gold.

The Gadabouts are pleased to report 2283 volunteer hours for the year, Oct. 2000 to Sept. 2001.

Door prizes went to Wesselski, Bruemmer, Noteboom, Millie Faykus, Scheffler, Till, Knox and Catherine Berger.

Delicious refreshments of fresh apple pie, skull suckers and punch were served to everyone attending.

Dates to remember: TEEA, Nada/Garwood Gadabouts meeting, Nov. 14, 2 p.m.; Pecan Show in Weimar, Nov. 29; Achievement Day Luncheon, Dec. 5.

New yearbooks were presented to members. Everyone is looking forward to a new year with the Texas Extension Education Association. New members and visitors are always welcome.



Back row, standing, from left, Lucille Till, Ella Buzek, Regina Scheffler, Clara Gold, Leona Wesselski, Clara Bruemmer, Millie Faykus, Jo Knox, Helen Noteboom, Millie Lee Conner; seated, left to right, Tillie Janish, Lorine Bubela, Catherine Berger and Anita Meisner. Gadabouts Photo

Pecan Food Show is Nov. 29

Plans are being made to hold a Pecan Food Show in conjunction with the annual Colorado-Fayette Counties Pecan Producer Show. The Pecan Show and Food Show will be held Thursday, Nov. 29 at the United Church of Christ in Weimar.

The food show has two divisions: adults, including anyone 19 or older; and youth, any youth in third grade through age 18. There will be six classes for each age division: cookies, cakes, candy, pies, quick breads and miscellaneous. A person may have only one entry per class. An entry fee of \$1 per entry will be charged to offset the expenses of the pecan food show. Individuals will have the opportunity to sell their items.

All recipes must contain at least 1/2 cup pecans. Recipes using a commercial mix will be accepted. Refrigerated items will not be accepted. All entries should be wrapped in transparent paper and be on disposable plates or containers. Containers will be sold if the item is labeled for sale. An entry will consist of a whole pie, cake, loaf of quick bread, two dozen or more cookies, or the entire recipe for candy, muffins, etc. One individually wrapped cookie, candy or muffin will be attached to entry.

Blue, red and white ribbons will be awarded on the merit of each entry. Grand and reserve champion rosettes will be awarded in each class.

Entries and recipes must be pre-registered at the Colorado County Extension Office no later than 5 p.m., Nov. 19, 2001.

Recipes for each entry submitted by the pre-registration deadline will be included in the Pecan Food Show Cookbook. All persons turning in their entries by the Nov. 19 deadline will receive a cookbook. Late entries can only be registered at the United Church of Christ in Weimar and must be there by 9:30 a.m. on the date of the Pecan Food Show. Late entries will not be guaranteed a cookbook.

Pre-registered entries will be received between 8-8:30 a.m. Thursday, Nov. 29, at the following locations: United Church of Christ in Weimar, Colorado County Extension Office in Columbus, Nada Grocery, Margret's Cafe in Sheridan, Heinshohn's Store in Frelsburg and Bernardo Store. Pre-registration forms and a copy of the rules are also available at these places.

Judging will begin at 10 a.m. Entries will be displayed and sold from 11:30 a.m. to 5 p.m. Not for sale items may be picked up by exhibitors after 12 noon. Grand and reserve champions will remain in place until 5 p.m. Pictures of all winners will be taken for publicity at 5 p.m. Nov. 29 at the United Church of Christ in Weimar.

For more information, contact the Colorado County Extension Office at 979-732-2530.

Happy 15th Birthday M. Angel Arellano

Love, Mom, Dad, Lali,
Alan, Tia & Jaqui

Happy Birthday

November 17th

Katina M. Carson-Pratt

Love Always, Xavier, Len,
Clara, Tyson, Suede & Brandi

Please Join the Family of Joe & Martha Duncan in honoring their 50th Wedding Anniversary



November 17, 2001
at the Prairie Edge Museum
408 E. Main, Eagle Lake, Texas
2:30 to 4:30 P.M.

NO GIFTS PLEASE

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Medicines May Help Muscle Spasms

Muscle spasms can occur in the calf muscle (also known as a Charley Horse), in the neck (spasmodic torticollis), and other parts of the body. Spasms often seem to occur in association with excessive exercise, trauma to a muscle, nervous system infections, lack of some dietary minerals, dehydration, protruding tumors, or bone malformations. Most muscle spasms are temporary and respond favorably to gentle stretching and massage. However, spasmodic torticollis can become severe and unrelenting. Persistent muscle spasms can produce constant pain, can restrict body movement, and can involve postural deformities.

Anticholinergic medicines such as *benztropine* (Cogentin) or *trihexyphenidyl* (Artane) block specific nerve impulses into muscle groups. Benzodiazepines such as *diazepam* (Valium) can help as well. Several injections of very small amounts of *botulinum toxin* (Botox) can reduce pain and persistent muscle spasms in some instances. *Quinine sulfate* has been used successfully for leg cramp treatment and prevention. A shortage of potassium in the diet often can be corrected by eating potassium-rich foods such as oranges, bananas, or beans.

Foot Facts

By Dr. Eric R. Tepper, Podiatrist

OSTEOCHONDRITIS DESSICANS (OCD)

Often caused by a twist, chip-like fracture, or other trauma to the ankle, osteochondritis dessicans (OCD) is a loss of blood supply in the ankle's talus bone. Patients may feel pain or stiffness in the area. Swelling may occur, and the ankle may "catch" in certain positions. When caused by an acute injury that is followed by immediate medical attention, OCD can often be treated with immobilization in a cast and rest to promote healing. In some cases, surgery is recommended. Surgeries typically involve removing damaged bone fragments or drilling into adjacent healthy bone to allow blood to flow through the injured area and heal it. A new procedure involves transplanting knee cartilage and bone into the injured area.

If surgery is called for in your case, we're sure you'll be happy to hear that today's techniques and technology make the process easier and smoother, usually with less recovery time. And as always, good post-operative results require proper foot care and support to prevent future problems. At our offices at Rice Medical Center, we follow all surgeries with complete instructions for home care. If your feet are bothering you, call us at 234-5571. I am available every Tuesday.

P.S. An MRI or CAT scan is often necessary to diagnose the full extent of the injury.