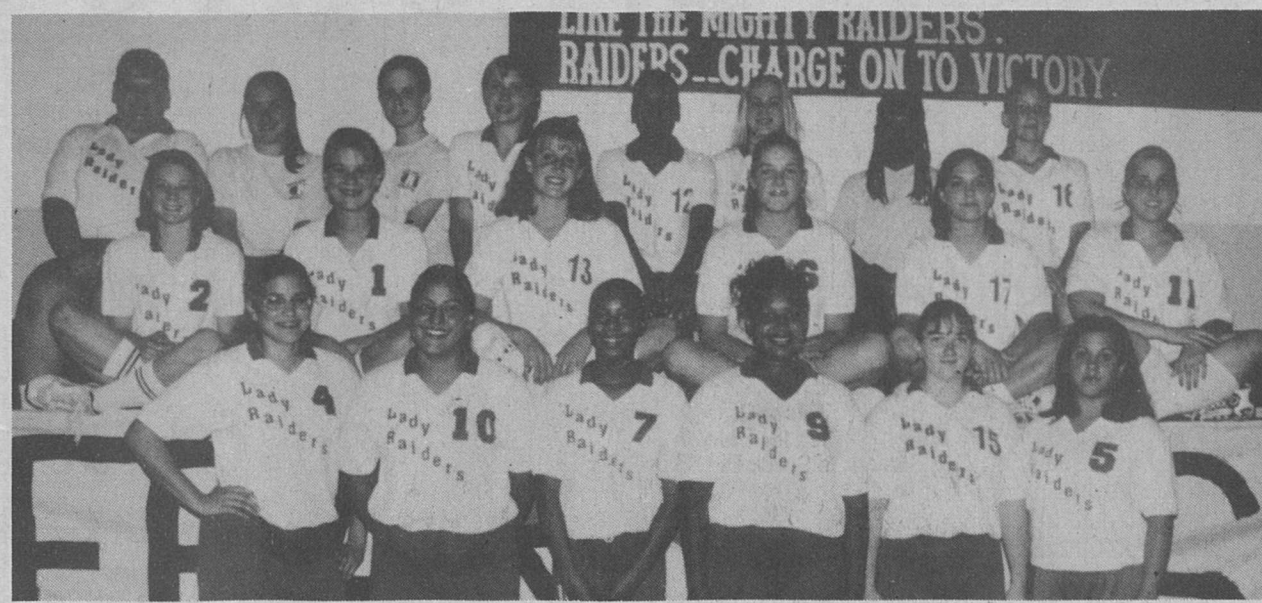


MORE SPORTS



JV Volleyball team

This year's Junior Varsity volleyball team consists of, in front, from left, Shonte Upson, Crystal Alcalar, Johanna Lopez, Rhonda Peroni and Virginia Aguilar. In the second row are Kristin Thompson, Maria Najera, Kristin Wesselski, Amanda Engstrom, Tanika Scott and Janna Janish. In the third row is Leslie Waddell. In the fourth row, Amber Mahalite and Nicole Krenek.



Freshman Volleyball team

The Freshman volleyball team is made up of, in front, from left, Erica Garcia, Amanda Rodriguez, Trinika Sewell, Nikki Denley, Shelley Greak and Crystal Ramirez. In the second row, Meagan Staff, Shelley Boenisch, Jacqueline Thomas, Brittany Waligura, Kinsey Hoffman and Jakki Alleyway. In the third row, Heather Shanks, Tiffany Perry, Cathy Fearing, Tiffany Stern, Keishae Sewell, Lana Engstrom, Lakeshia Dawson and Jessica Spanihel.

Photos Courtesy of Jerry Hajovsky



Foot Facts

By Dr. Eric R. Tepper, Podiatrist
PODIATRY FOR SENIORS

Seniors depending on Medicare insurance should understand which podiatry services are and are not covered. Unfortunately, ambiguous wording has made many elderly people forego necessary foot care in the belief that Medicare covered only surgical procedures. Not true, according to the Medicare Rules and Regulations Manual. "Certain foot care procedures that are generally considered to be routine - e.g., cutting or removal of nails, calluses, or corns - may pose a hazard when performed by a non-professional person on patients with a condition that has resulted in severe circulatory problems or areas of desensitization in the legs or feet. Routine foot care under these circumstances is covered." Many problems common to seniors are covered by this exception.

If you have questions about Medicare insurance coverage for any foot problem, we welcome your call at 234-5571. We will be more than happy to explain to you what is covered and what is considered the patient's responsibility. Here at Rice Medical Center, we stress concerned and personal podiatric attention, all within an umbrella of conservative medical ethics. We see patients of all ages, from children to seniors. Office hours are by appointment on Tuesdays.

P.S. If you have questions about which podiatry services are covered under your insurance policy, call your podiatrist's office.

Athletes

Continued from Page 11

Iron and calcium are of particular importance for young female athletes to prevent anemia and to build strong bones.

Also, don't forget the water.

Four ounces of water every 15-20 minutes during practice will head off dehydration that can hamper performance.

"A good diet is critical for young athletes," said Demory-Luce. "It affects the strength and endurance of young athletes, as well as their growth and development."

Czhilispiel

Continued from Page 6

local high school seniors. Also, Czhilispiel has served as an approach for non-profit organizations to continue supporting their annual projects.

In addition, the Flatonia Chamber of Commerce will again donate a portion of the Czhilispiel net proceeds to the Flatonia EMS Building Fund. This account has been established to help build a facility to house EMS officials and enable them to serve the vicinity as efficiently as possible.

For Czhilispiel XXVI, gate admission for adults will be \$2 each day; no admission fee for those 10 years old and under. Parking is free, and so is the continuous entertainment under the tent the entire weekend.

Crabtree Carnival will offer special "POP" (pay one price) rates

throughout the festival.

The jubilation begins Friday, Oct. 23, at 5:30 p.m. when the biergarten, a large selection of food booths and the carnival open.

At 8 p.m., "Lost Wolf", sponsored by Budweiser/Bud Light (Brown Distributing, La Grange) and the Flatonia Chamber of Commerce, will perform in the biergarten.

On Saturday, the activities open with the annual Czhilispiel Golf Tournament at the Flatonia Golf Course. It's a three-person scramble format with tee times at 8 a.m. and 1 p.m.

The 5K Fun Run and Walk, sponsored by the Lavaca Medical Center, Hallettsville, is to begin at 8:30 a.m. followed by the 1.0 Mile Roller Blade Run sponsored by Ken Bigham Jr. Law Firm, at 10 a.m. Both races start and end at Central Texas Bank.

At 9 a.m., the 25th "Czhili" competition, sponsored by Miller Lite-Wright Distributing, begins with over 200 "Czhili" cooking teams preparing their special recipes for everyone to taste in one of the largest chili-cooking contests in Texas. The czhili must be turned into the judges by 3 p.m. From noon to 2 p.m., the czhili teams need to put on their best performances for the showmanship judging.

Also at 9 a.m., the biergarten, food booths, arts & crafts and carnival open for all visitors to enjoy.

Because of its success last year, the German/Czech Walk will return this year at 9:30 a.m.

As the czhili is stirring, so will the music. Tunes will be provided throughout the day starting at 10 a.m. with "City Polka Boys", sponsored by Oak Manor Nursing Center, Flatonia and Monument Hill Nursing Center, La Grange, in the biergarten till 1 p.m. "Chris Rybak", sponsored by Fayette Memorial Hospital, will be on the main CzhilisStage from 10:30 to noon. "Central Texas Sounds", sponsored by Colorado-Fayette Medical Center, will perform in the biergarten from 1 to 5 p.m., followed by Austin's "Texas Fever" from 5 to 9 p.m. "Texas Unlimited Band", sponsored by Coors Light, M&S Distributing, will conclude the music for the day in the biergarten from 9 p.m. to 1 a.m.

The Cow Chip Throwing and Egg Tossing Contests, Ladies' Screaming Contest and Beard Growing Contest

will be among some of the challenges on Saturday. Registration for the Cow Chip Throwing and Egg Tossing Contests will be from 1:30 to 2 p.m. at the northeast gate with actual competition starting there at 2 p.m.

Still Saturday, while the airwaves are in motion, so will the activities be on the main Czhili stage. Registration for the Ladies' Screaming Contest...I said **REGISTRATION FOR THE LADIES' SCREAMING CONTEST...** will be from 1 to 2:45 p.m.

The Beard Growing Contest began Sept. 1. Judging for both will take place at 3 p.m.

At 2 p.m. The P.O.L.K. of A. Dancers will show their stuff; and at 2:45 p.m., the 1998 Czhilispiel Court will be recognized on stage.

"Texas Lovin' Cloggers", sponsored by High Sierra, will kick their feet to the beat from 4 to 4:45 p.m.

Flatonia's exclusive E.A. Armim Archives Museum will open its doors for all guests from 1 to 5 p.m. both Saturday and Sunday.

Saturday's festivities will include a fireworks display at 10 p.m. that will light up the sky as Alpha Lee Fireworks, sponsored by Colorado Valley Bank of La Grange, Fayette Savings, and Flatonia Chamber of Commerce, explodes in celebration of Flatonia's 125th anniversary.

The weekend's activities continue Sunday starting at 9 a.m. Appearing for the first time at Czhilispiel is an Antique Tractor and Engine Show, sponsored by Kleiber Ford Tractor, Matera Paper and Flatonia Chamber of Commerce.

At this time, the food booths, arts and crafts and carnival open. At 10 a.m., the Cripple Creek Gunfighters, sponsored by Eddy's Packing of Yoakum and Ronald and Joanie Beeman, will give you their best "shot". Fry's Petting Zoo, sponsored by Balcones Minerals, Flatonia, was such a big hit among the little ones last year that it's coming back this year at 11 a.m.

At noon, the biergarten will open. At this time, the Czhilispiel Parade will begin its cruise down Flatonia's main street. At 1 p.m., the Car & Truck Show will be available for viewing.

At 10 a.m., pies for the annual Lions Club Pie-Baking Contest must be turned in at the Civic Center. The (See Czhilispiel, Page 14)

Wharton County Junior College
invites you to join us for our

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Reunion
& Dinner
1998**

Saturday, October 24th, 1998
4:00 p.m. - 6:00 p.m.

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Under the big gala tent by the Pioneer Student Center

Entertainment by
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Adult tickets are eligible for prize drawings
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