

SPORTS



Foot Facts

By Dr. Eric R. Tepper, Podiatrist
WOMEN-PUMP IT DOWN

Surveys indicate that though the average woman finds wearing high-heel shoes to be somewhere between uncomfortable and downright painful, most put up with the discomfort because they believe that in pumps they appear taller, more stylish, more feminine, and more professional. Podiatrists, however, cite valid medical, postural, and safety problems with wearing them. High-heels cause or contribute to injuries to the ankles and knees, put undue stress on backs, and cause unnatural gait. Is there a sane compromise? If you must wear pumps, podiatrists advise being professionally fitted. They also suggest women avoid heels more than two inches high, and choose a shoe with a toe box adequate for comfort and a heel wide enough for stability.

Switching shoes isn't always the best solution to correcting foot problems; however, your foot care specialist can diagnose and recommend a course of treatment that may include a change in foot wear, regular general care, medications, physical therapy, orthotics, and surgery. If your feet are tired of being crammed into high heels or other painful footwear, or if you're just tired of feet that hurt, we welcome your call at 234-5571, at Rice Medical Center. I am there every Tuesday.

P.S. Nylon hose may cramp the foot and do not breathe, compounding other foot problems. If possible, restrict the number of hours you wear them.



Grigar makes All-District

Congratulations to Lori Grigar on her selection to the First Team, All-District Volleyball.

She was selected on her outstanding setting percentages and team-leading serving percentage of 98%.

Grigar missed only three serves during district competition.

She also scored in the high 90s on service receive and passing percentages.

Grigar serves as co-captain and played in every game during the season. She gave 100% at every game and every practice.

Selected for Honorable Mention All-District honors were Amalie Kucherka (defense) and Rebal Canaris (all-around).

Kucherka played a strong backcourt defensive position during district, often making incredible digs and serves.

She finished up with a 94% serving rate and an 87% service receive, a high percentage in a very difficult position.

Kucherka also played a strong front row hitting position and had an outstanding setting percentage.

Canaris was chosen for her play on the front and backcourt. She was a strong outside hitter, with 15 kills to her credit during district.

She also was dynamic in blocks and block kills. On the backcourt, she came through with strong passing and serving.

Receiving All-District Academic honors were Canaris, Cori Gertson, Grigar, Kucherka, Patricia Najera, Angela Phillips, Martha Rodriguez, Stacy Rodriguez, Stacy Schneider and Shanna Waligura.

Did You Know...

•The Japanese call their country Nippon, which means "source of the sun".

•Japan has the world's largest fishing industry.

•A treaty with Siam in 1833 was the first pact between the U.S. and a country of Asia.

•The daisy got its name from the Old English words for *day's eye*. Daisy blossoms, like an eye, close at night and open at dawn.

These ladies are to be commended for maintaining a 90 or above average while participating not only in volleyball but also often several other extracurricular activities such as band, cheerleading and flags.

Raider basketball season underway

The Rice Raiders were to begin their 1998-99 basketball season Tuesday, Nov. 17, at East Bernard.

Games were scheduled to begin at 5 p.m. with the freshman; 6 p.m. for JV; and 7:30 p.m. for varsity tipoff.

The Raiders return four players from last season's 18-12 team: seniors Warren Scott, Jay Knight, Jonathan Godley and Kevin Godley.

They hope to get help from some of last year's JV team members and

Date	Team, Place & Time
Friday, Nov. 20	Raider F, JV & V basketball vs. Palacios, 5 p.m.
Friday & Sat. Nov. 20, 21	Lady Raider freshmen basketball at Royal Tournament, TBA
Monday, Nov. 23	Lady Raider F, JV & V basketball vs. Louise, 5 p.m.
	Raider F, JV & V basketball at Brazos, 5 p.m.
Tues., Nov. 24	Lady Raider F, JV & V basketball at Royal, 5 p.m.
	Raider F, JV & V basketball vs. Hallettsville, 5 p.m.

maybe even some freshmen.

As was the case in football, district 25-3A is tough and loaded in basketball.

Stafford (3A state finalist in 1998), Sweeny and Hitchcock will all be very tough as will Needville. Sealy is rapidly improving.

The Raiders are hoping to gain some confidence in the pre-district and tournament games and be hitting their stride when district begins Jan.

15 against Sweeny.

The key to the whole season will be developing the less-experienced, young Raiders and not allowing them to lose confidence in themselves. If they can stay together and, most importantly, play together as a team, the Raiders could figure into the 3-playoff format.

The season should be a lot of fun. Y'all come out and support these young men.

City Council approves CTV route

By Lynda Appelt
Contributing Writer

Eagle Lake City Council put its final stamp of approval on Colorado Valley Transit's deviated-fixed route request when it approved the interlocal agreement contract between the City and CTV at its Nov. 10 meeting.

Council approved the request at its Oct. 23 meeting, but withheld the agreement contract until it could be reviewed by City Attorney Don Bendy.

After Bendy found no legal problems, the contract was approved.

The deviated-fixed route, meaning the CTV bus will follow a fixed route through the City, is expected to be in operation by the middle of 1999.

The route will include 39 bus stops with benches and trash cans, and one transfer station with shelter. The transfer shelter will be located at Main and Third streets.

The demand response public transportation, provided since 1986, requiring 24-hour advance notice and providing door-to-door and curb-to-curb for non-ambulatory citizens, will continue to be in operation.

The proposed expansion will provide service to Eagle Lake citizens by utilizing a regular loop route through the City allowing access to work, medical service, grocery, education and other essential transit needs.

Council approved the appeal of

Jose E. Castillo after he was denied application for a permit because the HUD Code Manufactured Home Ordinance recently adopted prohibits mobile homes built before June 15, 1976.

Castillo purchased a 1972 mobile home that was located at 415 Lakeside Dr. (Farm-to-Market Road 102).

He was granted a waiver after an inspection by the city found that the home met the electrical code as outlined in the ordinance and all other code standards.

Council discussed changes to the employee retirement program.

The City is currently a member of the Texas Municipal Retirement System (TMRS) and offers employees a program that deducts 5% of the gross earnings of the employee with a City match of 1 1/2-to-1 or 7.5% contribution.

TMRS offers plans that allow a 5% or 7% deduction with match options of 1-to-1, 1 1/2-to-1 or 2-1.

"We would like to consider improving our program. If any changes are made, we must make them by Jan. since I have already started working on the fiscal year 1999-2000 budget, and any changes must be included in that budget," said City Manager Ron Holland.

Council will study the budget figures and make a decision at a later date.

In other business, Council:

•Accepted the bid of \$22,990 from Poston Equipment Sales Inc. for a new chipper;

•Approved a request by the Eagle Lake Food Pantry to hold a sweater drive in front of the Eagle Lake Municipal Building Friday, Nov. 20, from 11 a.m. to 2 p.m.

•Appointed Ronnie Sedgwick to replace Clark Powers on the Colorado County Central Appraisal District Board of Directors.

•Learned that Officer Tim Crume has been promoted to sergeant in the Eagle Lake Police Department;

•Heard a report from Holland that the City may be eligible for some funds from the Emergency Disaster Relief for the water-damaged police car and repair on the loss on West A Street; and

•Read a letter of thanks to the ELPD from Guy and Peggy Thomas, parents of slain Officer Tobin Thomas.

BAND NOTES

The Rice Raider Band Booster Club met Monday, Nov. 9.

There was much discussion about the upcoming drawing and dinner.

The drawing and dinner will be held Monday, Dec. 14, beginning at 5 p.m.

Band students will be selling drawing tickets (\$1 a ticket or \$5 for a book of six). Any support you are able to give will be appreciated.

Also, the chicken spaghetti dinner plates will be sold for \$5 each. These will be **pre-sale only**. No tickets will be available at the door.

The dinner will begin at 5 p.m. with the concert and raffle to follow.

The following is a list of Booster Club Members: Vera and Derek Alleyway, Clarence and Donna Coldewey, Lisa Hoffman, Howard and Ernestine Lott, Al and Janet Mahalitc, Donnie and Kathryn Stern, Dr. and Mrs. Raymond R. Thomas, Dr. and Mrs. Russell R. Thomas, Howard and Gretchen Wilkerson, Debbie Wishert, Patricia Evans, Allan and Sheila Valigura, Stephen and Vivian Spanihel, Truman and LaNelle Engstrom; Pat and Katherine Mascheck, Ms. Patsy Mathis, Mr. and Mrs. Ray Sykowski, Ms. Carol Bluntson, Mr. and Mrs. Lares, Mr. and Mrs. Larry Dulany, Mr. and Mrs. Greg Contreras, Ms. Arlene Brown, Mr. and Mrs. Reggie Briscoe, Ms. Ruiz and Ms. Jerome McAfee.

Thanks to All Our Supporters!!!

The Rice Medical Center Employee Volunteers for Hospital Improvement would like to thank the following people for helping make the Third Annual Harvest Ball a great success!

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Surgical Associates (Dr. Patino & Dr. Arebalo)
Columbus Health & Fitness Center
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