This Week's Action!



Team, Place & Time Date Friday, Feb. 5 Lady Raider basketball vs. Hitchcock*, Here, 5 p.m. Raider basketball at Hitchcock*, 5 p.m. Tues., Feb. 9...... Lady Raider basketball at Needville*, 5 p.m. Raider basketball vs. Needville*, Here, 5 p.m. *District competition

Fair steer, commercial heifer tag-in date set

4-H and FFA members who are requirement will NOT be allowed to planning to exhibit a steer or commer- tag-in. cial heifer in the Colorado County Fair will tag-in their animals Saturday, age at Fair time. March 13, at the Rice Consolidated

A tag-in fee of \$2 per animal must view will be sifted. be paid at this time.

Chairperson for the steer and rary central incisors in place. commercial heifer divisions is Alvin

Emmel 409-725-8891. The maximum tag-in weight for steers will be 700 pounds with a 10 pound tolerance.

Commercial heifers must be calfhood vaccinated for Brucellosis prior to tag-in. Heifers not meeting this left-handed.

Heifers must be 12 to 24 months of

At the tag-in on March 13, teeth School Ag Building from at 8 to 10 will be checked. Any heifer with one or more permanent central incisor in

County Extension Office at 409-732- the same time. 2082 or the chairperson.

Did You Know...

About 10% of all people are



By Dr. Eric R. Tepper, Podiatrist YOUR ACHILLES HEEL?

The Achilles heel is named for a mythological figure who was invulnerable except for one unprotected spot on his heel where, ultimately, he was mortally wounded. In women, the Achilles tendon, the band that attaches the calf muscle to the heel bone, is just such a vulnerable spot. Achilles tendinitis, inflammation of this tendon, is not an uncommon occurrence among women who frequently wear high heels. To avoid this, if possible, alternate between heels and flat shoes. The tendon may actually become shortened from wearing only high heels, leading to considerable discomfort or pain when walking either barefoot or in flat shoes. For minor tendinitis, rest, ice and anti-inflammatory drugs are useful. For severe pain, see your podiatrist for treatment.

If your feet hurt, it's important to find out why. Following diagnosis, it's then time to formulate a treatment plan which may consist of exercise, medications, orthotics, surgery, or even a change in foot wear. Many foot problems evolve over time, from improper shoes, age, slow-growing medical conditions, physical stress, and muscular imbalance. If your feet hurt, it's important to communicate with your doctor. Now is a good time to schedule a Tuesday appointment for family foot care at Rice Medical Center. Call 234-5571.

P.S. Your podiatrist can show you exercises to lengthen and strengthen the Achilles tendon

-SPORTS -

Raiders manhandled by Spartans, clawed by Tigers

and 0-5 in district as they lost two Spartans and Sealy Tigers.

completely manhandled by the Spar- each. tans of Stafford by a score of 96-33. Raiders were never even close to

games this past week to the Stafford Sunderman with 10 points; Jon God- according to their coach. ley and Kevin Johnson, six; Kevin On Tuesday, the Raiders were Jason Barrow and Jay Knight, two Knight, seven; Johnnie Johnson and the Raiders travel to Hitchcock.

On Friday, the Raiders were As is obvious by the score, the clawed by the Sealy Tigers, 61-37. Once again, as has been the case

The Rice Raiders dropped to 3-19 being in this game, said their coach. the entire season, the Raiders' poor Sunderman, two each. Scoring for the Raiders were Coy shooting led directly to this defeat,

Leading the Raiders' effort were Godley, four; Matt Gertson, three; and Johnson with 17; J. Godley, nine; play Sweeny at Rice. Then on Friday,

This week the Raiders play the pair

of Bulldogs in District 25-3A. On Tuesday, they are scheduled to



RHS Cross Country Team

Members of the Rice High School (RHS) Cross Country Team this year are, in front, from left, Yaneth Najera, Olivia Mendoza and Emanuel Zarate. In back, David Rangel, Chanda Coxwell, Rebal Canaris and Mark

Turkey orders due for County Fair exhibitors

Individuals planning to exhibit through the Colorado County Exten-Heifers should have both tempo- turkeys at the 1999 Colorado County sion Office on or before March 5. Fair are reminded that all poults must For more information, contact the be of the same variety and ordered at minimum of 15 poults. Poults cost

Turkey poults must be ordered

ABOUT Town...

•An Eagle Lake resident was elected to a position for 1999 on the major Texas Baptist board during the annual meeting of the Baptist General Convention of Texas (BGCT).

William H. Harrison Jr., president of the First National Bank, was elected to the board of the Texas Baptist Children's Home.

With about 2.7 million members in 5,700 churches and missions, the BGCT is the largest state Baptist convention that works in voluntary cooperation with the National Southern Baptist Convention.

 Nine Lamar Consolidated School District students visited Eagle Lake Mayor Michael Cooper at the Eagle Lake City Council meeting Jan. 26.

The students were given the assignment in their Economics class to attend a public meeting.

Since they are also students of Cooper, a faculty member at Lamar, (See Town, Page 8)

\$3.15 each and must be paid for at the time ordered. Turkey poults are to be picked up on April 15 from 3 to 4:30 p.m. at the

Each exhibitor must purchase a

County Extension Office. Chairpersons for the turkey division of the Colorado County Fair Livestock Show are John Glueck, 409-732-5249, or Richard Glueck, 732-5942.

For more information, contact the County Extension Office at 732-2082 or one of the division chairpersons.

Rewards given at Garwood School

several reasons to celebrate.

Principal Bill Hefner rewards the each six weeks.

The winners of the party for the first and second six-week periods was tops for the first three months of the the box tops to the school. the eighth grade.

The third six-week period was won by the third grade. This year, Garwood School is par-

ticipating in the General Mills Box Tops 4 Education Program.

The students are asked to bring in box tops from General Mills products. These are then tabulated by the class and sent to General Mills.

Garwood School received their

Recently, Garwood School had first check for \$42.05 from General Mills.

Mrs. Thrash's fourth grade class Jan. 30. class with the best percentage of atten- collected the most box tops. Mr. dance with a pizza party at the end of Hefner treated them to a Coke float celebration.

turned in 58 box tops.

Garwood School was to send in the second collection of box tops on

The Garwood School would like to remind students, parents, granparents and any community member who Thrash's students turned in 91 box would like to help to please send/bring

If you have any questions about Fifth graders in Mrs. Hinze's class the project, please contact the school at 409-758-3385.

SHERIDAN LIBRARY NEWS

The library has received 158 new biographies of legendary figures, books made possible through the sports heroes, and well-known people Houston Area Library System. Many of the new selections are

in today's society. You're invited to come, browse

and check out your favorite titles.

The library received the following memorials: in memory of Opal Fitzgibbons: Willard & Irene Hagendorf; in memory of James Maurice Adams: Bill & Lillian Gohlke, Bertha Adams; in memory of Judge Lester James Cranek: Bill & Lillian Gohlke, Herbert & Alice Hinze.

Book donations came from Audrey Richards, Bertha Adams, Bobby Haines, Bill Stein and Bobby

APPRECIATI AND THANKS...

to the many United Buyers who supported the local Rice High School FFA Sale

OUR THANKS TO YOU

Rob E. Burgher George E. Burgher, Jr. James E. Rees Mr. & Mrs. Tom Davidson Todd & Lisa Krenek Peoples State Bank of Hallettsville Mitchell Smith Mr. & Mrs. Leon Schneider Mr. & Mrs. Fred Grahmann James & Vilma Vavrusa M&T Hoffman Farm Buddy & Jennifer Korenek Smith Farms, Inc.; Madison Smith/Robert Hunt Ronny & Sandy Jones Garwood Package Store Delmar Krenek & Sons M-G, Inc. Dupré Lease Service, Inc. Mr. & Mrs. William Pustejovsky The First State Bank of Columbus Mr. & Mrs. Verlin Argo Mr. & Mrs. Monroe Ripper Mr. & Mrs. Wm. H. Harrison Glen Sunderman Commercial State Bank, El Campo The First State Bank of Louise

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Three Medicines for Heart Failure

Congestive heart failure (CHF) is a condition in which the heart becomes less efficient in its ability to pump blood to vital organs of the body. As a result, blood accumulates in the lungs as they become congested with fluid. Congestion in the legs and ankles may also become apparent.

For decades digoxin (a digitalis medicine that improves the force of heart contractions) has been the standard drug treatment for CHF. Diuretics (sometimes called water pills) such as hydrochlorothiazide remove accumulated fluid by blocking sodium reabsorption in the kidneys. Recently the Digitalis Investigation Group study confirmed the positive benefit of using digoxin for heart failure. In that study of over 7.000 persons, two other medicines were also used - diuretics and ACE inhibitors. Based on the results of that study and others, some physicians have started using triple therapy for CHF-digoxin, a diuretic, and an ACE inhibitor medicine such as enalapril. In one review use of these three medicines at the same time improved tolerance to exercise to a greater degree than any combination of two of the medicines. According to a recent issue of Pharmacist's Letter, triple therapy seems to be appropriate when failure occurs in the left ventricle (chamber) of the heart.



A 'chance' to purchase Valentina

Chances to purchase Valentina, the new "hot pink" Valentine Beanie Bear, may be purchased at Eagle Lake Drugstore for \$5 a chances for a drawing to be held Friday, Feb. 12, at 5 p.m.

Proceeds will benefit the Renee **Balas Bullard Endowed Pharmacy** Scholarship.

Fair Board holds first meeting

The Colorado County Fair Association Board of Directors held its first regular meeting of the new year at the County Extension Office Wednesday,

Mack Janak, newly elected president of the body, called the meeting to order. In addition to conducting regular business, Janak welcomed several guests to the proceedings.

Past Board President Jerry Henneke was presented a plaque for his dedicated service to the Fair as a member of the Board of Directors, 1986 to 1992, and the Board's President from

(See Fair, Page 8)