




Foot Facts

By Dr. Eric R. Tepper, Podiatrist

WHY ARE MY FEET BURNING?

Feet may feel like they are burning for several reasons. Increased blood flow actually warms the feet and raises their temperature, making them feel hot. Blood flow to the feet may increase temporarily when a person exercises or drinks alcohol. Other causes include inflammation from skin irritations or allergic reactions and fungal infections like athlete's foot. Ill-fitting shoes and socks made of abrasive fabric may also cause a burning sensation. Burning feet may also signal something more serious, like a blood vessel disorder or nervous system problem involving the brain, spinal cord, or peripheral nerves that send messages to the rest of the body. Several underlying conditions may cause nerve damage, including diabetes, alcoholism, and a poor diet.

An accurate diagnosis is the first step toward treating any foot problem. And because each foot problem is different from anyone else's, your podiatrist needs to evaluate your problem carefully. This requires a history, physical exam, and, in some cases, x-rays and laboratory tests. Depend on it - whatever is causing your foot pain, whether it's disease or injury, a hereditary condition, or any number of ills that can plague the feet - you can count on us for relief. We're located at Rice Medical Center. Call us at 234-5571 for a Tuesday appointment.

P.S. Consult with a podiatrist if burning feet are a persistent problem.

To determine which sites are selected for the After School Advantage program, a thorough review of both school-based and community-based programs is conducted.

Since April 1999, the program has been rolled out in 12 states: Washington, Oregon, Michigan, Kentucky, Georgia, Rhode Island, Texas, California, New York, Arizona and New Jersey—each state having a host of program sites.

Over the next three years, the After School Advantage program will be implemented in all 23 states and the District of Columbia, in which GTECH conducts business.

have a theater program that will include daily classes through the summer.

The ultimate goal of this program will be to form the ICE House Theater Company, a group of committed, talented and trained young actors and actresses who will produce and perform in their own plays at the ICE House year-round.

The classes will be taught by Jana and Shane Sooter, both of whom have degrees in theater as well as professional acting experience.

•**Common Grounds:** We've got the cure for the weekend night, what-am-I-going-to-do blues.

The ICE House will be open from 8 to 11 p.m. on Friday and Saturday nights for a Christian teen club that we call Common Grounds. Come in for nighty live music (yes, live music in Eagle Lake!), theater, refreshments, food and fun in a safe, Christian environment. We want to become the weekend party spot for young people in Eagle Lake. Come in and join the fun!

•**Rock Climbing:** Rock climbing

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Lee Politsch, and were accompanied by sponsor Mrs. Jane Clipson.

Over the course of the day, the

At 6 p.m., the club left for dinner. After stopping at many packed restaurants, they decided on Chili's. Everyone left with a satisfied stomach.

The bus ride home was one of the perks of the day. Everyone sang songs ranging from oldies, to country, to rap, to rock and even some folk songs.

Everyone arrived home ready for a well needed good night's sleep.

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