

## Baseball camp to be held June 11 at San Jac

A Pro-Coll Evaluation Camp will be held June 11 at John Ray Harrison Field on the campus of San Jacinto College North.

The camp for baseball players in the ninth through 12th grades will begin at 9 a.m. and cost \$70 per person.

Conducted by Major League baseball scouts and college and high school coaches, the camp will include lectures and individual player evaluations.

Lectures will be given by professional scouts Randy Taylor of the Texas Rangers and Kyle Van Hook of the Seattle Mariners on what scouts look for in players and what it really takes to play Major League baseball.

Chris Rupp, head coach at San Jacinto College, will lecture on college baseball recruiting and scholarships, what to expect and what it takes to play college baseball.

Brenham High School head coach Jim Long will also participate.

All players will be evaluated according to their positions. Evaluations will consist of a timed 60-yard dash, throwing from position to grade arm strength, throwing from the bullpen mound to a radar gun for pitcher evaluation and 15 to 20 swings for hitting evaluation.

Parents are invited to attend.

In case of inclement weather, the camp will be moved to an indoor facility.

For registration information, contact Rupp at 281-459-7613 or Long at 979-836-8573.

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## Foot Facts

By Dr. Eric R. Tepper, Podiatrist  
THE PODIATRIST'S ROLE

If discomfort or pain occurs in the feet, rapid treatment usually leads to complete healing and a return to full function. A podiatrist can effectively treat most foot problems so that normal activities may be resumed. Reducing symptoms and correcting the cause of the problem are the podiatrist's main objectives. To alleviate mild symptoms, aspirin, anti-inflammatory medicines, or ice packs on the affected area may work well. For severe pain and swelling, a podiatrist may prescribe pills or injections or recommend physical therapy, such as ultrasound treatment. When poor foot mechanics cause pain, the foot may be taped to support the arch and control movement temporarily. If taping helps, the podiatrist may prescribe orthotic inserts to control foot movement.

The greatest advances in podiatric medicine have been made within the last ten years. With the aid of computerized motions of bone and muscle design, we understand the ranges and biomechanical assembly of the foot, how the foot really works, and what it takes to control or correct abnormalities and diseases. If it's time your feet stopped hurting, we are accepting new patients at Rice Medical Center. Our goal is to provide the best quality foot and ankle care in a cost efficient manner. Can we help you? Call us at 234-5571. I am available every Tuesday, P.S. When other treatments are ineffective, the podiatrist may consider surgery.



### Erwin, Reynolds to wed July 8

Jennifer Kaye Erwin, daughter of Tony Erwin of Boyd, Texas, and Janet Erwin of League City, Texas, will marry Gardner Allen Reynolds, son of Bill and Elizabeth Reynolds of Runaway Bay, Texas, July 8, 2000.

The wedding will be at the First Baptist Church of Bridgeport with Rev. Bill Dye officiating.

The bride-elect is a 1993 graduate of Boyd High School and employed at The Family Clinic in Bridgeport.

The prospective groom is a 1999 graduate of Midwestern State University. He is employed by Bridgeport ISD as a teacher and coach.

Reynolds is the grandson of Gardner Seaholm of Eagle Lake and the late Nancy Juul Seaholm.

## Williams family has three more graduates

Three more members of the Williams family are graduates.

Last month, Georgelyn Hemphill graduated from TSU in Houston.

This month, the family had three great grandchildren graduate from Pre-K and Kindergarten:

Ms. Brea Green, daughter of Zameika Williams of Houston, graduated from Pre-K at All of God's Children in Houston. She is the granddaughter of Ricky and Berlinda Williams of Houston, great-granddaughter of A.J. and Marlene Williams and Joyce Christal of Eagle Lake and great-great granddaughter of Mrs. Margaret Aldridge of Eagle Lake.

Ms. Kierra Norris, daughter of Shemika Wiggins and the late Marsha (Pooh) Norris, graduated from Kindergarten at Alcott Elementary in Houston ISD. She is the granddaugh-

ter of Arlene and Judge Jackson and great-granddaughter of A.J. and Marlene Williams of Eagle Lake.

Mr. Shakora Norris, son of Demetria Dancy and the late Marsha (Pooh) Norris of Eagle Lake, graduated from Pre-K at New Beginnings Child Development Center in Eagle Lake. He is the grandson of Arlene and Judge Jackson and Mary Nell Dancy, great-grandson of A.J. and Marlene Williams and the late Mary Etta Dancy.

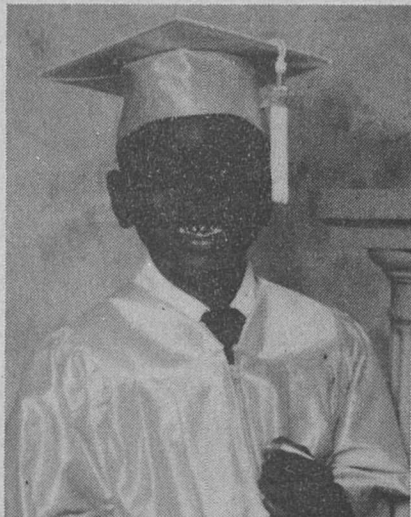
The family wishes them all much success as they continue their education... elementary school!!!



Ms. Brea Green



Ms. Kierra Norris



Mr. Shakora Norris

## CCYFS receives \$10,000 grant

The CORE Services Drug and Alcohol Program at Colorado County Youth and Family Services Inc. (CCYFS) received a check for \$10,000 from the RGK Foundation of Austin May 23.

CCYFS sent the Foundation a proposal in April requesting much needed funds to support its Drug and Alcohol Services in Colorado, Fayette, Austin, Lee and Lavaca Counties.

CORE Services are offered to

persons or families who may be experiencing problems with drugs or alcohol.

The services are provided by experienced, licensed chemical dependency counselors.

All services are available to the general public at NO CHARGE.

All client information is confidential.

Specific services offered are telephone screening, in-person problem identification assessment and evaluation, short term counseling, referral

and placement, 24-hour telephone service, follow-up counseling and information education.

These services will be greatly enhanced by this grant.

The RGK Foundation is an independent foundation begun in 1966 by Ronya and George Kozmetsky.

Its focus includes three main components: educational, medical and community.

Grants in these areas include support for research for programs that promote academic excellence in institutions of higher learning; programs that raise literacy levels; programs that attract minority and women students into the fields of math, science and technology; and programs that promote the health and well being of children.

The Foundation has sponsored studies in several areas of national and international concern including health, corporate governance, energy, economic analysis and technology transfer.

CCYFS Inc. is a non-profit agency dedicated to promoting positive and healthy individuals and families.

The counselors at CCYFS may be reached by calling the toll free number, 1-800-256-7321; or 979-732-8355.

## True To Texas.com?

Rural Texas entrepreneurs searching for a way to reach customers have a new web site ([www.TrueToTexas.com](http://www.TrueToTexas.com)) which is devoted to them.

"We want to help the rural entrepreneurs get and keep connected with their customers," TrueToTexas.com founder Craig Dickson said. "TrueToTexas.com emphasizes farms, ranches, rural real estate and associated services such as appraising, water well drilling and surveying."

Dickson said the site also offers information on hunting and fishing, interactive discussion boards. A general store specializing in Texas goods is coming. "We designed this site for the smallest Texas entrepreneur," Dickson added.

For information, visit the web site or call toll-free 1-877-509-4880.

## Heat

Continued from Page 6

remely high body temperature, red and dry skin, rapid pulse, confusion, brain damage, loss of consciousness and, eventually, death. For severe symptoms, get the victim into shade, call for emergency medical services and start cooling the person immediately with cool water or by fanning.

Saying in an air-conditioned area, either at home or a public place such as a mall, library or recreation center, is the most efficient way to combat heat. If air conditioning is not available, pull the shades over the windows and use cross-ventilation and fans to cool rooms. In areas of high temperatures and high humidity, however, turn off the fans or aim them through a window to blow the hot air out. A cool shower or bath also is an effective way to cool off. Limit the use of a stove and oven to keep temperatures lower in the home.

Children especially can quickly become dehydrated. They need to drink fluids frequently, especially water, and wear light, loose clothes. Avoid drinks that are heavily sweetened or contain caffeine. Check on children often, especially if they are playing outside in high temperatures.

Other heat precautions include:

•Never leave anyone in a closed, parked vehicle during hot weather.

•Drink plenty of fluids, but avoid drinks with alcohol, caffeine or a lot of sugar. Start drinking fluids before going out into the heat.

•Plan strenuous outdoor activity for early morning or in the evening when the temperature goes down.

•Take frequent breaks when working outside.

•Wear sun block, hats and light, loose-fitting clothes.

•Stay indoors and in air conditioning as much as possible.

•Eat more frequently but be sure meals are well balanced and light.

•Avoid dressing infants in heavy clothing or wrapping them in warm blankets.

•Check frequently on people who are elderly, ill or may need help.

•Check with a doctor about the effects of the sun and heat exposure when taking prescription drugs, especially diuretics or antihistamines.

•At first signs of heat illness—dizziness, nausea, headaches, muscle cramps—move to a cooler place, rest a few minutes, then slowly drink a cool beverage. Seek medical attention immediately if conditions do not improve.

•Pay attention to pets. Be sure they have plenty of water and do leave them closed up in parked cars or hot buildings.

The best defense against heat-related illness is prevention. Staying cool, drinking plenty of fluids, wearing cool clothing and monitoring outdoor activities all are key to staying healthy in hot weather.

## COLORADO COUNTY SHERIFF'S REPORT

Friday, May 19, at 9:50 a.m., Deputy Schmidt responded to a call concerning a juvenile not attending school in Sheridan. After meeting with the student, the student was transported to Rice High School and issued a citation for failure to attend school and a warning for minor in possession of alcohol from an incident that occurred earlier in the year.

At 11:03 p.m., Deputy Ashorn initiated a traffic stop on Avenue H and FM 2437 in Sheridan. After further investigation, Ronnie Steve Kutach, 19 of Rock Island was ar-

rested for unlawful possession of a firearm by a felon, possession of marijuana, possession of drug paraphernalia and driving under the influence of alcohol by a minor. One juvenile was also cited for public intoxication and released to his mother.

Sunday, May 21, at 3:35 a.m., Deputy Ashorn initiated a traffic stop on FM 3013. After further investigation, Oscar Silva Pasohondo, 18, of Eagle Lake was arrested for driving while intoxicated.

Monday, May 22, at 11 a.m., Deputy Schmidt spoke with a probation officer who stated that he had an order of immediate custody of a juvenile. Deputy Schmidt located the juvenile at the Rice High School campus, detained him for the order of immediate custody and transported him to the Eagle Lake Boot Camp.

Tuesday, May 23, at 8:14 p.m., Deputy Zermeno initiated a traffic stop on FM 2614. After further investigation, Ben Daniels III, 28, of Eagle Lake, was arrested for possession of marijuana.

Wednesday, May 24, at 6 a.m., Deputy Basco initiated a traffic stop on Hwy. 71 south. After further investigation, Jesus Cruz Jr., 27, of Alleton, was arrested for failure to identify and driving while license suspended.

Friday, May 26, at 12:02 a.m., Sgt. Pavlicek and Deputy Toppel initiated a traffic stop on County Road 101. After further investigation, Willie Connor, 19, of Columbus; Randy Stovall, 19, of Columbus; and Tommie Toliver, 19, of Glidden were arrested for possession of marijuana (See Sheriff, Page 10)



Parish of the Nativity - Eagle Lake

Invites the Public to the Annual

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