

## KidFish catching on as Lake Motors host

More than 200 participated in the fun and educational KidFish tournament hosted by Lake Motors of Eagle Lake.

The popularity of this event, now in its 6th year, continues to grow dramatically.

An outreach program of the Parks and Wildlife Foundation, KidFish is designed to educate and provide hands-on fishing experience for children of all ages.

KidFish tournaments are held at numerous locations throughout the region.

The site for this particular KidFish event was Thornton Pond which was stocked with 700 pounds of fish on the

day prior to the contest. The event took place from 8 to 10:30 a.m., on Saturday, April 8.

Mike Reed, Regional Coordinator for KidFish, was the chief organizer of the friendly contest. Among the volunteers and local contributors were employees of Lake Motors.

The day's top five winners were Brooklyn Ellis, Kevin Ellis, Craig Waligura, Alyssa Marsalia and Miracle Black. The biggest fish caught measured 24 1/4 inches and was caught by Norma Morales.

All of the winners will advance to the KidFish Classic, which will be held in October, at Sea Center in Lake Jackson. Savings bonds, computer

equipment for the winning child's school, guided fishing trips and more will be awarded at the Classic.

Prizes at this local event included bicycles, fishing tackle boxes, camping tents, radios and more. But it was the knowledge gained and the shared camaraderie that made everyone a winner.

"It was a delightful day, with so much enthusiasm among the kids and adults alike," said Tom Reed of Lake Motors. "We're very pleased to have played a role in this event, and we wholeheartedly support the fine work done by the Parks and Wildlife Foundation."

Prior to fishing for prizes, the children participated in a KidFish College presentation, in which they were

taught about fishing, conservation and respect for the environment, the fish and other anglers. Upon completing this brief, pre-contest presentation, each child received a "Bachelor of Angling" degree, enabling them to fish and compete. All of the participants also received a KidFish goodie bag. Additionally, the children can win prizes for raising various amounts of money for the foundation.

KidFish is free, although donations are accepted. Everything that a child needs to catch a fish, such as rod, reel, bait and tackle, is provided to those who need it.

The program is sponsored by Chevy Trucks and Lake Motors. For more information, call 281-331-8417.

## Railroad crossing tragedies don't have to happen

From the Office of U.S. Senator Kay Bailey Hutchison

Texas still holds bragging rights to more miles of railroad and more miles of highway than any other state.

Unfortunately, that means there's a greater chance for accidents and fatalities at our highway railroad crossings than in any other state.

Too many Texas drivers gamble with fate by disregarding those flashing warning lights and crossing gates. I have been participating in Operation Lifesaver and similar awareness programs since 1978, when I was Acting Chairman of the National Transportation Safety Board, in hopes of changing such high-risk behavior and persuading everyone to be more cautious when approaching railroad crossings.

In 1999, Texas experienced 364 vehicle-train collisions, more than any other state; 41 people were killed and another 171 injured.

That's way too many. The prevention of crashes between vehicles and trains needs to remain a high-priority public safety issue until the deaths and injuries are a memory, not an ongoing statistic.

Grade crossing collisions are preventable when drivers heed the advance warning signs and approach all grade crossings with caution.

In addition to saving your life and the lives of your loved ones, heeding railroad warning lights can save you a ticket as well: Texas state law requires motorists to obey all signals indicating the approach of a train.

Thirty-eight percent of Texas public grade crossings (4,679) are equipped with active warning devices (i.e., automatic gates and/or flashing signals) to alert motorists that a train is approaching.

Here are the Federal Highway Administration's tips for safely navigating railroad crossings:

- Always expect a train.
- Be certain you can safely stop if you see a train approaching a crossing.
- Don't rely on the train whistle to warn you. Other noise may mask the train's warning.
- Don't attempt to cross the tracks unless you are certain the vehicle you are driving will clear the other side.
- Never shift gears while crossing railroad tracks.
- Watch for obstructions which may block your view of an approach-

ing train, such as vegetation, buildings, stationary railroad cars, etc.

• Be alert to how the weather affects conditions at crossings; rain, sleet and snow can impair your vision and make it harder to stop.

• Look up and down the tracks. It is difficult to judge the distance and the approach speed of a train as it moves toward a crossing. If in doubt, be safe-stop and wait.

• Slow down and be prepared to stop at the first railroad warning sign. According to the U.S. Department of Transportation, a motorist is 40 times more likely to be killed if involved in a vehicle-train crash than in any other type of highway collision.

I don't want one, single Texas to be a part of these grim statistics. LOOK, LISTEN AND LIVE!

## Archaeology in action

The Texas Historic Commission (THC) invites Texans to visit the Public Archeology Laboratory (PAL) in Victoria.

Visitors can watch archaeologists as they clean and analyze artifacts from THC's excavation of Fort. St. Louis, the first European colony in Texas, and the Spanish presidio, La Bahia. The excavation is on private property and is not open to the public, so the PAL is a great way to experience the latest developments.

The lab features exhibits which include the eight iron cannons that led to the site. Visitors can view video of archaeologists conducting field work and track their progress through a photograph display. The lab also features artifacts and information about THC's excavation of the Belle, French explorer La Salle's ill-fated flagship.

Located at 113 W. Santa Rosa in downtown Victoria, the lab is open Monday through Friday, 9 a.m. to 5 p.m., and the first and third Saturdays, 9 a.m. to 3 p.m. For a group tour, contact Maureen Brown, 361-570-1356.

For more information, visit THC's web site at [www.thc.state.tx.us](http://www.thc.state.tx.us) or contact Ms. Brown.

## Texas grant writing workshops scheduled

The 2000 Texas Grant Writing Workshops, sponsored by the Texas Historical Commission (THC), Friends of the THC and the Hogg Foundation Library, will focus on securing foundation and corporate grants through successful grant writing.

Terry Colley, deputy director of the THC, and Linda Lee, executive director of the Friends of the THC, will lead the workshops. They have raised more than \$5.5 million in grants for THC programs.

## Keeping an Eye on Texas

### College tomorrow at today's prices

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For more information visit [www.texastomorrowfund.com](http://www.texastomorrowfund.com) or call 1-800-445-GRAD.

SOURCES: Carole Keeton Rylander, Texas Comptroller of Public Accounts ([www.window.state.tx.us](http://www.window.state.tx.us)).

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## El bienestar de Texas

### Asista a la universidad mañana a los precios de hoy

El Fondo Texas Tomorrow les permite a los tejanos pagar por anticipado una educación a los precios actuales. Desde 1985 ha habido un aumento de 450 por ciento en el costo de la matrícula y las cuotas en la universidad. Al inscribirse en el Fondo Texas Tomorrow, el estado de Texas garantiza que se cobrarán las cuotas requeridas no importa cuánto aumenten.

Para mayor información visite al [www.texastomorrowfund.com](http://www.texastomorrowfund.com) o llame al 1-800-445-GRAD.

FUENTES: Carole Keeton Rylander, Contralora de Texas para Cuentas Públicas ([www.window.state.tx.us](http://www.window.state.tx.us)).

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## Hotline launches media campaign

On June 5, the Texas Department of Protective and Regulatory Services (PRS) launched a statewide media campaign for the Texas Runaway Hotline, according to Hotline Director, Jay Smith.

"Our campaign began in June and continues throughout the summer months when most youth are out of school."

Smith said the campaign includes billboards, bus placards and new public service announcements for television and radio directed toward troubled youth and families who may be in need of hotline services.

"In Texas, an estimated 100,000 children, ages seven to 17, run away annually," Smith said. "Whether they are in large cities or small towns, runaway youths are vulnerable to a wide variety of crimes including assault and sexual exploitation."

Hotline staff and volunteers provide crisis intervention and telephone

counseling, and give callers more than 7,000 referrals each year for community services in their area.

According to Smith, a primary referral source is the Services to At Risk Youth (STAR) Program, a no-cost service which provides crisis intervention, counseling, and emergency residential services to youth and families in all 254 Texas counties.

The hotline is also working with the Texas Homeless Network, the Texas Network of Youth Services, other youth related organizations and the media to educate the public about the runaway and homeless youth problem in Texas.

For additional information, call the hotline's toll-free number 1-888-580-HELP (4357) or visit the web site [www.texasrunaway.org](http://www.texasrunaway.org).

## Scam

Continued from Page 5

ment before spending money. You may be able to get the same assistance for free. In fact, many systems can be accessed through the Internet, the fastest growing information source today.

• Ask companies for a list of local students who have used the same service in the last year. Once in hand, ask participants if they were satisfied with the services they received.

However, know that legitimate companies do provide access to lists of scholarships in exchange for an advance fee and others charge for comparing a student's profile with a database of possible scholarships and offer an outline of qualifying awards. The difference is the participants will still be responsible for applying to programs and there are no promises.

Investigate before committing any money. Talk to your guidance counselors, past graduates, experienced parents and teachers and research scholarship programs and financial aid on the Internet. By doing some research, you will find the names of the most reputable companies to trust and help you achieve your educational goals.

### Bible Verse of the Week

"Preserve me, O God; for in thee do I put my trust." — Psalms 16:1  
Submitted by Neddy Phillips

## Foot Facts

By Dr. Eric R. Tepper, Podiatrist  
SESAMOIDITIS

The sesamoids are two small bones on the bottom of the foot, at the base of the big toe. When one or both of these bones become inflamed or ruptured, usually due to stressful exercise, the condition is called sesamoiditis. The person feels localized pain in the ball of the foot, and the area is tender to the touch when pressured. Because they consistently push off the ground forcefully with the balls of their feet, runners and pitchers are particularly susceptible to sesamoiditis. Doctors often X-ray the area to diagnose sesamoiditis. Treatment typically involves wearing pads or orthoses to absorb shock, taking anti-inflammatory medication, and resting the area. In rare cases, cortisone injections or surgery are recommended.

Whatever kind of foot pain you are experiencing, results are all that really matter. And the best way to achieve these pain-free results are through your podiatrist. He or she has to treat the underlying cause of your pain so that it will not come back. That's the kind of care you need and deserve, and that's the kind of care you'll find at Rice Medical Center. We treat all kinds of foot and ankle ailments, with a deep commitment to your foot health. For a Tuesday appointment, please call 234-5571.

P.S. It is sometimes difficult to diagnose a ruptured sesamoid since people can have either one-piece or two-piece sesamoids.

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