

Foot Facts



By Dr. Eric R. Tepper, Podiatrist

HIGH BLOOD PRESSURE & YOUR FEET

When you see your podiatrist, remember to mention if you have hypertension, or high blood pressure. While examining your feet, the doctor may even notice signs of high blood pressure before you have been diagnosed with the condition. Hypertension tends to decrease circulation, leading to lower-than-normal temperatures, abnormal skin color, or reduced pulse in the feet. A burning sensation in the feet may also be caused by decreased circulation. Any increased or periodic swelling in the lower extremities may indicate that high blood pressure has contributed to heart disease. Tell your podiatrist if you experience any swelling or burning. The doctor will work in conjunction with your primary care doctor to detect, treat, and control any hypertension.

As members of your health care team, we as podiatrists are greatly concerned about high blood pressure and how it affects our patients. If you are suffering from hypertension and/or cardiovascular disease, rheumatic heart disease, diabetes, ulcerations, or swollen or burning feet, we need to know. This knowledge can help us, along with your other health care providers, manage long-term control of your condition. For a Tuesday appointment at Rice Medical Center, please call 234-5571.

P.S. High blood pressure can also cause foot ulcers, open sores that fail to heal or that heal very slowly.

PERFECT ATTENDANCE 2nd Six Weeks, 2000-01 School Year

SHERIDAN SCHOOL
Kindergarten: David Jones, Brittany Machart, Kayla Machart.
First grade: Donald Bryant, Andie Hubenak, Samantha Bryant, Anna McConnell, Brooklyn Ellis, Jordyn Pausewang, Tyrus Hill, Brandon Sheridan.
Second grade: Brandy Brewer, Jesse Ross, Jacob Hubenak, Gustavo Silveira, Erica McConnell, Tara Tesch, Kristen Neubauer, Paige Vandemark.
Third grade: Kevin Ellis, Rachael Moore, James Sheridan, Chelsea Soto.
Fourth grade: Dillan Gertson, Brianna Hubenak, Courtney Ross.
Fifth grade: Courtney Andrejczak, Austin Moore, Joaquin Stallworth.
Sixth grade: Brent Botard, Kayla Robertson, Victor Brewer, Kristi Sepulveda, Morgan Dumont, Miranda Soto, Kurt Stern, Daniel New, Kimberly Varley.
Seventh grade: Jeremy Hill, Chelsea Ray, Krystal Sepulveda.
Eighth grade: Brian Avila, Stephanie Botard, Chad Garza, Quindora Jones, Donovan King, Tyler Kloss, Kelly Konesheck, Arthur Perales, Joe Perez, Brooke Wilkerson.

EAGLE LAKE MIDDLE SCHOOL
Fourth grade: Alcario Barrios, Alejandra Cano, Fernando Cano, Garrett Casper, Ana Castillo, Jesse Castillo, Phillip Castillo, Frank Cisneros, Yesenia Diaz, Bruno Flores, Frederica Foster, Zacchaeus Foster, Jarrod Hemphill, Lakeisha Johnson, Stacy Kneese, LetreaLowe, Elizabeth Marquez, Jerome McAfee, Aaron Moreira, Francisco Rios, Gustavo Rodriguez, Ronnie Semora, Juvenal Sanchez, Matthew Sosa, Sabrina Spates, Laroy Spears, Joslyn Stovall, Laquendra Thomas, Dominique Tillman, Marquis Toliver, Amanda Torres, Kimberly Torres, Dominique Weeks.
Fifth grade: Anthony Banks, Monica Barrow, Norma Castillo, Yolanda Cisneros, Juanisha Cooper, Ashley Donnelly, Ashley Dronen, Jenny Fields, D'Nitria Fuller, Sara

Gonzales, Jeremy Gonzalez, Daniel Goodwin, Jasmine Hemphill, Robert Hernandez, Jacob Hosman, Terreka Jackson, Ernest Lemons, Eddie Losoya, Mayra Marquez, Mary Mendoza, Nathaniel Mullins, Shelly Myres, Hector Navarro, Francisco Osornio, Anthony Ramirez, Anacaren Rivera, Sergio Rodriguez, Hannah Saucedo, Luis Samaniego, Esmeralda Sotelo, Dustin Soto, Joycelyn Stovall, Katlyn Thomas, Macesly Thomas, Jessica Torrez, Violette Villafuerte.
Sixth grade: Jessica Ashton, Clayton Bowen, Sandra Cardenas, Vanessa Casas, Edgar Castillo, Sabrina Cavazos, Christopher Cordova, Domingo Delgado, Noe Diaz, Amador Elizondo, Eduardo Elizondo, Sameira Fields, Cunneishia Foster, Latonya Foster, Shavonnie Foster, Jonathan Galvan, La Brittany Hemphill, Jimmy Kieborz, Amanda Leal, Marco Lopez, Alejandro Lozano, Alberto Lozano, Krystle Mason, Raul Miramontes, Miriam Montiel, Nicholas Moore, Bryan Parker, Irving Pena, Diana Posada, Aaron Ruiz, Aristeo Saucedo, John Supak, Matthew Supak, Eder Valdez.
Seventh grade: Ruth Austin, Paul Barrow, Jayson Batiste, Jessica Black, Rafaela Castaneda, Enemocio Castillo, Lajoya Coats, Amber Cunningham, Trent Fields, Jesus Flores, Derrick Frazier, Carlos Galvan, Magali Garcia, Ashley Garza, LaKerrica Hancock, Anthony Johnson, Michael Johnson, Guillermo Lopez, Priscilla Lozano, Lorenzo Morales, Victor Muo, Kevin Phynon, Misty Posada, David Ramirez, Brittany Reagan, Stacy Roma, Kevin Ruiz, Robert Salinas, Donna Samora, Sierra Samora, Crystal Smith, Edricka Thomas, Quentin Thomas, Ka'Shonda Tillman, Christopher Torres, Marina White, Sabrina White, Angela Yanez.
Eighth grade: Nicole Aguilar, Miguel Arellano, Myra Belman, Joe Brown, Frank Cobia, Nicholas Conejo, Susana Delgado, Jose Elizondo, Mark Espinosa, Ashley Flores, Lizbeth Garcia, Jeramie Hemphill, Oscar Hercules, Charles Huffman, Melanie Ishee, Ana Marquez, Gary McTear, Manuel Mendoza, Marco

Mendoza, Manuel Molina, Norma Morales, Jennie Morgan, Francisco Najera, Emmanuel Parada, Ashley Parker, Pratikumar Patel, Beatriz Posada, Daniel Posada, Carmen Ramirez, Shante Rhodes, Alvaro Rodriguez, Beatrice Rodriguez, Kimberly Rodriguez, Nathan Ruiz, Patricia Ruiz, Arizbeth Ruvalcaba, Jose Samiergo, Robert Scott, Savannah Shorter, Recca Spears, Rachelle Spears, Jonathan Thomas, Lindsey Thomas, Rogers Tillman, Stephanie Tillman, Amber Vasquez, Vanessa Villafuerte, Jameka White, Gerardo Zabala.
EAGLE LAKE PRIMARY SCHOOL
Pre-k: LaMiracle Cotton, Aide Esparza, Yesnely Flores, Jordan Garner, Thalia Llanos, Jerissa McAfee, Tiffany Owens, Veronica Vega, Jer Corey Cavit, Julio Garcia, Dewesha Hemphill, Jordan Johnson, Ni'Quan Miller, Maira Samaniego, Candace Stovall, Chynna Hargrove, Ashley Haynes, Dustin Krenck, Troy Richardson, Taylor Semora, Savannah Vasquez.
Kindergarten: Ruth Belman, Leslie Cavazos, Jimmy Foster III, Krystal Moore, Kelsie Perez, Jeremy Stevenson, Rocky Torres, Roberto Alonso Jr., Nicholas Beisert, Nicholas Contreras, Micah Williams, Paul Cadriel, DeShanna Cotton, Abigail Delgado, Raul Garcia, Juan Carlos Gonzalez, J'markus Hodge, Matthew Lewis, Zacavia Lowe, Kimberly Luna, Hannah Magninat, Shakora Norris, Martin Ramirez, Brittany Romo, Travis Williams Jr., Rendi Yanez, Jordon Gutierrez, Sasha Molina, Jason Samaniego, Lizeth Samaniego, Megan Contreras, Robert Davis, Danielle Flowers, James Garner, Brittelle Lopez, Kurslyn McTear, Cathryn Myres, DeMarcus Ray, Jol-and Rodriguez, Sonaida Rodriguez, Christopher Sommerlatte, Eulysses Torres, Cullen Wiese.
First grade: Amy Adams, Brian Cardenas, Elizabeth Castillo, Christopher Escamilla, Gustavo Esparza, Natasha Frazier, Armando Llanos, Chelsey McGrew, Gary Spates, Ashley Cooper, John Hodde, Lucas Losoya, Ugo Mendoza, Veronica Men-

doza, Brandon Nunez, John Reed, Brooke Rodriguez, Christian Samaniego, Misi Samaniego, Mark Sosa, Brittany Vasquez, Jonovan Allen, Abraham Castillo, Raeneisha Colson, Justin Garza, Christina Lopez, Luis Mendoza, Preston Moreida, Xavier Navarro, Favian Revilla, Juanita Ruiz, Justin Semora, Alex Toloz, Lance Watson, Robert Scott, Dylan Grace, Tackshia Hodge, Crystal Leal, Darius Lowe, Jazlynn Lujan, Reyes Marquez, Michael Navarro, Racheal Navarro, Jennifer Rodriguez, Johnavonna Smith, Albert Vazquez, Sandra Vega.
Second grade: Felica Casas, Brittany Dronen, Roman Nerek, Magdalena Mendoza, Jal' Leel Pettus, Javier Posada, Marco Rivera, Yesica Rivera, Oscar Rodriguez, Candace Romo, Carselin Smith, Felice Smith, Edmond Washington, Jaquita Woods, Gilbert Alvarado, Ashley Carroll, Alejandra Castillo, Matthew DeSantiago, Kirsten Lopez, April Manciano, Gary Segura, Lindsey Sommer, Cherise Coleman, Keren Delgado, Gerald Martinez, Hunter Myres, Christopher Politich, Alex Roque, Kelvin Roy, Mark Sifuentes, McChesha Thomas, Tramayne Tillman, Aurelia Cavazos, Aryel Garcia, Katerain Huffman, Yesenia Marquez, Juana Martinez, Michelle Mendoza, Joey Mullins, Sarah Navarro, Pantherra Perez, Neida Salazar, Michael Scott, Demian Stevens.
Third grade: Alan Arellano, Jonathan Contreras, Christopher Dorsey, La'Nia Jackson, Jairo Mendoza, Jon-trell Pratt, Sharae Pratt, Shelby Shel-ton, Sarael Valdez, LaMarkus Bluntson, Falin Braden, Michael Fore, Rubi Garcia, Patric Gonzales, Gracie Navarro, Richard Quintana, George Rios, Carlos Rodriguez, Carla' Lise Tillman, Cory Miramontes, Holly Berger, Shaina Bowen, Erin Hartman, Carlos Sosa, Kevin Earl, Jewlyette Gonzales, Juan Martinez, LaDarius Miller, Joseph Ruiz, Annica Williams, Gabriel Garcia, Alex Cardenas, Nancy Castillo, Juan Cortez, Deon Dabney, Alta Foster, Angelica Garcia, Irving Molina, Joe Quintana, Isaac Rangel, Jerrell Thomas, Zachary Vasquez, Marneikwa Woods.

El Campo's 13th Annual

CHRISTMAS MALL

Sponsored by the El Campo Chamber of Commerce & Agriculture

201 E. Jackson St., 979-543-2713

Saturday, Dec. 2
Sunday, Dec. 3

10 a.m. to 5 p.m.; El Campo Civic Center

- *100 Booths with Arts & Crafts including Local Merchants
- *Food Available in Food Court in Dusion Room
- Admission: Adults, \$2; Children 12-2, \$1; Under 2, FREE
- *Entertainment Every Hour
- *Door Prize Drawings Every Hour!

Special Features...

Colorado River Band Saturday, 1:30-2:30 p.m.
 Kids Karaoke Sunday, 1-4 p.m.

Pictures with Santa
 Available in the Museum Saturday & Sunday 1:30-3 p.m.

Lighted Christmas Parade
 Dec. 7th - 7 p.m. Downtown El Campo

SANTA MAY BRING PRESENTS BUT CHRIST BRINGS CHRISTMAS



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1406-B N. Mechanic (Hwy. 71--Next to Subway) (979) 543-2850

HOLIDAY STORE HOURS
 Monday - Saturday
 9:30 A.M. - 6:00 P.M.

Columbus Livestock Co., Inc.

Sale Every Thursday, 10:30 a.m.
 Todd L. Keaton, owner
 Top Dollar For Your Cattle Every Time

Office Phone: 979-732-2622
 Home: 979-865-2584
 Mobile: 979-885-8647

1064 Reese Lane
 Columbus, TX 78934

We will be on the air at KULM, Columbus, Wednesdays from 6:30 to 6:45 a.m. and Thursdays, live at ring side, from 2:00 to 2:15 p.m.

If we can help you with marketing your livestock, please call Todd Keaton at 979-865-2584.

If you need a truck, trailer or men to work cattle, we're as near as the phone. Out of town, call collect; your calls are welcome. Try us on your next shipment. At your service 24 hours a day, seven days a week, and we appreciate your business.

Columbus Livestock is located at 1064 Reese Lane, Columbus (off I-10 west, Exit 698, right on Reese Lane). Stop in at the "Auction Barn Cafe".

Receiving cattle on Wednesday; receiving pens remain the same. Same competitive market... Same unbeatable service... New "state-of-the-art" facilities to serve You, the seller. We appreciate your business!

Market Report for Nov. 16, 2000
 Animals on hand: cattle, 3322; one horse.

Number of sellers: 408.
Packer cows: higher dressing utility and cutter cows, 38-45¢ per lb.; lower dressing utility & cutter cows, 33-37¢ per lb.; heavy cows, 25-32¢.
Packer bulls: thin weight bulls, 48-52¢; utility cutter bulls, 42-47¢.

Stocker/Feeder- Calves/Yearlings
Steers #1: 200-300 lbs., \$1.50-1.66; 300-400 lbs., \$1.30-1.48; 400-500 lbs., \$1.10-1.22; 500-600 lbs., 95¢-1.05; 600-700 lbs., 85-91¢; 700-800 lbs., 80-84¢.
Steers #2: 200-300 lbs., \$1.25-1.40; 300-400 lbs., \$1.15-1.25; 400-500 lbs., \$1.00-1.09; 500-600 lbs., 84-92¢; 600-700 lbs., 78-84¢; 700-800 lbs., 72-79¢.
Heifers #1: 200-300 lbs., \$1.20-1.35; 300-400 lbs., \$1.12-1.24; 400-500 lbs., \$1.00-1.11; 500-600 lbs., 88-98¢; 600-700 lbs., 80-86¢; 700-800 lbs., 76-82¢.
Heifers #2: 200-300 lbs., \$1.00-1.15; 300-400 lbs., 97¢-1.08; 400-500 lbs., 86-94¢; 500-600 lbs., 78-86¢; 600-700, 72-78¢; 700-800 lbs., 66-74¢.

Good stocker cow/calf pairs, \$700-800 by the head; med. cow/calf pairs, \$625-690 by the head; common cow/calf pairs, \$570-620; good stocker cows & heifers, \$625-725; medium stocker cows & heifers, \$500-610.

Sheridan students earn 'Smart Awards'

Sheridan students earned 227 Smart Awards during the second six weeks of this school year. The students earning the awards were:

Kindergarten: Kelsey Andrejczak, Haley Benton, Austin Brown, Jesus David Esquivel, Mikayla Gabler, David Jones, Brittany Machart, Kayla Machart, Angel Mason, Shyanne Schlauch, Hunter Wild, Ty Laake.

First grade: Donald Bryant, Samantha Bryant, Kaleb Denison, Brooklyn Ellis, Zachary Frederick, Austin Guidry, Tyrus Hill, Andie Hubenak, Katrina Kazmir, Anna McConnell, Shawn McDonald, Jordyn Pausewang, Brandon Sheridan.

Second grade: Brandy Brewer, Myles Dumont, Jacob Hubenak, Sean Little, Erica McConnell, Ryan Moore, Kristen Neubauer, Cynthia Quinney.

Third grade: Thomas Benton, Jessica Cason, Kevin Ellis, Margaret Fuller, Mary Gundelach, Jessica Hill, Alan Huggins Jr., LeaAnnette Lozano, Jennifer McDonald, Kody Miller, Rachael Moore, Cody Munoz, Adrian Rangel, Jeremy Rivera, James Sheridan, Chelsea Soto.

Fourth grade: Dillan Gertson, Chelsea Hill, Brianna Hubenak, Tiffany Mraz, Courtney Ross.

Fifth grade: Courtney Andrejczak, Kaci Kazmir, Austin Moore, Drew Quinney, Joaquin Stallworth.

Sixth grade: Brent Botard, Victor Brewer, Mallory Dumont, Morgan Dumont, Megan Hinze, Courtney Moaccabe, Daniel New, Kayla Rob- (See Smart, Page 10)

Lady Raiders scalp Lady Comanches, 26-12

Monday, Nov. 20, the 8th grade Lady Raiders tipped off their basketball season with a convincing 26-12 victory over Shiner.

The Lady Raiders started the game off strong, as they forced Shiner into numerous turnovers, converting them into fast-break points.

The Lady Raiders held an 18-8 halftime lead and cruised to their first victory, in their first game of the season.

Vanessa Villafuerte led the Lady Raider attack with 10 points; Arizbeth Ruvalcaba had eight; Savannah

Jesse Ross, Gustavo Silveira, Spence Spencer, Tara Tesch, Paige Vandermark.

Sheridan basketball opens season in Weimar

The Sheridan basketball teams traveled to Weimar to take on St. Michael for their season opener.

The girls won by a score of 28-16. Leading the scoring was Tiffany Varley with 12. Quindora Jones had eight; Brooke Wilkerson added four; and Rachel Peterson and Kelly Konesheck each had two.

The boys lost a close one, 28-25. Clifton Kazmir led the team with 10 points. Joe Lee Perez added nine; Donovan King scored four; and Cory Spencer had two.

The Lady Raiders travel to Hitchcock Thursday for a matchup with the Lady Dawgs.

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