



## Foot Facts



By Dr. Eric R. Tepper, Podiatrist  
**FOOT ULCERS & THE DIABETIC**

The diabetic patient is more prone to developing foot ulcers because of the diminished skin sensation related to the disease. If a diabetic's foot ulcer goes unnoticed and untreated, it can easily become infected and lead to amputation. Foot ulcers most commonly develop on the ball of the foot and bottom of the big toe. They can also occur on the sides of the foot when shoes do not fit properly. Foot ulcers require medical attention. The podiatrist may x-ray the foot to ensure the bone is not infected; cut away any dead, infected tissue; and culture the wound to determine the infection's nature and prescribe the appropriate antibiotic. While healing, the patient should stay off the foot.

As foot specialists, whenever our patients are dealing with foot ulcers or other medically related problems, we are happy to work with all their health care providers to ensure maximum treatment and comfort. We don't treat the entire body, but our experience shows that foot problems can affect, and be affected by, the health of the rest of the body. We do treat all kinds of foot diseases, conditions, disorders, injuries, and bone deformities at Rice Medical Center. I am there every Tuesday. Call 234-5571 for an appointment.

P.S. If the ulcer is not healing and circulation is poor, a vascular surgeon may be recommended.

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Sunday, September 23, 2001

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11:00 a.m. Until...

(No Admittance Charge)

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Big  
Hunter's Auction  
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Auction

HUNTING  
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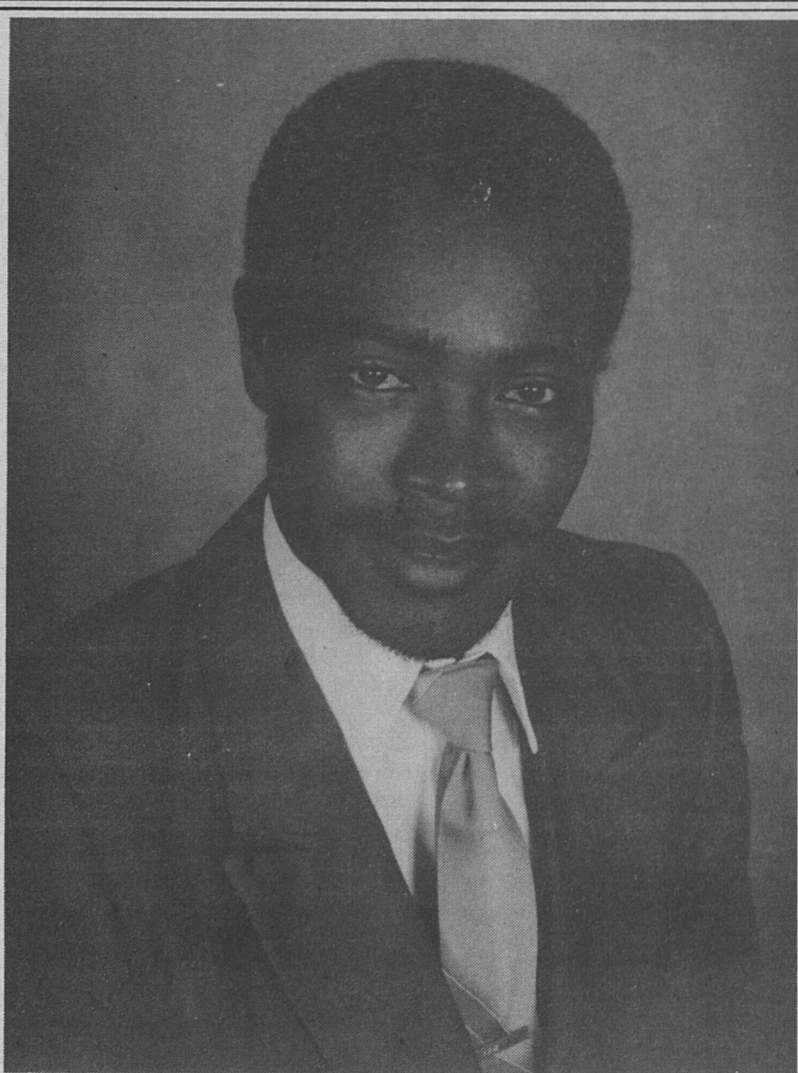
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PRIZES!!

Cake  
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For Information on the Texas Sportsman's Association, contact Walt Glasscock, President, at 1-800-925-4872.

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*Glenn Ray Mills*

Dec. Glenn Ray Mills

## JV Raiders stomp Brazos Cougars, 20-0

The JV Raider football team moved to 2-0 last Thursday night with a 20-0 victory over the Brazos JV Cougars at Raider Stadium.

The Raider defense was awesome pitching a shutout and holding Brazos to only 49 total yards.

The Raiders first score was with 6:57 left in the first quarter on a Jermaine Williams two yard run with the two point conversion being no good. This made the score 6-0.

The next score for the Raiders was on a safety.

Brazos tried to run an option play with the running back fumbling the ball and Cleve Scott made the tackle in the endzone to make the score 8-0.

As a result of the safety, the Raiders had great field position and punched in another one from six yards on a Jasmine Smith run. The two point conversion was no good, making the score 14-0.

The Raiders struck one more time in the first half on a Williams 20 yard run to make the score 20-0.

There was no scoring in the second half and the final score was 20-0 in favor of the Raiders.

Offensive standouts were Steven Moore, Williams, Zach Kloss, James

Jurica, Chad Mahalitic, James Ochoa, Jeremy Ramirez, Rusty Moore and Todd Korenek.

Defensive standouts were Scott, Anthony Palmer, Marcus Woods, Derland Sanford, Kloss, Smith, Billy Shaw, David Saenz, Ed Thomas and R. Moore.

The next game for the JV Raiders will be the Columbus JV at 7:30 p.m. Thursday, Sept. 20.

## Lady Raiders now 2-0 in district

The Lady Raiders hosted Shiner Tuesday, Sept. 4. They may have felt short of winning the match, but the girls did some very impressive things, according to Coach Wendy Dietrich.

"We lost both matches 9-15. In this match Amanda Burrow led with six service points, while Jessica Spanihel and Shelley Boenisch each put away four kills."

Crystal Alcaral led the team in assist with 11 and had one save for the evening. Janna Janish also had a save during the match.

Boenisch had five digs and Lauren Spanihel had three blocks.

Coach Dietrich said, "During the match, our defense looked much better. This has been an area of major concern and we're starting to come around just in time for district."

Friday, Sept. 7, the Lady Spartans of Stafford traveled to Rice for the opening of 24-3A district.

The Lady Raiders put away Stafford in two straight games, winning 15-4 and 15-5.

According to Coach Dietrich, "This was a very big win for us. Stafford has been one of the district's top contenders in the years past and it was great taking the win from them."

Team leaders during were Boenisch with 12 service points, two aces, eight digs and one block.

Tiffany Stern also had two service aces during the match.

J. Spanihel had eight kills while teammate L. Spanihel had one block.

"Winning this game is a step towards the goal we set at the end of last year...we are looking for a spot in the play-offs."

The Lady Raiders took part in the Second Annual Lady Apache Volleyball Tournament Thursday, Sept. 6, and Saturday, Sept. 8.

Thursday, the Lady Raiders participated in pool play with Stockdale, Waelder, Marion and Cuero. During the pool play, you start with four points and play to 15. You don't have to win by two points and you only play two games, no matter if you split.

Against Stockdale and Cuero Rice split games and then took both games from Waelder and Marion. With that outcome they ended up second in their pool, leading them into Saturday's double-elimination bracket.

The first game Saturday was against Prairie Lea with the Lady Raiders winning 15-3 and 15-7.

Against Prairie Lea, Alcaral served up 19 points with nine aces, had 22 assist and two saves during the match. J. Spanihel posted eight kills for the match.

Winning the first round led the Lady Raiders to the host team, Gonzales, who won the match 9-15 and 6-15.

It was a tough match for the Lady Raiders. According to Coach Dietrich, "Things were not in our favor. We made way too many mental mistakes and we took ourselves out of the game."

Boenisch had four points while L. Spanihel had five kills. Alcaral had 14 assist and two saves and Janish had seven digs for the match.

After the loss, the Lady Raiders were set to take on Navarro.

In the match against Navarro, they won 15-13, 12-15, and 15-12. As the score indicates, it was a tight game until the end.

Leading in serving was Lana Engstrom with 12 points.

Two girls scored in double figures in the kill column: Janish and L. Spanihel each had 10 kills during the three games.

Alcaral had 23 assist, while Stern had seven digs.

Winning this match brought the Lady Raiders season record to 10-9...thus bringing down the old school record of nine season wins.

The last game the Lady Raiders played in the tournament was against Floresville, losing 7-15 and 13-15.

According to Dietrich, "I was proud of the effort the girls gave during the match. It was a good test for us and we did make the adjustments, but we fell short on the scoring side."

Boenisch and L. Engstrom each had seven points. L. Spanihel and Janish each had four kills, while Alcaral had 12 assist. Burrow had two digs and L. Spanihel had three blocks.

Overall, the tournament was good for the Lady Raiders, according to Coach Dietrich. They were able to play several games at a crucial point in the season. They were able to work out some of their problems during this tournament so hopefully they will be able to capitalize on it when the time comes.

The Lady Raiders claimed a victory over Needville in their second district game Tuesday, Sept. 11. This victory was a long, hard-fought battle, which led to three games. Set scores were 15-9, 8-15 and 15-9.

The win was a great accomplishment for the girls, being that Rice has not defeated Needville in volleyball for many years.

Leading the way for the Lady Raiders were Stern with 14 points and four service aces as well as 10 digs. L. Spanihel had 11 kills, a season high for her. Alcaral had 34 assist and Janish had six saves. Kristin Thompson led the way at the net with three blocks.

Friday, the girls traveled to Brazos. The Lady Raiders began slow with a loss of 15-2 and became more alert during the second game but fell short 10-15.

Boenisch had three points for the evening and one service ace. Alcaral had one service ace, 10 assist and two saves. L. Spanihel, Thompson and Janish each had three kills during the match. Burrow had four digs while Leila Baggett and J. Spanihel put up four good blocks a piece.

After Friday's game, the Lady Raiders have a season record of 11 wins and 11 losses with a district record of two wins and zero losses.

Be sure to come support the Lady Raiders at their next home game Friday, Sept. 21. They will take on Sealy!

## Difference

Continued from Page 2

I want them to live."

The man was thoughtful for a moment, impressed with the child's thoughtfulness. Then he motioned up and down the miles and miles of beach and said, "There must be millions of starfish along here! How can you possibly expect to make a difference?"

The young girl pondered the man's words for a moment, then slowly leaned over, reached down, and carefully picked up another starfish from the sand. Pulling back, she arched the starfish gently into the surf.

She turned to the man and smiled, "You might be right," she said, "but I made a difference for that one!"

Submitted by the Evolution Center

## ABOUT TOWN...

•Diplomas were awarded to over 2,000 Texas A&M University graduates during two separate summer commencement ceremonies. Among the recipients were Michael Bradley and Timothy Clark, both of Eagle Lake.

Bradley earned a Bachelor of Business Administration in Marketing, while Powers earned a Bachelor of Science in Agriculture Systems Management.

## Event

Continued from Page 1

This is the only fund-raising event for the TSA each year, so everyone's participation is greatly appreciated.

•Saturday, Sept. 15, a group of locals hit San Marcos for the 32nd Annual Chilympiad Chili Cookoff. Attending were Burr Cranek, Wanda Henry and Eddie and Ann Pavliska. To everyone's amazement, Ann won 20th place out of 340 cooks and Eddie won fifth. Congratulations!

•With all the hunter's in town this past weekend, a strange dog has been running around the neighborhoods of Mills, Post Office and Walnut Streets and FM 102 north.

The dog is a Red Chesapeake or a hound dog and seems to be looking for a pickup to jump into. We hope the owner claims this animal soon. We'd hate to see anything bad happen.

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### Treatments for Peptic Ulcer Disease

A peptic ulcer is a sore or erosion in the lining of the stomach or the first few inches of the small intestine (duodenum). Typically, digestive tract tissue has been eaten away by stomach acid and digestive juices. The most common peptic ulcer is found in the duodenum and often is associated with *Helicobacter pylori*. Antibiotics may be curative when ulcers are caused by this bacteria. Treatments are various and may involve tetracycline, metronidazole (Flagyl), and/or amoxicillin.

One of the goals of symptomatic ulcer care is neutralizing and/or decreasing stomach acidity. Avoiding alcohol and nicotine will help. And avoiding nonsteroidal antiinflammatory medicines such as ibuprofen often is recommended. Over-the-counter antacids help promote healing. The prescription medicine sucralfate (Carafate) forms a protective coating that helps promote ulcer healing. Histamine-2 antagonists such as ranitidine (Zantac) (which also are available for heartburn) help reduce the amount of acid produced by the stomach. Proton pump inhibitors like omeprazole (Prilosec) and lansoprazole (Prevacid) inhibit the production of the enzymes needed to make acid in the stomach.



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