

Racquetball memberships go quickly in Georgetown

By DAN RALPH
Herald Staff

If you like playing squash or tennis, the Georgetown Racquet Club might just be for you.

However, you had better make your mind up quickly. There are only a few memberships left.

The club is a non-profit organization that is member owned and operated. It is that element that makes the club different from most says president Doug Sowery.

The facility is equipped with four indoor, air-conditioned squash courts and two outdoor tennis courts. Also available to members is a new exercise room equipped with a Universal weight system, which was recently installed last September.

The membership rate for first time joiners is \$1,115 for a family and \$770 for a single person. Included in that rate is a cost of \$700 to acquire shares in the club.

However, if paying

the entire amount is too much of a burden financially, there is a level payment program stretched over a period of 10 months. After paying the fee for the purchase of shares, families pay \$415 a year while a single member would pay \$270 a year.

Included in that fee is your court cost, which means when you want to play, all that is required is phoning ahead and booking a court.

The club originally opened for business in 1975. Plans are being made for a 10th anniversary celebration, but nothing definite has been decided.

A ladies' dance exercise course is given every year, and there is no cost required to enroll because it is all taken into consideration in the membership fee.

"That's what makes us unique," Sowery said. "At this number of members there is no real problem getting court time."

The only short term

expansion the club will receive Sowery said is the implementation of lights for the outdoor tennis courts. He did say

that down the road, more plans will likely be made, but that for the present there are not any.

City streets harmful to feet

Not many people would volunteer to walk barefoot through a jungle - there's no telling what might be underfoot.

Concrete breaks down the fat padding on shoeless feet, making them more susceptible to in-

jury. Such things as glass, wood and metal fragments lie in wait for bare feet.

It is also possible to pick up virus infections, plantar warts, or parasitic infections while walking barefoot. Since barefoot walkers usually

have dirty feet, such infections are more likely.

The best place for barefoot walking is a soft, yielding, grassy or sandy area. The walking surface should give so that equal pressure is placed on all parts of the foot.



Jack TANNERS

TABLE

(Licensed by L.L.B.O.)

Your place for...
EVENT DINING

Tuesday!
STEAK NIGHT

Great Steaks — Great Value

Includes

Prime Rib Steak Dinner
Salad Bar
Baked Potato or Rice
Coffee or Tea

\$9.95

(New York Strip, Filet or Steak Oscar add \$1.00)

Wednesday!
SEAFOOD NIGHT

— Four Course Feast —

Clam Chowder
Salad Bar
Crepe St. Jacques
Alaska King Crab Legs

or
Rock Lobster Tail

Breaded Oysters
Salmon Steak
Coffee or Tea

\$16.95

Thursday!
PRIME-RIB NIGHT

— The House Specialty —

Choice Grade "A" Beef, carefully aged and slow roasted to perfection.

Includes

Salad Bar
au jus Gravy
Yorkshire Pudding
Baked Potato or Rice
Coffee or Tea

\$9.95

Sunday!
FAMILY DAY
— Brunch —

Our famous all-you-can-eat Buffet! Includes our fabulous salad bar, fresh baked breads, numerous hot breakfast and luncheon favorites, desserts, coffee or tea.

Adults \$8.95 Children \$4.95

— Dinner —

Children eat **FREE!**
(12 and under.)

First class family dining is now affordable! Children can choose from our special menu, including beverage and ice cream.

(Limit of 2 free children's meals per adult meal)

the olde Hide House
49 Eastern Avenue, Acton
RESERVATIONS: (519)853-3440

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Preventive therapy

The key to foot comfort

The scenarios are so familiar:

— The adult who works on his or her feet and can never seem to find a pair of shoes that can ease the pain.

— The child who complains of "night cramps" in the legs, tires easily and doesn't always want to play with the other kids.

— The older person who'd like to go folk dancing but would rather not face the foot pain.

— The professional man or woman who prefers dressy new shoes but dreads the thought of wearing them for an entire evening.

It amazes many podiatrists and other health care practitioners that Americans think of preventive dentistry and routine "physicals" as essential, while few consider preventive medicine for their feet.

Today, major breakthroughs in the science of biomechanics have revolutionized the field of foot care. A prime example of this is the Electrodynamogram of EDG, developed by The Langer Biomechanics Group of Deer Park, N.Y., a leader in the field and the world's largest designer of orthotic devices.

The EDG measures the stress forces acting

upon one's feet throughout the normal gait cycle, which provides the podiatrist or health care practitioner with previously unavailable information about the cause of foot problems which may be causing pain all over the patient's body.

The EDG is considered a major advance in the prevention of foot problems suffered by diabetics. Because such a high percentage of diabetics develop foot ulcers, EDG testing can spot trouble areas before problems develop, and enable podiatrists and other health care practitioners to predict precisely where ulcers are likely to form.

Today's active American is more health and fitness-conscious than ever before, but many of these '80s activities can create foot problems which, left untreated, may result in ankle, knee or back problems.

For example, the shock forces which oscillate through the foot and entire body of the legions of runners and aerobics fanatics are already causing widespread orthopedic problems.

Unforgiving running or exercise surfaces, working in concert with worn or poorly designed footwear, can lead to long-term disabilities.