



Footprints

Presented by

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THIS TURF HURTS MY TOE!

is a condition that causes pain at the base of the toe. It involves the actual capsule that surrounds the base of the toe. The condition is caused from either jamming the foot off repeatedly when running. The most common complaint is pain at the base of the toe, but symptoms of redness and swelling may also be evident. The "turf toe" comes from the fact that injury is especially common among those who play on artificial turf. The hard surface of artificial turf, combined with the jumping in football and soccer, makes it a frequent consequence of turf play.

When your feet hurt, it's important to find out why. Following diagnosis, it's time to formulate a treatment plan that may consist of orthotics, medication, surgery, exercise, or even a change in footwear. If your feet are giving you trouble, it's smart to communicate with your doctor. Now is a good time to schedule an appointment for footcare for the family at **WESTSIDE PODIATRY GROUP**, where we practice conservative podiatry as the frontline defense against feet that cause you to suffer pain. We have three convenient locations in Rochester.

P.S. Flexible shoes worn on hard surfaces may contribute to turf toe.

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DO YOU HAVE BUNIONS? NEW TREATMENT

typically involves a dislocation of the big toe joint. As the joint moves, the bony prominence will create pressure pain from shoe. Over time the abnormal position of the joint will lead to worsening deformity, may cause painful corns, hammertoes and eventually painful arthritis. Early treatment may prevent or slow the process of aging patients to have a more active and pain-free lifestyle!

Surgical procedure called "The Tight-Rope procedure" has short term and long term benefits allowing a much shorter time and a faster recovery back into normal shoes and activities. In some times the healing has been reduced in 1/2 compared to traditional osteotomies/surgeries.

St. Pius nets a soccer makeover

The Chili Soccer Association is having the field redone at St. Pius Church — a repayment of sorts for the church donating use of it so many years ago.

By **MIKE MURPHY**

Messenger Post Staff

The Rev. Donald Murphy was kind enough to donate two soccer balls and use of a field at St. Pius X Church for the children participating in the fledgling Little Guy Soccer program.

Now, 40 years later, it's payback time.

The Chili Soccer Association — which is what the organization founded by Chili businessman Ed Merante in 1968 has evolved into today — had one field leveled and reseeded, and

donated two new soccer goals in Father Murphy's memory.

The Little Guy Soccer program started with about 80 kids, according to Merante. Today, close to 1,500 play through the Chili Soccer Association.

About a year ago, the decision was made to improve the field that has hosted so many games and helped so many kids learn the sport over the years, said Loren Shipley, president of the soccer organization.

"Let's give back to the place where it all started," Shipley said.

According to longtime parishioner John Stich, Murphy helped secure the Chili Avenue property — which included the land for the soccer field — that became St. Pius Church. Murphy, who had taught at Aquinas Institute, was sports-minded among other interests, Stich said.

"Everything was either for the church or for the community," Stich said.

Gates Recreation News

The following classes and events are offered by the Gates Recreation and Parks Department, 1605 Buffalo Road. For more information, or to register, call 247-6100, ext. 234, or visit www.gates-recparks.org.

Pennies for Parks

The recreation and parks department, with the assistance of Friends of Gates Recreation and Parks, has kicked off the "Pennies for Parks" campaign to raise

Chess club

Chess club for children in kindergarten through grade 12, meets from 3:30 to 6 p.m. every other Monday for six weeks. Fee is a one time payment of \$5 for the program.

Texas hold 'em

Friends of Gates Recreation and Parks Department sponsor a Texas hold 'em tournament at 6 p.m. Friday, Oct. 3, at the Hid-

class. Call for dates and location.

Adult dance and yoga

Yoga, belly dance and ballroom dance classes are being offered at the beginner and intermediate level Wednesday, Thursday and Friday evenings. Call for dates and times.

Baby-sitting classes offered

A baby-sitting class for

The bulk of the work was done last Friday, although more work will be done this fall and next spring.

St. Pius School also uses the field for its physical education program, and the work fits in nicely with a new \$70,000 playground installed last spring, according to Principal Steve Oberst, who appreciated the gesture because he said the field needed the work.

"It probably hasn't been done in 30 years," Oberst said.

A dinner celebrating the 40th anniversary of Little Guy Soccer is scheduled for 6 p.m. Oct. 18 at the Italian American Sports Club in Gates.

Tickets are available by calling Merante at 703-2220 or 889-2727, Chili recreation at 889-4680 or Jim LePore at Chili Liquor at 889-2660.

Contact Mike Murphy at (585) 394-0770, Ext. 324, or at mmurphy@messengerpostmedia.com.

the Auditorium Theatre. Departure for both trips is 6:30 p.m. and return is approximately 10 p.m. See "Legally Blonde" Wednesday, Oct. 22; cost is \$50 for town residents and \$61 for all others. See "Mamma Mia" Wednesday, Dec. 10; cost is \$50 for residents and \$64 all others.

Introduction to karate for youth