

Rice Doubles Team Finishes Third In Region

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match shy of making the State Tournament and they simply had an outstanding two days at the Regional Meet. I am very proud of

these two talented tennis players as they are also very respectful mature young adults," commented Coach Robert Klekar.

Myres and Staff played their first match on Wednesday, April 23 at 2:30 p.m. versus Rodriguez/Sixtos of Yorktown and defeated them 6-1, 6-1.

Then at 6 p.m., they were matched up against the Florence duo of Brunson/Howe who were seeded #3 in the tournament.

Rice won the first set 6-4 but then were beaten 2-6, but came back strong to win the third set 6-4 and of course win the match.

Myres and Staff next ran into

the #1 seed on Thursday, April 24 and they were the #1 seed for a reason.

The Franklin team of Casey/Russ were simply the class of the mixed doubles bracket. Myres and Staff were defeated 6-0, 6-0 and the Franklin ISD team went on to easily win the championship but it was not over for Rice.

Rice now had to play for third place and hope that Franklin would win out so that Rice would be in position for a playback. Everything worked out perfectly for Rice except for one thing.

Myres and Staff defeated Navarro for third place and earned the right for a playback for a chance to claim second place and receive a bid to the State Tournament.

The team from Navarro, Helweg/Borrego, were defeated by a 6-4, 6-two straight set match.

The table was now set for the playback, but as mentioned earlier, things did not go as planned.

Myres and Staff were defeated by a determined Lexington team, Abshire/Janda, by a 6-1, 6-2 score. "These two seniors have definitely set a new standard for mixed doubles competition at Rice High School," said Coach Klekar.

Golf

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a 17 shot deficit after the first day, finishing tied for 2nd with Franklin behind Salado with a 2 day total of 684.

The team ended up third losing by one stroke, in a Dramatic 10 man playoff.

The 1st and 2nd place teams advance to the state tournament. This is the first time in the history of Rice High School that a golf team has medaled at the Regional Golf Tournament.

Leading the scoring the first day was Taylor Cook and Travis Kaley. The second day scoring was led by Adam Shimek and Myles Dumont.

The Raiders look forward to the 2009 golf season and say thanks to the two seniors on the team Adam Shimek and Taylor Cook.

Track

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finished second in the regional. Following are Rice results from the regional meet.

Girls

100 Meter Dash: Porshia Morris, 6th, 12.99;

200 Meter Dash: MaChelsea Thomas, 5th, 26.81;

300 Meter Hurdles: Jaquita Woods, 2nd, 45.67;

400 Meter Relay: Rice, 5th, 49.79;

800 Meter Relay: Rice, 4th, 1:46.38;

1600 Meter Relay: Rice, 2nd, 4:06.72;

Shot Put: Lauren Shimek, 14th, 31-5.25; Brooke Popp, 11th, 102-05.

Boys

100 Meter Dash: Dominique Weeks, 14th, 11.74;

1600 Meter Dash: participant Luis Samaniego;

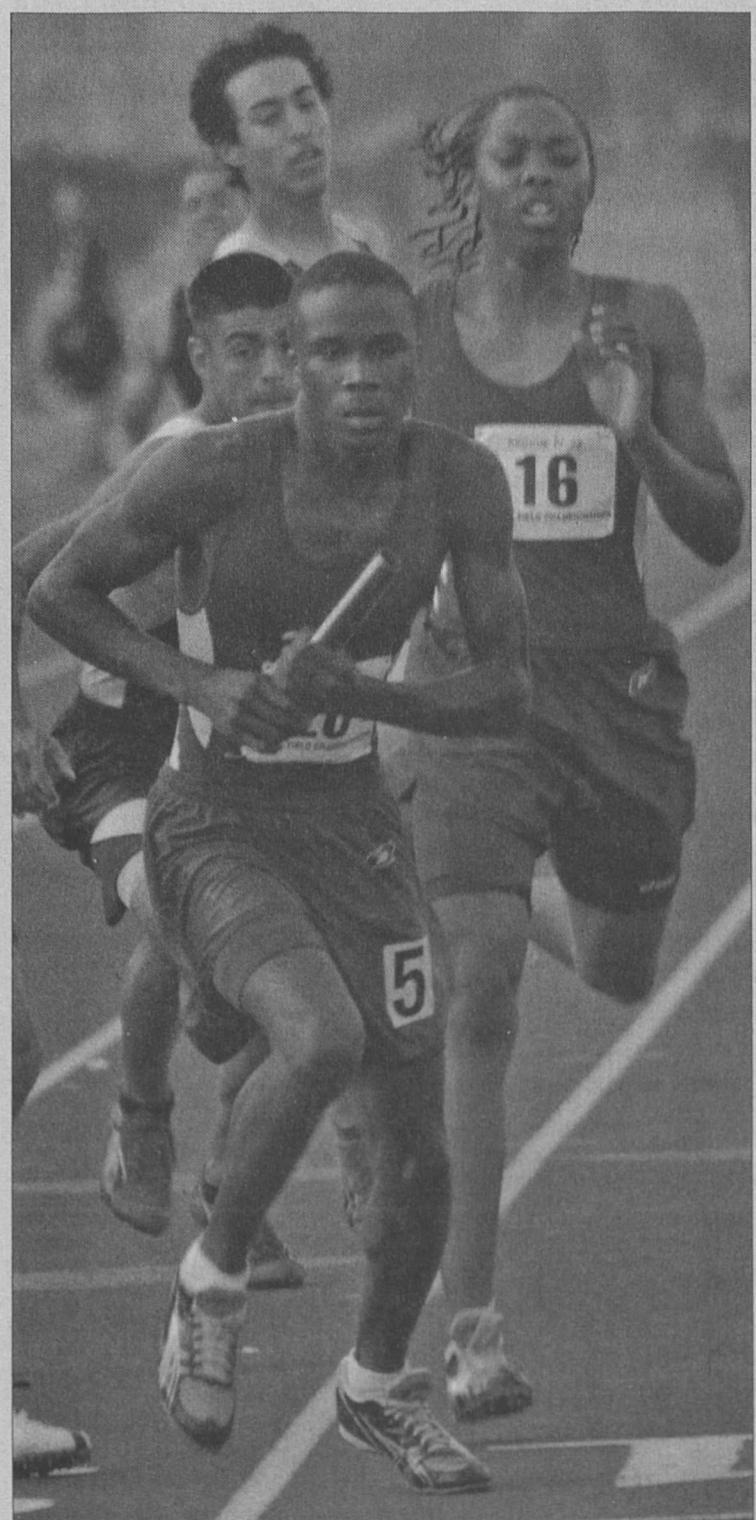
1600 Meter Relay: Rice, 12th, 3:32.96;

Pole Vault: Joshua Williams, 4th, 13'; Nick Jump, 10, 12';

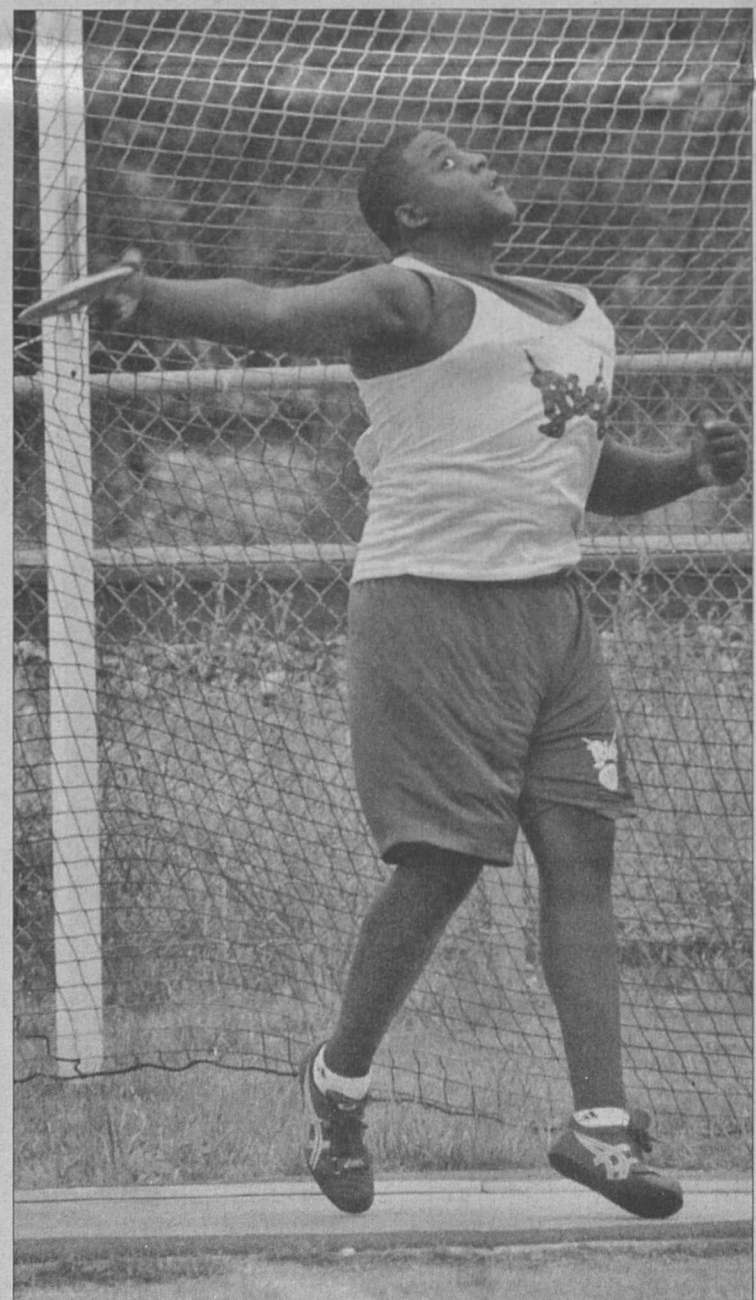
Triple Jump: Sylvester Middleton, 8th, 42-7.50;

Shot Put: Marcus Hernandez, 6th, 47-7.25;

Discus: Chris Dorsey, 3rd, 164'.



Sylvester Middleton takes a handoff from Corey Farrow during the regional track meet last weekend.



Chris Dorsey lets the discus fly at the regional meet. He finished third, one spot from a regional berth.

Glidden Water Gets Loan

The Texas Water Development Board (TWDB) today approved a \$675,000 loan to the Glidden Fresh Water Supply District No. 1 (District) to finance improvements to the existing water and wastewater systems.

The loan will be funded utilizing the pre-design funding option of the Texas Water Development Fund (TWDF).

The District will use the loan proceeds to construct improvements to the utility's water and wastewater system, including drilling a new well to achieve compliance with Texas Commission on Environmental Quality's minimum capacity requirements, and rehabilitating an existing wastewater lift station.

The District is located in Colorado County, four miles west of the City of Columbus.

With an estimated population of 851, the District provides service to approximately 243 water and wastewater customers.

The TWDB is the state agency charged with collecting and disseminating water-related data, assisting with regional planning and preparing the State Water Plan for the development of the state's water resources and administering cost-effective financial programs for the construction of water supply, wastewater treatment, flood control and agricultural water conservation projects.

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School Days

Rice School Calendar May 5 -May 9

- Mon.**-FFA Banquet in Commons
- Tue.**-7:00p NHS Induction in Commons
Student Council Meeting during Activity Period
Progress Reports Distributed
- Wed.**-Student Council Teacher Appreciation Breakfast
- Thu.**-1st and 2nd Grade Field trip- Colorado County Ext. Service
- Fri.**-3rd, 4th, and 5th grade field trip
6th,7th & 8th Grade Field Trip

School Lunch Menu

Rice Schools May 5-May 9 Breakfast

Mon.-Muffin, Sausage

Patty or cereal, juice, milk

Tue.-Combo Bar, Graham

Crackers or cereal, Juice, Milk

Wed.-Honey Bun, Sausage

Link or Cereal, Juice, Milk

Thu.-Breakfast Pizza or

Cereal, Juice, Milk

Fri.-Cereal, Yogurt, Juice, Milk

Lunch

Mon.-Pepperoni Hot

Pocket, Winter Blend Veg-

gies, Squash, Fresh Fruit,

Milk HS Alt: Burrito

Tue.-Corndogs, Pork and

Bean Churckwagon corn

fruit, Milk HS Alt: Hot pocket

Wed.-Grilled Chicken Burg-

er, Burger Salad, Pickles,

Fries Fresh Fruit, Milk HS

Alt: Ham/Cheese sandwich

Thu.-Spaghetti Meat Sauce,

Broccoli Salad, Cauliflower w/

cheese, Garlic Bread fruit

Milk HS Alt: Burrito

Fri.-Fish Wedges, Macaroni

and Cheese, Cole Slaw,

Pinto Beans, Fresh Fruit,

Milk HS Alt: Corndog

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**The Mighty Rice Raider Band
(High School and Jr. High)
Will Hold A
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Saturday, May 3
7 a.m. to noon
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Thank you in advance for your support...

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Medications to Improve Weight Loss

Obesity is a medical term that refers to excessive amounts of body fat. Body mass index (BMI) is a measurement that is used to categorize persons as either *overweight* or *obese*. This measure is calculated by a mathematical equation involving both height and weight. For adults, a BMI above 25 generally refers to being overweight, while a BMI above 30 refers to obesity. Excessive amounts of body fat may increase the risk of developing medical conditions such as high blood pressure and diabetes. While genetics and hormonal changes may play a role in body weight, overweight and obesity are likely related to an imbalance between calories consumed and calories expended by the individual.

While lifestyle changes, such as increased physical activity and dietary modifications, play a significant role in weight loss, some individuals may be candidates for other treatment options when weight loss does not occur as expected. Medications available with a prescription for long-term weight loss include sibutramine (*Meridia*) and orlistat (*Xenical*). Sibutramine works by decreasing the time to feeling full after eating. Orlistat prevents the absorption of fat in the intestines. Orlistat (*Alli*) is also now available over-the-counter as a lower strength than prescription strength Xenical.

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We understand that gas prices are outrageous and that driving expense may be an issue. For that reason, Splashway is extremely flexible with scheduling and we encourage carpooling. We will schedule you and your friends on the same shifts in effort to share the expense. Splashway also understands summer commitments such as family vacations, camps, and other summer activities. As long as you notify us a week in advance there is no problem with you taking off.

If you have any questions and are interested in becoming a lifeguard, we encourage you to call now. **Lifeguard training will begin this weekend May 3rd and 4th and it is VERY important that you contact us as soon as possible.** You do not need any previous experience, as Splashway's instructors will train you all that you need.

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