



Castro, Solberg Engaged

Doug and Janie Schwemm of Eagle Lake, are pleased to announce the marriage of their granddaughter, Tiffany Ann Castro, daughter of Debra Cooper, to Jeffrey Scott Solberg, son of Dianne Palio and Jim Solberg, on August 9, 2008 at the T&P Train Station in Fort Worth.

They were engaged in Brugge, Belgium on May 2, 2008.

Tiffany graduated from Sealy High School (Sealy, TX) in 1997, received her B.A. from UT in 2001, and earned her M.S. from SMU in 2005. Jeff graduated from Central Bucks East High School (Buckingham, PA) in 1996, received his B.S. from RIT in 2003, and earned his M.S. from SMU in 2006.

Tiffany and Jeff are both Software Engineers at Lockheed Martin Aeronautics. The two met while working together in the F-16 Mission Planning Systems group.

The couple will still reside in Fort Worth. We wish them a happy and healthy marriage.

Raider Band Practice Starts August 4

The Rice High School Raider Band will begin practices according to the schedule below. All members of the band should have received information in the mail with detailed information concerning all of the band's August activities. If someone did not receive a letter, please call the Band Office at 979-234-3535 Ext. 1108.

Band members that are also athletes will be allowed to miss band practices in order to attend athletic practice. Members should report to band when not at athletic practice. Please call the band office to let us know if you will be participating in volleyball or football.

Buses will provide transportation to practices from Eagle Lake Elementary School, Garwood

School, and Sheridan School. Buses will leave thirty minutes before each scheduled practice with the exception of August 4 and August 5. No bus will run those days.

Check out our website at www.ricebands.com for all of the latest news and band events for all of the Rice Consolidated Bands (grades 6-12).

August 4, 5 (percussion only)
8:00 - 12:00
August 6, 7 (full band)
8:00 - 11:30 & 1:00 - 4:00
August 8
8:00 - 12:00
August 11 - 14
8:00 - 11:30 & 1:00 - 4:00
August 15
8:00 - 12:00
August 18 - 21
6:00 - 9:00 pm

Blinn Starts Surgical Technology Program

Blinn College is beginning a surgical technologist certificate program in Bryan this fall.

The deadline for application is Aug. 1. Some courses are required prior to application including biology, microbiology, anatomy and physiology, and medical terminology.

The new program at Blinn includes one year of classroom and clinical experience with an emphasis on proper application of sterile technique and modern operating room technology. Graduates are eligible to work in hospitals, ambulatory surgical centers, or research facilities.

Certified Surgical Technologists (CSTs) are an integral member of the surgical teams assisting before, during, and after surgeries.

Did You Know?

According to the Project on Student Debt, the average student loan debt increased by 8 percent from 2005 to 2006. For a student who graduated in 2006, that equated to roughly \$21,000 of student loan debt upon graduation.

Students who graduated from institutions in Hawaii accumulated the lowest average debt at less than \$12,000, Washington D.C. has the highest at nearly \$23,000. While there are no concrete reasons for the disparity between those figures, the latter might be due to the high amount of in-state students who attend schools in Hawaii.

Since Hawaii is so far away from the mainland United States, more students are inclined to stay in-state as they further their education beyond secondary school. Also of note is the disproportionate number of New England states on the highest average debt list (New Hampshire, Vermont and Connecticut follow D.C. on the highest average debt list).

That is no doubt due to the region's higher proportion of private schools, where tuition is typically higher than in-state schools. Whereas the number of private schools nationally is 66 percent, that figure rises considerably to 81 percent in New England.

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MAKING SENSE OF INVESTING

Rice CISD Dress Code For 2008-2009

The District's dress code is established to value grooming and hygiene as a means to ensure personal safety and to prevent academic disruption or interruption. Students should learn to dress appropriately for the school/work environment. Given that school is the students' workplace, they are expected to dress in a way appropriate to that environment. Parents are asked to assist administrators and faculty in keeping with dress code policy to minimize disciplinary actions against such violations.

All students should be well groomed with daily personal hygiene habits.

*Please Note: Any fad or dress type that may be disruptive or immodest may be corrected at the discretion of the campus administrator.

Clothing
All shirts must have sleeves—boys and girls
Should be appropriate in size to cover undergarments, midriff, chest, back, and upper-thighs.

Clothing and accessories with suggestive symbols, writing, or subliminal messages are considered a personal safety hazard and disruptive to the learning environment and therefore not permitted.

Hair
Abnormal hair color or hair-do is prohibited. (Mohawks, logos, patterns, names, symbols, words)

Boys
All pants and shorts must be worn above the top of the buttocks, no sagging

Shirts may be worn untucked but must not extend below the bottom of the buttocks.

Basketball jerseys must be worn over a T-shirt.

Hair length must not extend below the collar of a dress shirt, not extend below the eyebrows, and not below the earlobes on the sides.

No earrings or Band-Aids that cover earrings.

Facial hair must be shaved at all times.

Sideburns are allowed but can

not extend below the bottom of the earlobe.

Hair must not be bound in a ponytail. Rubber bands and ties on braids must match hair color.

Girls
No visible cleavage or low necklines.

All pants and shorts must be worn above the top of the buttocks.

Shorts, skirts and dresses must extend to mid thigh.

No slits in skirts allowed if higher than the longest finger when student is standing erect.

Midriffs and crop tops which allow for exposure of skin at any time in the mid-section are not allowed.

Dresses may not be backless and supporting straps must be at least 3 inches in width and allowed only at banquets and must at least be to mid thigh in length.

Hair rollers are not permitted.

Earrings: visible piercing allowed in the ears only.

Shirts may be worn untucked but must not extend below the bottom of the buttocks.

Basketball jerseys must be worn over a T-shirt.

Miscellaneous Prohibited Items:

Clothing that has holes which reveal skin or undergarments will not be allowed.

See-through clothing.

Dark glasses or sunglasses

Caps, hats, bandanas, wave caps, scarves, or any other head gear

House shoes, sleep wear

Any clothing that the administration determines is inappropriate

Cutoffs, spandex, and pajamas

Bare feet

Rakes, picks, grooming combs may not be worn in hair

Anything that promotes alcohol, tobacco, or drug use

Wallet chains are not allowed.

The campus principal shall have the final say so in all matters relating to the dress code.

Tips For Surviving Senior Year

By the time many high schoolers reach senior year, few things can faze them. After three years of moving up the totem pole, high school seniors often feel as if there's nothing high school can throw at them which they can't handle and that they're on top of the world.

As many seniors find out, however, the last year of high school can be as hard or harder than the years that came before it and now is not the time to take a laid-back approach to schoolwork. Consider the following tips.

• Don't procrastinate: Plenty of high school grads have put off their responsibilities until it's almost too late and have then spent the last month or so of high school scrambling to catch up. Be sure to get college applications done in the first semester, and don't put yourself in a position where you have to work extra hard at the end of the school year to pass all of your classes.

• Stay motivated: While it's common for high school seniors to take a more lax approach to their

studies during that final year, it's also short-sighted. Colleges with extra scholarship money might re-examine aide applications after you've enrolled, so maintaining good academic standing during senior year can earn applicants more money.

• Avoid burnout: While procrastinating and losing motivation are common pitfalls for high school seniors, burnout is as well. Many seniors find themselves overwhelmed when applying to and visiting colleges, keeping up with their studies, working a part-time job, and participating in extracurricular activities.

• Ask for help: Senior year of high school, particularly when applying to colleges, can be overwhelming at times. The good news is that many have been there before you. If you're struggling with yet another college essay, ask an older brother or sister or a teacher for help. Help is even provided by schools in the way of guidance counselors, who are there to help navigate you through the process.

HAPPY BIRTHDAY

Happy 50th Birthday

Arnold
We Love You,
Your Family

Lordy, Lordy... You're Over 40!

Happy Birthday, Mary!!
From Your Friends...
"CoCo", Donna, Stacy, David, James, "The Binks", Sarah and "Chach", Momma C and Poppa C

STOP THE GRIND

Does your jaw feel stiff or do you have difficulty opening your mouth wide? Are your teeth sensitive to cold drinks? Do your jaw muscles feel tired in the morning? You may be grinding your teeth at night (a medical condition called bruxism) or you may be clenching your teeth, which can be just as harmful. People with nighttime grinding habits may wear away their tooth enamel then times faster than those without abusive chewing habits. Eventually your teeth may be worn down and destroyed.

In addition to relieving head, neck, jaw joint and shoulder pains, treating bruxism and clenching is cost effective compared to ignoring the condition and exposing teeth to continued grinding. Without treatment, crowns, bridges, implants and dentures are often needed to repair or replace worn and damaged teeth. Ask your dentist if a nightguard can help to provide temporary relief from grinding, bruxing or clenching.

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