

Donations Sought For Project Graduation

The seniors of Rice CISD will be graduating soon and we, the parents, and the seniors are preparing for the Annual Project Graduation.

Project Graduation is an all-night party held in the Rice High

School Commons after the commencement ceremony.

Project Graduation is a committee of the senior class and their parents/guardians. The sole purpose of the committee is to provide a safe, drug and

alcohol free atmosphere for the graduates to celebrate their accomplishment.

The economic hardships that the community and the nation are experiencing make it difficult to ask for your generosity that you

have shown in the past.

But as parents of the graduating seniors, we personally would like for you to be a part of this safe and sober opportunity for our seniors to have one more chance to celebrate together as a class.

This year the all-night party is June 3. If you would like to contribute, monetary donations can be made payable to Rice Project Graduation and sent to: Rice Project Graduation, P.O. Box 246, Altair, Tx 77412.

If you would like to make any other donation please contact Lorrie Korenek, Project Graduation Chairman at 979-758-3067 or 979-758-4312. Your can also contact Linda Sosa 979-234-3970 and Carol Courville at 979-877-9921.

Together we can make one last memorable moment for the 2009 Graduates of Rice CISD.

Thank you from all us, The Senior Class and Project Graduation 2009



The Columbus Wal-Mart recently donated \$1,000 to Rice Project Graduation. Presenting the check for Wal-Mart are Josie Pulido, left, and Ronnie Baker with Elizabeth Duarte accepting on behalf of Rice Project Graduation.

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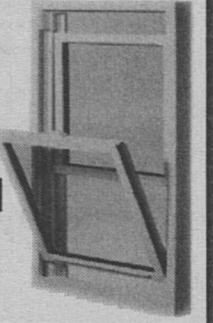
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Shimek Competes At Regional Golf

The Rice Lady Raiders Golf Team placed 3rd in district. The team consisted of Lauren Shimek, Casey Mayfield, Brooke Popp, Nicole Drilk, and Stefani Gertson.

Schulenburg came in first with a team score of 452, second East Bernard with a team score of 480, Rice third with a team score of 489.

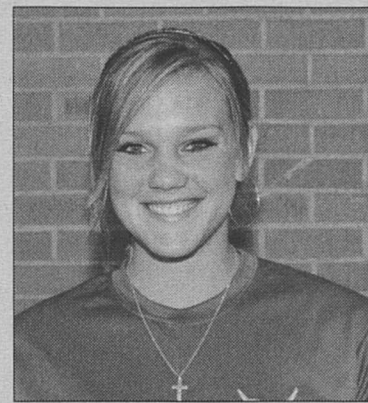
The other district schools were Weimar, Brazos and Hal-

lettsville.

This is the first time in school history for the Girls Golf team to place in district.

Shimek placed 3rd in district, which allowed her to advance to Regionals.

Regionals were held in San Macros at Quail Creek Country Club on April 20-21. Lauren finished 22nd out of 92 girls in Regional IVAA.



Lauren Shimek

2.

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Lady Raiders Drop Two Games

The Lady Raider softball team played Hallettsville on April 21 and lost 1-6.

Scores by inning were as follows: fourth, one.

Losing pitcher was Chelsea Korenek.

Hitting for the Lady Raiders were Kaydi Gold 1 for 3 and Cyn-

thia Quinney 2 for 3.

The Lady Raiders played East Bernard on April 23 and lost 0-11.

Losing pitcher was Chelsea Korenek.

Overall record for the Lady Raiders is 12-13 with 4-8 in District.

Eased Cuba Restrictions Could Help Texas Ag

The Obama Administration's easing of some of the decades-old trade and travel restrictions against Cuba could prove a boom to agricultural producers all across Texas.

"Farm Bureau has long supported lifting the embargoes against Cuba," said Colorado County Farm Bureau president Marv Ulbricht. "Our organization's leaders have led efforts to restore these trade ties, which are already paying off in a big way. Given our proximity to that country, Texas agricultural producers could stand to gain even more as we open access to Cuba."

Just last year, Texas farm

bureau president Kenneth Dierschke traveled with Texas Agriculture commissioner Todd Staples in a historic trade mission with Cuban dignitaries.

Staples is the first elected site official to visit that country since the embargo was imposed in 1962.

U.S. agricultural sales to Cuba have been on average \$400 million annually since 2000, with top commodity sales including poultry, wheat, soybeans, rice and dairy.

With expanded trade to the country, farm bureau expects agriculture sales to increase to more than \$1 billion annually.



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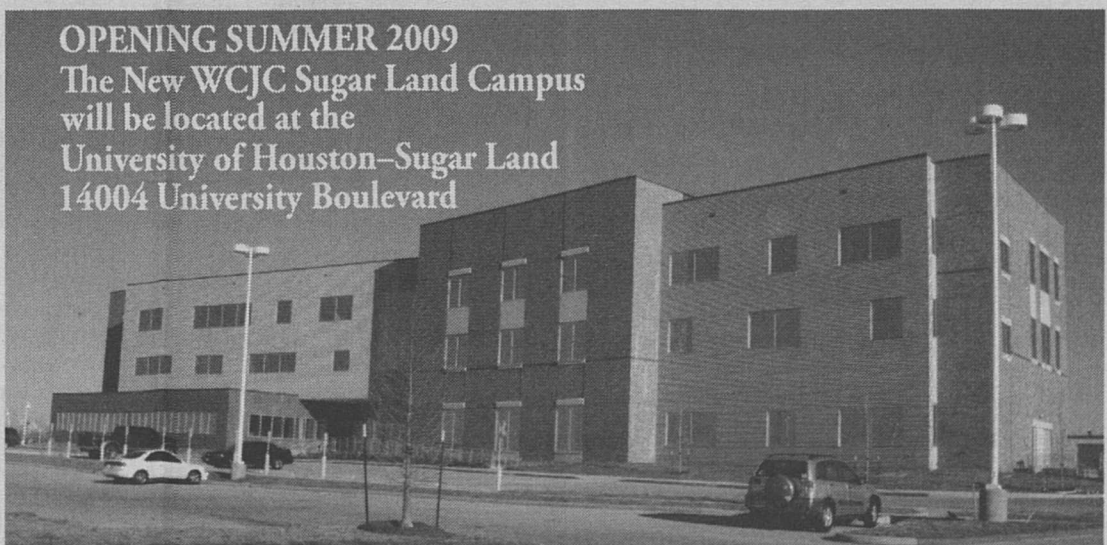
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Irritable Bowel Syndrome Treatments

Irritable bowel syndrome (IBS) is an abnormal function of the gastrointestinal tract. Up to 20% of Americans may be affected by this condition. Symptoms of IBS range from mild to severe, including abdominal cramping, bloating, diarrhea, and or constipation. This condition may be due to a change in the nerves that control muscle contractions in the bowel, or changes in the central nervous system that is connected to the colon. Hormonal changes also may play a role. Certain foods and beverages, such as chocolate, alcohol, and milk may trigger symptoms. Stress may make symptoms worse, however is not considered to be a cause of IBS symptoms.

There are many treatments available that target the relief of IBS symptoms. Fiber supplements, such as psyllium (*Metamucil*) and methylcellulose (*Citrucel*), may benefit individuals experiencing constipation. Loperamide (*Imodium*) is available over-the-counter for the relief of diarrhea. Hyoscyamine (*Levsin*) is an anticholinergic medication that works in the nervous system to relieve bowel spasms. Lubiprostone (*Amitiza*) is a newer medication approved for women 18 years of age and older that experience constipation related to IBS. This medication is taken twice daily and increases fluid secretion in the small intestine to facilitate stool passage.