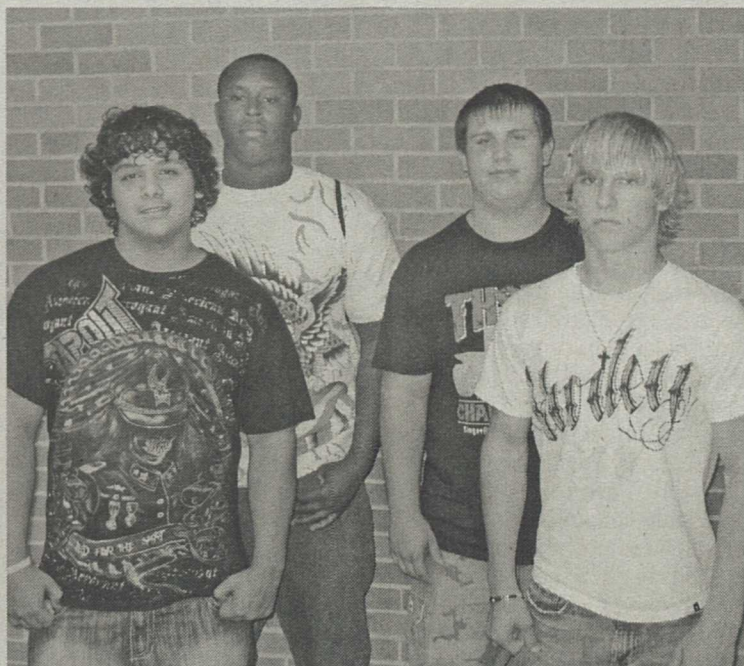




Cross Country Academic All-State

Kayli Kallina, left, and Becca Dota.



Pictured above are members of the Rice Raider Weightlifting team. The boys participated in Regionals on March 12. From left to right, Abraham Castillo, Jonovan Allen (placed 5th, 275 lb. weight class), Ryan Korenek and Lance Howard.



Perfect Attendance Award Winners

Thirty students were drawn from those with perfect attendance for the past three weeks. They will be treated to a catered lunch picnic. Front: James Garner, Destinea Williams, Lucas Losoya, Machelsea Thomas, Cynthia Quinney, Kelsey Danklefs, Wade Labay, Jamy Adams, Katie Pagel, Khadijah Robinson. Middle: Jimmy Foster, Ricky Quintana, Stephen Lafferman, Marco Rivera, Laura Robles, Ugo Mendoza, Kaycie Rathburn, Chris Kucera, John Morales. Back: Ryan Pollard, Jeffery Navarro, Brittany Parker, Dynasty Johnson, Destinee Mason, Myles Dumont, Kelvin Roy, Mark Sifuentes, Albert Vasquez. Not pictured: Kody Miller, Cullen Hatch.



2010 Lady Raider Golf Team

Back row, left to right, Casey Mayfield, Racheal Korenek, Kacie Rathburn, Lauren Shimek and Kaytlyn Ford; front row, left to right, Mikayla Gobler, Brooke Popp, Stefani Gertson, and Danielle Dopslauf.



2010 Raider Golf Team

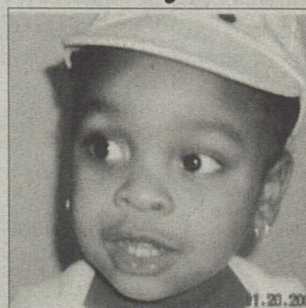
Back row, left to right, Carlos Sosa, Myles Dumont, Jared Kaster, Mario Hull, Spencer Spencer and Chris Duarte; front row, left to right, Sean Torres, Cullen Wiese, Alan Arellano and Kevin Ellis.



February Students-of-the-Month

Sheridan Elementary School announces students from Pre-K to Grade 6 who exhibited exemplary behavior and academics for the month of February. Pictured on the front row, left to right, Princessa Torres (Pre-K), Xitali Carrera (K), and Lacy Burnett (1st grade). Back row, left to right, Kendall Layton-Hilt (2nd grade), Mary Kazmir (3rd grade), and John Robinson (4th grade), and Guadalupe Hernandez (5th grade). Not pictured: Nicole Arredondo (6th).

Happy 4th Birthday Bree Kuykendall



Love,
Mama, Mee-Mee, Grandma, Keisha & Kee



STRESS AND YOUR TEETH

Stressed out? You may be grinding your teeth in your sleep. If your jaw hurts when you wake up, see your dentist.

You may be taking out everyday stress on your jaw—perhaps in your sleep. Grinding your teeth (called bruxism) can break or wear them down. Even more serious is the harm it can do to your jaw joint (the temporomandibular joint). Tooth grinding is probably the most destructive dental habit that adults can have.

If you grind your teeth while asleep, you may be unaware of the problem, so watch out for these symptoms: pain when chewing, a tired jaw upon awakening, and unexplained headaches. Treatment may include a night guard that you wear while sleeping to protect teeth from the effects of grinding and dental restoration to improve the bite.

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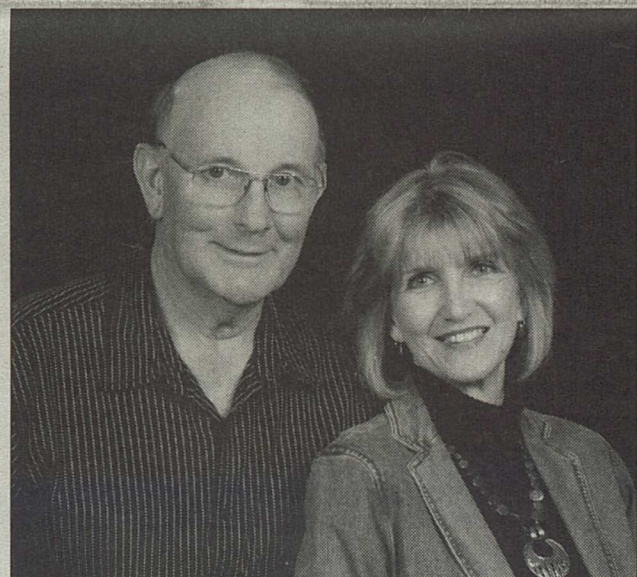
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Ya es Tiempo



- Es tiempo para un comisionado de tiempo completo...
- Es tiempo de que las carreteras deterioradas del condado de colorado sean reparadas...
- Es tiempo de que se les preste atencion a los problemas de drenaje en las areas rurales del Precinto 4...
- Es tiempo de que las necesidades de la gente rural del Precinto 4 sean escuchadas...
- Es tiempo de **ahorrar su dinero**, cuando de manejan vehiculos propiedad del condado en negocios del condado...
- Es tiempo de controlar los gastos del condado durante estos tiempos dificiles de la economia, **no aumentando los impuestos...**
- Es tiempo de aprovechar el tiempo perdido...

Es tiempo para que tu
decidas tomar accion.

Por Favor Vota Por
Edward Sunderman

Para Comisionado de Condado
de Colorado Precinto #4

Abril 13, 2010