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Let's Get It Together... Buckle Up.

Rangers win on one-hitter

The Sox lost to the Rangers on May 6 by a 5-1 score, with Thomas the winning pitcher (allowing only one hit) and Foster the loser. Thomas had 5 strike outs in three innings and allowed one hit, and Brunner allowed 4 strike outs after coming in in the 4th. Foster threw 5 strike outs and allowed six hits. Ranger hitters were: Strube, 1 for 2, one score; Belmarco, 2 for 2, one score; Broesche, 1 for 1, one score; Morales' only hit was a double, one score; Lewis, 1 for 1, and Thomas scored after reaching on an error.

The only hit for the Sox was by Betancourt while Brown reached on an error.

Rice athletes 'on' even when they're off!

School may be over in two weeks, but that doesn't seem to make much difference to the athletes who will be the stars of next year's Raider football team. They're working just as hard this week as they do during football season.

For them, when it's time to turn in the uniform and equipment, it also is time to turn their attention to their annual "off-season" conditioning program.

That means one week of three days in the weight room and two days on the running

track, alternated with three days on the track and two on weights. It's a tough, rigorous program too...by choice and dedication, most of the players stick with it.

The program starts right after football season, using the physical education period. The players have about 40 minutes to get in a weight routine which should take the normal person 90 minutes to complete. They do it by dividing into groups of two, instead of three. While one person works on a certain weight routine, the

other rests (without sitting down or leaning on an object), then hops in, ready to get to work. In other areas, while one player is lifting, the other is doing another exercise, then they quickly switch.

According to coach Steve Carroll, this is the "hardest working group ever," which should pay off in next year's grid-iron battles. Their "attitude is fantastic," Carroll adds. To prove it, only one or two prospects have dropped out. "We really work hard. If some of the kids don't want to put forth the effort," they don't play. It should make the program look really good for the fall, he adds.

"My goal for them is to get them to work as hard as possible, see progress, and become addicted to lifting weights so they will want to do it without having to be told to do it," he said last week.

What's involved in a program like this, and what can a team gain? Carroll related one simple story. In his year's on the football field as a player, holding on to pass receivers was difficult until players started with "fingertip pushups." When a football player allows only his toes and fingertips to touch the mat when doing pushups, the result is greatly increased hand and finger strength. A stronger hand, Carroll demonstrates, grips a football with more holding power, and more confidence also jersey's don't slip through real strong fingers so much.

There are overall advantages to the program. It builds strength, quickness, endurance and agility to better benefit

team next year. In the weightroom, the boys rotate through the exercises that include the bench press, machine bench, power cleans, leg curls (for the hamstring muscles), bicep curls, fingertip pushups, military press, squats, and the incline bench press.

The team measures progress, and charts success. During the first week, they find the maximum weight players can lift, then work their way up. Success this year includes membership in the "200 pound club," meaning a player can bench press 200 pounds ten times in a row. So far Tony Hosman, Ron McGrew, Michael Rhoades, Michael Mienke, Rodney Williams, Ernest Lemmons, Mickey Scott, Henry Gonzales and Danny McElhany are members, shown by their names on a plaque in the locker room. The 300-pound club is a little more exclusive.

Carroll said: membership means a player has pressed that much weight at least once. Hosman and McGrew have made it, but Carroll said he expects three or four more to join by the end of school.

During workouts last Thursday, McGrew had 365 pounds in the squats and while he was straining, the bar was bowed from the weight on the ends.

As the school year ends, Carroll said he would like to see the players get involved in something privately this summer, that will help them keep up their physical conditioning. "We want to be bigger and faster next year," he said, because of this program and the hard work the players have put into it. Fans can expect the team to be a lot stronger.



The heaviest station in the weight room is demonstrated here by junior Ron McGrew. When McGrew finishes, he gets a chance to pause while junior Tony Hosman takes his turn.

Men's softball schedule announced

The men's softball league in Eagle Lake has set its schedule for the 1985 summer season and will open play on Tuesday night of next week with games at 7, 8 and 9 o'clock.

Six teams will be participating in the league and all six will play every Tuesday and Wednesday night through June 19. A playoff between the first round winner and the second round winner, if necessary, is scheduled for June 25.

The complete schedule is as follows (first team listed is home):

FIRST ROUND

Tuesday, May 21: Wildbunch vs. Gambler, Circle G Danceland vs. Lakera, Don Morrison Ford vs. Duncan Cattle Co.

Wednesday, May 22: Duncan Cattle Co. vs. Circle G Danceland, Lakera vs. Wildbunch, Gambler vs. Don Morrison Ford.

Tuesday, May 28: Don Morrison Ford vs. Lakera, Gambler vs. Duncan Cattle Co., Wildbunch vs. Circle G Danceland.

Wednesday, May 29: Wildbunch vs. Duncan Cattle Co., Circle G Danceland vs. Don Morrison Ford, Lakera vs. Gambler.

Tuesday, June 4: Gambler vs. Circle G Danceland, Don Morrison Ford vs. Wildbunch.

Duncan Cattle Co. vs. Lakera.

SECOND ROUND

Wednesday, June 5: Gambler vs. Lakera, Duncan Cattle Co. vs. Wildbunch, Don Morrison Ford vs. Circle G Danceland.

Tuesday, June 11: Duncan Cattle Co. vs. Don Morrison Ford, Lakera vs. Circle G Danceland, Gambler vs. Wildbunch.

Wednesday, June 12: Circle G Danceland vs. Wildbunch, Lakera vs. Don Morrison Ford, Duncan Cattle Co. vs. Gambler.

Tuesday, June 18: Don Morrison Ford vs. Gambler, Circle G Danceland vs. Duncan Cattle Co., Wildbunch vs. Lakera.

Wednesday, June 19: Lakera vs. Duncan Cattle Co., Wildbunch vs. Don Morrison Ford, Circle G Danceland vs. Gambler.

Tuesday, June 25: Playoffs, if necessary.

Little League Schedule

Belles; 8:15-9:15 p.m., Tigers vs. Cowpokes.

Thursday, May 23: 6:15 p.m., Mets vs. Sox; 7:30-9 p.m., Honey Bees vs. Fillies.

SENIOR LITTLE LEAGUE

Thursday, May 16: (Games start at 7 p.m.), Weimar Falcons at Schulenburg Rotary, Schulenburg Lions at Flatonia Wildcats, Rice Raiders at Columbus Blue Jays, Columbus Red Sox at Colorado Valley Tigers.

Monday, May 20: (Games start at 7 p.m.), Red Sox at Rice Raiders, Columbus Blue Jays at Columbus Cardinals.

Tuesday, May 21: Schulenburg Lions at Weimar Falcons, 7 p.m.; Flatonia Wildcats at Schulenburg Rotary, 8 p.m.

Thursday, May 23: Columbus Cardinals at Blue Jays, 6 p.m.; Weimar Falcons at Schulenburg Lions, 7 p.m.; Schulenburg Rotary at Flatonia Wildcats, 7 p.m.; Schulenburg Babe Ruth at La Grange II, 8 p.m.

Friday, May 24: Rice Raiders at Columbus Red Sox, 7 p.m.

Thursday, May 16: 6:15 p.m., Sox vs. Rangers; 7:30-9 p.m., Fillies vs. Honey Bees.

Friday, May 17: 5:30-7 p.m., Pirates vs. Dodgers; 7:15-8:15 p.m., Panthers vs. Cowpokes; 8:30-10 p.m., Yanks vs. Cubs.

Monday, May 20: 5:30-6:30 p.m., Cowpokes vs. Tigers; 6:45-8 p.m., Mets vs. Rangers; 8:15-9:45 p.m., Fillies vs. Red Sox.

Tuesday, May 21: 6:15-7:15 p.m., Yanks vs. Pirates; 8-9:30 p.m., Dodgers vs. Cubs.

Wednesday, May 22: 5:30-6:30 p.m., Panthers vs. Care Bears; 6:45-8 p.m., Eagles vs. Blue Sox.

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Commencement Program

Rice High School Gymnasium

May 23, 1985 8:00 P.M.

Processional Darlene Stancik

Invocation John Adkins

Salutatory Rachelle Hunt

Senior Class Song Senior Class

Accompanied by Kristine Carpenter

Valedictory Temple Thomas

Certification of Graduates Fred F. Grahmann

Principal

Presentation of Diplomas Steve Balas

President, Board of Education

Harold King

Superintendent of Rice C.I.S.D.

Alma Mater Senior Class

Accompanied by Nichelle Cunningham

Benediction Michael Sibley

Recessional Darlene Stancik

(After Benediction, audience is seated until all graduates have exited)

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Bryan Keith Babela
Fernando Cano
Lorrena Kristine Carpenter
Cynthia Ann Leal Castillo
Jesus Castillo
Sellas Pecos Coble
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Alison Cumberworth
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Vivian Cumpian
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Janice Renee Hemphill
Elma Elia Hernandez
Mary Esther Hernandez
Johnny D. Hobbs
Clifford Frederick Hubenak
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