

## Raider Baseball To Start District

The Rice Raider baseball team played Hitchcock Saturday, March 8 and won 2-1.

Winning pitcher was Matt Sosa w(1-2), 5k, 1BB.

Leading hitters were Trey Staff with one for four, GW RBY, Mario Hull one for three; Matt Hernandez with two for three, RBY, Dustin Soto with one for three, RBY and squeezed in tying

run with one out in bottom of the 7th inning.

The Rice Raiders played Dawson on Saturday, March 8 and lost 2-12.

Winning pitcher was Medrano and losing pitcher was Mario Hull (1-2), Trey Staff, (2), Matt Hernandez (3).

Leading hitters were Trey Staff with one for two and Adam

Shimek with one for two, RBY.

Rice starts district this week against Tidehaven on Tuesday, March 11 at Tidehaven.

Friday, March 14 the Raiders are at Schulenburg. Saturday, March 15 the Raiders make up the game with Edna at 1 p.m. and 3:30 p.m. in Altair. Tuesday and Friday games are at 5 p.m. and 7:30 p.m. Saturday is at 1 p.m. and 3:30 p.m.

## Lady Raiders Beat Cameron

The Lady Raiders softball team played Cameron recently and won 3-2.

The winning pitcher was Kourtney Korenek.

Leading hitters were Kourtney

Korenek with one for two and Viollette Villafuerte with one for two.

The Lady Raiders play Lexington recently and lost 1-11.

The losing pitcher was Chelsea Korenek.

Leading hitters were Brooke Popp with two for three, Delilah Gentry and Katlyn Thomas with one for two.

## Lady Raider Track Team Wins Industrial Meet

The Rice Lady Raiders won first place at the Industrial Cobra Relays with 187 points.

Event results were as follows:

100m run: Morris, 2nd, 13.01; Lobpries, 4th, 14.02; 100m hurdles: Cooper, 1st, 16.45; 1600m run: Kallina, 4th, 6:39.25; 600m run: Rice, 2nd, 4:19.61; 200m dash: Morris, 1st, 27.54; Stevenson, 2nd, 28.30; Weeks, 4th, 29.12; 300m low hurdles: Cooper, 3rd, 53.92; 3200m run: Kallina, 5th, 15:21.00; 400m dash: Dota,

2nd, 1:08.52; Thomas, 3rd, 1:08.94; 400m relay: Rice, 3rd, 52.19; 800m relay: Rice, 2nd, 1:50.36; discus: Hill, 3rd, 94'01.50"; Herrera, 4th, 86'07.06"; high jump: Zickhur, 2nd, 5'02.00"; Stevenson, 3rd, 5'00.00"; Cooper, 4th, 4'10.00"; long jump: Thomas, 2nd, 15'02.50"; Williams, 5th, 13'07.30"; pole vault: Lobpries, 3rd, 7'00.00"; Kallina, 4th, 6'06.00"; shot put: Parker, 2nd, 34'03.00"; Shimek, 3rd, 32'05.00"; triple jump: Williams, 3rd, 32'01.50"; Stevens, 4th, 31'01.00; Thomas, 5th, 30'01.00.

## Raider Tennis Had Good Showing In Yoakum

Shelly Myres and Trey Staff won Consolation Honors on Friday, March 7 at the Yoakum Tennis Tourney.

The Mixed Doubles Duo blanked Cuero 6-0 to garner the Consolation Title.

Earlier in the day, Myres/Staff were placed in the consolation bracket by a determined Yoakum tandem and were defeated 6-8.

From then on, Myres and Staff reeled off 3 consecutive victories to earn the Consolation Title.

Myres and Staff defeated Industrial 7-5 and Smithville 6-2

before blanking Cuero 6-0 for the Consolation Championship.

The Mixed Doubles Duo of Hillary Johnson and Alan Arellano started with a win over Marion, 8-1, but were defeated in the second round by Shiner, 3-8.

Brian Kallina won 2 matches 6-4 and 6-5 (7-1 tiebreaker) and lost 2 matches, 2-8 and 0-6. Michael Waligura won 1 match, 6-4 and lost 2 matches, 1-8 and 5-6 (1-7 tiebreaker).

"We competed well and with more practices, we can improve our game," commented Coach Robert Klekar.

## JV Lady Raider Track

The Lady Raider JV track team took second place honors in the Industrial Cobra Relays with 99 team points. The La Grange Lady Leopards finished first with 221 team points.

Event results were as follows:

100m dash: Stovall, 2nd, 13.44; Popp, 4th, 14.69; 1600m run: Men-

doza, 2nd, 5:46.00; 1600m relay: Rice, 2nd, 4:53.59; 3200m run: Mendoza, 15:26.67; 800m relay: Rice, 2nd, 2:01.17; discus: Popp, 1st, 85'08.25"; Korenek, 2nd, 83'09.00"; Vandermark, 5th, 65'02.50"; Mahalite, 6th, 64'00.75"; shot put: Johnson, 26'09.50"; Spates, 3rd, 26'02.50; Jackson, 4th, 24'11.00".

## JH Lady Raider Track

8th grade placed 4th Overall with 64pts. in Ganado.

400m relay and 1600m relay: Destinea Williams, Kelsey Danklefs, Sandra Vega, Allyssa Krpec, 2nd, 55.63, 4:46.87; 800M relay: 3rd, 2:00.36 (same students on relay); discus: Kaycie Rathburn, 2nd, 77'6; long jump: Allyssa Krpec, 5th, 13'6; pole vault: Melissa Hlozek, 1st, 7'0.

Seventh grade place 7th Overall with 29 points.

100m hurdles: Cydney Cook, 5th, 22.63; Danielle Dopslauf, 6th, 22.66; 400m relay: Cydney Cook, Kelsey Andrezjczak, Briana Faas, Mikayla Gabler, 4th, 57.74; 800m relay: Cydney Cook, Kelsey Andrezjczak, Mikayla Faas, 4th, 2:04.24; discus: Kelley Al-Obaidi, 1st, 66'01.

## Wrist Injuries Common Among Golfers

Making a few changes in mechanics can help golfers avoid painful wrist injuries.

"You will lessen the whip on the wrist if you slow down your back swing," said Dr. William J. Bryan, an orthopedic surgeon with The Methodist Center for Sports Medicine in Houston. "Also, try and flatten out the back swing. This will decrease the chances that the club will come down, hit the ground, and take a big divot."

Most wrist injuries occur in the lead hand (left for right-handed, right for left-handed) and are due to overuse.

The most common is tendinitis, or swelling of the tendons responsible for wrist movement.

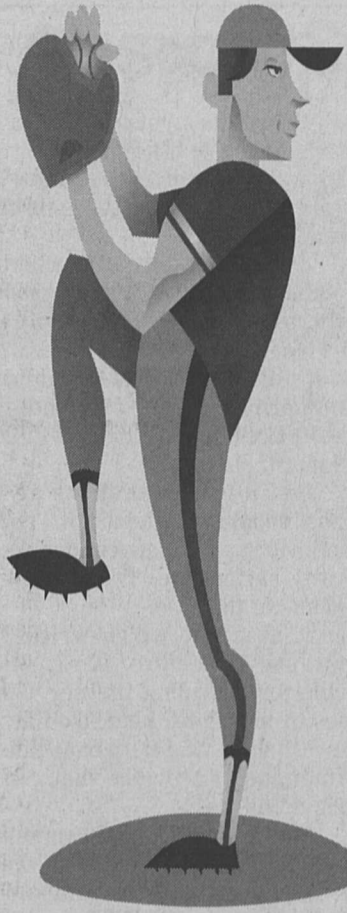
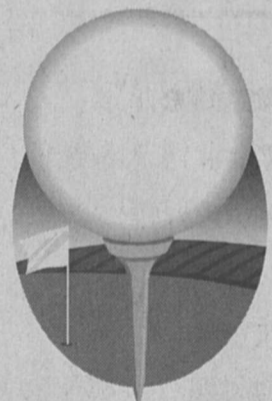
Most will experience pain in the wrist as well as swelling and a creeping or grinding sensation when the wrist is flexed.

A recent study of 200 golfers showed that nearly 35 percent reported some type of hand or wrist injury.

Two-time Masters champion Phil Mickelson blamed hitting too many balls out of the rough for a wrist injury that caused him to miss the cut at last year's U.S. Open.

"The alignment of your hands can also contribute to wrist pain. Whether you use the overlapping, interlocking, or the ten-fingered grip, it's imperative that both

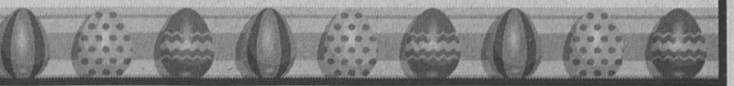
hands be in parallel alignment," said Bryan, a PGA consulting physician. "This alignment makes a natural wrist motion possible and can help prevent injury."



## Subscribe Today! The Headlight

**POWER UNLIMITED'S COMMUNITY EASTER EGG HUNT**  
SATURDAY MARCH 15 STARTING AT 1 P.M.  
AGES: 18 MONTHS TO 12 YEARS OF AGE.  
FREE FOOD AND PRIZES  
PLACE: SEAHOLM BALL PARK, EAGLE LAKE  
EAGLE LAKE PRIMARY SCHOOL GYM IF BAD WEATHER.

EASTER EGG HUNT WILL BE HIDING 5,000 EGGS AND GIVING AWAY 10 BIKES THROUGH THE COMMUNITY'S SUPPORT



**JANIK'S MEAT MARKET**  
Party Trays Deli Sandwiches  
1001 E. Main • Eagle Lake • 234-7665

- Country Style Pork Ribs (10 lbs. or more)...lb. .99¢
- 85% Lean Ground Chuck.....lb. \$2.49
- Pure Pork Pan Sausage (reg or spicy).....lb. \$1.59
- Pork Slab Ribs (small 4 lbs. & down).....lb. \$1.95
- Calf Tails.....lb. \$3.69
- Center Cut Pork Chops.....lb. \$2.49
- Sirloins.....lb. \$2.99
- Hormel Summer Sausage.....lb. \$3.59
- Meaty Pork Bones.....lb..79¢
- Sliced Slab Bacon.....lb. \$2.99

50 lb. Beef Hind Quarter Special Vac-Packed \$139.50

Smoked Sausage lb. \$2.79	80% Lean Hamburger Vac-Packed Ready for the Freezer 1 lb. packages \$2.79 lb.	We Custom Process Beef Quarters Half Calf All Cut Vac-Packed
10 lbs. or more \$2.59		
or 40 lb. bulk lb. \$1.99		

Call in orders WELCOME! Credit Cards & Lonestar Accepted  
Prices Good Through Thurs. Mar. 13 - Sat. Mar. 15  
Open: 7:30 a.m. to 6 p.m. David & Jill Janik, Owners

## Raider Track Takes Second In Industrial

The Raider varsity track team won second place in the Industrial Cobra Relays with 177 points just behind Industrial High School with 181 points.

Event results were as follows:

100m dash: Foster, 2nd, 11.26; 110m hurdles: Jump, 6th, 18.93; 1600m run: Michalik, 5th, 5:33.10; ?;

3200m run: Michalik, 3rd 12:56.00;

400m relay: Rice, 2nd, 44.44; 800m relay: Rice, 2nd, 1:31.83; discus: Dorsey, 1st, 149'03.75"; Popp, 2nd, 120'06.50";

shot put: Hernandez, 1st, 46'02.00"; Dorsey, 5th, 30'02.00"; pole vault: 1st, 19'06.00"; long jump: Middleton, 4th, 19'09.00";

triple jump: Middleton, 2nd, 61'07.50";

Farrow, 5th, 37'01.00"; 400m run: Valdez, 1st, 53.60; Farrow, 2nd, 56.60;

800m run: Salinas, 1st, 2:10.08; Hull, 3rd, 2:19.93;

800m run: Stevenson, 2nd, 23.43;

1600m relay: Rice, 1st, 3:31.21.

## JV Raider Track Wins Second

The Raider JV finished second in the Industrial Cobra Relays with 163 points. Hallettsville took first place honors with 165 points.

Event results were as follows:

100m dash: Cardenas, 5th, 12.54;

110m dash: Cardenas, 3rd, 20.41;

1600m run: Aguilar, 2nd, 5:43.83; Kaspar, 4th, 6:25.00;

300m run: Dota, 3rd, 49.39; Cardenas, 4th, 50.12;

3200m run: Aguilar, 3rd, 13:30.00; Kaspar, 4th, 15:22.00;

400m relay: Rice, 1st, 1:37.56; shot put: Stevens, 1st, 37'09.00";

pole vault: Dota, 1st, 10'00.00; Howard, 2nd, 9'06.00";

long jump: Sosa, 4th, 15'02.75; triple jump: Sosa, 4th, 36'31.56;

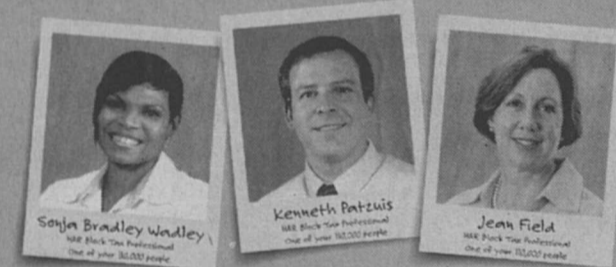
Shorter, 5th, 33'04.00"; 800m run: Dumont, 1st, 2:19.33; Dota, 4th, 2:31.67;

200m dash: Stevens, 1st, 24.89; 1600m relay: Rice, 1st, 3:50.10;

400m dash: Moore, 2nd, 59.21.



## Your job could save you money on your taxes. Your people will show you how.



### H&R Block Maximum Refund Guarantee.<sup>1</sup> Come in today.

You could be entitled to tax deductions or credits based on your job. Last year, H&R Block found over 2 million clients an average of \$2,500 in deductions for employee expenses.<sup>1</sup> Just leave it to your people and they'll guarantee you get the maximum refund you're entitled to, or your tax preparation is free.<sup>2</sup>

108 S. McCarty  
Eagle Lake, TX 77434  
979/234-3420  
M-F 9 a.m. to 6 p.m.  
Sat. 9 a.m. to 5 p.m.

**H&R BLOCK**  
You got people<sup>®</sup>

For other locations call 1-800-HRBLOCK or visit [hrblock.com](http://hrblock.com)

If you discover an H&R Block error on your return that entitles you to a larger refund (or smaller tax liability) than we calculated, we'll refund your tax preparation fee (in that return). Refund claims must be made during the calendar year in which the tax return is prepared. 2. Deductions based on unreimbursed employee expenses. The White Border Trade Dress is a trademark of Polaroid Corporation, used with permission. ©2007 H&R Block Services, Inc.

# Kawasaki

**FINANCING AVAILABLE**

**INVENTORY CLEARANCE EVENT**

## STOMPER KAWASAKI

The Largest Kawasaki Showroom in Texas 866-451-5875

I-10 Just minutes West of Katy (Exit 721) @ The Sealy Outlet Mall  
Mon - Fri 9am - 7pm • Sat 9am - 6pm  
[www.stomperkawasaki.net](http://www.stomperkawasaki.net)

**Why Drive a Little Further?.... LOWER PRICES, HUGE INVENTORY**

**We Service ALL Makes and Models - Quicker Turn Around Time! We Will Store Your Trailer.**