

JV Fillies win 2, lose one against Arlington Honkers

By DANA REID

The Heppner JV Filly team played their second game of the season against the Arlington Honkers. The game was played Thursday, Sept. 22, at Heppner.

The Fillies really played well. They were really hustling and had good team work. Heppner has really improved. The Arlington JV team consists of three JV players and six varsity players. They played three JV players throughout the whole game, then rotated the six varsity players.

The first match wasn't real good for the Fillies. They just weren't quite consistent enough with their serves. There were a few substitutions on the Fillies' side. The Fillies did well but the Honkers won the first match because they had most of their serves over. The scores was Fillies 9, Honkers 15.

The second match was a good one for the Fillies. They started slow but then came right in and showed the Honkers what they are made of. They were receiving the ball well and then were ready for the next one to come over the net. The Fillies could have been talking and moving a bit more but the game itself was

good. The score was Fillies 15, Honkers 10.

The third match was a great game on both sides of the court. The game was both exciting and close. The Fillies were really playing tough ball. They were receiving well, bumping them right to the setter, setting it up then spiking them down hard on the Honkers' side of the court. There were some long volleys and quick playing at the net. The Fillies' serves were quite consistent and well done. The game was close all the way through. The Honkers had some very good serves also but the Fillies picked them up. Heppner won the match 15 to 8.

"Really good teamwork." "Played against part Varsity and won, so were doing pretty good." "The game was great." Those were a few quotes from the JV players.

"The girls weren't moving and talking quite enough and their serves weren't consistent enough. The third game was the best. The girls were starting to talk and move a bit more," remarked Coach Karen Howe.

The JV teams' next game is Thursday, Sept. 29 against Umatilla at Umatilla.

Come support your athletes; it really does help them out.



photo by Jon Mitchell

Fillies send Honkers flying



photo by John Mitchell

By DANA REID

The Heppner Fillies played the Arlington Honkers Thursday, September 22 in Heppner.

The Fillies did great. They played a couple of outstanding matches. The first match was super. The Fillies were ready for anything. They got up high and smashed the ball down to the Honkers. It was an exciting game to watch. Their serves were very good. They were right over the net and hard ones to hit. The Fillies

took the game with a score of Heppner 15, Arlington 10.

The second match was another good one for the Fillies. But this time they had almost all new players. They did very well. There were a lot of balls that were not under control as they came over the net but the Fillies changed that as they made their first bump to the setter. In this match there was quite a bit of net play and the Fillies did great. They were ahead of the

Honkers all the way through the game. The Fillies took the match and the game with a score of Heppner 15, Arlington 5.

The Fillies are really on a roll now. They have won two out of three of their games and they have won one out of one league games.

"We did so poorly when we went to Arlington and played, so it was neat to beat them at home. The girls played extremely well," said Coach Barbara Stefani.

Fillies' varsity team takes on Pilot Rock and wins

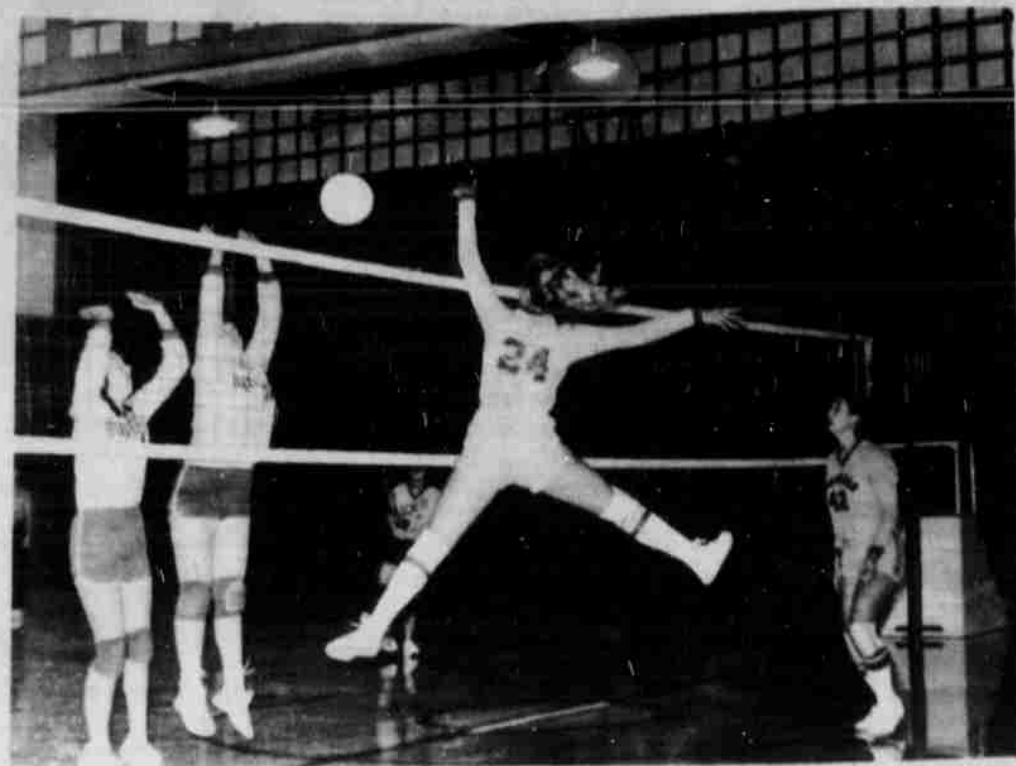


photo by Jon Mitchell

By DANA REID

The Heppner varsity volleyball team played another great game Tuesday, Sept. 20. They played the Pilot Rock Rockets at Heppner.

The Fillies did great. Both matches were close ones but the Fillies knew what they were doing.

In the first match, the Fil-

lies had super team work. They really made the Rockets hustle for the ball. The Fillies are improving each game and they sure showed it here. The first game went to the Fillies. The score was Heppner 15, Pilot Rock 10.

The second match was close. There was a lot of substituting for the Fillies. It was an exciting match. The

Rockets were really making the Fillies work harder in this match but the Fillies did work harder and it paid off. The Fillies won the match and game with a score of 15 to 12.

"It was great to win our first league game. The girls were very happy. I know, to beat Pilot Rock. They played extremely well," says Heppner Coach Barbara Stefani.

Ione Jr. High volleyball teams produce wins

By ASHLEY CONKLIN

Ione's junior high volleyball teams produced wins in their first match of the season on Thursday, Sept. 22, against North Sherman.

Jill Nelson led the A-team to victory with game scores of 13-15, 15-12 and 15-12. Nelson was the high-point server with 19 points.

The B-team, behind Kris Anderson's 22 points, won 15-2 and 15-3.

Coach Barbara Collin was very pleased with the victory. "Overall we had very good team play. We will need this throughout the season to have a winning team."

The Cardinals will travel to Heppner on Thursday, Sept. 29 for a 2:30 p.m. match-up.

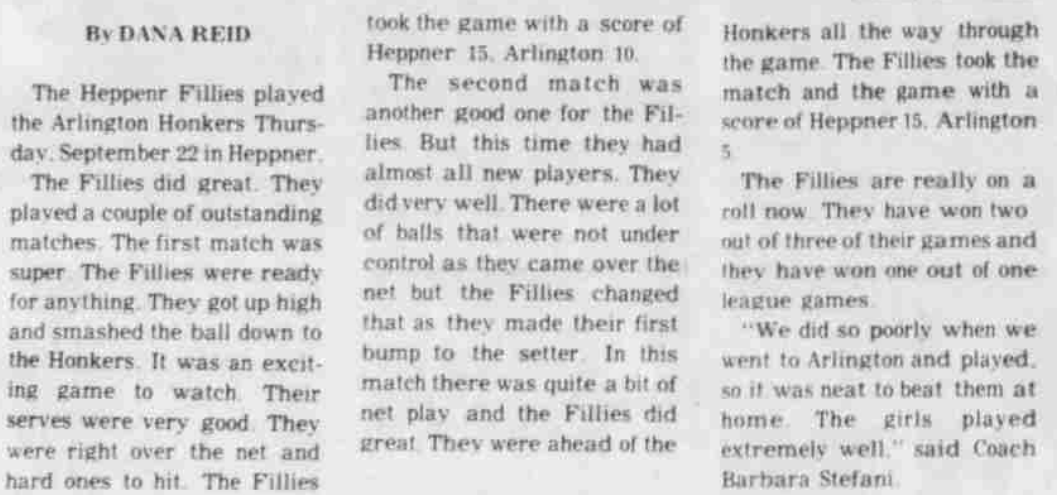


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Bowling News

Koffee Kup Keglers September 22

	Won - Lost
M.C.G.G. No. 2	10 - 2
Three Holers	7 - 5
No-Pin Hitters	7 - 5
The Dregs	6 - 6
Gutter Dusters	5 1/2 - 6 1/2
Pyttis	5 - 7
NewComers	4 1/2 - 7 1/2
Hi-Hos	3 - 9
Splits: Eva Griffith 4-5, 4-5-7, 5-7; Maude Hughes 3-10; and Ray Wilson 2-7, 5-6.	
High game: Sonia Smith - 194.	
High series: Linda Schultz - 492.	

Dime a Dozen September 25

	Won - Lost
No. Six	9-3
No. Five	9-3
No. Three	8-4
No. Eight	6-6
No. Two	5-7
No. Seven	4-8
No. One	4-8
No. Four	3-9
Splits: Chuck Buchanan 7-3-6-10.	
High game: Bebe Munkers - 191 and Ray Massey - 222.	
High series: Billie Doherty - 491 and Riley Munkers - 499.	
High team game: No. Three - 808.	
High team series: No. Three - 2193.	

Blue Mt. Men's League September 21

	Won - Lost
Bucknum's Tavern	9-3
Bowl for Fun	8-4
Heppner Bowl	7-5
Cast Offs	6-6
Central Mkt.	5-7
Cal's Lounge	5-7
Gar Aviation	4-8
Big Five	4-8
High series: Dave Hanna - 571, Pete Schwarzin - 551 and Gene Doherty - 550.	
High games: Greg Johnston - 221, Bert Corbin - 211 and Elmer Heath - 211.	

Spartaners September 20

	Won - Lost
M.C.G.G.	11 - 1
Peterson's	8 1/2 - 3 1/2
Coast to Coast	8 - 4
Les Schwab	6 - 6
Gardner's	5 - 7
Sears	4 1/2 - 7 1/2
V & G	4 - 8
Central Market	1 - 11
Splits: LoRayne Bowman 6-7-10; Linda Shaw 5-10.	
High game: Valery Volesky - 190.	
High series: LoRayne Bowman - 492.	
High team game: Coast to Coast - 917.	
High team series: Coast to Coast - 2639.	

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Extension Service offers tips on sunflowers

By BIRDINE TULLIS
Program Assistant
Morrow Co. Extension Service

The early frosts of last week remind home gardeners that many fall harvests should get under way.

Many home gardeners grow sunflowers, for harvesting seeds and other reasons.

As the sunflower seeds mature in the fall, drying and storing the seeds may be worthwhile.

"Sunflower seeds are considered good snack food by many people, and they can be used as a food source for birds living in the home landscape," says Ray McNeilan, Oregon State University extension home gardening agent. Leave the sunflower heads

on the plant as long as possible, McNeilan says. Cut the heads off after the blossom has separated from the seed. Then finish curing the seeds in a warm, ventilated area. Tie a cloth bag around each head to catch any seeds that might drop during drying.

Once dry, the seeds can be eaten, or stored in closed containers to feed to birds next winter. For human consumption, McNeilan recommends the following recipe: Mix two cups dried seeds with one-half tablespoon Worcestershire sauce, and one and one-half tablespoons melted butter and one teaspoon salt. Place in shallow baking pan and roast

for one hour at 250 degrees. Stir several times to ensure even browning.

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Ione volleyball players lose to Helix

By ASHLEY CONKLIN

The Ione Cardinal volleyball team dropped its second league match in a row last Thursday, Sept. 22, to the Helix Grizzlies, 15-6, 1-15, 4-15.

Ione played their best game of the season in their first game. But, an experienced Helix came back and took the last two games as the Cards lost concentration on serves and receiving and gave up several points. Ione's serving improved from the Arlington

match, but still wasn't consistent. Ione's league record is now 0-2 and they're 1-2 for the season.

Coach Jocelyn Jones commented that, "Although the match is recorded on the loss

side, we played very well the first game. The first game was an indication of future matches, as we gain experience."

The Condon Blue Devils will play Ione at Ione on Sept. 30. Game time is 6 p.m.

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