

# IHS girls defeat Spray again

By ASHLEY CONKLIN



photo by Wayne Hams

The Ione girls' basketball team remained undefeated with a 33 to 32 victory over the Spray Eagles on Saturday, Dec. 3. The Cardinals are now 2-0.

Ione started the game in good fashion and took an 11 to 5 lead at the end of the first quarter. The Eagles scored eight to the Cards' six in the second quarter. Michelle Beeson had four Ione's points.

In the third period Ione came on strong and took a lead of 28-19.

Spray came right back in the fourth stanza and took a 32-31 lead. But with 36 seconds left, Patty McElligott made what was eventually the game winning points.

Leading the Cardinal scoring was Deena Hams with 10 points and Sandi Wright contributed eight. Wright also pulled down 14 rebounds.

The Eagles were led by Dawn Rardin's 19 points.

Spray made 12 of 45 field goals for 27 percent and made eight of 15 free throws for 53 percent. Ione made 14 of 57 field goals for 25 percent and five of nine free throws for 55 percent.

Ione will play at home against Heppner on Friday, Dec. 9 and will travel to Boardman to play Riverside on Saturday, Dec. 10. Both games are at 6 p.m.

### STATISTICS

	1st	2nd	3rd	4th	T
Spray	5	8	6	13	32
Ione	11	6	11	5	33

	FGM	FGA	FTM	FTA	Total	PF
Spray	7	13	5	8	19	0
Rardin	2	13	0	0	4	1
Shreves	1	6	1	2	3	2
Britt	1	6	1	3	3	5
Kroske	1	2	0	0	2	1
Keeling	0	5	1	2	1	2
Parkhurst	0	5	1	2	1	2
Totals	12	45	8	15	32	11

	FGM	FGA	FTM	FTA	Total	PF	REB	AS	TO
Ione	4	14	2	4	10	5	3	2	0
Hams	3	19	2	2	8	3	14	1	3
Wright	2	2	1	2	5	4	0	1	1
McElligott	2	5	0	0	4	2	2	0	2
Beeson	2	9	0	0	4	2	0	1	1
Alvarado	2	9	0	0	4	2	0	1	1
Anderson	1	5	0	0	2	0	0	1	3
Rudisill	0	0	0	1	0	1	3	0	2
McCabe	0	3	0	0	0	3	0	0	1

# Cardinal girls defeat Spray 33-26

By ASHLEY CONKLIN

In the opening game of the season the Ione Cardinal girls' basketball team defeated the Spray Eagles 33-26.

Spray took a 10 to 2 lead in the first stanza. Ione came back to make the count 18-12 at intermission in favor of Spray.

The Cardinals outscored Spray 8-6 in the third quarter, but still trailed 24 to 12. Ione held the Eagles to two points while scoring 13 of their own to win 33-26.

In the game the Cards made 15 of 69 field goals for 22 percent. Spray was 12 of 51, or 24 percent. From the free throw line Ione connected on three of nine for 33 percent while the Eagles were two for nine, 22 percent.

Sandi Wright and Deena Hams led the Cardinal scoring with 12 and 11 points respectively.

Ione collected 35 rebounds, Wright had 13 and Hams nine.

Leading Spray in scoring were Dawn Rardin and Shelly Shreves. Both had 10 points.

### STATISTICS

	1st	2nd	3rd	4th	T
Ione	2	10	8	13	33
Spray	10	8	6	2	26

	FGM	FGA	FTM	FTA	Total	PF	REB	AS	TO
Ione	6	26	0	2	12	3	13	0	1
Wright	5	14	1	1	11	4	9	4	2
Hams	2	11	0	0	4	0	1	0	0
Alvarado	1	9	2	2	4	1	2	0	0
Anderson	1	6	0	3	2	1	2	5	0
McElligott	0	1	0	1	0	0	3	1	0
Beeson	0	1	0	0	0	1	5	0	1
Rudisill	0	1	0	0	0	3	0	1	0
McCabe	0	1	0	0	0	3	0	1	0
Totals	15	69	3	9	33	13	35	11	4

	FGM	FGA	FTM	FTA	Total	PF
Spray	5	14	0	0	10	5
Rardin	4	14	2	4	10	3
Shreves	1	6	0	3	2	4
Kroske	1	7	0	0	2	1
Britt	1	9	0	1	2	1
Parkhurst	0	1	0	1	0	0
Keeling	0	1	0	1	0	0
Totals	12	51	2	9	26	14

# Cardinals take Spray 54-48



photo by Wayne Hams

By ASHLEY CONKLIN

With a strong second half, the Ione boys' basketball team beat the Spray Eagles 54 to 48 in their first game of the season on Friday, Dec. 2.

Ione started slowly in the opening period as Spray took a 12-6 lead. The Cardinals outscored Spray 10-9 in the second stanza, but the Eagles led 21-16 at intermission.

In the third quarter Ione exploded for 19 points to take 35 to 29 lead. Randy McCabe led the charge with eight points.

Both teams scored 19 points in the fourth quarter, but it wasn't enough for Spray as the Cards won 54-48. Again McCabe had eight points in a quarter.

Ione attempted 14 field goals making 22 for 30 percent. The Eagles connected on 18 of 73 for 25 percent. From the foul line, Ione was 10 for 26, 39 percent; Spray was 12-27, 44 percent.

The Cards out-rebounded Spray 43 to 36. McCabe rebounded 14 and Craig Hams pulled down 12 for Ione. Mark Dumler and Shawn Davis had 11 and 9 respectively for the Eagles.

McCabe and Mark Meyers both had 16 for Ione. Dumler made 21 for Spray.

### STATISTICS

	1st	2nd	3rd	4th	T
Ione	6	10	19	19	54
Spray	12	9	8	19	48

	FGM	FGA	FTM	FTA	Total	REB	AS	TO	PF
Ione	22	74	10	26	54	43	12	37	23
Hams	3	10	3	5	9	12	2	6	2
Leavitt	1	5	0	4	2	1	0	1	5
McCabe	8	15	0	2	16	14	2	8	4
Meyers	6	21	4	8	16	4	5	3	3
Padberg	2	12	1	2	5	4	2	11	4
Doherty	2	6	1	3	5	6	0	2	3
Ball	0	3	1	2	1	1	0	0	0
M. Douglas	0	2	0	0	0	1	1	6	2
Totals	22	74	10	26	54	43	12	37	23

	FGM	FGA	FTM	FTA	Total	REB	AS	TP	PF
Spray	18	73	12	27	48	36	3	11	18
Bouder	2	9	2	4	6	3	0	3	4
Davis	3	11	0	4	6	9	0	3	4
Dumler	6	27	9	16	21	11	2	1	2
Foster	3	7	1	2	7	4	0	0	3
Goodell	3	15	0	1	6	6	0	2	3
Simmons	1	4	0	0	2	3	1	2	2
Totals	18	73	12	27	48	36	3	11	18

# Card's JV team returns from Spray with victory

By ASHLEY CONKLIN

The Ione boys' junior varsity basketball team traveled to Spray on Friday, Dec. 2, and came home with a 27 to 21 win.

In the opening period both teams played good defense and at the end of the period there was a 4-4 deadlock. The Cardinals scored seven to the Cards' three in the second stanza to take an 11 to 7 halftime lead.

Ione took charge in the third quarter, outscoring Spray 12-4. Mike Rietmann and Eric Pointer scored four each and Matt Dutcher made all of Spray's points.

The Eagles made a comeback attempt in the closing quarter, but it fell short as the Cards won 27-21.

Rietmann and Pointer led Ione in scoring with eight and six points respectively. Calvin Foster had eight for Spray, while Dutcher and Mike Jenison each had six.

Both teams shot very few foul shots. The Cardinals made one of two shots for 50 percent while Spray made one of four shots for 25 percent.

### STATISTICS

	1	2	3	4	T
Ione	4	7	12	4	27
Spray	4	3	4	10	21

	FGM	FTM	FTA	T	PF
Ione	13	1	2	27	5
Spray	10	1	4	21	4
Ione - Rietmann 8, Pointer 6, Millman 5, Douglas 4, Rea 4, Spray - Foster 8, Dutcher 6, Jenison 6, Shen 1.					

The value of a diamond is determined by the four "C's": cut, carat, clarity and color.



# Christmas Kitchen - A gift of recipes

The following recipes are the second part of a five-week holiday feature. Local school cooks have been asked to submit their favorite holiday recipes, and students in a home ec class taught by Linda Panter have contributed several recipes for those of us who are watching our waistlines. The five class members, along with Panter, have lost a total of 12 lbs. in three weeks.

The Lean Cuisine Class is a new addition to the high school program in which students learn about healthful eating styles for a lifetime. They prepare recipes which follow the U.S. dietary goals which include reducing salt, sugar and fat. Each week the students weigh in, record the results and exercise, as well as analyze their diets with the aid of a computer.

First, here are two recipes for very large crowds from the cooks at the Ione Schools' kitchen. For a smaller batch, divide the salad and dressing recipes by six and the cookie ingredients by three.

### Cabbage Salad

- 6 medium onions
- 6 large cabbages
- 6 large green peppers
- 24 stalks of celery
- 24 carrots

Put cabbage and carrots through grater or mixer. Dice remaining vegetables and mix together.

Bring to a boil:  
2 tablespoons mustard seed 4 1/2 cups salad oil  
4 1/2 cups vinegar 9 cups sugar  
2 tablespoons salt

Pour over vegetable mixture and serve when cold.

### Sugar Cookies

- 3 cups shortening
- 3 3/4 cups sugar
- 3 teaspoons vanilla
- 6 eggs
- 3 tablespoons milk
- 9 cups sifted flour
- 1 1/2 teaspoons salt
- 7 1/2 teaspoons baking powder

Cream together shortening, sugar and vanilla. Add beaten eggs and beat until light and fluffy. Stir in milk. Sift flour, salt and baking powder and stir into creamed mixture. Blend well. Chill one hour and cut into shapes. Decorate or sprinkle with colored crystal. Bake 375 in convection oven.

### Delicious No-Sugar Apple Pie

From Vicki McDaniel

- 1 6 oz. can frozen apple juice concentrated
- 1 tbs. cornstarch
- 1 tbs. margarine
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 6 cups peeled sliced delicious apples
- pastry for 2 crust pie

Place apple juice concentrate in sauce pan bring to boil. Combine margarine, cornstarch and spices in small bowl. Add a small amount of apple juice; stir well until blended. Stir cornstarch mixture into apple juice. Pour over apples; stir carefully to coat all slices; pour into unbaked pie shell. Place top crust over apples. Bake at 425 degrees for about 30 minutes. Reduce heat to 375 degrees. Bake for 30 minutes longer.

### Dieters Pie Crust

From Vicki McDaniel

- 1 cup unsifted flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 small egg
- 1 1/2 tsp. vinegar
- 1 1/2 tsp. water

Stir flour, baking powder and salt together in a bowl. Blend in Margarine with fork or pastry blender until thoroughly mixed. Beat egg, vinegar and water together. Add to flour mixture. Blend or knead the dough until dough leaves the sides of bowl. Chill. Separate into two equal sized balls; flatten.

### Banana Tea Bread

From Melinda Eubanks

- 1 3/4 cups sifted flour
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 1/4 cup melted shortening
- 2 eggs, well beaten
- 4 tsp. sucaryl solution
- 1 tsp. vanilla
- 2 bananas mashed

Sift dry ingredients together. Combine shortening, eggs, sucaryl and vanilla. Add to flour mixture, stirring only until flour is moistened. Fold in bananas. Turn into a well greased loaf pan (8 x 4 x 3 inches). Bake in a moderate oven (350 degrees F.). 70 minutes.

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