

Grizzlies upset Mustangs

By TRAVIS HYATT

The Helix Grizzlies, a small "B" school with a tough de-



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fense and a loud crowd, upset the Heppner Mustangs last Friday night with a 35-45 victory. The margin of victory was at the free throw line, the Mustangs were 5-11 as the Grizzlies were 15-22. "Yes, we were definitely not mentally ready to play," said Coach Brent Eggars on his team's performance.

The first quarter started out even with both teams getting their share of shots. Heppner actually led at the end of the first, 14-13.

Heppner got into a little bit of foul trouble in the second quarter but was only out-scored 13-9 in the quarter and was down by three at half-time.

The second half started out with more of the same. The Mustangs, however, could not get any closer and were down by five at the end of three. In the final quarter Heppner was forced to foul, hoping Helix would possibly miss a free throw but to no avail. Helix won their second game of the season.

"I think the most evident breakdown was on defense, we need to play good defense to win," said Coach Eggars.

Mark Way led the Mustangs with 15 points and Greg Orr had seven assists.

STATISTICS

Heppner 14 9 10 12 45
Helix 13 13 12 15 55

Heppner (45)
Moyer 1 0-0 2, Orr 1 0-0 2, Thompson 0 2-3 2, Way 7 1-2 15, Currin 4 0-0 8, Martin 4 0-0 8, Cole 3 0-3 6, Plocharsky 0 0-1. Heppner 20 5-11 45.

Helix (55)
Gibbs 5 0-3 10, Lembecke 4 4-5 12, Boyer 1 0-0 2, Spratling 3 1-2 7, Newtonson 4 7-9 15, Porter 2 1-2 5, Reeder 1 2-4 4.

Totals Helix 20 15-22 55...

Fouled out: none

Total fouls: Heppner 21, Helix 13.



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Fillies take win from lone



Heppner and lone players scramble for ball.

photo by Jon Mitchell

By DANA REID

The Heppner Fillies met with lone Cardinals at Heppner on Saturday, Dec. 17.

The first quarter started with the Fillies receiving the tip-off. Heppner took it all the way in for two points. Heppner hustled back on defense holding the Cardinals, and keeping them from scoring. As the first quarter ended, Heppner was on top with a score of 24-3.

In the second quarter, Heppner continued to play good defense, holding the Cardinals back. On offense the Fillies ran through their plays looking for an open shot to put in another two points. The Fillies were still in the lead at the end

of the second quarter with a score of 50-6.

The Heppner JV team went in to play for the Fillies, in the third quarter. The team members were Tina Davidson, Cindy Stroeber, Missy Eubanks, Beth Farris and both JV and Varsity players. Andi Ball and Nancy Martin. The Fillies received the tip-off to start off the second half of the game. Heppner played super defense, then took the ball down the court for two points. The Fillies remained on top at the end of the third quarter with a score of 58-10.

In the fourth quarter the JV's continued to play for the Fillies, really hustling and working for a victory. As the game ended, Heppner was on top with a score of 74-16.

Jodi Padberg had high points for the Fillies with 10. Kelli Bergstrom grabbed down seven rebounds. Dana Reid had three assists and Lana Reid has five steals.



At Christmastime

We wish to everyone the joy and happiness of this holy season. To our patrons, warm thanks.

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Avoiding holiday stress

In spite of joyful holiday anticipation, many adults sometimes wish the whole thing could be cancelled. Money pressure and time demands from family and job cloud many sunny dispositions before the special days arrive.

The combined exhilaration and exhaustion that accompanies Christmas is great enough to be rated among the top 41 stressful events reported by stress researchers at the University of Washington, according to Marcelle Straatman, Oregon State University extension human development specialist.

"If your holidays are stressful, there must be something you can do about it," the OSU specialist said. "Most stressors can be relieved by changes in attitudes and actions. That means choosing what's important to your family carefully."

Stores, cookbooks and mass media hold tantalizing objects to add to your celebration,

Straatman noted. "It's hard not to fall for one more costly trinket or goodie that may add nothing to the success of your celebration."

As the holiday season approaches, remember most adults and children crave a celebration that goes deeper than the commercial. Think back to the things that remain memorable from your own childhood.

"Most people recall a quiet space in their lives for loving, sharing and learning precious things money can never buy," the specialist said.

One young father said, "I remember most my annual night out shopping with Dad that always ended with us having a hamburger and fries. I don't remember what we bought, but I still feel the warmth and secrecy we shared."

A grandfather remembers his pride in being able to stretch his Christmas shopping dollar to buy four gifts and still have 50 cents left for himself.

"We all remember funny and warm experiences such as special music, the tall community tree or the hand-knit mittens that appear each year from a faraway relative," Straatman said. "Strangely, memories don't stem from activities that cause holiday stress."

Christmastime
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GREETINGS
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