

## Riverside thumps Mustangs



Heppner gets tip-off in game against Riverside

By TRAVISHYATT

The Heppner Mustangs fell to 0-1 in their first league game last Friday night against a very tough Riverside team, 37-50. Heppner was without its top scorer, Greg Orr, which had to further

dampen Heppner's chances. The Mustangs are now 5-4 overall. Riverside raised its record to 1-0 in league play and 8-1 overall.

"I thought we played really well without Greg. We can't make excuses though," said

Heppner Coach Brent Eggars. Eggars also stated that Mark Way is playing very well at both ends of the court.

The Pirates jumped out to a 28-19 lead at the half, but the Mustangs' Rod Cole scored six points in the third quarter to pull Heppner within seven entering the final stanza. But the Pirates' Kelly Seel came to life in the fourth quarter scoring eight points, to help provide the margin of victory for Riverside.

Mark Way led the Mustangs with 14 points and eight rebounds, while Rod Cole also had a good game scoring 12 points and nabbing seven rebounds.

Tom Meade and Seel led the balanced attack for Riverside, scoring 12 points apiece. Tyler Trumbull added ten.

### STATISTICS

Heppner	6	13	8	10	37
Riverside	12	16	6	16	50

Heppner (37)  
Way 6 2-5 14, Lucas 1 1-2 3, Cole 5 2-3 12, Kennedy 0 1-2 1, Moyer 1 1-2 3, Plocharsky 0 2-2 2, Hamman 1 0-0 2.

Totals 14 9-16 37, Riverside (50)  
Pratt 4 0-0 8, Meade 6 0-0 12, Seel 5 2-3 12, Trumbull 5 0-1 10, Byrd 3 0-0 6, Conner 1 0-0 2.

Total fouls: Heppner 14, Riverside 17.  
Freshman Score: Riverside 71, Heppner 27.

## Varsity Fillies take 56-35 win over Wheeler Co. Falcons

By DANA REID

On Tuesday, Jan. 3, the Heppner varsity Fillies traveled to Wheeler County to play the Falcons.

The Fillies had five practices during Christmas vacation to get back into shape and to be ready to compete against the Falcons, the day school resumed.

The Fillies were ready and they showed that by starting off the game receiving the tip-off and taking the ball down court to put it up for two points. The Fillies hustled back on defense, keeping the Falcons from scoring. Heppner took the lead and kept it. At the end of the first quarter the score was Heppner 10, Wheeler Co. 3.

Heppner was right back in the game ready to play the second quarter. The Fillies started to get themselves in foul trouble, giving the Falcons free shots at the line. Heppner was a little slow with rebounding, but the offensive shots were in. The second quarter ended with Heppner ahead. The score was 29-12.

Heppner received the tip-off to start the third quarter and the second half of the game. Wheeler came out using a full-court press but Heppner dribbled and passed to get it down court. Heppner still was in a little foul trouble but kept the lead at the end of the third quarter.

The Fillies were back out on the court to start the fourth quarter ready to win. Heppner

proved on rebounds, both offensively and defensively. The Fillies were really hustling, showing the Falcons what they are made of. The game ended with another win for the Fillies. The final score was the Heppner Fillies 56, the Wheeler Co. Falcons 35.

Pam Orr and Missy Turner had eight points for Heppner. Orr had 10 rebounds, Stephi Payne had four assists and Lana Reid had five steals.

"I thought we played well considering the long layoff. Offensively we shot the ball well (49 percent) and had good balance.

We also controlled the boards which was a big factor," said Heppner Coach Mike Royer.

## JV Fillies drop 1st league game 9-41

By DANA REID

The Heppner J.V. Fillies played their first league game on Saturday, Jan. 7, against the Weston-McEwen TigerScots at Athena.

Weston-McEwen's height advantage was against the Heppner Fillies but they still came out of the locker room excited and ready to play. The first half ended 7-19 with the TigerScots ahead. The Fillies didn't get much of a chance to shoot due to turnovers.

The second half looked a little more promising for the Fillies but soon fouls became a problem. The Fillies tried

hard but just couldn't pull through and the game went to the Weston-McEwen TigerScots. The final score was 41-9.

"Only 13 shots were attempted in the first half — very few rebounds. The girls did not play well at all. Our lack of games has caused them to get bored and lazy. Our practices have not gone well because of it. If the girls want to start winning, they need to give 100 percent at practice. They've got to want to win bad enough that they'll work themselves hard during practice. The girls were not pleased with their performance Saturday

and have decided they need to work harder and get more serious. Our goal for the coming few weeks is just that: to work hard, get serious and win," said Coach Karen Howe.

## Fillies defeat TigerScots

By DANA REID

The Heppner varsity Fillies played the Weston-McEwen TigerScots on Saturday, Jan. 7 at Athena.

The TigerScots received the tip-off to start the game but the Fillies hustled back down on defense, keeping Weston-McEwen from scoring. The Fillies started out a little slow both defensively and offensively but at the end of the first quarter both teams were still in the ball game with the score tied at 12-12.

The second quarter was a little better for Heppner. The Fillies' offense started coming together a little more. Heppner passed the ball around until they found someone open in the key to put it up for a sure two points. The Fillies started to gain on the TigerScots and took the lead at the end of the second quarter with the score of 30-16.

After a good talk from Coach Royer the Fillies were back in the second half of the ball game ready to win. Heppner really started to take control. It's defense and offense were really coming alive. The score was still close but Heppner was pulling ahead. The Fillies were really hustling down the court, after they had made two points to stop Weston-McEwen from doing the same. The Fillies had quite a few steals, then hustled down on a fast break for another two points. As the Fillies lead over the TigerScots continued, the game ended with a score of 57-34.

Stephi Payne put in 12 points for the Fillies. Pam Orr pulled down seven rebounds, Jodi Padberg had eight steals, and both Orr and Payne had six steals.

"They played us tough the first quarter but when we started blocking out tough and

getting our fast break going we started to pull away. We shot 55 percent from the field and when we play tough defense and shoot the ball that well, we're tough to beat. It's nice to start the league season 2-0 especially when both wins come on the road. We'll be tested this weekend though," said Coach Royer, as Heppner meets Pilot Rock on the Rockets' home court Friday and take on Umatilla at home on Saturday. Both varsity games begin at 6 p.m.

## DID YOU KNOW?

When's the last time you took a good look at your bedding? More and more consumers are coming to realize that there's a strong connection between good bedding and a good night's sleep. Here are a few eye-opening facts about bedding from a recent nationwide survey:

- Older Americans tend to believe that mattresses and foundations last 15 years; 18-34 year olds believe 12 years. Experts say, however, old bedding should be replaced every eight to ten years for ideal quality and comfort.

- Persons over 65 are less likely to buy a queen or king size set, while younger Americans are less likely to purchase top-of-the-line bedding than the older generation. Both are making serious mistakes, say experts at the Better Sleep Council, an educational, non-profit

## O.L.A. offers 'Freedom From Smoking' manuals at no charge

The Oregon Lung Association has announced that "Freedom From Smoking" manuals for smokers who want to quit are available at no charge until February 29, 1984.

These "Quit Smoking" programs normally cost \$7, but in order to encourage smokers to kick their smoking habit now, the O.L.A. is making this special offer.

The program takes a smoker through a 20-day quit smoking routine which helps

organization that seeks to inform the public about sleep and encourage scientific research in the field. Ample space is important for freedom of motion while you sleep, while quality of the mattress and foundation determine their support characteristics and how long they can be expected to provide comfort and support at their maximum level.

- A greater percentage of men sleep on king or queen size beds—58 percent—than on a full/double or twin/single—39 percent. Americans living in the West also prefer large size beds.

the person cope with withdrawal symptoms, social pressures and the personal commitment necessary to successfully quit.

No matter what age, a person can reduce the risk of cancer, heart disease and lung disorders by quitting. These disorders all decline after a person stops smoking.

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The O.L.A. the "Christmas Seal Organization," has sought to reduce the incidence of lung disease in Oregon since 1915. For further information, contact the Oregon Lung Association, Central-Eastern Regions, 25 N.W. Minnesota St., Suite No. 4, Bend, Oregon 97701, or call 382-LUNG.



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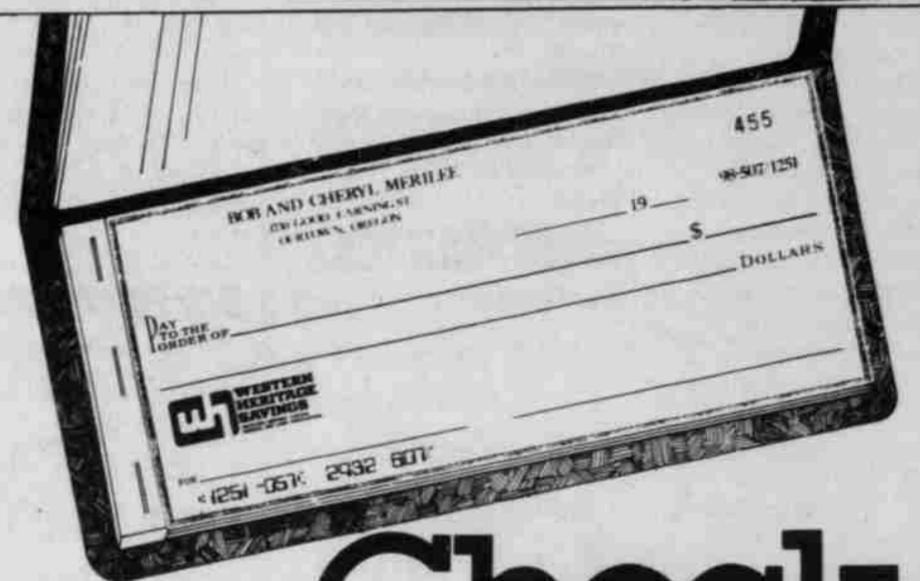
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## What's Your Opinion?



Question: "With the recent break-up of AT&T, have you noticed any significant change with your phone bill or service?"

"I know its a pain to get a new installation," said Dale Adlard of Heppner.

"We called over a week ago and still don't have one," said Laurie Adlard.

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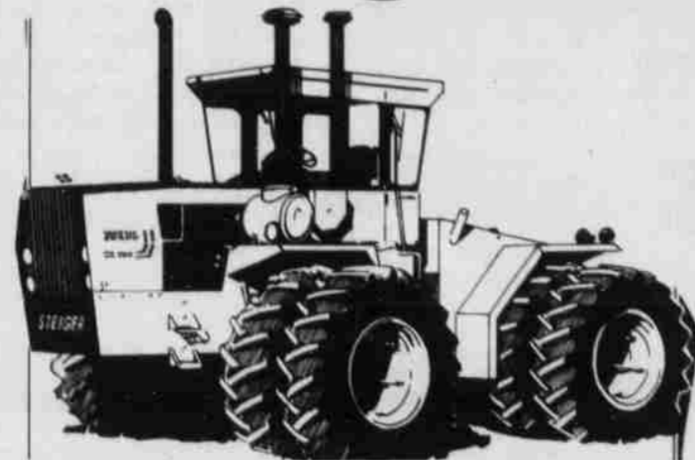
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