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VELOCITY COUPON VALUE

SUDAFED
Choose 10 capsules, 24 tablets or 4 oz. syrup
Relieves nasal and sinus congestion due to colds and hay fever
Breath easier all day—without drowsiness

\$2.19 Your Choice! **LIMIT 2 Ea.**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

ACUTRIM
Appetite suppressant Tablets to help you lose weight
Choose from assorted formulas
Caffeine free

\$3.44 **LIMIT 3**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

NEO-SYNEPHRINE NASAL SPRAY OR DROPS
Choose from 1% spray, 12-hour spray or 1% drops
5 oz. Size
For relief of nasal congestion

1% DROPS OR 1% SPRAY \$2.19
12-HOUR SPRAY \$2.49
Your Choice! **LIMIT 2 Ea.**
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For whiter teeth and fewer cavities

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VELOCITY COUPON VALUE

ACTIFED
Choose 10 capsules or 12 tablets
For temporary relief of nasal congestion due to the common cold

\$1.69 Your Choice! **LIMIT 3**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

BIC SHAYER 5-PACK
5 Bic disposable shavers
Choose regular or sensitive skin shavers
Easy-grip handle and smooth shaving blades

57¢ **LIMIT 3**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

CANON CALCULATOR LC-35
The Canon LC-35 electronic calculator
Includes memory function

\$4.88 **LIMIT 2**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

STICK ON CLOCK
Perfect for the home, shop, car or office
Needs no electrical hook-up
Sticks easily to most surfaces

99¢ **LIMIT 3**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

EVEREADY ENERGIZER BATTERIES BONUS PACK
Choose from AA batteries—4 plus 2 Free (6-pack)

\$2.39
AA PACK
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

VELOCITY COUPON VALUE

PACER KEYWIND ALARM CLOCK
Attractive styling
Accurate keywind alarm clock

\$4.88 **LIMIT 3**
Coupon expires 2-13-88. Cash value 1/20 of 1¢.

Helix outscores lone in Jan. 15 match

By Sean Warren
The lone teams traveled to Helix Friday January 15 to take on the Helix Grizzlies. The Lady Cardinals played without the use of sophomore starters Mary Cupps and Jo Cupps who were out due to injuries. The leading scorers for the Cardinals were juniors Jill Nelson and Michele Papineau adding 10 and 4 points respectively. Sophomore Amy Wagenblast also added 4 points and two rebounds but it just wasn't enough. Nothing the Cardinals did could seem to slow down the

Grizzlies who outscored the Cardinals 28-0 in the first quarter. The lady Cardinals managed to get on the scoreboard in the second quarter scoring six points. The score at the break was 41-6 in favor of the Grizzlies. The Cardinals couldn't seem to get on track in the game without their two varsity starters. Lone scored 4 points in the third quarter but put together a scoring run in the fourth quarter scoring 14 points, more than they had scored in the entire game until then. The outside shots started

falling for the Cards which also helped the inside game for lone. Leading scorers for the Grizzlies was Howdyshel with 18 points and Newtonson with 14 points. The final score in the game was 89-24 in favor of the Helix Grizzlies.

Girls Stats
Lone (24): Murter 1 0-0 2; Padberg; Nelson 5 0-0 10; Wagenblast 2 0-0 4; Papineau 2 0-0 4; Doherty 0 2-2 2; Perez 1 0-0 2; Totals 11 2-2 24.
Helix (89): Harper 1 0-0 2; Wagner 5 0-0 10; Newtonson 7 0-0 14; Temple 4 1-3 9; Hutchinson 4 0-0 8; Gracia; Howdyshel 9 0-0 18; Ferguson 2 0-1 4; Holton 6 1-2 13; Moon 3 5-8 11; Totals 41 7-14 89.

Lone 0 4 4 14 24
Helix 28 13 24 24 89

Ione girls take on tough Condon squad

By Sean Warren
The lone girls varsity team travelled to Condon Friday, January 22 to take on the Condon Blue Devils. Lone played a very good first quarter. They were screening out well and getting the shots that they wanted to take. The Cardinals were only down 15-12 after the first quarter. The Cardinals who have struggled with consistency, only managed to score 6 points to Condon's 17. The Cardinals found themselves down at the break 33-18. The Cardinals couldn't seem to get

themselves out of the hole they had dug. The Cardinals couldn't seem to get going in the third quarter either getting outscored 4-9. The Cards couldn't seem to get going after the first quarter. The Cards were playing without starter Jo Cupps who will miss the rest of the season due to a herniated disk. The Cards were outscored in all four quarters. Just when it seemed the Cardinals were gaining momentum, the Devils would start a run of their own.

Leading scorers for the Devils were Amy Berray with 17 points and Sabrina Greenfield adding 12 points. Sophomore Mary Cupps led the Cards with 14 points. The Cardinals fell to 1-2 in the league. The Cardinals face Arlington Tuesday, January 22 in their next contest.

Statistics
Lone (20): M. Cupps 7 0-1 14; Murter 1 0-0 2; Padberg 2 1-2 5; Wagenblast 2 0-2 4; Nelson 0 0-1 0; Papineau 1 1-4 3; Doherty; Perez; Totals 19 10-13 49.
Condon (49): Johnson 0 2-2 2; Anderson 2 0-0 5; Gault 2 5-5 7; Harper 1 0-0 2; Berray 5 5-4 17; Boyd; Malgreen 2 0-0 4; Greenfield 6 0-0 12; Totals 19 10-13 49.

Lone 12 4 4 28
Condon 15 17 9 49
3 point goals: Anderson 1. Fouled out: Greenfield. Total fouls: Lone 12, Condon 14.

Cards defeated by Blue Devils

By Sean Warren
The lone boys varsity took on the Condon Blue Devils in a league match-up and strong rivalry. Lone was after revenge after their first meeting in the Christmas tournament which they lost. Lone started slowly getting outscored 20-10. Lone picked up the

pace in the second quarter playing a nearly flawless defense. Lone found itself down 34-23. Lone was determined to stop the 3 points goals that hurt them so badly in their first meeting. Lone stopped them, only allowing one 3 point goal as opposed to seven the first time they met. Condon scored 23 points in the third quarter with lone scoring 12 points. Lone's defense had a momentary lapse as the Condon break started working in the third quarter. Lone rallied hard in the fourth quarter only 8 points after a 3 point goal by senior Kevin Ball. The Blue Devils managed to get the lead back up to 20 points in the final frantic

two minutes as lone was scrambling to hit the three pointers. Condon's Mike Miller who recently sprained an ankle was the leading scorer for Condon who led all with 27 points. Junior Dustin Padberg led the Cardinals with 16 points and junior Brian Ball added 12 points of his own.

Statistics
Lone (53): K. Ball 2 0-0 1; Padberg 7 0-0 16; Rex 1 0-0 4; B. Ball 6 0-0 12; Murter; Hans 2 0-0 4; Doherty; Totals 24 2-2 53.
Condon (73): Mike Windows 3 1-3 7; Miller 10 7-11 27; Smith 1 0-0 2; Lutz; Johnson 0 1-3 1; Doherty 0 0-2 16; Nation 0 0-3 0; Laney 2 2-2 4; Snyder 2 0-1 4; Mark Window 3 3-5 10; Totals 29 14-30 73.

Lone 10 13 12 18 53
Condon 20 14 23 16 73
3 point goals: K. Ball, 1; Padberg 2; Mark Window 1. Fouled out: Murter, K. Ball. Total fouls: Lone 25 Condon 6. Technical: K. Ball.

Friday Nite Mixers

Jan. 22	Won	Lost
Van Arsdale	4	0
Blk. Mtn. Electronics	3	1
Bud's Pub	3	1
Heppner Bowl Alley Cats	2 1/2	1 1/2
Pettyjohn's Lumberjacks	1 1/2	2 1/2
Gar Aviation	1	3
Rollis' Upholstery Rollers	1	3
Kinzua Keglers	4	0

High game, men: Gene Hale - 196.
High game, women: Kathy Hoskins - 176.
High series, men: Gene Hale - 508.
High series, women: Kathy Hoskins - 474.
High team game: Pettyjohn's Lumberjacks - 729.
High team series: Black Mt. Electronics - 2081.

Spartanets

January 19	Won	Lost
TT's Camera	12	4
Peterson's	10	6
R&W Drive In	10	6
Les Schwab	9	7
Country Rose	6	9
Central Mkt.	6	10
Gardner's	5	11
Wagon Wheel	5	11

Splits converted: Jo Pettyjohn 5-80.
High game: Millie Hanna - 199.
High series: Chris Limanen - 533.

Dime-A-Dozen

Won	Lost
No. Five	11 5
No. Seven	10 6
No. Six	10 6
No. Eight	8 8
No. Three	8 8
No. One	7 9
No. Four	6 10
No. Two	4 12

Splits converted: Rick Smith 4-57.
High game, women: Theo Greenup - 183.
High series, men: Paul Ploskunak - 206.
High series, women: Theo Greenup - 506.
High series, men: Paul Ploskunak - 549.
High team game: No. Six and No. Four - 760.
High team series: No. Four - 2201.

Koffee Kup Keglers

Won	Lost
The Gutter Dusters	11 1
M.C.G.G.	10 2
Beecher's Alley Cats	7 1/2 4 1/2
The Hi Ho's	5 7
The Dregs	5 7
The Hopefuls	4 1/2 7 1/2
No Pin Hitters	4 8
The Pytts	1 11

High game: Iris Campbell - 223.
High series: Iris Campbell - 572.
High team game: M.C.G.G. - 621.
High team series: M.C.G.G. - 1717.
Splits converted: Iris Campbell 5-8-80.

Thursday Night Ladies

January 14	Won	Lost
B.P.O.E.	47	17
J&J Ceramics	40	24
B&C Repair	38	26
Depot Nursery	32	32
Kinzua	27	37
M.C.G.G.	24	40
Bev's Bookkeeping	22	42

High game: Maude Hughes - 198.
High series: Sandra Halvorsen - 512.
High team game: J&J Ceramics - 951.
High team series: J&J Ceramics - 2666.

Thursday Night Ladies

January 21	Won	Lost
Depot Nursery	3	1
M.C.G.G.	3	1
B&C Repair	3	1
Bev's Bookkeeping	3	1
Kahl Insurance	1	3
J&J Ceramics	1	3
B.P.O.E.	1	3
Kinzua	1	3

Splits converted: Betty Mathews 4-57;
Karen Palmer 4-9; Jenny Bingham 5-97.
High game: Millie Hanna - 220.
High series: Alvina Padberg - 512.
High team game: M.C.G.G. - 933.
High team series: Depot Nursery - 2657.

Ione J.V's lose to Helix in unusual game

By Sean Warren
It started out bad for lone. The Cardinals couldn't seem to get anything going against the strong Helix zone defense. This progressed to be one of the most interesting and entertaining games of the year. The lone team went into halftime down 37-7, they were also in very deep foul trouble. Four out of the six players suited down for the J.V. game had three fouls. They came out in the third quarter and played better but were still outscored badly. The score going into the fourth quarter was 41-13. Sophomore Mark Anderson fouled at the start of the fourth quarter followed quickly by sophomore Jim Davison. Having no one else to put in, coach Del LaRue was forced to play only four people. The Helix coach wanting to play fair, fielded 5 players but played with one "neutral" person who was not involved in either offense or

defense. The four remaining people for lone were sophomores Brian Doherty, Shawn Hams, Bryan Basford and junior Sean Warren. With four minutes left to go in the game, Doherty got his fifth foul and left the game scoring 3 points. The Helix coach went to two "neutral" people leaving the court wide open to a three on three game between lone and Helix. Lone caught fire with the last remaining seconds running off the clock. For the first time of the night, the Cardinals started breaking after every rebound. They outscored the Grizzlies 18-11 in a tiring fourth period to make the final score 53-31 Helix. Leading scorers for the Cardinals were Warren with 10 points and Basford who chipped in 10 points of his own. Hams also added six points, all of which came in the fourth period. No stats were available.

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