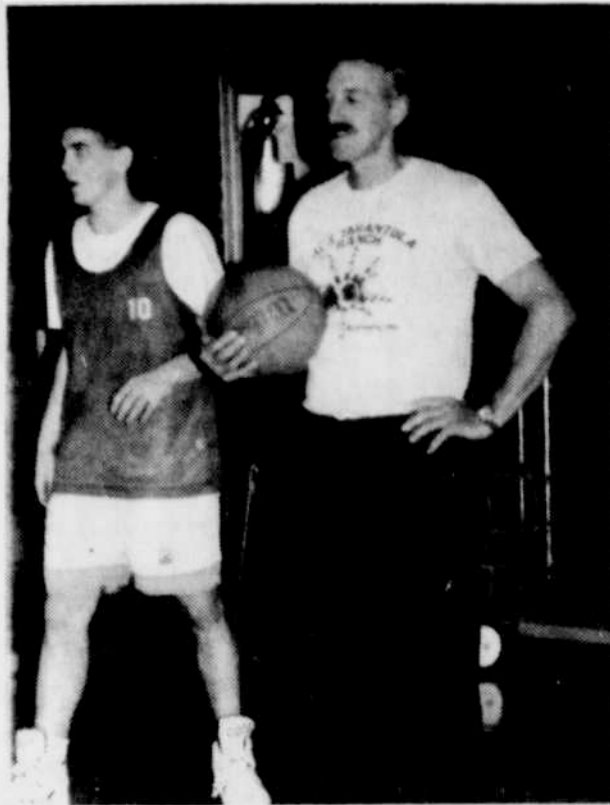


Mustangs prepare for hoop season



Varsity coach Lee Padberg



Greg Grant will coach JV boys



Bob Ployhar (l) and Bob Sagely take frosh through drills

The Heppner Mustangs are finishing up preseason practice for the 1990-91 basketball season, according to varsity boys' head coach Lee Padberg. The first games of the season will be the Morrow County Invitational, hosted by the Riverside Pirates in Boardman Friday and Saturday, Nov. 30 and December 1. Heppner girls and boys will play Friday afternoon, November 30, at 3 p.m. and 5 p.m. respectively, against the Lone Cardinals to open the tournament. Other teams in the tournament include the Pirates and Joseph High School.

Padberg, a local farmer, is starting his second season as the boys' varsity head coach. This is his sixth season with the basketball program, having coached JV girls and JV boys before taking the varsity girls team to the regional tournament two years

ago. Padberg will welcome back seven lettermen, including three starters, from a team that last year went 18-5 and played in the regional tournament in Pendleton before being beaten by the Grant Union Prospectors. The Mustangs will try to fill the gaps left by starters Russell Britt and Slater Mitchell. Britt is red shirting at George Fox College and Mitchell is playing basketball at Multnomah School of the Bible.

The three returning starters, all seniors, are Doug Devin, Brandon Pedro and Bob Krein. Pedro, the tallest Mustang at 6'3", will occupy the post position. Devin, one of the team's best defense players will play at both the wing and post spots and plays much bigger than his 5'8" stature. Krein is a 5'8" point guard who appears to be the quickest of the Mustangs.

Other returning lettermen are Rick Osmin, a 5'9" wing who runs the court well and junior Jason Britt, a 5'8" wing/off guard who penetrates well and plays tough defense. Charlie Rathbun, 5'10" and Richie Pettyjohn, 5'9", both juniors, played both varsity and JV last year. Pettyjohn will play at off guard and Rathbun is a wing.

Seniors Scott Johnston, 5'8" and Jacob Maben, 5'9" are both up from the junior varsity team and will play wing positions. Kevin Bond, a 6'2" senior, is out this year after two years out of basketball and will play the post. Ryan Currin, a 5'10" junior with JV experience will play a wing.

Cory Grabeel, a 5'9" senior transfer from Stanfield, will play at wing and Rick Koffler, a 5'9" freshman will be a point guard/off guard.

Coach Padberg favors a fast break offense and a fast tempo for the hoopsters. He will use a full court press much of the time and a very tenacious defensive approach emphasizing a man-to-man defense.

Padberg tabs his own Mustangs as one of the favorites for the league championship along with the Umatilla Vikings, Wasco County Reddies and the Weston-McEwen Tiger-Scots.

The Stanfield Tigers, Wahtonka Eagles and Pilot Rock Rockets round out the seven team Columbia Basin Conference. Last year's league champ, the Riverside Pirates, have moved to the 3A Greater Oregon League.

The Junior Varsity coach is Greg Grant who is a physical education teacher in Heppner. Grant, in his first year at Heppner, coached the past five years at Alsea at the varsity

level and won several league championships and played for the state championship against Condon last year.

He is greeted by 13 enthusiastic cagers including junior David McCurry and sophomores Pete Pearson, Mark Conklin, Kevin Kilkenny, Scott Coe, T.R. Riehl, Jeremy Clark, Jeremy Maddern, Tony Burt and Shane Munkers. Three freshmen playing on the JV team include Kevin Payne, DaWayne Dunaway and Len Brittner. The JV schedule starts early in December.

The largest turnout of basketballers in recent history, 47 in all, including 25 freshman, have made it necessary to have two freshmen teams.

One of the Frosh coaches, Bob Ployhar, a local insurance agent, is no stranger to Mustang basketball.

Bob was the JV coach in 1985-86 under Brent Eggers. Ployhar has also been active as a coach in a variety of youth programs in the community.

Bob Sagely, a science teacher at the high school, will be the other freshman coach. He is coaching his first high school team after some experience with adult recreation leagues.

The freshmen teams, the Blues and the Golds, who haven't been separated yet, include Matt Hoobing, Austin Coimer, Andy Ashbeck, Sam Sumner, Joe Lindsay, Casey O'Brien, Trampas Bergstrom, Chris Cookston, Joseph Healy, Jim Tellechea, Chad Doherty, Jerid Wickland, Greg Murrell, Ryan Munkers, Ray Corwin, Kevin Scott, Jake Bacon, Jeff Botefuhr, Truitt Greenup and Brian Zumwalt.

Stokes Landing center to hold dinner and games

There will be a dinner for the public at Stokes Landing Senior Center in Irrigon from 5 to 7 p.m. on Friday, Nov. 30. The center is located on the old highway at Opal Place, West Irrigon. People may have their choice of chili or potato soup for \$2.50 and pie at 75 cents.

Game night will follow the dinner at 7 p.m. when cards and table games are played by people of all

ages. A \$1 fee is asked to help cover expenses. Everyone is welcome.

The sales room, called the boutique, will be open from 11 a.m. to 1 p.m. each Monday. The public is invited to shop with the seniors at these hours. The first Monday of each month there will be a sack sale at \$1 a bag for good used clothing and other items.

Holtz attend AAL convention

Harold and Irene Holtz were among approximately 200 Aid Association for Lutherans (AAL) volunteers from Oregon and Washington who attended the annual Oregon/Southwest Washington Federation convention of AAL branches. The meeting was held Sept. 29 at Kah-Nee-Ta Resort, Warm Springs.

AAL members are organized into local volunteer groups, called branches. These branches are given the organizational and financial resources to accomplish humanitarian, service, social and educational projects to help others in their communities. Federation convention participants generally are branch officers who want to become more effective volunteer leaders.

Several workshops were offered to convention attendees. Workshop subjects ranged from "Encouraging Self Esteem Through Investing in Others" to "Networking Among AAL Branches."

There are more than 16,000 AAL

members in Oregon. Last year, these volunteers conducted 271 fraternal projects which raised more than \$238,971. College scholarships worth \$9,600 were distributed to 21 AAL members in the state, while 32 drug and alcohol prevention seminars, called "Get Involved Before Your Kids Do," were conducted.

There are more than 32,000 AAL members in Washington. Last year, these volunteers conducted 331 fraternal projects which raised \$297,211. A total of 65 Washington individuals received college scholarships totaling \$54,292 and 20 "Get Involved" seminars were conducted.

AAL, based in Appleton, Wisconsin, provides its 1.5 million members in 7,600 nationwide branches with fraternal benefits. AAL's affiliated companies offer members other financial services. In addition, AAL members are offered volunteer opportunities to help others in their own communities.

Lexington Grange plans activities

By Delpha Jones

Lexington Grange met for their regular meeting with a potluck dinner. Hosts for the evening were Lyle and Virginia Peck and Jim and Barbara Bloodsworth.

Following dinner an interesting and educational program was enjoyed with Molly Rhea, who spoke on the home nursing program, how it is financed, and how it is administered through Pioneer Memorial Hospital. It is a tri-county program with nurses in the different areas. Following this a short

business meeting was held.

Plans were made for the Christmas meeting. The exchange of gifts must be something that the person made. This has proven to be most interesting and fun in the past years. There will be a potluck dinner.

It was announced that plans will be made later in the year for the Pomona degree to be given by Lexington Grange and first and second degrees by Willows and third and fourth by Greenfield.

Activities help 'I'm bored' complaint

"I'm bored." "There's nothing to do." Sound familiar?

That familiar cold weather complaint can continue all winter as children adjust to shorter days and cooler weather. However, there are some things you can do besides responding with a scream, points out Carol Bennett, Oregon State University Extension agent in Morrow County.

There's a variety of inexpensive and creative activities that are easy to pull together at the last minute.

Many use items available at no cost, such as egg cartons, foam packing chips, cardboard rolls and old magazines.

Other common inexpensive household items may also be used, including toothpicks, marshmallows,

cereal, rice, salt, macaroni, plastic dish pans, paper clips, straws, glue and scissors.

By now you're wondering what your child will do with these treasures, many of which most people toss out with yesterday's oatmeal. The best way to find out is to put a few items on the table or floor and see what happens, observes

Ms. Bennett.

In order to encourage creativity in children, it is important not to model the "right" way all the time. You might want to give a few guidelines, such as "build something three feet high" or "keep the water in the plastic dishpan," adds Rebecca Ward, OSU Extension acting child development specialist.

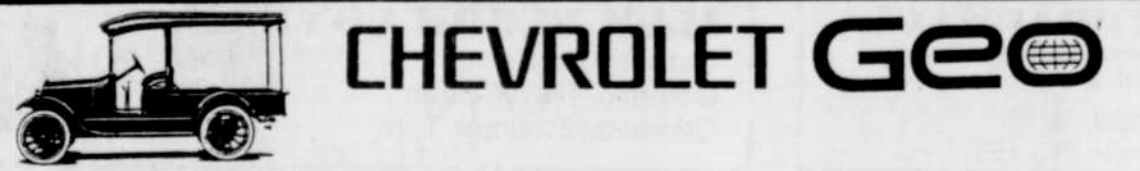
Make the guidelines more complicated as your child masters each activity. For example, a three-year-old may be able to stack five egg cartons or build a road. By age 10, he or she may be making castles complete with turrets.

The following is a brief list of ways children have used these and other items in play:

Paper bags-make creature masks, clown faces, costumes and puppets.

Collages-paste any or all of the following on paper: leaves, seeds, beans, macaroni (color it with food coloring mixed with rubbing alcohol), pictures cut from magazines (give older children a theme to create around such as 'junk food', 'family', 'Christmas wish list'), egg shells, buttons, cotton balls, or yarn.

Of course, on those "nothing to do" days, you might also take the advice of the grandmother who says her grandchildren never dare to complain about the lack of entertaining things to do because she hands them the mop or the toilet brush and puts them to work. This idea had definite possibilities. You might find that your children like to clean.



CHEVROLET GEO

OUR POLICY FOR OVER 40 YEARS

- Offer the lowest prices
- Treat people right
- Provide quality service
- Support our community

If you accept anything less you are not buying from the right dealership

YOU CAN'T BEAT OUR DEAL

SHERRELL CHEVROLET

Hermiston, Oregon Phone 567-6487

THE Heartbeat OF AMERICA IS WINNING. TODAY'S CHEVROLET

BE TRACTION READY with Tires LES SCHWAB



\$54.48
30/950/15

SIZE	SPECIAL VALUE
30/950-15.....	54.48
235/75-15 T.....	56.33
31/1050-15.....	58.18
31/1150-15.....	61.88
235/85-16 LT.....	60.88



\$27.99
155R-13

SIZE	PRICE	SIZE	PRICE
155R-13.....	27.99	P205/75R-14.....	47.14
165R-13.....	30.77	P205/75R-15.....	47.83
175R-13.....	32.25	P215/75R-15.....	51.90
P185/80R13.....	35.16	P225/75R-15.....	52.74
P175R-14.....	36.18	P195/75R-14.....	41.92
P185/75R-14.....	37.81		
P195/75R-14.....	41.92		



\$35.86
155R-12

SIZE	SUPERMARKET PRICE	SIZE	SUPERMARKET PRICE
145R-13.....	36.68	165/70R-13.....	47.81
155R-13.....	36.68	175/70R-13.....	48.84
165R-13.....	39.91	185/70R-13.....	53.21
175R-13.....	45.05	175/70R-14.....	53.26
185R-13.....	54.96	185/70R-14.....	55.27
165R-14.....	46.16	195/70R-14.....	58.42
175R-14.....	46.38		
185R-14.....	51.24		
165R-15.....	48.76		

ON-THE-SPOT CREDIT
Makes it easy to buy! Ask about it!

Les Schwab Credit Discover MasterCard VISA

Heppner
676-9481 or
676-9463