

Lady Cards tame Fillies



Ione's Kari Morgan (41) attempts to block Chrisy Schultz's (40) shot.

By Anne Morter
Tuesday, Dec. 10, the Lady Cards traveled to Heppner where they defeated the Fillies 40-31. Ione led 21-12 at halftime and held a good sized lead until the fourth quarter. Poor free-throw shooting by Ione and a rally by Heppner brought the final margin to nine.

Kari Morgan led all scorers with 15 points and Nancy Morter added nine. Morgan also paced the Cards in the rebounding department with 10 boards. Ione

had a poor night at the free throw line where they made just three of 12 for 25 percent. Heppner shot 8-17 for 47 percent.

This weekend Dec. 20 and 21, the Cards travel to the Condon Christmas Tournament. They meet Heppner at 3 p.m. on Friday in the opening round play. Coach Dana Heideman figures that this weekend will be the toughest test for his team and their perfect season record. The other teams in the field are Wheeler and Condon.

Make the most of leisure time

As we plan for a new year, we frequently think of ways to make improvements-in ourselves, our relationships, our spending habits, and our time management, says Carol Bennett, Oregon State University Extension agent in Morrow County.

Another important area to consider is balancing work and leisure. Don't short-change yourself by frittering away leisure time with work. Instead, set aside definite times for leisure activities, Bennett stresses. Here are some reasons why you can actually accomplish more, by making time for leisure.

- Leisure:**
- * Refreshes the brain when its fatigued. Turning your thoughts to something unrelated to your work can be invigorating. A bank teller could be refreshed by painting china; a car salesman could study abstract art.
 - * Relieves job-related stress. Do physical exercise or a hobby

to forget office tensions.

* Can give a feeling of self-worth. You could uncover a hidden talent by singing in the choir, taking piano lessons or learning to sketch.

* Enlarges your circle of friends. Giving your dog obedience lessons can introduce you to other animal lovers; joining the garden club helps you meet other enthusiasts.

* Prepares you for retirement. You will have developed several skills and interests through leisure activities that you can continue after a career. Friends made on the job will be left behind. But you can continue to see your leisure-time companions.

To evaluate leisure activities, ask yourself: Is what I am doing the best thing for myself and for those I care for? Is it going to help me or hurt me? Can I keep it up as I get older? Will it eventually make me content?

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IMS girls team beats Fossil

By Becky Wagenblast

The Ione Middle School girls basketball team got off to a good start Thursday, Dec. 12 by beating Fossil at Fossil, 22-10.

Ione, ready for a big game, jumped out to a quick lead by using a successful press. At the end of the first quarter the score was in the Cardinal's favor, 7-2. Ione played tough defense and grabbed 12 steals in the first half. The score at half-time was 13-4.

In the third quarter the Cardinal girls jumped out to a bigger and better lead, 19-6. The Cards kept their turnovers down to a small four in the second half and committed only nine the whole game. Ione won 22-10.

Melissa McElligott led scoring with seven points. Suzy Heideman added six while Lynde Minster and five and Dawn Boor, and Becky Wagenblast each added two. Suzy Heideman led the team in rebounds grabbing nine of 26. Ione also had four assists, 20 steals and 10 fouls.

The "B" team girls had one quarter to play. They lost 2-0. For their no score game they had eight rebounds, seven steals and two turnovers.

On Saturday, Dec. 14, IMS fought a hard battle against Echo winning 25-21.

Ione had a small two point lead at the end of the first quarter, 6-4. In the second quarter the Cardinals crept ahead to a 14-8 margin. They shot a first-rate 39

percent. IMS committed only two fouls and five turnovers in the first half.

The second half turned out better for the Cards. They brought out a new offense which worked really well. Ione hustled on defense and captured 13 steals. The score was 18-12 at the end of the third. In the fourth quarter 10 Ione girls got to play. The Cougars tried to catch up to the Cardinals but didn't succeed. The Cougars fell short by four points, 25-21.

Melissa McElligott was Ione's top-gun making 10 points. Becky Wagenblast and Suzy Heideman each added six, Dawn Boor two and Lynde Minster chipped in one. Ione crashed the boards grabbing 26 rebounds. Wagenblast led with nine. The girls dished out six assists and scooped up 24 steals. Minster led that department with eight while Boor grabbed seven. They had 13 turnovers and nine fouls. The Cards were 30 percent from the field goal range and 14 percent from the free throw line.

Ione's "B" team played a full game and lost 6-21. The Cards grabbed 18 boards and 13 steals. Brenda Holtz made four points for the girls and Suzy Heideman had two. The girls are coached by Steve Schaber.

Ione's next match-up will be with Echo again on January 9 at Echo. Game time will be 1:30 p.m.

Mustangs beat Ione Cardinals 61-52



Ione and Heppner players scramble for ball

Photo by Wayne Hams

Ione travels to unknown land

By Anne Morter

The Ione girls entered the land of the unknown when they traveled to the Gilchrist tournament last weekend Dec. 13 and 14 and came away with the championship trophy and two girls on the All-Star team. The Lady Cards, now with a 5-0 record on this young season, blew out Triangle Lake on Friday and returned Saturday to down their hosts. Kari Morgan and Brandi Ball were named to the All-Star team.

Three for 17 shooting in the first quarter kept the game close but the Lady Cardinals were starting to come around by halftime, where they led 19-10. It was all over for Triangle Lake in the second half, when the Cards outscored them 33-12, most on steals and break-away lay-ins. Ione racked up 32 steals on their way to the 52-22 victory.

Kari Morgan was the game's high scorer with 23 points, one point more than Triangle Lake's total offensive effort. Brandi Ball added 10. The Cards also held a 27-13 rebounding edge, again led by Morgan with nine. Of the Card's 32 steals, Ball had nine and Nancy Morter had eight. The Cards shot 23 of 77 from the floor for 30 percent and 10-19 from the

line for 53 percent.

Cold shooting in the first quarter plagued the Lady Cardinals again on Saturday against Gilchrist. At the end of the first period, they trailed 13-18. The shots started to fall in the second quarter and the Cards were able to slow Gilchrist's star on offense, Heather Hansen, enough to climb to a 30-24 halftime edge. The Cards stretched their lead in the third quarter but the Grizzlies made one last run in the final quarter, as the Cardinals cold shooting touch returned, before falling 49-58.

Kari Morgan led the Lady Cards in scoring with 24 points. Janie Cupps added 12 in one of her best games so far this season. Heather Hansen of Gilchrist led all scorers with 29 points. Morgan pulled down 16 boards to lead Ione to a 30-18 rebounding edge. Janie Cupps helped the effort with seven. Cupps also accounted for four of the Cards eight steals in the game. The Cards shot 38 percent from the floor, making 32 of 61. At the line, they hit 10 of 13 for 77 percent led by Morgan who was 10-11 at the line. All but one of those free throws came in the crucial fourth quarter.

By Anne Morter

The Ione Cardinals played just one game during the week when they traveled to Heppner last Tuesday, Dec. 10. Although they made the game closer than an earlier match with the Mustangs at the Morrow County Invitational Tournament, the Mustangs still prevailed 61-52.

The score was knotted 14 all at the end of the first quarter. At the half, Heppner held a 30-25 lead. As the Cardinals struggled with their close range shots, Heppner continued to widen their lead. According to Ione coach, Del LaRue, the Cards missed 19 shots from inside the key, a critical factor in the game.

Mike Garrett led all scorers with 22 points. He also paced the

Cardinal rebounding effort with 19 of the Cards 40 boards. Despite that, Ione was out-rebounded by the Mustangs 43-40. Garrett also got away with five steals and David Wagenblast handed out eight assists. Deacon Heideman had three blocked shots in the game. The Cards shot 34 percent from the floor, making 23 of 67 while Heppner didn't fare much better, hitting 25 of 72 for 35 percent. At the line, the Cards hit four of seven for 57 percent while the Mustangs hit 10-17 for 59 percent.

The Cardinals meet the Mustangs yet again in opening round action of the Condon Tournament this weekend Dec. 20 and 21. The game will start at approximately 5 p.m. following the girls game.

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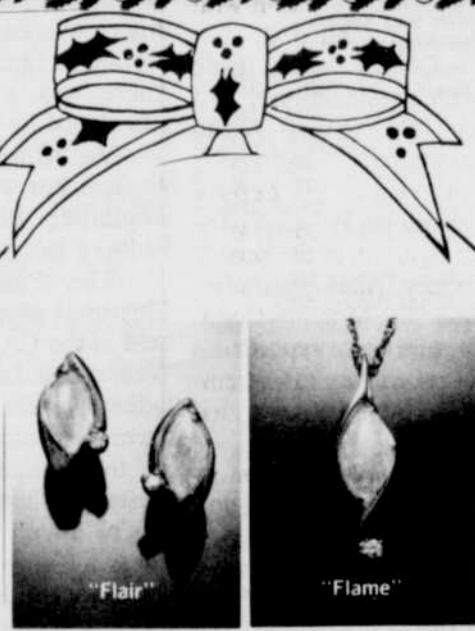


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