

Best defense, offense spell Mustang victory over Stanfield Tigers 42-0

The Heppner Mustangs put together their best defensive performance with their best offensive performance of the year and it spelled a 42-0 victory over the visiting Stanfield Tigers Friday night, Oct. 1 at the fairgrounds in Heppner.

The Mustangs, who were looking for a tough game from the Tigers, were at the top of their game defensively. Heppner used a 4-4 defense with an all senior linebacking corps of Jim Tellechea, Kevin Scott, Jeff Botefuhr and Ryan Munkers to completely stifle Stanfield. The Tigers only had the ball twice in the first quarter and went three

and punt and got only two first downs in the first half.

Meanwhile the Mustangs offense was executing very effectively. Quarterback Rick Koffler finished off both of the Mustangs' first two scoring drives with three yard and five yard touchdown runs. He hit end Len Brittner for a pat on the second score.

Junior halfback Trent Hughes was the workhorse on the drives. Hughes had seven carries for 42 yards on the first drive and gained 105 yards on 15 carries on the evening.

Hughes finished off the third scoring drive with a three yard plunge and ran in the pat for a 22-0 Heppner lead with 6:38 remaining in the first half.

After senior Joe Lindsay recovered a Tiger fumble, the Mustangs struck quickly. Koffler hit halfback Tellechea for an eight yard gain and Brittner caught a pass across the middle for a 12 yard gain. Hughes took a pitch from Koffler for a 22 yard gain and Tellechea blew into the end zone from nine yards out for the touchdown. Koffler threw a strike to Brittner for the pat and Heppner led 30-0 at the half.

The defense continued their domination in the second half. The Tigers were held to 34 yards rushing for the game and 29 yards passing. Interior linemen Brent Wright, Dwayne Dunaway, Jeremy Cimmiyotti and Lindsay combined with the linebacking corps to completely shut down Stanfield.

Heppner had two more scoring drives in the third quarter. Brittner scooted 74 yards on a flanker

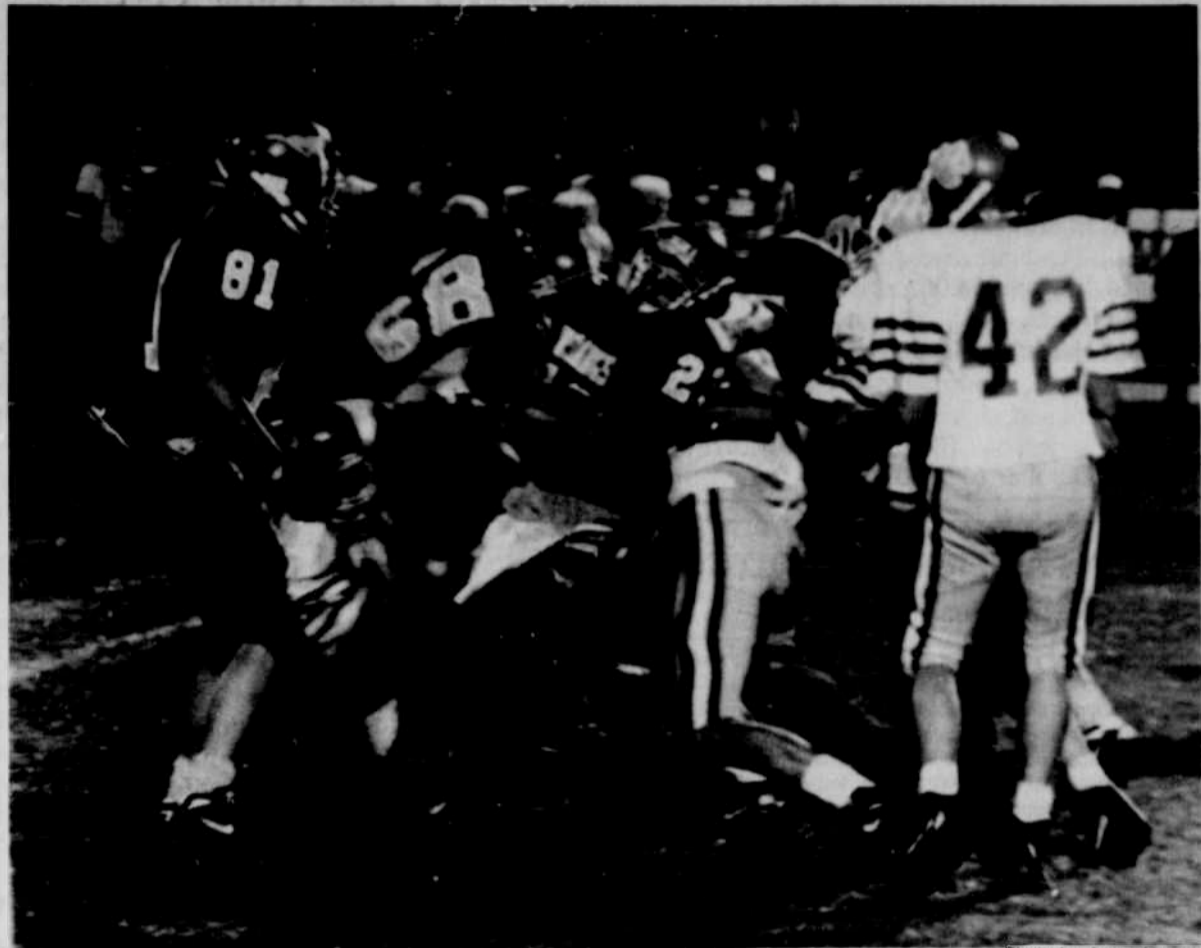
reverse for the first score in the quarter and junior quarterback Chad Skroch dove two yards with an option keeper for the second score.

The coaching staff did a good job of juggling the lineup in the fourth quarter as all of the 41 Mustangs suited down saw action. For many of the freshmen, it was the first action of their career. Kevin Payne and Chris Dickenson both rested their knee injuries suffered from last week. Dickenson will be out a few more weeks and Payne is looking to return this week.

The Mustangs, 2-0 in the CBC, will take a week off from the league schedule and meet cross county rivals Riverside of the Greater Oregon 3A League. The Pirates are 0-4 for the season but should be a good test for the Mustangs for bragging rights to the county. Heppner beat Riverside 21-8 last year in Boardman. The game is scheduled for Thursday, Oct. 7, 7:30 p.m. at the Morrow County fairgrounds because of teacher in-service Friday.

	Stanfield	Heppner
First Downs	3	15
Rushes/Yds	23-29	53-311
Passing Yds	34	62
Passes	3-8-1	7-14-1
Punts/Avg	5-37	1-28
Fumbles/lost	3-2	1-1
Penalties/Yds	4-18	5-50

Columbia Basin Conference		Football Standings	
League	Season	W	L
Heppner		2	0
Umatilla		2	0
Weston McEwen		1	0
Sherman Union		1	1
Wahtonka		0	1
Pilot Rock		0	2
Stanfield		0	2



Jeff Botefuhr (23) fights for yardage against Stanfield. Number 68 is Jeremy Cimmiyotti and 81 is Brent Wright.

Eat together on 'Share a Meal Day'

Okay, be honest, what kind of shape is your dining room table in right now? If yours has become a gathering spot for mail, not meals, a sorting spot for laundry, not lunches, you are not alone. We've gotten away from dishing-up meals with friends and family and concerned health professionals are encouraging change, said a press release from the Morrow County Extension Service.

Oregonians will be asked to push the mail and laundry aside, re-set the table and break bread with one another on "Share A Meal Day", Oct. 14. Simple concept, just eat together.

"It is a very basic and important concept that unfortunately has gotten lost in all of our busyness," said Peggy Paul, R.D., L.D. Director of Nutrition Education Services/Oregon Dairy Council. "We hope 'Share A Meal Day' will raise awareness for not only the nutritional pluses of eating together, but also the emotional and social benefits of eating with others."

The Oregon Dairy Council has teamed up with the Oregon State Health Division, Oregon State University Extension, the American Heart Association Heartfest program and others to raise awareness for the importance of sharing meals. By creating an easy-to-use meal planning guide and distributing it statewide, these organizations hope to re-set family tables across Oregon. How can you, your family or friends take part?

You can mark your calendars for Thursday, Oct. 14, "Share A Meal Day" and plan your meal for your kitchen, dining room, favorite restaurant, neighbor's patio, wherever, anytime that's mealtime at your house. Pick up a planning guide "Mealtime: Keep It Simple, Keep It Fun, Just Keep It" at the Morrow County Extension Office, 430 Heppner/Lexington Highway or call or write the Nutrition Education Services/Oregon Dairy Council, 10505 SW Barbur Blvd., Portland, OR 97219, (503) 229-5033.



Day's Unique Boutique is open for business as of Tuesday, Oct. 5. This week is the grand opening with a special door prize to be drawn on Saturday. Owners Molly Day (l) and Sandi Day are taking items on consignment as well as stocking antiques, handmade items, furniture and much more. The shop is located on Main Street in the old Heppner T.V. building.



There were 125 people present for the senior birthday dinner Sept. 29 including eight visitors. Seven dinners were taken out. Ada Werner won the meal ticket, Harriet Batty the door prize, Carolyn Willey the guest prize and Juanita Schultz received the birthday gift. Members of the Methodist Church served.

The menu for Oct. 13 will be fried chicken, rice pilaf, coleslaw with carrots, peaches and peanut butter brownies. Members of the Lutheran church will serve. The senior center board will meet following the dinner.

There was a good turnout for the Red Cross blood drawing Thursday, Sept. 30. Approximately 70 units of blood were drawn.

The senior bus took 10 people to the dinner at Hardman Saturday evening.

Seven people watched the movie Sunday evening. The third part of the Thornbirds was shown.

A transportation meeting regarding a bus barn was held Monday afternoon, Oct. 4. There will be a report next week.

The Senior Center may be rented for meetings and parties, etc. Those using the center should sign a rental agreement and make the required cleaning deposit before the date of use. The area used is to be swept mopped and chairs and tables put in place. The rental fee may be waived if the center is used for the benefit of the community. The cleaning deposit will be used for the benefit of the community and will be refunded if the room is cleaned properly.

Dates to remember: Mondays, Bible study, 10:30-11:30 a.m., quilting 1-4 p.m. anyone wishing to learn to quilt is welcome to attend; Tues., 7 p.m. knitting class with Sandra Van Liew; Tues. and Thurs., 10 a.m. exercise; Wed., senior dinner, noon; Fri., 2:30 p.m. cards; Sunday 7 p.m. movie.

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Eating Disorders: New Treatment Guidelines

Anorexia nervosa (refusing to eat) and bulimia nervosa (binge eating and self-induced vomiting) are common eating disorders with 90 to 95 percent of all cases occurring among women. One or both disorders most often are seen in adolescent and young adult women in white upper-middle income and upper income groups. Some health experts see anorexia and bulimia as one form of rebellion used by some young women against their parents. It is suggested that such eating behaviors also may be an attempt to retreat from sexual maturity. The refusal to eat becomes a way for the young woman to retain her preadolescent body shape. Other factors may be involved. The American Psychiatric Association has issued guidelines for physicians involved in the treatment of these eating disorders. Treatment guidelines include:

- **Nutrition, education and family support:** Family members usually should be involved in planning sessions and treatment.
- **Psychotherapy:** Therapy may be needed for at least a year and should be tailored to the style and complexity of the individual.
- **Medications:** Prescription anti-depressant medicines may be especially helpful for bulimia, those not responding to psychotherapy, and persons with significant depression, anxiety, or obsession.

Salute to Ag coming to Pendleton

Oregon's agricultural community will be informed and honored as part of an annual salute to agriculture organized by the Oregon Department of Agriculture coming to eastern Oregon next month.

Two events are scheduled for Friday, Oct. 15 in Pendleton. The Industry Focus meetings are from 12:30 p.m. to 5:30 p.m. The fifth annual Oregon Partnership for Agriculture Progress Awards dinner begins with a reception at 6 p.m. Both events will be held at the Pendleton Convention Center S.W. Court at 18th Street.

Members of the agricultural industry and general public are invited to attend any of the Industry Focus sessions. Oregon Department of Agriculture staff members will be on hand to lead discussion on topics ranging from E. coli in livestock to motor fuel quality. Oregon State University will also offer a session on meeting the challenges of the College of Agricultural Sciences.

The day-long gathering will conclude in the evening with the Partnership for Agricultural Progress awards dinner. Outstanding contributors to Oregon agriculture in 1993 will be recognized and presented awards as part of the dinner.

The Industry Focus meetings are free and open to the public. Those interested are asked to register for the sessions they wish to attend. Tickets for the dinner are \$17 per person. Anyone interested in tickets or registration should contact the Oregon Department of Agriculture 378-3773.

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Inspirational Player of the Week September 26 - October 2



Ad sponsored by Morrow County Grain Growers

#44 Trent Hughes RB/DB 150 lb Jr
 #51 Jeff Botefuhr C/DE 165 lb Sr
 #11 Jodi Johnston Varsity 5'5" Sr

Week of Sept. 20: Rick Koffler and Toni Kemp; Sept. 13-Joe Lindsay, Kevin Scott and Jossie Evans; Sept. 6-Leonard Brittner and Alissa Brownfield.

The Heppner Booster Club will announce an Inspirational Player of the Week Award. This award will feature a boy and girl athlete at Heppner High School who has demonstrated a positive attitude, desire, dedication and extra effort. Players are selected by the coaches from the prior weeks game(s) and practices. The ad will be sponsored by a different business each week.

SPOTLIGHT ON SERVICES

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 Wedding - Oct. 10

Amy Betts & Jess Osmin
 Wedding - Oct. 23

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Auction Benefit Roast beef Dinner
October 9, 1993
 New, Used and Antique Items
 Auction: 10:30 a.m.
 Dinner: 12-1:30 p.m.
 \$5 adults
 \$2.50 children under 14
 Pie & Coffee \$1
 Auctioneer:
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