

Mustangs to start basketball season with high expectations

The Heppner Mustangs began basketball practice two weeks ago amid great expectations and big question marks as coach Lee Padberg welcomed a veteran, talented squad to practice.

Padberg, in his ninth season of coaching basketball and fourth as the varsity boys' coach, greeted three returning starters from last year's league championship squad.

Returning are seniors Rick Koffler and Len Brittner and junior Trent Hughes and top reserves Austin Coiner and Joe Healy. The balance of the varsity squad includes seniors, Sam Sumner, Dwayne Dunaway, Jeff Botefahr and Joe Lindsay, and junior Chris Dickenson.

The question marks? Both Dwayne Dunaway and Chris Dickenson are joining the squad after taking last year off because of major knee surgeries. Dickenson with a football injury and Dunaway with a basketball injury suffered in the early part of last season. Sam Sumner, who had a sensational summer basketball

season, hasn't played since his freshman year due to knee problems. Both Trent Hughes and Joe Healy just started practice Monday as they are both recovering from ankle sprains. If those players can get healthy and stay healthy the Mustangs will have a chance for a sensational season.

Besides boasting a veteran roster of eight seniors and two juniors, the Mustangs have a good size roster. Both Dunaway and Coiner are 6'3" and the two best leapers on the team, Sumner and Brittner are 6'2" and 6'1" respectively.

Asked what goals the Mustangs have, Padberg quickly replied, "The state tournament." The Mustangs have won the league championship two of the last three years but have been bounced from the Regional Tournament in each instance.

Conventional wisdom says that Weston-McEwen, Sherman and Pilot Rock should be in the first division with the Mustangs with Stanfield, Umatilla and Wahtonka

in the second division.

Heppner will be helped by a tough preseason with two 3A teams, the Riverside Pirates and the Milton-Freewater Pioneers, playing home and home games with the Mustangs. Heppner will also play the Ione Cardinals three times and the Condon Blue Devils once.

Their season will start Friday, Dec. 3 with a road game in Boardman and December 4 with a home date with Ione. Both games begin with the Junior Varsity girls and boys, Friday at 3 p.m. and Saturday at 1 p.m. followed by the girls and boys varsity games.

The Mustangs junior varsity squad will be coached by Bob Ployhar. Ployhar and Greg Grant switched jobs this winter with Grant coaching the C team.

Ployhar will be starting the season with a mixture of sophomores and juniors on the roster. The juniors include Chad Skroch, Brent Wright, Ethan Burnside, Troy Wilson and Bill Schlaich. Both Skroch and Wright will be floaters with the varsity team. Sophomores include Ben Ewing, Rod Zumwalt, Chris Sykes, Shaun Hsler, Casey Betzold, Brian Struckmeier and Dan Burnside.

Grant will start with 13 freshmen on the C team for their 14 game season. They are Brian Koffler, Jerid Ployhar, Jim Schlaich, Eric Schonbacher, Lonnie Rill, Brent Gunderson, David Michael, Damien Wilhelm, Jeff Wilson, Chris Jones, Josh Coiner, Rick Worden and Jeff Watkins.

Methodist plan activities

The Heppner United Methodist Church has a full schedule of activities and services planned for the Advent season.

Sunday, Dec. 5 families, children and adults are invited to an Advent Festival from 2 to 4 p.m. People attending will be make tree decorations for families and gifts. All the supplies will be available. The afternoon will also include carol singing and refreshments. "The festival is a wonderful way to herald the season of the birth of Jesus Christ," said the Rev. Bob Dowrey.

On Dec. 5, service for the second Sunday of Advent will begin at 10:30 a.m. A selection based on an old French carol, "Ding Dong Merrily On High" will be sung by the choir. The choir is under the direction of Geneva Mathews.

Practice for the Christmas program will be held Wed., Dec. 8 at 5:30 p.m. People will gather to put up the Christmas tree Sat. Dec. 11. Time will be announced.

The Christmas program entitled "What Can I Give", will begin at 10:30 a.m. Sunday, Dec. 12. A potluck will follow at the church. Families and friends are invited to attend.

A Christmas Eve service will be held Friday, Dec. 24 at 7 p.m.

Ione basketball gets underway Dec. 3

By Anne Morter

The 1993-94 basketball season gets underway this weekend for the Cardinals. The Cards will host Umatilla this Friday, Dec. 3 with the Junior Varsity games beginning at 3 p.m. Other weekend action includes the Cardinals on the road to Heppner on Saturday. The games are scheduled to begin at 1 p.m.

Head girls' coach, Dana Heideman, in his sixth year at the helm, forces a good year ahead for his lady Cardinals. He feels that the Cards' level of play is about where they left off last year, when they won the Big Sky Conference and finished fifth in the state tournament.

Heideman notes that he has a lot of experienced players returning but still has a young team with just one senior and the bulk of the team made up of juniors and sophomores. The lady Cards will hit the court with outstanding quickness, however. Heideman looks to that speed to run the fast break and killer pressure defense. "We've never had so many quick players," said Heideman.

Not all the starting spots are certain, with heavy competition at the wing position. Becky Wagenblast and Kim Bedortha,

part time starters last year, will battle it out with Mary Jane

McCarty, a transfer from Echo, Lynde Minster and Heidi Orem, who spent last year as an exchange student in Germany. Melissa McElligott and Jamie Lovett, both second team picks in the Big Sky, will take the starting spots at low post. Tanja Anderson and Suzie Heideman, a 5'10 1/2" freshman will provide backup. The team's only senior and first team Big Sky pick, April Taylor will run the offense in the point guard position.

The preseason should be challenging with nine of the 10 opponents coming from the 2A ranks. Once league play begins, Heideman expects Condon and Wheeler to be the main competition on this side of the league with Wasco County, Culver and Dufur battling for the top spot on the other side.

Veteran head boys' coach, Del LaRue, starts his 33rd year of coaching and his 23rd year in Ione with 25 boys out for the team. But the tremendous depth that graced the Cardinal's roster last year is gone. With three starters and three key reserves lost to graduation, LaRue expects his six returning varsity players

to carry the bulk of the load. Aaron Heideman and Jim Logan are returning starters. Jared Ashbeck, Jake Bacon, Jason Proddfoot and Jason Halvorsen are the other players returning with varsity playing time under their belts. Rounding out the roster will be Lars Krechting a 6'7" exchange student, Nathan Heideman, Jim Garrett, Rodney Ehrmantraut and Steve Allen. LaRue expects the final spot on the varsity roster to be determined on a weekly basis from the JV ranks.

LaRue notes that the team is basically the same size as last year as far as the starters are concerned, but much of the height off the bench has been lost.

LaRue knows that the depth situation will make it imperative for the starters to stay out of foul trouble. He plans to "up-tempo" both the offense and defense. "The problem will be if we run out of gas," says LaRue.

LaRue says he expects the competition on this side of the league to come primarily from Helix and Wheeler, with the possibility of Arlington making a showing. He expects Dufur and Wasco to dominate on the other side of the league.

Hermiston Madrigal program scheduled



The public is invited to attend a unique Christmas performance by the Hermiston Madrigal singers on Saturday, Dec. 11 beginning at 7 p.m. at the Heppner Junior High auditorium. The performance is free. This will be a unique Christmas experience you will treasure all season, said

a spokesperson.

Sung in the dining room setting of a 16th century mansion the Madrigal Singers take their audience back in time to the Elizabethan era where the guests gather around the dining room table to sing carols of Christmas from the 13th Century to the present.

Singers are directed by Sharon Jones, a music teacher in Hermiston.

To ensure seating complimentary tickets may be picked up at Peterson's Jewelers, Central Market Red Apple and Coast to Coast.

Refreshments will be provided following the performance.

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Americans spend between 40 and 60 billion dollars each year for relief of pain. The cost of non-prescription medicines is included in this large expense. When selecting a pain reliever discuss with the pharmacist the type of pain you are having, whether or not other medicines are being taken, and if other conditions such as fever and joint inflammation are present.

Aspirin is a better choice than acetaminophen if inflammation is present, such as is often the case with a sprain or arthritis. However, if one has a history of gastrointestinal ulcers, bleeding, or asthma, aspirin generally should not be used. If other prescription medicines are being taken, potential drug interactions can be a problem. Aspirin is associated with more interactions with other medicines than is acetaminophen or ibuprofen.

Ibuprofen is an excellent alternative for asthmatics, persons with gout, and those who cannot tolerate the gastrointestinal effects of aspirin. Ibuprofen relieves pain and fever. At higher doses (up to 800 mg) the drug also has an antiinflammatory effect that is similar to aspirin.

Acetaminophen may be preferred over aspirin for pain in children. It has no significant interactions with other drugs and usually does not cause stomach upset.

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