

Ione lady Cardinals lose to Fillies

By Anne Morter

The Ione lady Cardinals lost to Heppner for the third time this year last Friday, Jan. 7, in Heppner. The free throw stats told the story for the Cardinals as they shot one of seven for 14 percent while the Fillies went to the line 38 times and made 22 for 58 percent. In the fourth quarter alone, Heppner got 23 tries from the line and made 16. The Fillies prevailed in the game, 56-46.

The lady Cardinals led 14-13 after the first quarter and 25-17 at the intermission. The Fillies pulled even to the lady Cards with about three minutes in the game, and with one minute to go, it was still a one point game. Heppner eked out a two point lead before the Cards started fouling in an attempt to get the ball back and continued to stretch out their lead.

Jamie Lovett led all scorers with 20 points on 10 of 12 shooting, a feat that coach Dana Heideman said she accomplished with lots of interference. Suzy Heideman and Melissa McElligott each added eight points. "We dominated the inside game," commented Heideman. "We didn't get much production from our guards and that hurt us," he added.

The Fillies held a 33-29 rebounding edge. Suzy Heideman led the Ione attack with eight followed by Kim Bedortha with six. April Taylor contributed five assists. The lady Cards had 31 turnovers in the game. "That hurt us," said Heideman. "We made mistakes in the fourth quarter. We got tired and they have a deeper bench."

The lady Cards shot 22 of 48 for 45 percent from the field while the Fillies struggled to 16 of 62 shooting for 26 percent.

Despite the loss, Heideman was pleased with the effort. "Everyone played hard," he said.

The Cards finished their preseason with a 7-3 record, with all their losses at the hands of Heppner. For the first 10 games the lady Cards shot 42 percent from the floor while averaging 55.7 points per game. Melissa McElligott averaged 12.89 points per game to lead the team. Jamie Lovett averaged 11.6 and April Taylor 11.1 as the other players averaging in double figures.

The lady Cards travel to Condon this Friday, Jan. 14 with



Photo by Joyce Hughes
Lady Card Melissa McElligott shoots against the Fillies



Photo by Joyce Hughes
Ione's April Taylor (24) guards Filly Jenny Krein (12)

Mustangs beat Ione in preseason games

By Anne Morter

The Heppner Mustangs made a clean sweep over the Ione Cardinals in their final game of three in the preseason, with a 73-56 win last Friday, Jan. 7 in Heppner. The Cards just couldn't get into the game, with the Mustangs outscoring them in every quarter. Heppner led 23-19 after one and 38-33 at the half. In the second half, the Mustang's depth was the undoing of the Cardinals as they stretched it out to a 73-56 win. "They ran us out of gas," commented coach Del LaRue. "They just kept coming at us and wore us down."

Rick Koffler of Heppner was the game's high scorer with 23 points. For the Cardinals Jared Ashbeck and Jason Halvorsen shared scoring honors with 16 points each. The rebound battle was fairly close between the two teams. Halvorsen led the Cards with 10 while Aaron Heideman and Ashbeck each added nine. Heideman had three steals and Jim Logan had five steals to lead the team.

The Cards shot 23 of 55 for 42 percent from the floor but only six of 15 for 40 percent from the line. Heppner was 29 of 72 for 40 percent from the field and nine of 16 for 56 percent from the line.

"They are a good defensive ball club," noted LaRue. "They took us away from some of the things we like to do."

The Cardinals finished their punishing preseason with a 3-7 record. "I think we'll find that kind of preseason we've had will pay off once league starts," says LaRue.

This weekend the Cards travel to Condon on Friday, Jan. 14 for a full slate of games to begin at 3 p.m. On Saturday, Jan. 15, the JV games against Arlington will start at 1 p.m. with varsity action to follow at the Ione gym.



Photo by Joyce Hughes
Ione's Aaron (34) Heideman tries to put the check on Heppner's Joe Healy

Lutherans change worship times

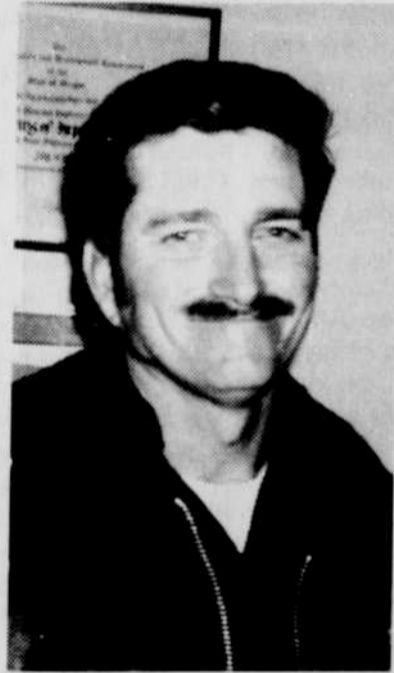
The worship service schedule for Hope and Valby Lutheran churches will change on Sunday, January 16 only.

Hope Lutheran church in Heppner will celebrate Holy Communion and have Sunday School at 9 a.m. Pastor Hoobing will preach on the theme of "Voices in the Night" based on scripture reading of St. John 1:43-51. Coffee hour will follow

at 10 a.m. Valby Lutheran church, located on the Valby road will celebrate Holy Communion at 11 a.m. A church potluck dinner will follow the worship service at noon with the annual meeting of the congregation at 1 p.m.

Visitors, friends and members are urged to mark their calendars and note the worship schedule change Jan. 16.

Wilhelm sworn in as new reserve city police officer



Gary Wilhelm, Heppner, completed reserve police officer training and was sworn in as a reserve officer by Heppner Mayor Bob Jepsen at the city council meeting Monday night, Jan. 10. Wilhelm was born and raised in Heppner and recently returned to the area.

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Chronic Cough: Value of Antihistamines and Decongestants

According to an article in the *Annals of Internal Medicine*, chronic cough is the primary reason some 30 million individuals in the United States seek the help of a physician each year. Americans now spend about \$600 million annually for prescription and non-prescription cough medicines.

A five-step approach to the treatment of chronic cough is described in the *Annals of Internal Medicine* article. Dr. Melvin Pratter and associates prescribed an antihistamine/decongestant mixture to reduce postnasal drip. If the cough did not improve by the end of a week, a nasal steroid medicine was prescribed. If coughing continued, persons affected were evaluated for sinusitis and may have been given antibiotics for as long as 6 weeks. If coughing still persisted, evaluations for asthma were conducted and the condition was treated if found. Those who continued to cough were evaluated for reflux of the esophagus.

Eighty-four percent of those in the study coughed less at the end of one week. Coughing stopped completely in 36 percent of chronic coughers taking only the antihistamine/decongestant medicine. Postnasal drip was considered the most common cause of chronic cough in this study. Other researchers have found similar results.

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