Mustangs ground Wahtonka Eagles

Photo by Joyce Hughes

Chris Dickenson plays tough defense against Wahtonka

The Heppner Mustangs made the long trip to The Dalles Friday night Jan. 14 and came away with a 61-40 victory.

The Eagles hung around longer than usual against Heppner. The Mutangs took an early 19-10 lead at the end of the first quarter and led 28-20 at the half. Wahtonka crept within four points at 31-27 at the five-minute mark of the third quarter before the Mustangs exploded.

Before the third quarter was over, the Mustangs went on a 19-2 run to bury the hapless Eagles. The chief architect of this run was senior Leonard Brittner. Brittner hit four 3-pointers in a row to propel Heppner to the big lead. Brittner was the high scorer for the game with 26 points on 10-20 from the field and 2-2 from the line. Rick Koffler added 16 points with 7-10 from the floor and 1-2 from the line.

Joe Healy, who moved into the starting lineup for Heppner three games ago, had an incredible 15 rebounds in the game. Seniors Dwayne Dunaway and Austin Coiner had seven and six rebounds as the Mustangs owned the boards.

Heppner was hot from the field shooting 40 percent but only hit six of 16 from the charity stripe.

Dave STockett did most of the damage for the Eagles. The 6'4'' sophomore had 19 points to lead his team.

The Mustangs moved to 2-0 in league play with the win.

Mustangs pass CBC test whip Tigers

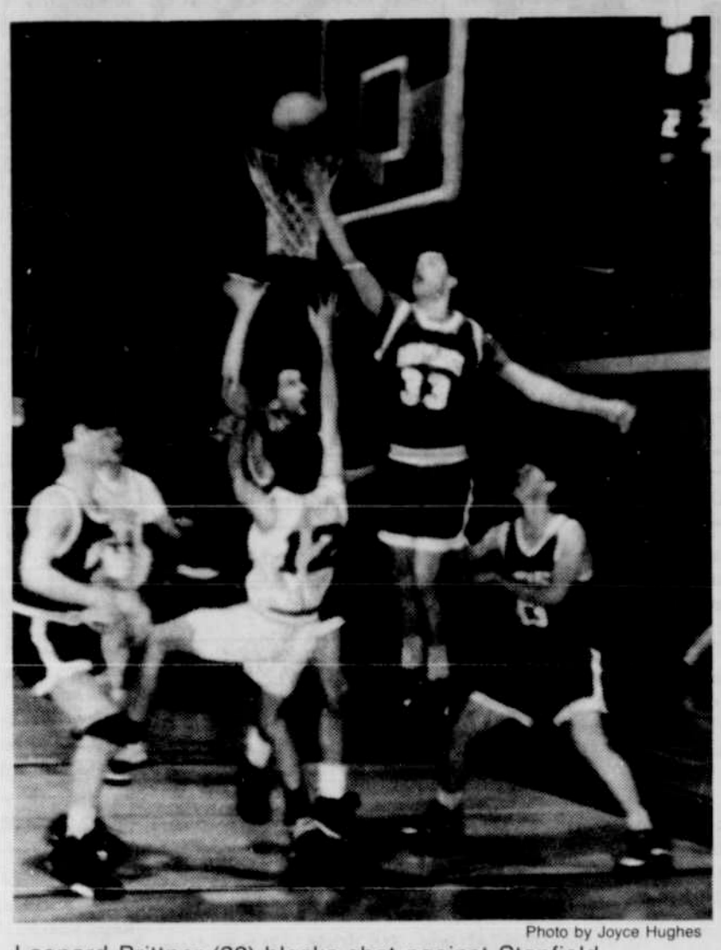

Photo by Joyce Hughes

Leonard Brittner (33) blocks shot against Stanfield.

The Heppner Mustangs passed an early season test Saturday night, Jan. 15 as they traveled to Stanfield and whipped the Tigers 59-43 in CBC action.

The Mustangs used an intense man-to-man defense to limit the Tigers' offensive production. Joe Healy and Trent Hughes stopped sophomore Mark Newman, Stanfield's leading scorer, allowing only five points. Dwayne Dunaway and Sam Sumner limited senior Justin Hartinger to 10 points. Dunaway also owned the boards with 12 rebounds to pace the Mustangs.

Heppner used a steady scoring attack to subdue the Tigers. Leonard Brittner had 10 of his game high 16 points in the fourth quarter to lead the Mustangs.

Senior Joe Healy added 12 points on 4-8 from the field and 4-6 from the line. He also added four steals. Austin Coiner put up 10 counters and snared six rebounds. Rick Koffler was the fourth Mustang in double figures with 10 points along with five assists and six steals.

The win against Stanfield was an important one to Heppner, (8-0, 8-3) as they beat a CBC contender on the road. The Mustangs travel to Pilot Rock to face the Rockets Friday, January 21 and then return home to host the Sherman County Huskies, Saturday, Jan. 22.

Christian Church seeks memorabilia celebrating 100 yrs.

The First Christian Church of Heppner is celebrating its 100th anniversary in June.

Church members are collecting pictures, news items, and programs of events that have taken place at the church in the past.

Anyone with items they would like to share, call the church office 676-9209, Clarice Baker 676-9186 or Irene Anhorn 676-9639.

St. Patrick's Senior Center Bulletin Board

Dorothy Henderson was honored by a surprise birthday party given by Carol Kight January 11 in the Senior Center sitting room. Carol served an angel food cake with strawberries and juice. Twenty people were there to wish Dorothy many more happy birthdays.

Ninety-seven people attended the senior dinner January 12 with two out-of-town guests. Three dinners were taken out. Rose Moe won the meal ticket, George Storm the door prize and Skip Connor received the guest prize. Members of the Catholic Church served.

The menu for the birthday dinner January 25 will be beef stew, coleslaw, juice, biscuits, cake and ice cream. Members of the Lexington Baptist Church and Christian Missionary Fellowship will serve.

Ten seniors watched the movie ''Sand Lot'' Sunday evening, Jan. 16. Barbara and Ralph Struthers served popcorn.

The quilters didn't meet Jan. 17. Maxine Gray and Daisy Collins worked on the new log cabin quilt Jan. 10, while Eleanor Gonty and Barbara Struthers were preparing a nine-patch quilt for tying. The St. Patrick's quilt is being displayed at the senior center. Tickets are available at the center office.

Dates to remember: Mon., Bible study-10:30 a.m., quilting-1-4 p.m.; Tues. and Thurs, exercise-10 a.m.; Thurs, knitting class-7 p.m.; Friday cards-2:30 p.m. and Sunday, movie-6 p.m. Come join in any of these activities.

Cards step on gas, beat Honkers

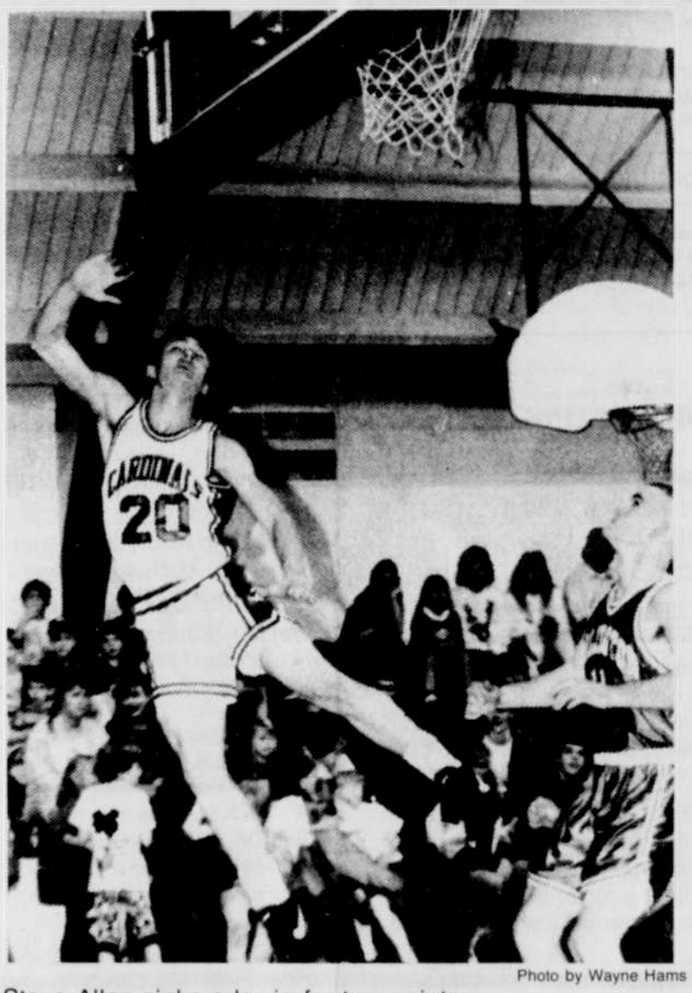

Photo by Wayne Hams

Steve Allen sinks a lay-in for two points

By Anne Morter

The Cardinals got away from the Arlington Honkers in the first quarter and stepped on the gas for an 88-51 win Saturday, Jan. 15 in Ione.

The Honkers were never a serious threat after the first quarter as the Cards were able to spread the playing time around.

Jim Logan sank five three-pointers on his way to a game high 23 points. Aaron Heideman added 21 and Jason Halvorsen and Jared Ashbeck each added 12 points. Heideman had an outstanding night on the boards, pulling down 20 rebounds, 11 defensive and nine offensive. Halvorsen also had a good night with 13 rebounds and Lars Krechting came off the bench to collect nine boards. Logan had nine assists and four steals to lead the team.

The Cardinals continued to shoot well from the field, making 38 of 73 for 52 percent. At the line, they hit six of 11 for 55 percent. Arlington was 20 of 59 for 34 percent from the floor and seven of 16 for 44 percent from the line.

Coach Del LaRue was pleased with the effort, especially his reserves who scored 27 points in the fourth quarter. ''Everyone did a good job,'' he said.

This weekend, the Cards have home games on Friday, starting at 3 p.m. when the JV girls play the Weston-McEwen freshmen. The other three teams will play Helix following that game. On Saturday, the Cards travel to Fossil to play Wheeler. The girls' varsity will play at 4 p.m. followed by the boys' varsity.

Fillies beat Tigers

Photo by Joyce Hughes

Ruth Norton grabs a rebound

Junior Kelsie Evans led the Heppner Fillies to a 54-32 victory Saturday night against Stanfield with 11 points. The Fillies tough defense held the Tigers scoreless in the first quarter and let them score only eight for the half.

Jenny Krein and Char Coe both added nine points while Toni Cutsforth, Holly Eckman and Candis Marshall each added six.

Stanfield was led by Dawn Evans with nine points.

HAPPY 40th

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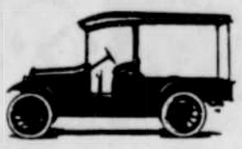

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What To Do About Morning Sickness

Nausea and vomiting that some women experience during pregnancy is referred to as *morning sickness*. According to a recent article, morning sickness occurs in approximately seven out of ten pregnancies. The exact cause is unknown but may be related to hormone levels and other factors.

In most instances, morning sickness occurs during the 4th to 8th week of gestation and is no longer a problem by the 14th to 16th week. The problem is more than just an annoyance. According to an article in the journal *American Family Physician*, a growing number of women are being admitted to hospitals with metabolic problems as a result of this condition. A Pennsylvania hospital reported an average cost of caring for patients with morning sickness to be near $3,000 during 1991.

Because of the possibility of drug-related problems in the unborn child, most physicians advise pregnant women to avoid medicines during the first three to four months. Eat small meals to avoid being too hungry or too full. Eating a bland diet, increasing carbohydrates, decreasing fats, and avoiding offensive food odors can also help. If medicines are required, *pyridoxine* and *phosphorated carbohydrate solution* are considered effective and safer than other antinausea medicines.