

Ione Cardinals beat Helix 69-53 Cards win road game against Helix

The 69-53 road win against Helix on Saturday, Feb. 5, was not the runaway that Friday night's game was, but then no one expected it to be.

Helix led 17-16 at the end of one as the Cards played tight and "tried to go a little too quick," in the words of coach Del LaRue. At halftime, Ione led by one, 33-32. The Cards finally settled down after halftime. "We played real well and executed very well," said LaRue. Eight of 11 free throw shooting in the fourth quarter proved a buffer as the Cardinals fought off the Grizzlies 69-53.

Jason Halvorsen led all scorers with 26 points, Aaron Heideman added 17 and Jared Ashbeck scored 14. The Cards once again dominated the boards, 55-21, led by Heideman with 19 and Halvorsen with 13. Jim Logan dished out six assists to pace the team.

Ione's shooting cooled off slightly but was still a respectable 42 percent on 27 of 65 shooting. At the line, they hit 13 of 21 for 62 percent. Helix shot 20 of 59 from the field including five three pointers for 34 percent. At the line, they connected on eight of 14 for 57 percent. Coach LaRue



Photo by Wayne Hams
Ione's Jim Logan (14) brings ball up-court against Grizzlies

noted that the Grizzlies' three pointers kept them in the game in the early going.

LaRue was pleased with the effort. "Helix is always tough. They are always ready to play at their place," he said.

With first place on the East side of the Big Sky Conference wrap-

ped up, the Cards finished out the regular season this weekend with Wheeler on Friday, Feb. 11 and Echo on Saturday, Feb. 12. Friday the games start at 4 p.m. when the JV team takes on the Heppner C team followed by varsity match-up. It's varsity only on Saturday Feb. 12 with games starting at 4 p.m.

By Anne Morter

The game against Helix Saturday night, Feb. 5, was close in the first quarter when the lady Cards "couldn't buy a basket," in the words of coach Dana Heideman, but the lady Cards still came away with a 52-26 road win.

Leading just 12-10 at the start of the second period, Ione outscored the Grizzlies 22-4 on 10 of 20 shooting to take a 34-14 halftime lead. That 20 point margin came in handy as the Cards struggled with 24 percent shooting in the second half.

Melissa McElligott led the Cards in scoring with 14 points. Suzy Heideman had 13 and April Taylor added 11. The lady Cards were a dominating force on the boards, out rebounding their opponents 46-32. Jamie Lovett had 12 boards followed by Heideman with 11 and McElligott with nine. Becky Wagenblast had two assists and Taylor had four steals to lead those departments. The Cards had their worst shooting night of the year, making just 23 of 73 for 31 percent from the field. At the line, they hit five of 12 for 42 percent. Helix also had trouble getting the ball in the hoop, shooting 12 of 53 for 23 percent from the floor and two of seven for 29 percent from the line.

Coach Heideman noted that the game was a very rough, physical battle. He was glad to get his play-off spot in the bag but he would have been happier to see a better shooting percentage he said.

This weekend, the lady Cards face two competitive teams, who should provide some sharpening before the district tournament. Wheeler comes to town, following the boys JV team playing the



Photo by Wayne Hams
Kim Bedortha goes for shot over Grizzly player
Heppner C team on Friday afternoon, Feb. 11. Saturday, Feb. 12, the Cards host Echo with games starting at 4 p.m.

Ione Cards clinch playoff spot

By Anne Morter

The Ione Cardinals clinched their playoff spot with two wins last weekend and now head towards the final weekend of their regular season. Last weekend, playing on the road, they scored the net to defeat Arlington 110-56 on Friday, Feb. 4, and pulled away from a tenacious Helix team on Saturday, 69-53.

Arlington never had a chance against the hot shooting Cards as Ione shot 54 percent from the field including nine three-pointers. The Cards led 53-28 at the half and went on to shoot their way to a 110-56 win. "It was one of those games where everyone was loose," commented coach Del LaRue. He watched his first team get things rolling with a punishing fast break and was pleased to see the second team step right in where they left off. LaRue was pleased with the effort of his reserves who scored 44 points in the contest.

Jim Logan led the Cardinal scorers with 20 points, including six three pointers. "Everything was going in," said LaRue of Logan's shooting. Other players in double figures were Jared

Ashbeck and Aaron Heideman with 16 each, Luke Swanson with 15 and Lars Kretching with 14. Swanson came off the bench in the fourth quarter to nail three from three point range.

The Cards crushed the Honkers on the boards, 56-20, led by Ashbeck and Aaron Heideman with nine each and Kretching and Jim Garrett with seven each. Ione tallied 30 assists in the game.

Logan led with six followed by Steve Allen with five, and the Heideman brothers, Nathan and Aaron, with four each. Ashbeck paced the team with four steals.

The Cards shot 46 of 84 for 54 percent from the floor but only nine of 17 from the line for 53 percent. Arlington shot 22 of 69 for 32 percent from the floor and seven of 12 for 58 percent from the line.

Fillies whip Tigers



Three Fillies scored in double figures Saturday night, Feb. 5, as they gave the Tigers a second half whipping, beating them 66-35. Kelsie Evans and Jodi Johnston were hot combining for 33 points.

The Fillies went into the locker room tied up at 19, but came out fired up and ripped the reigns right out of the Tigers hands scoring 47 points to Stanfield's 16 in the last half, taking a 31 point win.

Evans was high game scorer with 17 and finished the game with 11 assists and 10 steals. Johnston was hot on Evans' tail with 16 points and six assists. Char Coe was the third Filly in double figures, coming off the bench with 10 points and grabbing eight rebounds.

The Fillies play Pilot Rock Friday, Feb. 11 at home and travel to Moro to play the Sherman County Huskies.

Mustangs suffer first league loss

The Heppner Mustangs traveled to Athena Friday night, Feb. 4, and suffered their first loss in league play as the TigerScots, in third place, beat the Mustangs 55-48.

The Mustangs started out flat and the TigerScots were hot in the first quarter with Weston-McEwen taking a 15-4 lead in the first quarter. Trent Hughes came off the bench and hit two three pointers to spark the Mustangs in the second quarter and Heppner led 25-20 at the half.

The TigerScots used another 15-4 quarter score to take back the lead and cruise to the victory.

Leonard Brittner and Sam Sumner each scored 10 points against the TigerScots effective 2-3 zone defense and didn't get any second chances on the offensive boards against the taller

TigerScots. Junior Curt Sloan led Weston-McEwen with 20 points and Bill Albert, a 6'7" sophomore added

15 points. The win for the TigerScots (6-2, 12-4) kept them in the running for the league title against the Mustangs 6-1, 11-4.

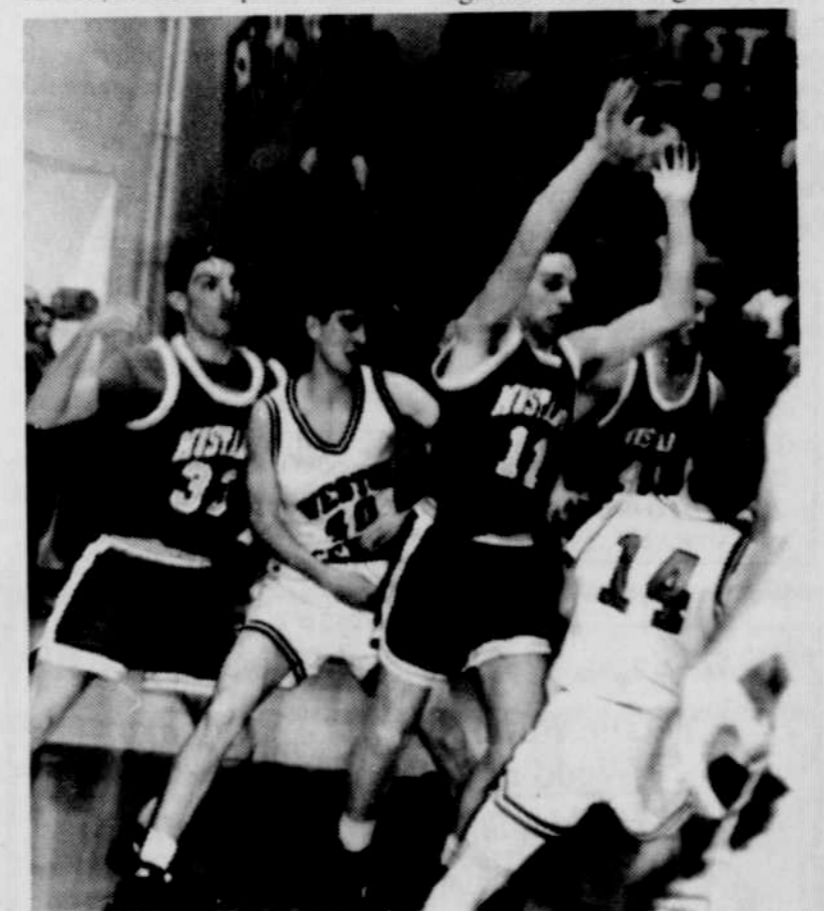


Photo by Joyce Hughes
Mustang players Rick Koffler (11), Len Brittner (33) and Dwayne Dunaway (45) play tough defense

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Half of Older Persons Experience Angina

According to results from large studies such as the Framingham Heart Study, better than half of all persons over age 65 will have one or more heart attacks. Angina is a symptom frequently associated with heart attacks. With angina, the blood vessels within the heart become narrow and/or blocked, producing chest pain. One type of angina is *stable angina*. Chest pain is more common during periods of physical effort or emotional stress. With *unstable angina*, pain can occur with very little physical effort or emotional stress. Persons with unstable angina may experience spasms of the heart vessels along with blood vessel blockage.

Medicines commonly prescribed for angina include *nitrates* and *calcium channel blockers*. The nitrates include *nitroglycerin* and *isosorbide dinitrate*. Nitrates improve blood flow to the heart and use of oxygen by the heart. Another action of nitrates is to decrease oxygen needs by decreasing the work-load placed on the heart. Nitroglycerin is rapidly absorbed and works quickly when taken as a sublingual tablet (placed under the tongue). Nitroglycerin is prescribed for many elderly persons. The medicine also is available in skin patches.

Calcium channel blocking medicines are effective in treating stable angina. These medicines include *nifedipine*, *verapamil*, and *diltiazem*.

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