

Fillies 'Refuse to Lose' win in OT

'Refuse to Lose' may have been a sign posted for the Cardinals but that's what the Heppner Fillies did also last Friday night, Feb. 25 as they beat the Pilot Rock Rockets in overtime 42-39 at the Pendleton Convention Center.

It was a 'do or die' situation for the Fillies as the win ensured them a playoff spot at Regionals this weekend and a loss would have ended their season.

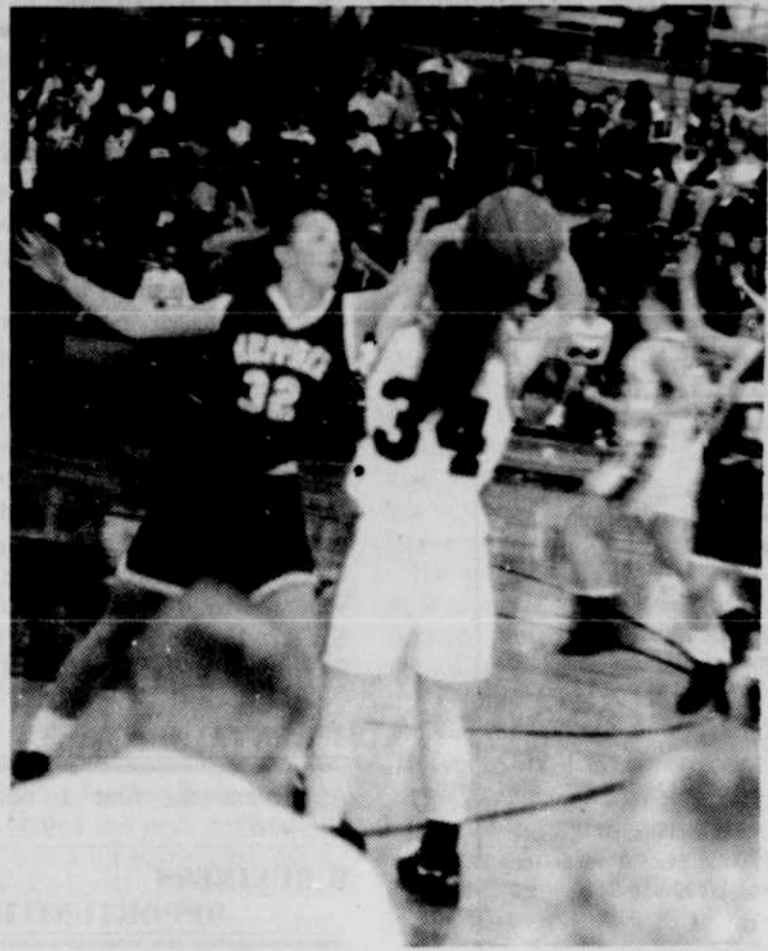
Heppner held a one point lead when Kelsie Evans was fouled in the last seconds of the game. Evans hit one of two free throws giving the Fillies the edge by a bucket. Pilot Rock inbounded the ball to Shelly Whitney who made her only two points in the game on a 15 foot jump shot to put the game into overtime.

The Fillies had trouble finding the hole as most of their basket attempts were not going through.

While the Rockets put pressure on the Fillies causing turnovers and foul trouble Heppner held their biggest lead of the game at halftime with one of their lowest scores of the season 18-14.

The Rockets came out in the third quarter still pressuring the Fillies to take the lead at the end of three 27-24.

The Fillies man-to-man defense shut down quick passes to Lisa Neeley and Jennifer Humphreys



Char Coe guards Pilot Rock player

Photo by Joyce Hughes

while both teams fought for the lead.

The Rockets held Kelsie Evans to just 13 points while Holly Eckman chipped in 10 for the Fillies. Evans also had four assists and steals while Eckman

grabbed eight rebounds. Jenny Krein, Sara Greenup and Char Coe all finished with four points each.

Cheri Rosenburg led the Rockets with 11 points.

Heppner Fillies lose title game



Photo by Joyce Hughes

Holly Eckman goes up for shot against TigerScots

The Heppner Fillies couldn't hold off the big Weston-McEwen team Saturday, Feb. 26 as they lost their defending District championship title in a tough game 52-44.

Holly Eckman pulled the Fillies within two points in the last two minutes of the game, but the TigerScots defense held Heppner scoreless for the remainder of the game, forcing the Fillies to foul and capitalizing on their trips to the charity stripe. Eckman scored 20 points to help the Filly cause and grabbed eight rebounds.

The TigerScots proved to be too big and tough inside for the Fillies as they led at the half 23-19. The Fillies battled back as they took a lead in the third quarter, but couldn't stop Elizabeth Hansell as she led the TigerScots with 17 points, nine rebounds, three assists and two steals.

Jodi Johnston and Kelsie Evans both had nine points to help the Fillies.

The Fillies open Regional Tournament play this Friday, March 4 at 1:30 p.m. in a loser out game against Imbler at the Convention Center in Pendleton.

Spray Rodeo queen tryouts slated

Try outs for the Spray Rodeo Queen will be March 26 at the Spray Rodeo grounds at 2 p.m.

The dates for the Spray Rodeo are May 28 & 29. The queen will be announced the evening of March 26 at the Spray Rodeo kick-off dance at the Spray gym beginning at 9 p.m. Music will be provided by recording star Ethan Alan King.

Girls trying out must be at least 15 years old and never have been married. They do not have to be a resident of Wheeler County. For further information call 468-2442.

Gun Club list winners

Brian Thompson and Loren Woodside each shot perfect 25 scores from the 16 yard line at the Morrow County Gun Club last Sunday, Feb. 27.

Loren and Sherron Woodside tied for first in the handicap event with 22 out of 25 targets broken. Pat Lovgren, Brian Thompson and Tim Hedman tied for second with 21.

Three Annie Oakleys were played with Thompson, Harvey Childers and Mick Sharp each taking a win.

The Gun Club will open at noon Sunday, March 6.

Natural science day set at 4-H center

March 4 is the deadline to register for the 1994 Natural Science Family Day at the Oregon 4-H Education and Conference Center near Salem.

The day is open to all 4-H members, their families and other families. The \$6 per person registration fee includes lunch, insurance and supplies. Walk-in registrations cannot be accepted.

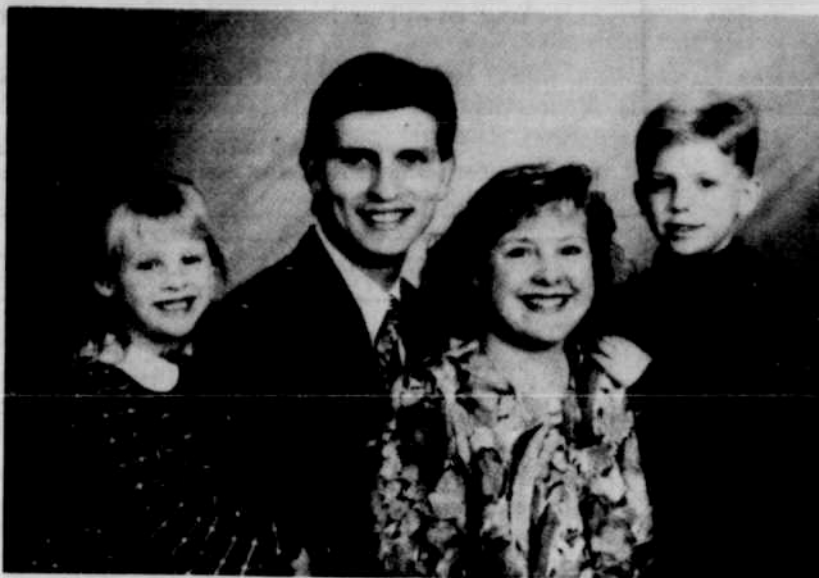
Co-sponsored by the 4-H center and the Marion County Extension 4-H program, the day

will feature a series of workshops taught by natural science specialists in such areas as falconry, rappelling, insects, orienteering, bird identification, wetlands, art in nature, forestry and archery.

Persons wishing additional in-

formation may obtain registration forms at the Morrow County Extension office. Registration forms and checks made payable to Oregon 4-H Foundation should be sent to Natural Science Field Day, Marion County Extension Office, 3180 Center St. N.E., Room 160, Salem, 97301.

Missionaries to speak at Christian Life



Reverend Mark Powers, Assemblies of God missionary to Mozambique, will be the featured guest speaker at the Christian Life Center, 535 W. Morgan St., on March 6, at 6 p.m., according to Tim Van Cleave, pastor.

Mark and his wife, Jeannine, were the first Assemblies of God missionaries to return to Mozambique when the country opened its

doors again. They have completed their first term and are preparing to continue in the avenues of ministry they helped establish. They plan to continue with pastoral and Bible school seminars along with literature distribution and general missionary work.

The public is invited to attend the Powers' special missions presentation.

St. Patrick's Senior Center Bulletin Board



There were 103 people present for the birthday dinner at the Senior Center Wednesday, Feb. 23. Adine Stone won the birthday prize, Elmer Heath won the meal ticket, Ernie McCabe the door prize and Betty White received the guest gift. Members of the Christian Church served.

The menu for March 9 will be chili beans with meat and cheese, dilly bread, relish tray, cottage cheese with fruit and fruit crisp. Members of the Christian Life Center will serve. The Senior Center board will meet following the meal.

Jim Bruns of Willoughby Hearing Aid service will be at the center at 10 a.m. to help seniors who have hearing problems.

The Disaster Emergency planning committee met at the center Thursday evening and Friday morning Feb. 24 and 25.

Four people played cards Friday afternoon. Five others visited or worked on a jig saw puzzle.

Seven ladies watched the sixth video in the series "Five Mile Creek" Sunday evening.

Tickets are still available for the quilt made by Quilter's and Company. The raffle will be held during the St. Patrick's Celebration. Come by the senior center and buy your winning ticket. Volunteers are still needed to bake pies and work on the breakfast or the lunch March 19.

Dates to remember are: Monday, Bible study-10:30 a.m.; quilting 1-4 p.m.; Tuesday and Thursday exercise 10 a.m.; Wednesday, senior dinner, noon; Friday cards; Sunday movie 6 p.m.

AARP volunteers will assist seniors with income tax returns. For appointment call the Neighborhood Center 676-5024.

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Use Caution with Unproven Treatments

A recent issue of the *FDA Consumer*, a publication of the U.S. Food and Drug Administration (FDA), discusses "unproven" remedies which may be ineffective. According to the FDA, Americans spend almost \$30 billion each year for such remedies. But perhaps more important than wasting money, these remedies cause harmful side effects in one out of ten persons. Examples of frauds or quackery cited by the FDA include:

- Oral chelation therapy may consist of nutrients that may be promoted for breaking down artery plaque and preventing cardiovascular disease.

- Detoxification or cleansing enemas supposedly rid the body of dangerous toxins (poisons).

- Immune boosters may be promoted as a preventive or cure for cancer and AIDS.

- Tanning pills are promoted to make one look healthy, energetic, and attractive.

The FDA says that consumers should be wary of: outstanding testimonials from satisfied users; money-back guarantees that are only as good as the company that backs those guarantees; emphasis by the advertiser on "natural ingredients"; and products that "sound too good to be true."

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