

Cardinals avenge early loss to Fillies

By Anne Morter
The lone lady Cardinals avenged an earlier loss to the Heppner Fillies with a convincing 15-4, 15-7 victory on Monday night. The non-conference game was played in Heppner.

The Cards caught the flustered Fillies flat-footed in the opening game. McElligott's stuff of a Char Coe spike in the early going set the tone. The Cards led 7-0 before Heppner got on the score board. Taking advantage of Filly serving troubles, the lady Cards led the whole way, never letting their opponent in the game.

The Fillies came out gunning in the second game, jumping out to a 5-0 lead. But the Cards, using a number of reserves, were not to be denied and came roaring back for the win.

The lady Cards served an outstanding 96 percent as a team. McCarty led the way with 10 points on perfect 12 for 12 serving. Bedortha, Wagenblast and Sullivan also had 100 percent serving and five points each.

Melissa McElligott led in serve receives with 89 percent and reserve, Bridget McElligott, provided a solid performance in the back row.

Sullivan, Melissa McElligott and Heideman had 100 percent blocking, with McElligott and Heideman tallying two stuffs each.

McCarty led it setting with 94

percent followed by Wagenblast with 90 percent.

The team recorded an 82 percent success rate in hitting with McCarty, Sullivan and McElligott smashing two kills each.

Heideman was five for five at the serving line with five points and Wagenblast was four for five in serving.

Bedortha led the team with 89 percent serve receives, followed by McElligott with 88 percent. McElligott also had 90 percent hitting with three kills and Heideman had 85 percent hitting with two kills.

"Dufur is a very good team but I was disappointed with the match," commented coach McElligott. After a great team effort on Tuesday, coach McElligott felt the team came in with the wrong expectations which led to their own downfall.

Next up for the lady Cardinals in a league game on the road against Echo this Friday evening, Sept. 30.

"The girls did a really good job," commented coach Charity McElligott. She noted that Heppner was not the same team as they had played before but that the Cards still played well. McElligott was also pleased with the play of her reserves who were able to pick up additional playing time. "They did a great job," she said.

Cardinals beat Cougars

By Anne Morter

The lone Lady Cards played in the steamy Echo gym on Friday, Sept. 30, defeating an up-and-coming Cougar squad, 15-7, 5-15, 15-1. After winning the first, hard-fought game, the Cardinals fell to Echo in the second. "They came out stronger and beat us," said coach McElligott. But the third game was all lone as the determined Lady Cards went looking for a shutout, and almost got one. "In the third game, everything went right from the start for us," said McElligott.

The team continued to serve well, posting a 94 percent team total. Kim Bedortha was perfect on 15 serves and scored 10 points. Mary Jane McCarty also had 100 percent serving on 13 serves, notching seven points.

The team had a 90 percent serve receive stat, led by Kim Bedortha with 91 percent, Melissa McElligott with 87 percent and Allison Sullivan with 84 percent. Suzie Heideman and Melissa McElligott led the team to another night of 100 percent blocking with two stuffs each. Setters Becky Wagenblast had 32 successful sets and McCarty had 23.

At the net, the Cards recorded their best hitting stat of the year with 94 percent. Melissa McElligott led the way with 22 of 23 hitting and six kills. Allison Sullivan had 16 hits and one kill and Suzie Heideman had 14 hits with two kills.

This Friday, the Lady Cards travel to Condon to take on the Blue Devils. Game time is 5 p.m.

Lady Cards defeat Wheeler



Lady Cards in action against Echo

Photo by Wayne Hams

By Anne Morter

The lone Lady Cardinals upped their league record to 3-0 with two conference wins last week, defeating Wheeler County on Tuesday and Echo on Friday.

The Cards enjoyed the home court advantage against Wheeler on Tuesday, dispatching them in two games, 15-7, 15-5. Coach Charity McElligott noted that the game was not as easy as the score indicated. "It wasn't that easy of a game," she said. "I kept expecting them to come back," she added, noting that Wheeler played the Cards much stronger when they met in Fossil earlier in the season. But the Lady Cards took no chance on the potentially explosive Falcon team, playing strongly for the win.

As a team, the Cards served a tremendous 96 percent, missing just two of their 45 serves. Kim Bedortha led the team with eight points on 10 for 10

serving, followed by Mary Jane McCarty with six points, also on 10 for 10 serving.

The team logged a 98 percent service statistic. Melissa McElligott had 100 percent on six attempts and Kim Bedortha missed just one of her 12 tries for 92 percent.

The Lady Cards were 100 percent in the blocking department, led by Allison Sullivan and Suzie Heideman with two each. According to Coach McElligott, the Cards didn't get too many blocking opportunities since the Falcons didn't spike the ball much.

Mary Jane McCarty and Becky Wagenblast each recorded 100 percent setting with 21 and 23 sets respectively. Melissa McElligott had 18 hits with a 90 percent success rate and three kills. Allison Sullivan recorded nine hits and one kill and Kim Bedortha had seven with one kill.

Singspiration set Oct. 9

The monthly Singpiration sponsored by South Morrow County Ministerial Association will be held at Lexington Baptist Church on Sunday, Oct. 9,

at 7 p.m. Everyone is invited to join in and bring their favorite music. A time of fellowship and refreshments will follow the singing.

Family and friends of Jeff Orr are invited to celebrate his SURPRISE birthday party Sat., Oct. 8 at the American Legion Hall, 7:30 p.m.

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Court tryouts Oct. 9

The Morrow County Fair and Oregon Trail Pro Rodeo Court will be holding tryouts for the 1995 court on Sunday, October 9, at 10 a.m. at the Fairgrounds in Heppner. Girls wishing to try out must be at least 16 years old before August 1, 1995. The competition will be in

horsemanship and speaking. Applications and rules may be picked up at the fair office in Heppner, 676-9474 or from Julie Ashbeck, chaparrone, 989-8202. The deadline for application is Wednesday, October 5, 1994. This is a firm date with no late entries accepted.

Water protection program offered

A program to help rural homeowners protect the groundwater that supplies their drinking water will be offered in Morrow County on Wednesday, October 19, from 7 to 9 p.m. at Riverside High School in Boardman. Rich Topeliec, Oregon State University energy agent, will conduct the program targeted to private well owners.

The Homestead Assessment System (Home*A*System

materials is \$12. Registration is optional, but will help to have sufficient materials on hand. For additional information, or to register, contact the Morrow County Extension Office at 1-800-342-3664 or 676-9642.

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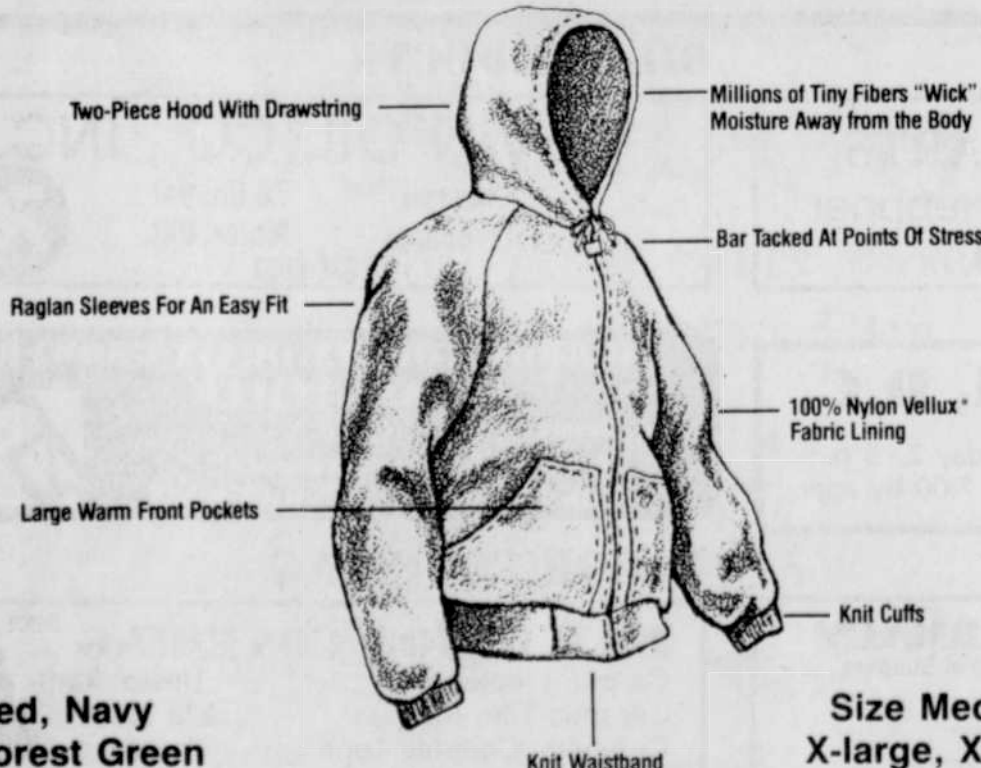
Treatment of Bipolar Disorder

Bipolar disorder, also known as manic depression, affects about 3 million people in the United States. Men and women seem to be affected equally, with the onset of disorder occurring most often between the ages of 25 and 35. Bipolar illness tends to be cyclical. Periods of overactivity and excitement (mania) alternate with periods of deep depression. The condition is recurrent and may worsen over time. While there is no directly identifiable cause for bipolar disorder, it is thought that this condition may be brought on by extreme stress, severe infection, a stroke, or possibly injury to the brain.

The first medication used with some degree of success against acute mania and the manic phase of bipolar disorder is lithium, a medicine that is thought to work by stabilizing the mood. In spite of the success of lithium in controlling mood swings, as many as 40 to 50 percent of individuals do not respond to the drug. Others complain of bothersome side effects such as fatigue, weight gain, mild tremors, and excessive urination. Other medicines are now being used as alternatives to lithium, with some success, against manic depression. These include three seizure medicines: carbamazepine (Tegretol®), divalproex (Depakote®), and valproic acid (Depakene®).

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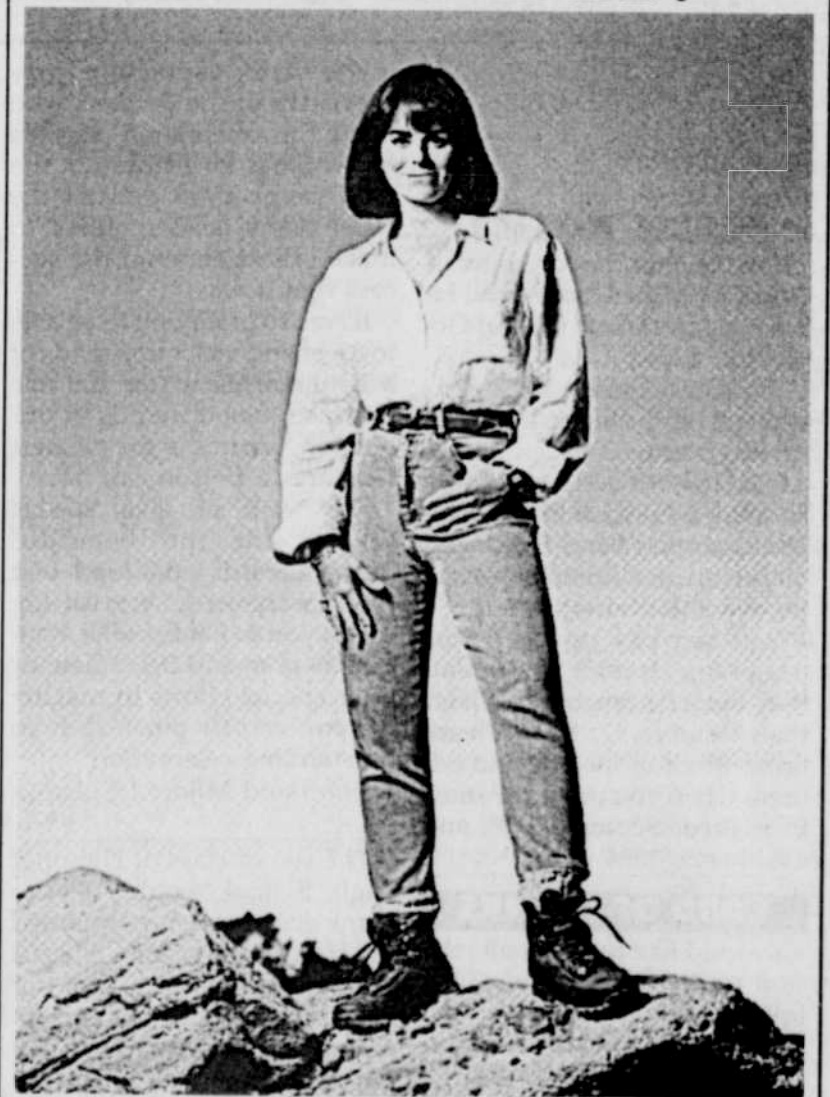
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