

Cardinals playoff hopes dashed



Bulldog defenders pull down lone ball carrier

By Anne Morter
The lone Cardinals playoff hopes were dashed last Friday evening, Oct. 14, as they watched an eight point halftime lead evaporate at the hands of the Culver Bulldogs. The Cards, who needed the win to stay alive in playoff contention, were outscored 26-0 in the second half as Culver rolled to a 40-22 decision.
Culver scored first on a 53 yard run but an 85 yard kickoff return by Greg Holtz and a 25 yard pass reception also by Holtz took the Cards into the end zone twice. Culver tied the game early in the second quarter on another big 55 yard

run. The Cards countered with a drive, culminated by Jared Ashbeck's one yard touchdown run to take the lead 22-14.
Halftime proved to be the Cards undoing however. "We came out flat in the second half," commented coach Gregg Rietmann. "I don't know what happened," he said. At the same time, Culver seemed to come to life. "I don't know if they played that much better or we played that much worse," said Rietmann.
Culver piled up 502 yards of total offense while the Cards managed just 237. Leading rusher for the Cards was Ashbeck with 149 yards on 39

carries. In the passing department, Luke Swanson connected on six of his 18 attempts for 91 yards and one interception. Ashbeck added 15 yards on one completion.
The leading receiver for lone was Greg Holtz with 44 yards on two catches. Ashbeck had two receptions for 26 yards, Marc Orem had two for 19 yards and Jacob Taylor had one reception for 17 yards.
Ashbeck was leading tackler for the Cards with eight unassisted and three assisted tackles. Luke Swanson had five unassisted and one assist.
The Cardinals' next game is at Lyle, Washington, this Friday, Oct. 21, at 7:30 p.m.

Fillies lose two; beat Sherman County



Char Coe returns ball against Umatilla

By Donna Moeller
The Heppner Fillies added a pair of losses to their Columbia Basin Conference record, losing to Umatilla in three games; 8-15, 15-2 and 15-17. Their second loss was to Stanfield in two games; 11-15 and 11-15.
The Fillies bounced back on Thursday to beat the league leaders, Sherman County. Heppner, in a must win situation secured the match in two games, 15-13 and 15-5. Char Coe was the big threat of the game with 18 successes at the net out of 22 attempts with eight ace spikes. Heppner played a superb game offensively behind 93 percent serving for the night. Kelsie Evans, Rondi Robinson, Jenny Krein and Stormy Howard were 100 percent at the service line. Strong support play came from Dani Hill and Evans with quickness, hustle and stability. "We're awfully proud of our players, they showed a lot of heart, stayed focused on their physical and teamwork goals to take them to a well desired win. Our team consists of many players who all help us

play the game; win, lose or practice," said Heppner coach Terri Gentry.
The Fillies next conference game will be at home on Oct. 20 against the current league leaders, Weston-McEwen.

Nordic ski club organizes, elects officers

Area cross country skiers have formed the Arbuckle Nordic Club for the purpose of promoting and facilitating cross country skiing opportunities in the Morrow County region of the Blue Mountains.
At the first club meeting held on Oct. 13, club officers were designated as follows: chair-

man, John Edmundson, vice chairman, Dave Fowler, and secretary/treasurer, Bill and Sherry Ewing.
The next club meeting will be on Tuesday, November 29, at 7 p.m. at the Episcopal Church Parish Hall. Anyone interested in cross country skiing is

welcome to attend and help plan club activities.

Club dues will be \$5 per unit, a unit being a single member, a couple, or a family. Club funds will be used for postage and the costs of periodic newsletters intended to keep members informed of club cross country skiing activities.
The club plans to offer basic cross country skiing instruction for beginners this winter on the four Saturdays of February. Publicity for these classes will appear in the Gazette-Times and in the Blue Mountain Community College winter bulletin.
The club will eventually affiliate itself with the Oregon Nordic Club for the purposes of securing blanket liability insurance, entering into agreements with governmental agencies for access and use of facilities, and participating in the activities of other nordic clubs.

Anyone desiring more information about the Arbuckle Nordic Club may contact any of the club officers.

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Triple Therapy For Ulcers

Recently it has been shown that approximately 70 percent of ulcers in the stomach and between 90 to 100 percent of ulcers in the small intestine are caused by a bacteria called *Helicobacter pylori*. This bacteria even occurs in the intestine of otherwise healthy individuals. Some health experts now think that this organism may be responsible for the gastritis (inflammation of the stomach) that is so prevalent in many older persons.

In the past, treatment of intestinal ulcers has included H2 receptor antagonist medicines such as cimetidine and ranitidine to decrease acid production; antacids such as aluminum hydroxide; acid secretion inhibitors such as omeprazole; and sucralfate to protect the healing ulcer. The latest approach to treating gastrointestinal ulcers is with medicines that eliminate *Helicobacter pylori*. Antibiotics are recommended, especially when ulcer treatment is resistant to conventional medicines, when there are ulcer complications, and in situations where the symptoms are severe enough to require surgery. The combination of medicines used to treat *Helicobacter pylori* often is referred to as "triple therapy." Best results have been achieved using a combination of (1) bismuth subsalicylate (Pepto-Bismol®), (2) tetracycline or amoxicillin, and (3) metronidazole or clarithromycin.

Player of Week

Oct. 9-15



#77 Chris Sykes
T/L 190 lb. Jr.

Player of Week

Oct. 9-15



#4 Toni Kemp
JV 5'4" So.

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There will not be a Haunted House this year at Hardman Community Center due to illness.

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31/10.50R-15	C	79.20	8.75R-16.5	D	75.33
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