

## Mustangs split in doubleheader

The Heppner Mustangs opened their baseball season with a doubleheader against the Riverside Pirates last Friday, March 17 in Boardman. The Mustangs split with the Pirates winning the first 4-0 and giving into the Pirates in the nightcap 1-3.

Senior Chris Dickenson struck out five in the first game before retiring in the fifth inning. Donnie Pointer came in for the Mustangs and finished the

job. Jon Hanna was behind the base. The game got off to a slow start with the first score coming in the fifth when Hanna hit a double and scored Rod Zumwalt and Dickenson who got on base with walks. Heppner's last two runs came in the seventh when Hanna hit a sacrifice moving Trent Hughes and Dickenson around the bases. Chad Skroch made it to second base on an error scoring Hughes and Dickenson.

The only other base hit for the Mustangs was Zumwalt in the second inning.

In the nightcap the Mustangs got some good solid hits but the luck was with Riverside as they made some nice catches, some of which they had to run and dive for.

Lead off hitter Brad Emerson scored in the first inning for Riverside on a double by Johnson. The other two runs for Riverside came in the sixth with Seth Wheeler and Wilson each coming home for the Pirates.

Heppner's only run came in the fifth inning when Skroch got to walk to first, stole second and was hit around by John Garrett. Zumwalt had a base hit for the evening along with Dickenson, two; Skroch one; Pointer a sacrifice; and Josh Coiner one.

The Mustangs coached by Rick Johnston have a fairly new team. The returning lettermen are Trent Hughes, Chris Dickenson, Jon Hanna and Chad Skroch. Others include juniors Rod Zumwalt, Donnie Pointer, Dan Burnside, Colin Anderson; sophomores Brian Koffler, Josh Coiner, Eric Schonbachler, Keith Scott and Jeff Wilson. Returning from lone are sophomore Ryan Nevala, Jim and John Garrett and Greg Holtz and assistant coach Robin Graff.

The Mustangs next game is Saturday, March 25 in Milton-Freewater against the Mac-Hi Pioneers.

## Lutherans to present plaque

"Rejoice in the Lord and be glad" will be the theme of the fourth Sunday in Lent at worship services at Valby Lutheran Church, located outside of lone. Service begins at 9 a.m. Gerald R. Kolke, Jr., district representative from Aid Association for Lutherans, will be present to present a branch plaque to Roland Bergstrom, president of the South Morrow Branch, at the end of the worship service.

Worship Service and Sunday School at Hope Lutheran Church will begin at 11 a.m. A coffee hour will follow the service.

The next scheduled session of Adventures in Faith or 'Friday School' will be March 31 at 9 a.m.

The next mid-week Lenten session will be held on Thursday, March 30, at Hope Lutheran Church in Heppner at 6 p.m. with a soup and sandwich supper and communion service to follow.

## Anacortes woman wins lamb cookoff

Peggy Taylor of Anacortes, WA, was the grand champion winner of the Lamb Cookoff held Saturday, March 18 of the St. Patrick's weekend, organizer Maureen Krebs announced.

Taylor also captured first prize in the conventional category with her 'St. Patrick's Roasted Lamb'. Second place in that category went to Virgil Rupp, Pendleton, with his 'Quick and Easy St. Patrick's Day Lamb Stew'.

In the barbecue category, Penny Krebs, Cecil, was first with her 'Super Lamb Chops' and Clint Krebs, Cecil, was second with his 'Savory Butterflied Leg of Lamb'.

Susie Wilson, Cornelius, took first place in the miscellaneous category with her 'Italian Lamb

Skillet Dinner'. Carleen West was second with her 'Rhea Creek Lamb with Dates'.

In the kids' category first place prizes were awarded to Cameron Krebs, Cecil, for his 'Chops and Tots', Jessica Krebs, Cecil, for her 'O'Leary Lamb Fettuccine' and Nolan Mills, Pilot Rock, for his 'Super Supper Tacos'. Second place in that category went to Angie Drummond with her 'Lamb Shanghai'.

Krebs said that the competition was "pretty stiff" this year, with 17 entries.

Donations included GTA Foods, Hermiston, and Dia McCulloch, Eugene, who each gave a \$100 saving's bond, and the Oregon Sheep Commission, who gave a \$100 and a \$50 bond.

## Education reform topic of discussion

A presentation on Oregon's HB 3565, the 21st Century School reform act, will be held on Monday, March 27 at 7 p.m. at the Heppner Junior High School auditorium.

Esther/Fishbaugh, former 21st Century Site Council member and member of Parent's for Academic Excellence and the Umatilla Citizens for Academic Freedom, will present the major elements of HB 3565 and give a brief description of the differing forms of outcome-based education and which one Oregon's Reform is using.

The presentation will specifically document assessment rulings at the state and federal level as well as the integration of social services on to the school campuses. Source

documents from the Oregon Department of Education will be displayed to allow people to see all that the bill contains: current legislative bills affecting education and the marriage of social services with education will also be presented.

This program is designed to better inform parents about the education reform which includes such terms as: CIM, CAM, outcome based education, and how they will affect students in Heppner and lone when they are scheduled to be more fully implemented next school year.

A panel discussion is scheduled to follow Fishbaugh's presentation. This meeting is sponsored by the Heppner Parents Club and everyone is welcome to attend.

## Hoop Shoot winners announced

Hoop Shoot winners over the St. Patrick's weekend events have been announced. Winners are:

Girls five and under: first Chelsey Hedman, second Torri Lovgren; boys first Matt McCabe, second Mike Angell, third Jared Hedman.

6-7 years: girls-first Crystal Nairns, second Madison Bailey; boys first Jimmy Doherty, second Lance Lott, third Kody

Lovgren.

8-9 years: girls-first Shanna Rietmann, second Katie Long, third Kimberly Morris; boys-first Brian Gutierrez, second Matt Gundlach, third Kory Paullus.

10-11 years: girls-first Marcy Miller; boys-first Mike McCabe, second Josh Winters, third Kelly Paullus.

12 years Boys: first Mike Haugen, second Kevin Holcomb.

*Friends and family are cordially invited to attend Carl Rhea's 80th Birthday celebration on Saturday, March 25, from 2-4 p.m. at the First United Methodist Church in Hermiston, Oregon 191 East Gladys Avenue*

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 Kathleen Brazell & James Roberts • April 1, 1995  
 Jennifer Martin & Jared Jorgenson • April 2, 1995  
 Nance Wright & Daniel Buffeta • April 15, 1995  
 Sylvia Ladd & Richard Sandford III • April 29, 1995

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**Caffeine May Increase Work-Related Stress**

Caffeine is considered the most commonly consumed drug in the United States. *The Handbook of Nonprescription Drugs* indicates that 80 percent of the U.S. population consumes caffeine every day in coffee, tea, soft drinks and foods such as chocolate products. A recent issue of *The Cancer Bulletin* reports that Americans consume about 2 billion pounds of coffee and 500 million pounds of tea each year. Greater than 75 percent of the U.S. population drinks an average of two to three cups of coffee every day. Studies of heavy caffeine consumption have shown an association with increased heart rate, irregular heart beats, and coronary heart disease. With moderate consumption there is an initial increase in blood pressure that returns to normal over time.

One new study reported by Dr. James Lane and associates at Duke University indicates that drinking coffee at work may increase a person's stress response to everyday situations. Their report, published in a recent issue of *American Family Physician*, indicates that workers given 300 mg of caffeine (equivalent to two to three cups of coffee) had an average increase in urinary epinephrine of 37 percent as compared to levels measured after they had no caffeine. Epinephrine is a stress hormone that can trigger an increase in blood pressure, heart rate and cholesterol.