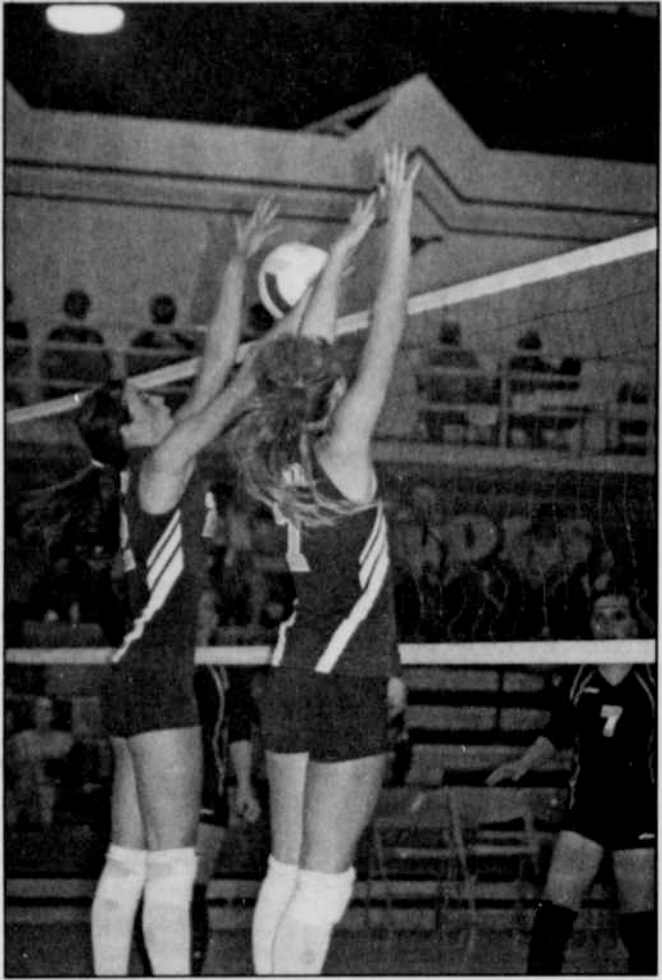


Mustang volleyball team wins homecoming match



Taighler Dougherty and Alana Wilson go up for a block at the homecoming volleyball game in Heppner Thursday night. The Mustangs won the match in three sets. -Photo by Sandy Matthews

Mustangs defeat Umatilla in homecoming game



Senior Alex Pickles (#23) follows behind teammate Jordan Wright (#76). The Mustangs defeated the Umatilla Vikings 40-6 in Heppner during the homecoming game. -Photo by Sandy Matthews

Lady Cardinals compete in Joseph Tournament

The lone Lady Cardinals turned their fortunes around this past week after a short-handed squad dropped a league match to Condon/Wheeler on Tuesday. Returning to almost full force by the weekend, the Cardinals road tripped over the Blue Mountains to take a powerful Cove team to five exciting games on Friday and returned to defeat that same team on Saturday for the championship of the Joseph Tournament.

Missing three starters on Tuesday and playing in unfamiliar positions, the Cardinals dropped a league game to Condon/Wheeler 25-21, 25-14, 25-17. Beth Morter had seven kills and five blocks. Makenna Ramos had 11 assists and Shadow Kendrick was 9-9 serving.

On Friday, September 17, the Lady Cards traveled to Cove for a challenging match with a tall and hard-hitting team. After falling behind 0-5 early in game one, the Cardinals found their confidence to win the first, 25-16. Cove jumped out 8-0 in game two and the Cardinals could never cut the lead, falling 12-24. Ione took the early lead in game three but Cove pounded them with an array of hits from a front line of 5'10" girls. The tenacious Cardinals were not ready to roll over just yet, fighting from an early game deficit to tie game four at 18. The momentum shift rattled the Leopards and the Cardinals



Pictured are: (Standing L-R) Jackie Juarez, Shadow Kendrick, Yesenia Verduzco, Mary Gates, Beth Morter, Serena Ramos, and Joanna Patton. (Kneeling L-R) Emily Holland, Mary Rietmann, and Makenna Ramos. -Contributed Photo

took advantage, taking the game 25-19. The tie breaker fifth game was a see-saw affair with the scoring only differing by a point clear to the end where the Leopards pulled out the 15-13 win.

"It was intense," said Coach Dawn Eynetich of the draining, two-hour match. "It was a game of huge momentum swings." Ione's starting six played the entire match while Cove had the luxury of a deep bench. "I told the girls they had no reason to hang their heads. It was a good, tough match."

Beth Morter led the team at the net with 12 kills on 12 of 15 hitting. She also had two blocks and served 17 times without a miss including one ace. Joanna Patton had nine kills and ten blocks. She also had perfect 16-16 serving with one ace. Siren Endresen added six kills and the team served 92%.

The team headed to the Joseph Tournament on Saturday, September

18. The team dispatched Wallowa in the first of two pool games, 25-21, 25-9. Next came Cove again. The Cards earned a split in the two game match, 12-25, 25-15. Moving into afternoon bracket play, the Lady Cardinals easily dispatched the LaGrande JV's 25-10, 25-14 as well as the host team, Joseph, 25-10, 25-15. This path led them to the title game against a now-familiar opponent, Cove. In a best two of three match up, Ione took an early lead in game one, up 4-1 before Cove got moving. Cove took the lead and never let Ione closer than four points again, taking the win 25-18. Game two was a much different story however. With the score tied at five, Joanna Patton put down a kill to give the Cards a lead they would not give back as Ione won that game 25-11. Cove looked fired up in the tie breaker and jumped out to a 5-1 lead. The Lady Cards created a momentum swing when they needed

it the most, taking a lead at 9-8 that they refused to relinquish. Digging deep, the worn out Cardinals created opportunities and took advantage of Cove miscues to take the final game and win the match 15-11.

The Lady Cardinals worked hard at the net during the tournament. Beth Morter tallied 32 kills and seven blocks for the day while Joanna Patton had 30 kills and 10 blocks. Shadow Kendrick stepped up not only with improved back row play but put down 13 kills during the tourney. The team also had impressive serving, missing just seven of 231 serves for the day. Makenna Ramos, Mary Rietmann and Shadow Kendrick were perfect from the service line for the tournament.

"It was exciting," said Coach Dawn Eynetich. "It was good for us to come off a week like we've had with a win like that." She noted that she made some changes to the rotation to adjust to Cove's hitters which worked but also proved challenging to the girls to get used to at times. "Our net play was good and the back row really pulled it out during the championship game."

The Cardinals will have most of the week to regroup and refocus with their only match scheduled at home on Friday against Sherman County. Game time is 4:30.

Cardinal football team falls 48-40 to Touchet

The lone Cardinals let a close one slip away to visiting Touchet (WA) on Friday, September 17. Although Ione led by 10 points entering the fourth quarter, Touchet scored 20 unanswered points in the quarter to take the 48-40 win.

Between the two teams, 36 points were scored in the first quarter and it was shaping up to be a passing

game. Touchet scored first on a ten yard pass and Ione answered when Zac Orem hit Tanner Rietmann for a 10 yard pass. Rietmann also caught a pass for the point after. Touchet connected for a 60 yard pass but the Orem-Tanner Rietmann tandem countered with a 65 yard pass. Alex Rietmann ran in for the extra point on that one. Touchet closed the quarter with a 53 yard pass and led 20-16. In the second, Touchet stretched the lead to 28-16 before Ione put two scores on the board. Alex Rietmann got loose for a 63 yard run followed by Zac Orem on the keeper from two yards out for another touchdown. Alex Rietmann ran in for extra points on both of those scores. Ione led 32-28 at halftime.

Micah Stillman scored on a 15 yard run in

the third quarter and after Tanner Rietmann ran the extra point in, the Cardinals were looking to run away with a 40-28 lead. Touchet wasn't quite ready to call it a game though. Touchet scored twice, the second one coming on fourth and long to regain the lead 42-40. Ione then drove down the field and with four minutes to go on their 35, ran a fake punt for what looked like a first down. Unfortunately, an unfavorable spotting of the ball resulted in the Cards turning the ball over on downs. Shortly after that, Touchet picked up a fumble and ran in from 20 yards out to take a 48-40 lead. The Cardinals had a chance with two minutes left in the game and drove the ball down field but ran out of time and downs and the visitors took the win. Despite the loss,

Coach Dennis Stefani was pleased with the effort. "We had some kids out sick and a lot of kids playing out of position. I was really pleased with the kids." He noted that Zac Orem did an admirable job of filling in for Evan Rietmann at quarterback and that Caleb Dumlum and Marco Juarez both did a great job at the end position.

Micah Stillman returned to action and led the team in rushing with 182 yards on 23 carries. Alex Rietmann, who left the game with an injury just before the half had 115 yards on 14 carries and Tanner Rietmann packed the ball 17 times for 46 yards. The Cardinals tallied 345 yards on the ground. Zac Orem was 8-13 in passing for 139 yards. The leading receiver was Tanner Rietmann with five catches for 133 yards. Marco Juarez, in his first game this season, led the team with 10 tackles while Micah Stillman and Tanner Rietmann each had six.

The Cardinals will play at home again this week in their first league contest, hosting Sherman County. Game time will be 5 p.m. for two quarters of JV action prior to the varsity kickoff.

Community Lunch Menu

Hope/Valby/All Saints members will be serving lunch on Wednesday, September 29, at St. Patrick's Senior Center. The menu will include meat loaf, mashed potatoes and gravy, green beans, spiced Mandarin oranges, hot rolls, and brownies.

Family Health & Fitness Day!

Saturday, Sept. 25th, 9am-1pm
Hermiston High School

ALL FREE!

60+ Vendors and
Activities for ALL Ages!

<p>Kids Activities Include: Bike Rodeo & Helmet Fitting MedStar Helicopter Teddy Bear Clinic (9am-12pm) Hula Hoop, Bouncy House & Jump Rope Fun Fire Truck & Ambulance Cooking Classes for Kids The "Convincer" (seatbelt safety)</p>	<p>Adult Activities Include: Glucose & Cholesterol Testing Medication Safety Vision/Hearing & BP Screenings File of Life Info Stress Management Cooking Classes for Adults Body Composition Analysis and So Much More!</p>
--	---

Activities for all ages include:
Cooking Classes for Kids & Adults • Tai Chi, Karate, Yoga, Hip Hop
OSU, "Are You a Food Hero?" Program

Let's Get Healthy! Exhibit

This popular, interactive exhibit developed by OHSU scientists allows attendees to get immediate, tailored feedback on diet, exercise, blood pressure and glucose/cholesterol readings! All of these FREE screenings will allow participants the chance to evaluate their health and positive changes that can be made.
*Let's Get Healthy! grant made available through funding from the National Institutes of Health.

Mint & Melon
Metric Century Ride

September 25, 2010

10 Mile, 20 Mile & Metric Century (62 Mile) Rides
Starting Location: Hermiston High School
Metric Century Ride starts at 7am
10 & 20 mile rides begin at 8am
contact Paula 541-667-3400 ext 3050

Good Shepherd
Community Health
FOUNDATION

For more info: call 541-667-3509

Apartment Available

Willow Creek Terrace
Senior Housing
Heppner - Assisted Living Facility

541-676-0004

Attention Morrow County School District Employees and Oregon Prescription Drug Program Clients

We are pleased to announce Murray's Drug is now able to process your Rx claims online for the ODS-OPDP network!

Please call if you have any questions, Thank you!

John & Ann Murray

Murray's Drug INC.

217 North Main • Heppner • Phone 676-9158 • Floral 676-9426
Serving Heppner, Lexington & Ione

ADVERTISE WITH THE HEPPNER GAZETTE-TIMES

541-676-9228