

Heppner Heat "Fab Five" conclude PYBA careers



The Heppner Heat boys' basketball team finished 7-0 in the Pendleton Youth Basketball Association. This group of five boys started playing PYBA in the third grade. Pictured L-R are Cadeo Hedman, Kevin Murray, Logan Grieb, Kolby Currin, and Jake Lindsay. In the four years of playing in the league, their overall record is 38-5. Others who played on the Heat team over the years include CJ Kindle, Brian Rill, Weston Putman, Caden Clark, Peyton Lehman, Wyatt Steagall, Alex Lindsay, Coby Dougherty, and Kevin Smith. -Photo by Sandy Matthews

Heppner teams compete in Pendleton

This winter 34 Heppner basketball players traveled twice weekly to compete in Pendleton Youth Basketball Association games.

The PYBA includes youth from Pendleton, Mission, Pilot Rock, and Heppner. It has separate boys' and girls' divisions and age groupings of 3rd-4th grade and 5th-6th grade. The games are 20 minute halves and have OSAA approved officials.

This year Heppner had three teams:
 -A girls' 4th-5th grade team (which played up in the 5th-6th grade division) included Sophie Grant, Morgan Correa, Kaycee Gray, Jacee Currin, Claire Grieb, Madison Combe, Caitlyn Scrivner, Diana Healy, Leah Stone, Bailey Hurd, Ivy Sanford, and Shana Osmin. The team was coached by Lisanne Currin, Matt Combe, and Greg Grant.

-A boys' 3rd-4th grade team that included Hunter Nichols, Keegan Gibbs, Cason Mitchell, Gibson McCurry, Hayden Qualls, Carson Brosnan, Sabastian Futter, Gavin Hanna, Kellen Grant, Drew Coe, Casey Fletcher, and Jordan Sweeney. The team was coached by Jay Gibbs and Greg Grant.

-A boys' 5th-6th grade that included Logan Grieb, Jake Lindsay, Kolby Currin, Kevin Murray, Caden Hedman, Peyton Lehman, Coby Dougherty, Wyatt Steagall, Kevin Smith, and Alex Lindsay. The team was coached by Steve Currin and Ken Grieb.

These team gained valuable experience this season with all the games that they played. They spent many hours at practice to get ready for the games. The PYBA experience has been a great one for the kids of Heppner that participated.

Ione winter sports awards distributed



Top Left Photo: Cheerleaders receive congratulations from Advisor Misti Stefani. Bottom Left Photo: JV and V girls basketball team receives awards from Coach Holland. Top Right Photo: JV Boys (Skyler Kendrick gives Coach Stefani a hug during winter award night). Bottom Right Photo: Varsity boys basketball team await awards. -Photos by Paula Emmel

Ione High School recently held their winter awards. Awards are as follows:

Boys' varsity basketball awards

-Scoring - Zac Orem 460 pts 17.6 average per game

-Rebounding- Tanner Rietmann 224 rebounds 9.3 per game

-Assists- Tanner Rietmann 78 assists

-Steals- Tanner Rietmann 66 steals

-Blocked Shots- Steven Holland 47 steals

-FG Percentage- Tanner Rietmann 49%

-FT Percentage- Zac Orem 72.7%

-Charges taken Zac Orem 7

Team Awards were as follows: Mr. Hustle- Micah Stillman; Mr. Defense- Micah Stillman; Most Inspirational- Tanner Rietmann; Most Improved- Steven Holland; Most Valuable- Zac Orem / Tanner Rietmann; Cardinal Heart- Kirk Haugewood; and Coach Larue Award - Micah Stillman.

JV boys' basketball team awards

-Mr. Hustle-Luke Emmel

-Most Improved- Kaid Peck

-Most Inspirational- Gus Peterson

-Mr. Clutch-Kirk Hagewood and Kaleb Dumler

-Stormy Kendrick Award- Jason Thompson and Joel Stillman

Mr. Clutch means a player who can play at crunch time and the Stormy Award was awarded to the

players who attempt to do whatever coach asks of them and can take the heat.

Luke Emmel had the most hustles and steals with 12 and 47 respectively. Kaleb Dumler scored the most points with 179 and assisted the most with 43 and was team leader with 19 blocks. Kirk Hagewood was the rebound leader with 130.

Coach Holland gave the awards to the girls in the absence of Coach Garrett.

WCCC second session golf class to begin April 26

Willow Creek Country Club is offering a beginning golf class this spring, instructed by John Edmundson. One session of the class is already underway but a second session is set to begin on April 26.

The class is six weeks in duration and will be held on Tuesday evenings from 5:30-7 p.m. The class is limited to 12 students and several of the spots are already taken. Anyone interested in taking the class should contact John Edmundson at 541-676-5177 to arrange delivery of a registration form. The remaining class vacancies will be filled on a first-come, first-served basis.

The class is designed for people with limited or no prior golfing experience. It will cover the basics of play, rules and etiquette of the game. The skills of putting, chipping, pitching, approaching, fairway shots and teeing off will be covered with emphasis on proper grip, stance, alignment and swing. Each student must have a basic set of clubs including putter; 5, 7, and 9 irons; and a wood. Balls and tees will be provided for the class.

The cost of the class is \$30 payable to WCCC. This includes a temporary membership in Willow Creek Country Club for non-members and provides unlimited practice play for the duration of the classes. The class fee will be waived for family members of WCCC.

Bristow wins second consecutive state handball title

Jerry Bristow of Tillamook recently won the state title in the Diamond Masters (ages 70+) division at the 2011 Oregon State Handball Singles Championships held in Corvallis.

Bristow is the brother of Mary Jean McCabe of Heppner and John Bristow of Ione.

If you or someone you know has a gambling problem, help is available and that help is FREE of charge.

If YOU have a family member who suffers from gambling addiction, YOU can also receive FREE treatment even if the gambler is not receiving treatment. If you are a resident of Morrow County and you wish to take advantage of the services above or desire more information, Please call any of the following numbers to set up a LOCAL appointment or just to talk: Bobby Harris @ 541-676-9925 or 541-256-0175 Community Counseling Solutions (CCS) @ 541-676-9161 OR 1-877-695-4648 (1-888-MYLIMIT)



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Youth track to start in Southern Morrow County

There will be a youth track program starting in Southern Morrow County. This program provides fair and competitive track and field events for youth ages 5 to 12 in our community. It is designed to encourage maximum participation at low cost, provide an educational experience, and enhance physical and mental conditioning. Children learn to have fun while developing track and field talents.

Practices will be held in Ione and in Heppner. For more information, contact Melissa Coiner, Toni Nichols, Stephanie Hisler, or Ryan Rudolf.

Health District to sponsor Rolling Hills Run

Morrow County Health District has announced that it will be bringing back the Rolling Hills Run this year and will sponsor the event on Saturday, April 23, in Heppner.

The run will begin at 10 a.m. at the Morrow County Fairgrounds and will include a 5K walk/run and a 10K run. The course will be the same as in years past with contestants trekking along Highway 74. A one-mile kids' race will begin at 11:15 a.m. with parents encouraged to accompany young children. Prizes will be awarded by age groups.

Early registration is available online through Sunday, April 3, or forms need to be postmarked by April 1 if sending through the mail. Cost for early registration is \$8 without a t-shirt and \$20 with a t-shirt. Early registrants will guarantee their t-shirt purchase. Registration will be allowed after April 3 and on the day of the race; however, fees will increase slightly and t-shirt availability will not be guaranteed. Brochures with registration forms are also available at various locations in local communities throughout the county.

"Bringing back the Rolling Hills Run was a natural project for the District to take on," said Administrator Mike Blauer. "We are committed to promoting health and wellness in the communities we serve."

For additional information, and to register online, visit the website at www.active.com/running/heppner-or/rolling-hills-run-2011.

WCCC to hold work day

Willow Creek Country Club has scheduled a work day for Saturday, March 26, beginning at 8 a.m. Members are encouraged to bring their yard maintenance tools, gloves, a wind vest, and a lot of enthusiasm to work on this spring's clean-up project at the golf course.

Key projects for the day are plugging and sanding all greens, repairing the ball protection screen on the #4 tee box, and numerous smaller jobs.

A morning snack will be followed by a light lunch available to all volunteers. For more information contact the WCCC clubhouse or any board member.

The golf season kicks off on Sunday, March 27 with Men's Sunday Play (breakfast hosted by your Board), then Ladies Play on Tuesday, April 5, and Men's Wednesday Night League on the April 6.

HHS Varsity Softball Schedule

March 19 - Grant Union at home, 11 a.m.
 March 25-26 - at Union High School, TBA
 April 2 - Grant Union at home, 11 a.m.
 April 12 - Irrigon at home, 4:30 p.m.
 April 16 - at Pilot Rock, 11 a.m.

HHS JV Softball Schedule

March 18 - at Grant Union, 10 a.m.
 March 29 - Pilot Rock at home, 4 p.m.
 April 5 - at Irrigon, 4:30 p.m.
 April 7 - Riverside at home, 3 p.m.
 April 21 - at Riverside, 3 p.m.
 April 25 - at Pilot Rock, 4:30 p.m.

Pharmacists are an important resource for health information!

Come talk to OSU Pharmacy students and see what your pharmacist can do for you!

Monday, March 21st
9 am-1 pm Murray's Drug
 217 N. Main Heppner, Oregon

OSU College of Pharmacy Students will provide:

- **FREE** Health Screenings:
 - Blood Pressure
 - Diabetes
 - Blood Glucose Tests
 - Glucose Meter Training
- Tips for safe and effective medication use

Oregon State UNIVERSITY College of Pharmacy
Laurie Murray-Pharmacy Intern & classmates!

It's Almost Here!
St. Patrick's Schedule
 Fri. March 18th 7:30am - 7:00pm
 Sat. March 19th 7:30am - 6:00pm
 Sun. March 20th 9:00am - 1:00pm

DON'T MISS TILLER'S FOLLY
SATURDAY 7:00PM - 9:30PM

New Sweatshirts & T-shirts!

Come see all the greens!

SOMETHING FOR EVERYONE!
 Starting Monday, March 14th

- Irish Mint Yoshake
- Peppermint Paddy Mocha
- Irish Cream Latte
- Hot Chocolate
- Nutty Irishman

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