

Lady Cards Big Sky district champs

By Anne Morter

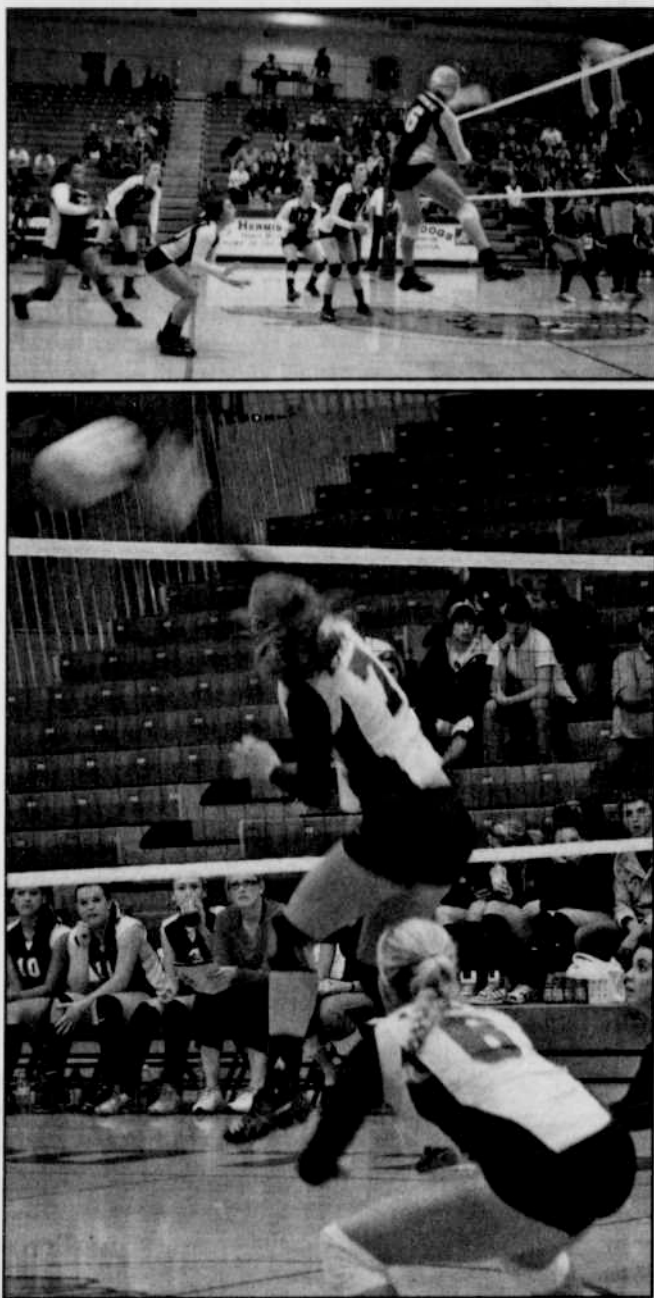
The Lone Lady Cardinals held court at Hermiston High School last weekend and emerged as District Champions at the conclusion of the Big Sky District Volleyball Tournament. Lone remains one of just three undefeated teams in the state in all classifications along with Central Catholic (6A) and Corbett (3A) and is currently sitting at the top of the OSAA RPI rankings. The repeat District Champions boast a record of 28-0 to this point of the season.

Now just one win stands between the Lady Cardinals and a return trip to the State Tournament at Pacific University in Forest Grove November 11 and 12. Lone will host the winner of the Old Oregon league #2 (Imbler) versus High Desert league #3 (Jordan Valley) on Saturday, November 5. Fans are reminded that the game is an official state playoff match so OSAA prices will be charged for admission. Also the gym is likely to be packed, so Cardinal fans should arrive early to stake out the best seat.

The trek to the playoffs began Saturday, October 29 in the second match of the Big Sky Tournament. The first match pitted Condon/Wheeler versus Dufur and turned out to be a marathon affair, going the full five games and lasting over two hours. The Lady Cardinals then took the court against their first round opponent, Sherman County, but looked out of sync and lethargic.

"We came out kind of sluggish," said Lone coach Dawn Eynetich. "I'm not sure what happened but waiting out that Dufur match was part of it. We might have had a little bit of nerves too" she said.

Whatever the case, the Cardinals didn't shake the Huskies loose until the third game of the set, winning the match 25-19, 25-21, 25-11. Miscues and errors plagued the team early on as they slowly got into the swing of the game. JoAnna Patton had nine kills in the match and Dominika Senkerikova added six. Patton and Senkerikova led the charge at the service line in the final game of the match, each notching three aces.



Top: Senkerikova (6) sends a hard spike with the team backing her up. Bottom: JoAnna Patton (7) lays on a kill shot with Dominika Senkerikova (6) in the foreground backing her up. —Photos by Paula Emmel

Now facing Dufur in the championship match, errors continued to hurt the Cardinals as Dufur jumped out to an early 8-3 lead. JoAnna Patton took over at the line, serving eight in a row including two aces to give Lone the first lead of the game, 11-8. The Rangers tied the game up at 14-all and, despite Lone stretching that lead out to 20-15, Dufur roared back with 10 unanswered points to take the first game 25-20.

There were no such worries in game two as Lone led wire-to-wire, never letting the Rangers closer than two points to take the win 25-15. Dufur hurt themselves at the service line in game three with five service errors and, again, the Lady Cardinals led wire-to-wire to win the game, 25-17.

Starting game four down 4-1, the Cardinals kicked it up a notch behind a stretch of seven Collette Cason serves. JoAnna Patton dominated the net with eight kills in the game as the

Cards left no doubt, taking the game 25-15 to win the match and the championship trophy.

Coach Eynetich was elated and relieved at the same time, noting that the pressure of defending the championship and staying undefeated was surely the cause of the first-game jitters. Also, during the introductions, the team learned they had dropped from first place in the rankings only to be replaced in that coveted spot by none other than Dufur.

"When he announced that, all the girls gave us (the coaches) a funny look." She was pleased that the team fought back after the game one collapse. "We came together and picked up the intensity."

Senior JoAnna Patton led the ferocious charge at the net with 23 kills in the match. Dominika Senkerikova picked up where JoAnna left off when she rotated to the front row with 15 kills of her own. Senior setter Makenna Ramos notched 39 assists in the match.

Looking forward to the weekend, the Lady Cardinals know they have their work cut out for them as there are no guarantees in the loser-out state playoff system.

"We will have to come out and play strong from the start" said Eynetich. "There are no second chances."

Mustang volleyball winning streak continues in districts

Anyone who wasn't at the Blue Mountain Conference volleyball tournament in Pilot Rock last Saturday missed some exciting championship match play from Heppner's varsity team.

The Mustangs' run to the championship game against league leading and defending state title holders, the Weston McEwen Tiger-Scotts (13-1 BMC), was a game to remember. The Tiger-Scott fans were many, but the Mustang crowd was there and loud. The Stanfield team was there, as well, helping to cheer the Mustangs on to victory. By taking the district trophy home, they placed themselves in the number

one seed and improved their opportunity in the coming state tournament.

The Mustangs (9-5 BMC) entered the district tournament in third place after beating Union in a league tie game. In the first game at districts, the Mustangs faced number two team, the Elgin Huskies (12-2 BMC). Heppner played some good volleyball, winning the game in three sets, 25-18, 25-15, 26-24 to advance to the championship match with Weston McEwen. They took down the Tiger-Scotts in four sets, winning the first 25-21, then losing 18-25 in the second. The third and pivotal game saw the Mustangs ahead 17 to 8,

but the Tiger-Scotts battled back to push the game into extra points.

The teams saw-sawed back and forth until Heppner took the advantage and clinched the win, 31-29. With the Tiger-Scotts down, the Mustangs went on to win the fourth and final set 25-20. All 12 players on the squad contributed to the win.

The BMC has four teams in the first 11 teams in the 2A state rankings. With such a strong league, the Mustangs need to keep their seven-game winning streak alive. There is a good chance of a home playoff game in the Heppner gym on Saturday, November 5.

Pneumonia not to sneeze at



The following was submitted by the Morrow County Health District.

In the United States, more than three million people develop pneumonia each year, and more than a half a million people are admitted to a hospital for treatment. Although most of these people recover, approximately five percent will die from pneumonia. Pneumonia is the sixth leading cause of death in the United States. Over the past several years, it has been the most common diagnosis at Pioneer Memorial Hospital.

Yes, pneumonia is a very common disease that can affect a person at any age, but it becomes far more common as a person ages. After the age of 70, the chance of developing pneumonia increases about

ten fold. Pneumonias can occur at any time of the year, but are most common in winter and spring.

There are ways to lessen your risk of developing pneumonia. One is getting a vaccine against pneumococcus, the most common bacteria that causes pneumonia. This shot is only needed once, although many doctors recommend that a booster be given in six to eight years. Many cases of pneumonia are secondary to influenza, so an annual flu shot is important.

Lifestyle is very important in preventing pneumonia. Smoking is one of the greatest problems. It damages the lungs' ability to clear secretions, and tumors can make it impossible for the body to control an infection.

Excessive alcohol

use causes a greater chance of aspirating bacteria-laden droplets into the lungs and it suppresses the body's defense mechanisms, as well. Limit alcohol to one to two drinks per day.

Poor control of diabetes suppresses the body's immune system. If your blood sugar is over 200, it is likely to affect your immunity. Poor nutrition or chronic illnesses, such as liver disease or kidney failure, also weaken a person's resistance to pneumonia.

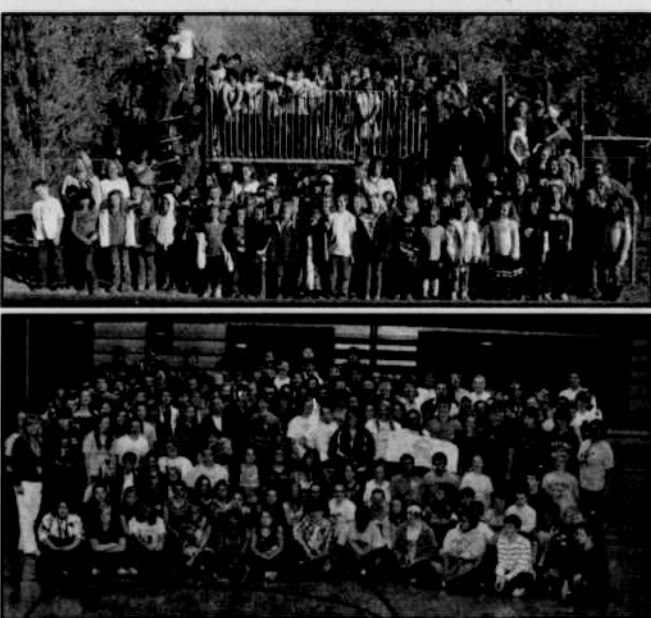
Pneumonia is still a life-threatening illness. It should be treated early and aggressively. Symptoms of pneumonia include cough with sputum production, fever and sharp chest pain when breathing in. If you have symptoms such as these, you should see your medical provider promptly.

FBLA fundraiser a success

The FBLA wrapped up the fundraising efforts October 31 by celebrating a "Pink Day" and having a picture taken of the entire student body in honor of breast cancer awareness.

Last year, the students and community raised \$567. After much planning and fundraising, this year the FBLA raised more than \$750 to send to the Susan G. Komen Breast Cancer Awareness Foundation.

"The support from the high school, elementary school, businesses and community members of Heppner and Lexington was phenomenal," said a FBLA spokesperson. "We are truly blessed to live in such a supportive community."



Top: The Heppner Elementary School students were out in force to show support for the FBLA's Pink Day. Bottom: Kathy Cutsforth, a 14-year survivor of breast cancer stands surrounded by the entire student body of HHS as she holds a \$750 check for the Susan G. Komen Foundation. "Mrs. Cutsforth is why we do this," said one student. —Contributed photos

CBEC annual meeting this week

The 67th Annual Membership Meeting for the consumers of Columbia Basin Electric Cooperative will be held this Thursday, November 3, at St. Patrick's parish hall in Heppner.

Registration will begin at 4:30 p.m. with dinner at 5:15 p.m. The business meeting will follow at 6 p.m. The purpose of the meeting is to elect three directors, and for the transaction of any other business that is properly brought before the membership. Door prizes will be awarded throughout the evening.

Ladies night at Elks

The Heppner Elks Lodge will be hosting a ladies' night dinner Thursday, November 3 beginning at 6 p.m. The meal will be prepared by Marcia and Erin Anderson and will include homemade Italian lasagna, gourmet salad, garlic bread and pumpkin desserts.

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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HHS 2011 Veterans Day Program

When: November 10, 2011
Where: HHS Gymnasium
Who: All past & present military personnel

Public is invited to the program. A complimentary lunch for veterans and their spouses will follow the program.