

Christmas Messages

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Season of love and peace

There is no better time than this very Christmas season for all of us to rededicate ourselves to the principles taught by Jesus Christ. It is the time to love the Lord our God with all our heart and our neighbors as ourselves. This joyful season will bring to each of us a measure of happiness that corresponds to the degree in which we have turned our minds, feelings and actions to the spirit of Christmas.

May this Christmas season be a time of prayers for peace, for the preservation of free principles, and for the protection of those who are far from us. Let it be a time of forgetting self and finding time for others. Let it be a time for discarding the meaningless and for stressing true values. Let it be a time of peace because we have found peace in His teachings.

We testify of the living reality of our Lord and Savior, even Jesus Christ. He is indeed "the way, the truth, and the life" (John 14:6).

President Dieter Waite

Willow Creek Branch of the Church of Jesus Christ of Latter Day Saints

Christmas services

Everyone is welcome to attend services at any of the local churches. Some service schedules are as follows:

St. Patrick's/St. William's Catholic churches

Dec. 24: Christmas carols (St. Patrick's), 8:30 p.m.

Dec. 24: Procession of lights, blessings of Nativity scene and Vigil Mass (St. Patrick's), 9 p.m.

Dec. 25: Christmas Mass (St. William's), 8:45 a.m.

Dec. 25: Christmas Mass (St. Patrick's), 11 a.m.

All Saints Episcopal/ Hope Lutheran churches

Dec. 24: A service of lessons, carols, communion and candles (All Saints), 9 p.m.

Dec. 25: The members of Hope and All Saints will join their neighbors

at the United Methodist Church for Christmas Day worship at 10:30 a.m.

United Methodist Church

Dec. 24: Christmas Eve service, 7 p.m.

Dec. 25: Christmas Day worship with Hope and All Saints, 10:30 a.m.

Ione Community Church

Dec. 24: Christmas Eve service, 7 p.m.

Dec. 24: Christmas Eve service, 11 p.m.

Dec. 25: Informal worship around the fireplace in the community room at 11 a.m.

Valby Lutheran Church

Dec. 24: Christmas Eve service of carols and readings, 7 p.m.

Dec. 25: Service of Holy Communion, 9:15 a.m.

For directions, contact Rev. Lea Mathieu at 422-7215.

CHIP encourages residents to get active

The Community Health Improvement Partnership (CHIP) of Morrow County encourages residents to make physical activity a part of their lives.

Getting adequate physical activity is one of the most important steps that Americans of all ages can take to improve their health. Physical activity includes anything that gets your body moving. There are many ways to get the physical activity you need, and people of all types, shapes, sizes and abilities can benefit from a combination of aerobic and muscle-strengthening activities.

According to the U.S. Department of Health and Human Services, the amount and types of physical activity individuals should get each week varies based on a number of factors such as age and special conditions. These conditions include pregnancy and the postpartum period for women, disabilities, and chronic medical or health conditions. But, at a minimum, all adults and older adults should aim for two hours and 30 minutes each week of moderate-intensity aerobic activity like brisk walking, dancing or general gardening. Adults can also choose one hour and 15 minutes a week of vigorous-intensity aerobic physical activity like jogging, aerobic dancing and jumping rope. Basically, anything counts as long as it's done at a moderate or vigorous intensity for at least 10 minutes at a time.

If you are trying to incorporate physical activity in your life, start by choosing something you like to do and that fits into your life at a time that works for you and your

family. If you have not been active for a while, start out slowly. After several weeks or months, build up your activities; do them longer and more often.

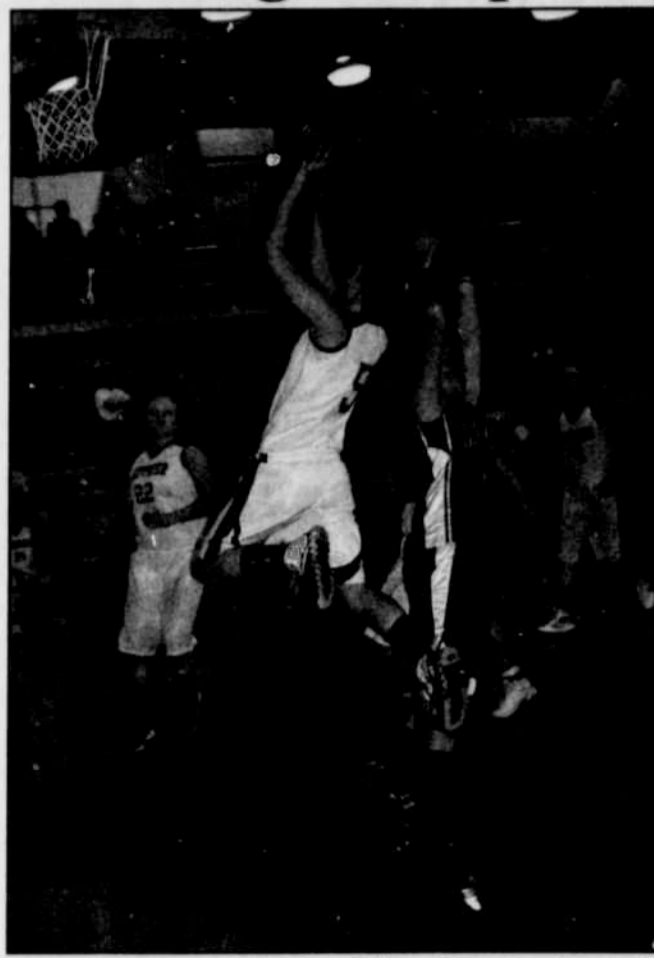
Walking is one way to add physical activity to your life. When you first start, walk 10 minutes a day on a few days during the first couple of weeks. Add more time and days. Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk on more days a week. Pick up the pace. Once walking is easy to do, try walking faster. Keep up your brisk walking for a couple of months. You might want to add biking or another activity on the weekends for variety.

You don't have to join a health club or buy fancy equipment to be active. Play tag with your kids, walk briskly with your dog, or take a break with a friend for 10 minutes or more.

Doing activity that requires moderate effort is safe for most people. However, if you have a chronic health condition such as heart disease, arthritis, diabetes or other symptoms, be sure to talk with your doctor about the types and amounts of physical activity that are right for you.

If you are looking for information or options to increase your physical activity, join the Biggest Winner program January 9 through April 2. The program will typically meet on Monday nights from 6-7 p.m. at Heppner Elementary School, Sam Boardman Elementary School and Ione Community Church, or Tuesday evenings at Irrigon Jr./Sr. High School.

Mustangs sweep first league play games



Top Left: Senior Mustang Alana Wilson (5) goes up for two in the first league basketball game of the season. The Mustang girls beat the Elgin Huskies 38-32. Top Right: Senior Cam Day (1) shoots for two last Friday at a home game in Heppner. The Heppner Mustang boys started slow but came back in the second half to beat the Elgin Huskies 54-46. -Photos by Sandy Matthews

The Mustang varsity teams swept away Elgin for across-the-board wins in their first league games last Friday.

The Heppner girls' varsity team won their first league game of the year in Elgin on December 16. Fans who looked at the stats would see that they didn't lead in many categories. However, they played together as a team for a 38-32 win against the Elgin Huskies. The Mustangs left the contest 2-3 overall.

Scoring: Bailey Bennett, 15; Emma Osmin, 10; Alana Wilson, seven; Maggie Collins, six.

They were 5-13

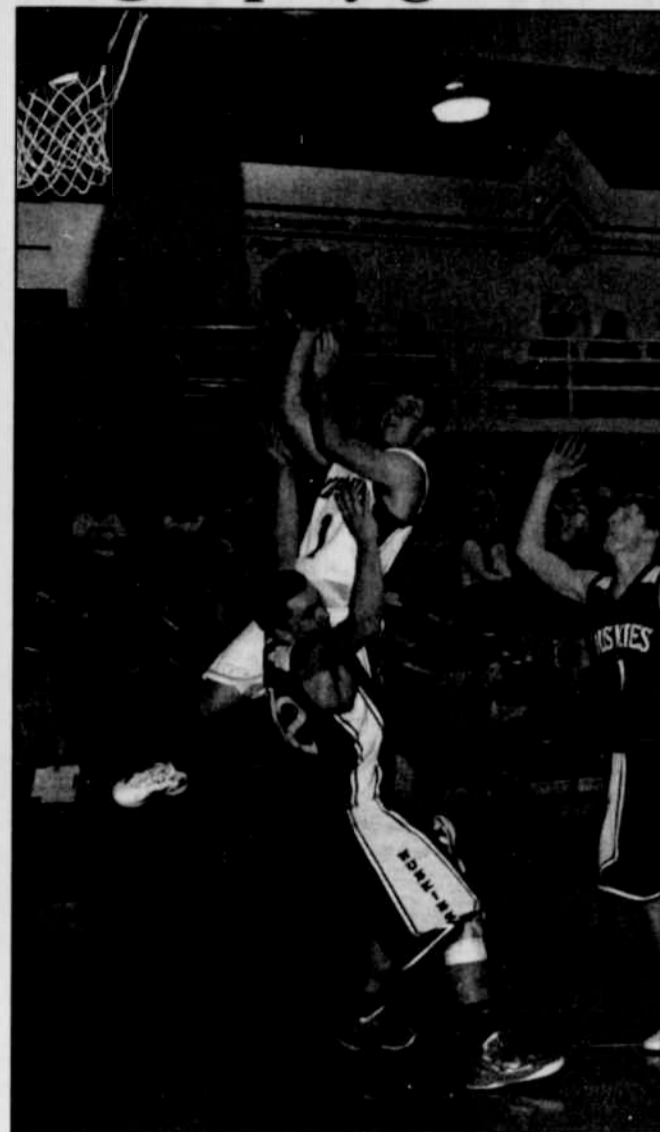
from the free-throw line.

In the varsity boys' game against the Huskies, the Mustangs found themselves tied at 43, but outscored Elgin in the fourth quarter 21-13 for a league win of 54-46. Foul trouble for Heppner gave everyone an opportunity for minutes in the game, for a total-effort team win.

Scoring: Cody Orr, 19; Cam Day, 12; Justin Pranger, nine; Aiden Wright, five; Jake Bowles, five; Stephen Thompson, three; Garrett Robinson, one.

The Mustangs were 11-18 from the line.

Both teams next



traveled to Union to play the Bobcats on Saturday, December 17.

In Union, the girls' varsity Mustangs played the Bobcats (1-1 Blue Mountain Conference). The Mustangs were down by one point at the end of the third quarter, but foul trouble and missed free throws kept them from beating the Bobcats; they lost the game 41-34 to become 1-1 in league play.

Scoring: Blake Greenup, 15; Maggie Collins, six; Carrie Hague-wood, four; Bailey Bennett, two; Natale Rausch, two; Emma Osmin, two; Alana Wilson, two; Makenzie Correa, one.

In the boys' varsity game, the Union Bobcats (0-2 in BMC) met the Mustangs. The Mustangs played good basketball all four quarters, to beat Union 64-47. It was a great win for the Mustangs, who are now 2-0 in the BMC.

Scoring: Cody Orr, 31; Jake Bowles, 11; Cam Day, 10; Stephen Thompson, seven; Aiden Wright, two; Justin Bailey, two; Justin Pranger, one.

Both Mustang teams then traveled to Imbler to play the Panthers on December 20. Scores from that game were unavailable at press time.

Lady Cards win first league match

The Ione Lady Cardinals won their first league match with ease, defeating Horizon Christian 56-26 in Ione on December 16. The outcome of the game was never in doubt, with the Lady Hawks not getting out of single digits until late in the third quarter. Stacey Halvorsen's 14 points led all scorers. Lacey Thompson also scored in double figures with 11.

Horizon Christian (3-4): McKenzie Mellow, 8; Dominique Figueroa, 7;

M'Randa Aldrich, 4; Trista Hicks, 4; Alyssa Bryan, 2; Katie Tolbert, 1.

Ione (4-1): Stacey Halvorsen, 14; Lacey Thompson, 11; Shadow Kendrick, 9; Collette Cason, 8; JoAnna Patton, 8; Makenna Ramos, 6.

Three-point field goals: Horizon Christian 1, Ione 1. Free throws: Horizon Christian 3-10, Ione 2-10. Personal fouls: Horizon Christian 12, Ione 9. Fouled out: Bryan (HC).

Fitness classes coincide with Biggest Winner

The Community Health Improvement Partnership (CHIP) of Morrow County is encouraging residents to participate in fitness classes offered simultaneously with the Biggest Winner program.

Cindy Sumner will be teaching two five-week sessions and one four-week session of aerobic dance at the Morrow County Fairgrounds, mostly Tuesday and Thursday evenings, beginning January 3. The cost is \$25 for five weeks and \$20 for four weeks. Call 541-989-8514 for a complete schedule and to register for the class.

Todd Buchholz and Jean Cassidy will be teaching beginning and intermediate yoga classes beginning January 10 at Hope Lutheran Church, 675 S Alfalfa, Heppner from 6:30 to 8 p.m.. Call 541-521-4249 for information or to register.

Blue Mountain Community College will be offering the following winter term community classes:

Circuit training

will be held on Mondays and Wednesdays at Riverside High School from 6-7 p.m. beginning January 9. Cost is \$49. Space is limited.

Strength training will be held on Tuesdays and Thursdays from 5:30-6:30 p.m. at Riverside High School beginning January 10. Cost is \$49. Space is limited.

Zumba and strength training will be held in Irrigon. Jazzercise will be held in Ione and Heppner. Information is pending. Interested students should visit the BMCC website at www.bluecc.edu. Click on "Students" and then "Schedule of Classes" to see the details. Call 541-422-7040 or 541-481-2099, or email Anne Morter at amorter@bluecc.edu for more information.

If you are more inclined to get a group together for a less structured physical activity, please contact Patti at 503-867-6745, and CHIP will help you spread the word to like-minded individuals.

Junior high boys lead tournament

The Heppner Junior High School boys' basketball teams completed a successful two-day tournament schedule last weekend.

On Friday, they hosted teams from Arlington and John Day. Both the A and B Heppner teams swept their competition. The Heppner A team beat Arlington 31-14 with Logan Grieb leading scoring with nine points; Patrick Collins followed with seven points.

The Mustangs then played John Day and won 41-23. Grieb again led the way with 11 points. Kaden Clark scored nine and Collins had eight.

The last game of the day was against Condon. Heppner won that game 42-6. Weston Putnam, Collins and Grieb each scored 10 points for the Mustangs.

The Heppner B team beat Arlington 24-19, Wheeler 29-15 and Condon 18-16. In the Condon game, Coby Daugherty hit three clutch free throws to secure the victory.

Both teams then

traveled to Boardman on Saturday to play teams from Weston, Irrigon and Boardman. The Heppner A team beat Riverside 41-21 to start the day off. Leading scorers for Heppner were Putnam with 10 and Grieb with nine. Heppner then beat Weston 37-10, led in scoring by Collins with 13 and Brian Rill with 11. In the last game of the day, the Mustangs lost to a talented team from Irrigon 38-34. Leading the way in scoring was Grieb with 14; Collins finished with 10.

The Heppner A team finished the weekend with a record of 15-2.

The Heppner B team also went 2-1 for the day in Boardman. They lost to the host Pirates 23-19 but came back strong and beat Weston 37-25 and Irrigon 20-18.

The Heppner B team's record for the year is 11-6.

Both teams traveled to Arlington on Monday for games with Arlington and Sherman County. Scores were unavailable at press time.

Mustang wrestlers take 4th in tournament

The Heppner Mustang wrestling team took fourth place in the Mac Hi Christmas tournament last Saturday. They finished fourth as a team behind Walla Walla, Mac Hi and Chiawana (Pasco, WA). Irrigon finished fifth.

Heppner had four wrestlers claim a spot on the championship podium by placing in the top four in their weight class.

Jared Lemmon won the gold medal in the

120-pound bracket. Alex Smith was fourth at 138 pounds, and Tim Nelson and Garrett Gibbs wrestled each other for the consolation championship at 220 pounds. Nelson prevailed, claiming third place and leaving Gibbs at fourth.

Wade Matthew, Earl Prophet, Andrew Bara and Treston Maben were all one match away from the medal round before being eliminated from the tournament.