

# Cardinal Football looks forward to 2016 season

The Ione football team gave the community a season preview in a Red/White scrimmage game last Friday in Ione. Head coach Todd Knop stated that “the players we expected to shine, did.”

“But there were some players who stepped up during the scrimmage and showed us some very good things,” he added.

The scrimmage closed two weeks of preseason practices that focused on conditioning and fundamentals.

“We condition throughout practice” Knop said. “When kids get tired you see how they will perform in the fourth quarter.”

Knop takes the helm as head coach following Stan Weiper’s retirement last spring. Knop served as assistant coach under Weiper in 2015. He played college football at both Oregon State and Southern Oregon. He joined the coaching staff at Southern while completing his master’s degree, and served as lineman coach at Hermiston in 1992 as well.

Knop’s first order of business was to convince Gregg Rietmann to return to the coaching ranks.

“He brings a wealth of experience.” Knop said. “His knowledge of the eight-man game has been a tremendous help to me.”

Rietmann starred on



Cardinal players receive a final assessment from assistant coach Gregg Rietmann (standing left) and head coach Todd Knop (standing right) at last Friday’s scrimmage in Ione. -Photo by Brian Doherty

Ione’s championship teams as well as at Pacific University. Upon returning home to farm, he was quickly recruited into coaching both football and JV basketball. Rietmann stepped away from football coaching to focus on his family, but remained involved in the community, serving on the school board and coaching middle school girls’ basketball in 2016.

Knop and Rietmann are focused on building the football culture again in Ione.

“We’d like to see Ione become a football town again.” Knop has seen the student athletes buying into a program that includes

off-season workouts and increased accountability. Knop added, “the kids have been working hard and we’ve seen a lot of progress.”

The Cardinals return Cord Flynn, who was selected first team all-conference running back in 2015. Henry Padberg will be joining Flynn in the backfield again this season. In the past two campaigns, Padberg had season-ending injuries after strong starts. He has worked hard to come into this season at full strength. Donald McElligott will bring his enthusiasm and tenacity on defense. Danny Doherty will be under center calling

the signals. Seniors Karsen Dumler, Sergio Marin and Hector Aguilar bring size and experience to the line.

The Cardinals will also feature several talented underclassmen, as well. Junior Austin Morter will be a key player on defense and will see time at tailback. Sophomore Tyler Carter will anchor the line, playing center and defensive guard. Classmate Logan Burright looks to contribute on both sides of the ball as well. A talented group of freshman rounds out a team that looks to do great things in 2016.

The Cardinals play Triad at the Dufur Classic, Saturday, Sept. 3, at 7:30 p.m. in Dufur.

## The View from the Green

# Friday Beavers and Ducks fun night results from WCCC

Fifteen two-person scramble teams played in the Beavers and Ducks fun night golfing activity at Willow Creek Country Club on Friday, Aug. 26.

Beavers top scores were: low gross, Dave and Anita Pranger – 29, and low net, Tom and Karen Wolff – 19.

Ducks top scores were: low gross, Tom Shear and Roger Ehrmantraut – 29, and low net, Gene Orwick and Pat Dougherty – 17.5.

The activity was hosted by Judy Harris, John and Pat Edmundson, and Dave and Carol Mitchell.

The final group activity of the year will be a family barbecue on Sunday, Sept. 18, at 3 p.m., hosted by Dave and Anita Pranger and Dennis and Debbie Peck.

# Over the Tee Cup

The day was sunny and warm for the 17 ladies who turned out for the ladies play day at Willow Creek Country Club Tuesday, Aug. 23. Low gross of the field went to Virginia Grant, with low net of the field to Judy Harris and Shirley Martin, and least putts of the field to Nancy Prophet and Carol Mitchell.

For Flight A, Pat Edmundson had low gross, Eva Kilkenny and Karen Thompson low net, and Eva Kilkenny the long drive.

For Flight B, Karen Haguewood and Sharon Harrison had low gross, Betty Burns low net, Della Heideman least putts and Carol Mitchell the long drive.

For Flight C, Sue Edson had low gross, Bev Steagall low net, Mary Riggs least putts and Josie Kindsfather the long drive.

# Chamber lunch meeting

The next lunch meeting of the Heppner Chamber of Commerce will be an all entities report on Thursday, Sept. 1, at noon in Heppner City Hall conference room.

Cost of lunch is \$10; Bucknum’s will cater. Chamber lunch attendees are asked to RSVP at 541-676-5536 no later than the Tuesday before to guarantee a lunch.

# Healthy Youth

*A key strategy – the importance of achieving lifelong health*

*Editor’s note: This is part of a series of messages brought to you by your Morrow County health care providers.*

Health experts agree that daily physical activity can provide significant health benefits. Coupled with healthy eating, physical activity can reduce the risk of overweight and obesity, which are risk factors for chronic diseases such as heart disease, hypertension, type 2 diabetes and osteoporosis.

Being fit is particularly relevant for adolescents, as this time is a period of immense physical growth and development—second only to infancy.

Ensuring young people have easy access to convenient, affordable and nutritious foods and adequate physical activity is critical to support the development of their brains and bodies.

Parents and guardians

have tremendous influence on young people’s food choices, eating behaviors and activity levels. Adult role models (parents, guardians, teachers, mentors and coaches) can help young people by modeling healthy habits. For example, eating meals together as a family is associated with positive effects on young people across many areas of life, and food that is prepared at home is usually more nutritious than food that is not.

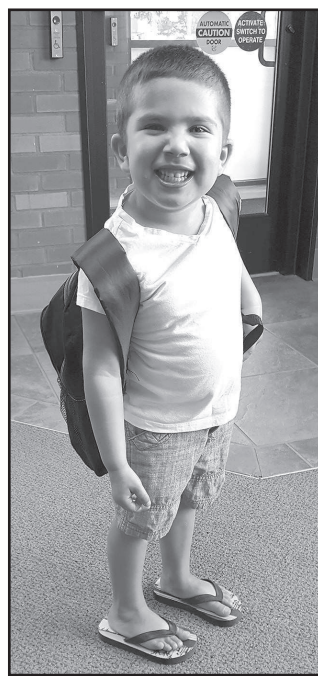
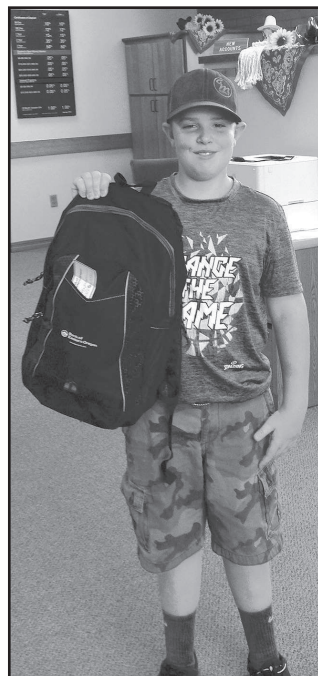
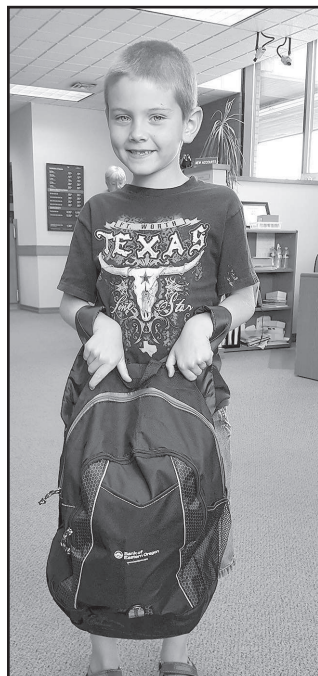
To help support children’s level of physical activity, parents and guardians can set limits on recreational screen time (which promotes a sedentary lifestyle and increases exposure to advertising of unhealthy

foods), help children be active with their friends, or plan family activities that involve being active (e.g., going to the park, camping trips, hiking).

Some simple strategies young people can use to achieve or maintain a healthy weight include limiting sugar-sweetened beverages (such as soda and energy drinks), being active for 60 minutes a day, and eating more fruits and vegetables.

To obtain much more information about how to achieve a healthier lifestyle and prevent chronic disease visit the website <http://www.letsmove.gov> and help Morrow County kids make healthful choices.

# BEO stocks up local kids’ school supplies



Bank of Eastern Oregon offers an annual drawing for backpacks filled with school supplies for lucky students, in addition to collecting supplies for their local grade schools or ESD offices to distribute. This year’s local winners were (L-R) Quaid Jensen, Kyler Wilson and Jayden Macias. Quaid stated that he already had all of his school supplies, so he is donating his backpack winnings to Mrs. Mary Ann Elguezabal’s classroom. -Contributed photos

# Final Music in the Park concert Sept. 11

Summer isn’t quite over yet. There is one more Music in the Park concert

coming to Heppner City Park on Sunday, Sept. 11, from 5 p.m. to 7 p.m. A group that performed last summer as The Tailgate Trio is returning this year as a foursome now known as The Tailgators.

Sharon Porter (vocals, ukele, bass, mandolin),

Mike Snider (banjo, bass, vocals) and Matt Cooper (keyboard, accordion, melodica) have been joined by Jon St. Hilaire (guitar and vocals). St. Hilaire recently moved to La Grande from Walla Walla, where he was the guitar teacher at Whit-

man College and active in the folk life scene there.

The ‘Gators will be offering light-hearted acoustic-based music from various parts of the Americas and Europe, including Gypsy jazz, Irish, French, Balkan, blues, folk and

bluegrass from the 1920s to the present.

Food will be available for purchase by donation, to help fund the Shared Ministry’s efforts to provide clean water to a community in a remote region along the Amazon River in Peru.

**LABOR DAY WEEKEND**

**THE LANDING LODGE**

Friday, Saturday, Sunday & Monday Buffet Breakfast

ONLY **\$ 7.95!!**

Available 8am - 11am or until sold out!

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**SATURDAY NIGHT PRIME RIB**

**\$21.95**

16oz cut! Includes salad, Potatoe, corn on the cob and dinner roll!

**RESERVATIONS REQUIRED! Starts @ 6pm!**

Due to the amount of campers at the park, We will NOT BE OFFERING A SENIOR SUNDAY DINNER. We apologize for the inconvenience, and we'll be offering it again on Sunday September 11th.

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**FRIDAY NIGHT FAMILY DINNER SPECIAL**

**LASAGNA Dinner for \$8.95!**

Starts at 6pm!

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**THE LANDING LODGE AT THE MORROW COUNTY OHV PARK**

8AM-8PM Tues. - Saturday

Sunday 8am - 5pm

Open Monday, September 5th

8am - 5pm

**541-969-3822**

[www.facebook.com/TheLandingLodge](http://www.facebook.com/TheLandingLodge)

**FREE Household Hazardous Waste Event**

**LAST SEEN: LURKING IN YOUR HOME, UNDER THE SINK, IN THE GARAGE IN THE BASEMENTS.**

THESE HAZARDOUS WASTE ITEMS ARE DANGEROUS. THEY CAN HARM STREAMS, WILDLIFE, DRINKING WATER AND WE NEED TO KEEP THEM OUT OF OUR LANDFILL. MORROW COUNTY IS HOLDING A FREE HAZARDOUS WASTE EVENT SO YOU MAY TAKE SOME OF THESE ITEMS.

For more information, please call Morrow County Public Works at 541-989-9500 or email: [mcpublicwork@co.morrow.or.us](mailto:mcpublicwork@co.morrow.or.us)

**SEPTEMBER 2ND, 2016 8AM - 11AM**

69900 Frontage Lane, Boardman, OR 97818

**ACCEPTED DURING THE EVENT:**

Some items accepted during the event: Used oil, Oil filters, Spent Antifreeze, Automotive batteries, Alkaline & rechargeable batteries, Propane Tanks (smaller than 25 gal.), Roof and asphalt patch, Adhesives, glues and contact cement, Caulks sealers and joint compounds, Lawn and garden chemicals and fertilizers, Pool chemicals, Household cleaners (including bleach, ammonia, furniture polish, toilet bowl cleaners, carpet shampoos) Sludge (soil contaminated with oil) Mercury thermometers, Fluorescent lamps, All types of aerosol cans, Used cooking oil, Road flares, PCB ballasts, Organic peroxides (hardening agents)

Remember the Transfer Stations accept all your paint for FREE at both Transfer Stations all year long.

**HOUSEHOLD HAZARDOUS WASTE**