

Huskies shut out Cardinals in league opener



Daniel Kelly (#86) looks for running room against Sherman as Austin Morter (#9) blocks. -Photo by Sandra Putman

Ione hosted the Sherman County Huskies last Friday to open league play. Ione began the game with

a solid drive that stalled at the Sherman 30. On their opening drive, Sherman's Kyle Fields found

Isaiah Coles for an 80-yard touchdown. From there, the Huskies were off to the races, scoring on the ground and through the air to build a 44-0 halftime lead.

Ione would take their opening drive of the second half to the two-yard line before giving the ball back on downs. Another drive in the fourth would stall at Sherman's 15. Ione was able to find some success on the ground from the efforts of Cord Flynn, Aaron Smythe and Henry Padberg. Ultimately, the Cardinals were unable to find the end zone in a disappointing 50-0 loss to open league play.

Ione (0-3) will travel to Touchet (1-1) Friday, Sept. 23, to face the Indians in a non-league game at 3 p.m. Please note that this is a site and time change due to a shortage of referees.



Cardinal Cord Flynn (#22) holds off a Sherman player to maintain possession during last Friday's home game. -Photo by Sandra Putman

Ione Ed Foundation dinner, auction Saturday

The Ione Education Foundation will hold its 14th annual meeting, dinner, and auction this Saturday, Sept. 24, at the Ione American Legion Hall.

The meeting will begin at 5:30 p.m., followed by a social hour at 6 p.m. and

dinner at 7 p.m. Following the dinner will be a live auction of items donated by community members and businesses, raffles, grab bags at a set price, and new this year, a small silent auction.

The foundation is still

seeking auction items; anyone interested in donating an item for the main live auction, please contact Joe McElligott at 541-422-7257 no later than Thursday, Sept. 22, to let him know what you plan to donate.

The dinner will consist of prime rib, salmon, baked potato, bread, salad and dessert. The meal includes two beverages. Dinner ticket prices are \$25 for adults, \$10 for children ages 7-12, and free for children six and under.

Ticket sales will be limited to 250 adults and may be purchased in advance at Bank of Eastern Oregon in Ione. Tickets may also be purchased at the door, if available. Tickets may be reserved by calling the bank at 541-422-7466.

In addition, board director Joel Peterson's term is up for renewal, and he has chosen to extend it for another three-year term, and director Tim Holtz has reached his term limit and a nominating committee is placing Martin Medina on the ballot to replace him.

A vote of these positions will occur at the annual meeting at 5:30 p.m. on Saturday.

Lady Cards split heavy week of play



Morgan Orem (#4) and Katelyn Bass (#16) show the intense concentration it takes to win during a volleyball game last week. The Cardinal girls had a full schedule last week with four games; they lost to Arlington 1-3 on Tuesday and to Dufur 2-3 on Thursday, but recovered their stride to win their games versus Sherman and Condon/Wheeler, 3-1 each, on Friday and Saturday. They will face Horizon Christian across the net in Hood River this Thursday followed by a contest at Sherman on Tuesday. -Photo by Sandra Putman

Healthy Youth

A Key Strategy—Promote Positive Development in Adolescents

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

Adolescence (the teen years) provides many opportunities to positively influence future health behaviors and health outcomes. In addition to the significant physical growth and development that takes place during this time, young people are increasingly expanding their social networks and making choices about their health.

If you are looking for ways to promote positive development in your teen, the following information is for parents and the many people who support youth with the goal of promoting good health and well-being.

A significant health impact can be achieved by making use of "protective factors" to encourage positive development, reduce risky behavior and promote good social and emotional decision making.

"Protective factors" are the conditions in place at home or in the community,

or behaviors that reduce the effects of stressful life events.

One important protective factor is using positive parent engagement practices. Parents are a powerful influence in the lives of their teens. When parents make a habit of knowing about their teens—what they are doing, who they are with, and where they are, and setting clear expectations for behavior with regular check-ins to be sure these expectations are being met—they can reduce their teens' risks for unhealthy behavior.

Another important protective factor is "school connectedness"—the belief held by students that adults and peers in the school care about their learning as well as about them as individuals.

Research has shown that young people who feel connected to their schools are less likely to engage in many risk behaviors, including violence and gang involvement. They are also more likely to have better school attendance and stay

in school longer, increasing their chances of finding future employment.

A third strategy is parents being involved in their children's school life. Parent engagement in schools is defined as parents and school staff working together to support and improve the learning, development, and health of children and adolescents. Research shows that parents who are involved in schools influence better student behavior, higher academic achievement, and also make it more likely that youth will avoid unhealthy behaviors, such as starting risky sexual behavior and tobacco, alcohol and other drug use.

For more information about protective factors to help your children thrive well into their adult years, view the Centers for Disease Control and Prevention website at <http://www.cdc.gov/healthyouth/protective/index.htm> and http://www.cdc.gov/healthyouth/protective/pdf/parental_monitoring_factsheet.pdf.

Cardinal Sports Schedules

Volleyball

Sept. 22, 5 PM @ Horizon Christian, Hood River
 Sept. 27, 5 PM @ Sherman, Moro
 Sept. 29, 5 PM vs. South Wasco
 Sept. 30, 5 PM vs. Arlington
 Oct. 1, 1 PM @ Condon/Wheeler, Fossil
 Oct. 4, 5 PM @ Mitchell/Spray, Spray
 Oct. 6, 5 PM @ Dufur
 Oct. 11, 5 PM vs. Helix
 Oct. 13, 5 PM vs. Mitchell/Spray
 Oct. 14, 5 PM vs. Horizon Christian (Senior Night)
 Oct. 22, 10 AM Big Sky District Tournament, The Dalles
 Oct. 26, TBD 1st Rd. State Playoffs
 Oct. 29, TBD 2nd Rd. State Playoffs

Volleyball - Middle School

Sept. 23, 1 PM @ Pilot Rock and Weston, Weston
 Sept. 30, 1 PM @ Echo and Riverside, Boardman
 Oct. 1, 10 AM @ Condon
 Oct. 7, 1 PM vs. Irrigon and Helix
 Oct. 8, 9 AM @ Helix Tourney
 Oct. 14, TBD @ Heppner
 Oct. 15, 8 AM, Jamboree vs. Pilot Rock, Umatilla, Helix, Stanfield

Football

Sept. 23, 7 PM vs Touchet, WA
 Sept. 30, 7 PM vs. Arlington (Homecoming)
 Oct. 7, 7 PM @ Perrydale
 Oct. 13, 7 PM vs. Mitchell/Spray (Senior Night)
 Oct. 21, 7 PM @ Dufur
 Oct. 28, 7 PM @ South Wasco
 Nov. 4/5, 1st Rd. State Playoffs, TBD
 Nov. 11/12, State Quarterfinals, TBD
 Nov. 18/19, State Semifinals, TBD
 Nov. 26, State Championship, TBD

Football - Middle School

Sept. 22, 5 PM vs. South Wasco
 Sept. 29, 5 PM @ Lyle, WA
 Oct. 6, 5 PM @ Dufur

Oct. 13, 2 PM vs. Dufur
 Oct. 27, 4 PM @ Arlington/Condon/Wheeler, Condon

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