

Mustangs busy over winter break

Basketball teams competed in four contests over two-week break

By Blake Carter

Christmas break was no relaxation period for the Mustang basketball teams. Each varsity team competed in four contests across the 17-day break, including three games in three days. The teams started their games on Thursday, December 16 as they hosted Riverside.

The Mustang girls team fell to a scrappy Riverside squad 28-24. Offense was at a premium for most of the contest, Heppner gained an early lead at 6-5. A 12 -3 second quarter would push the Mustangs out in front 18-8 at halftime. Heppner would continue to quiet the Pirates, only allowing four points in the third quarter, and continuing to lead 24-12. Unfortunately, the Pirates found their groove in the final quarter of play as the Pirates made a 16-0 run across the fourth quarter, completing their comeback bid at 28-24. Brook Wilson's 10 points, alongside ZaBrena Masterson's eight, weren't enough to grab the Pirates with 13 points.

Girls' stats vs Riverside: Hannah Finch, two rebounds; Zandra Masterson, one rebound; Hadlie Nation, four points, seven rebounds, one steal; Brook Wilson, 10 points, two rebounds one steal; ZaBrena Masterson, eight points, eight rebounds, three steals; Hallee Hisler, two points, two rebounds, Hailey Wenberg, two rebounds, one steal; Kadie Henrichs, one rebound.

The Heppner Mustang boys' team found a bit more success than the girls' team did, as a hot start propelled them to a dominant 59-27 victory. The Mustang's defense would only allow 13 points in the first half, while offensively the Mustangs found easy buckets scoring 31 in the first half. The second half would go much of the same as the Pirates offense only mustered 14 points in the second half. Caden George fueled the Mustangs with 15 points, as Kason Cimmiyotti contributed 12 points.

Boys stats vs Riverside: Tucker Ashbeck, four points, three rebounds, two steals; David Cribbs, eight points, one assist, one rebound, one steal, one block; Trevor Nichols, six points; Caden George, 15 points, two rebounds, two steals; Landon Mitchell, two points, one rebound, three steals; Cameron Proudfoot, one rebound; Kason Cimmiyotti, 12 points, three rebounds, one steal; Blake Carter, three points, one assist; Brock Hisler, six points, six assists, seven steals; Brian Lindsay, three points.

Entering the weekend, the Mustangs would begin their tournament hosting Irrigon, Warrenton and Weston-McEwen. Heppner

began the tournament with Warrenton, where the girls team grabbed a 36-29 victory. Heppner built a 17-8 lead at halftime, allowing four points in both quarters. The early advantage stuck all game despite a 16-point fourth quarter from the Warriors as Heppner held on. Hailey Wenberg led the team with 13 points, while ZaBrena Masterson added 10.

Girls' stats vs Warrenton: Hannah Finch, four points, two rebounds, one steal; Hadlie Nation, one point, three rebounds, three steals; Brook Wilson, six points, two rebounds, ZaBrena Masterson, 10 points, seven rebounds, one steal; Hallee Hisler, two points, three rebounds, two steals; Morgan Cutsforth, one rebound; Hailey Wenberg, 13 points, four rebounds, one steal; Kadie Henrichs, two rebounds.

The Mustang boys hit a speed bump during the weekend as they fell to a scrappy Warrenton squad 46-43. Warrenton was effective in their halfcourt offense, creating easy looks for their shooters. Heppner had a very tough time scoring any points on the Warrior's defense in the first half. The Stangs found themselves down as many as 20 in the first half. Heppner once again flipped a switch at the start of the second half as a strong press forced multiple Warrenton turnovers. Heppner continued to erase the lead as they eventually tied the game late in the fourth quarter. Warrenton would earn themselves a trip to the free throw line where they would make the front end of the two free throws before missing the second. However, an offensive rebound and putback grew the lead to three. Heppner did get a quality look at the end of the game, unfortunately the ball didn't roll their way as the three-point attempt rattled out. Landon Mitchell grabbed 12 points on the night to lead the Mustangs.

Boys' stats vs Warrenton: Tucker Ashbeck, five points, four rebounds, one steal; David Cribbs, seven points, one rebound, two steals; Caden George, eight points, one steal; Landon Mitchell, 12 points, one rebound; Kason Cimmiyotti, two points, one rebound; Brock Hisler, nine points, one assist, two rebounds, one steal;

The Lady Mustangs added another win as they edged Irrigon 37-36. Heppner jumped out to an early lead at the end of the first quarter 8-6. Irrigon would quickly respond with a 10-2 second quarter and gain the 16-10 lead at the half. A strong third quarter would bring the Mustangs back and into the lead 27-24 headed into the fourth quarter. The lead would switch hands over and over again.

Irrigon took a late lead on free throws at 36-35, however ZaBrena Masterson took the ball the length of the floor and nailed a floater from the left block at the buzzer, lifting the Mustangs to a 37-36 victory. Masterson scored 19 points on the night.

Girls' stats vs Irrigon: Hannah Finch, two points, three rebounds, one steal; Hadlie Nation, four points, one rebound; Brook Wilson, three points, five rebounds, ZaBrena Masterson, 19 points, eight rebounds, two steals; Hallee Hisler, two steals; Katie Spivey, one rebound; Hailey Wenberg, nine points, five rebounds, two steals.

The Heppner boys would bounce back quickly the following night as they cruised to a 65-21 victory. Defense was the name of the game for the Mustangs as the Knights never scored double digits in one quarter. Heppner only allowed eight points in the first half as they quickly gained a 35-8 advantage. Another 30 points in the second half would sink the Knights. Heppner stayed balanced offensively as Tucker Ashbeck, David Cribbs and Landon Mitchell all scored 10 points.

Boys' stats vs Irrigon: Tucker Ashbeck, 10 points, one steal; David Cribbs, 10 points, two assists, two rebounds, three steals, two blocks; Trevor Nichols, one rebound; Caden George, three points, five assists, one rebound; Landon Mitchell, 10 points, two steals; Cameron Proudfoot, five points, one steal; Derrick Smith, two points, one steal; Kason Cimmiyotti, nine points, three rebounds, two steals; Toby Nation, two points, one rebound; Blake Carter, five points, one assist; Brock Hisler, five points, two assists, one rebound, two steals; Brian Lindsay, four points.

Heppner would shake off some rust after a 10-day break, as the teams faced their first true road test in Irrigon. The girls' team would dominate the

Knights 40-21. A 26-13 second half sunk the Knights in a rout, 11 points from Hannah Finch fueled the Mustangs as Hailey Wenberg added 10.

Girls' stats at Irrigon: Hannah Finch, 11 points, five rebounds, three steals; Zandra Masterson, eight points, five rebounds, two steals; Hadlie Nation, five points, five rebounds, one steal; Brook Wilson, one rebound, three steals; Camryn Scrivner, one point; ZaBrena Masterson, five points, four rebounds, two steals; Hallee Hisler, two rebounds, two steals; Hailey Wenberg, 10 points, three rebounds, one steal; Kadie Henrichs, one rebound, one steal.

The Mustang boys' team would lock down the Knights as they built momentum headed into league play. Heppner took the win 55-28. Irrigon kept it competitive in the first quarter as they only found themselves down one point in a 10-9 ballgame. Unfortunately, the second quarter was a bit tougher as Heppner went on a 20-2 run to extend the lead to 30-11 at halftime. Heppner would cruise in the second half as they maintained their lead in a 27-point victory. Tucker Ashbeck was a force in the paint as he posted a double-double, with 19 points, and 10 rebounds. Kason Cimmiyotti also punished Irrigon with 14.

Boys' stats vs Irrigon: Tucker Ashbeck, 19 points, 10 rebounds, one steal; Trevor Nichols, three points, three rebounds; Caden George, one assist, one block; Landon Mitchell, two points, three rebounds, one steal, one block; Cameron Proudfoot, two points, three rebounds, one steal; Kason Cimmiyotti, 14 points, seven rebounds, two steals, one block; Blake Carter, four points, two rebounds; Brock Hisler, three points, three assists, four rebounds, one steal; Joe Sherman, eight points, three assists, six rebounds, one steal; Brian Lindsay, one rebound.

New training opportunities offered at training center

The Port of Morrow has announced a new partnership with Blue Mountain Community College to offer free noncredit classes and forklift training. Classes will be located at the BMCC Workforce Training Center and open to the public. Participants do not need to be registered as a BMCC student to attend.

New courses include Microsoft Word and Excel as well as computer applications for beginners. BMCC is also offering a new language learning platform that can be accessed

remotely.

In addition, the new forklift simulator is available for training during regular business hours. The simulator is available in multiple languages and provides a safe and free training environment for anyone interested in building additional skills.

All course schedules have been set through May and include evening and morning class times. Bilingual options are available in English and Spanish. More information and the link to register can be found online

Morrow County Health District "stays strong" in the midst of the pandemic

Staff members appreciated

Editor's Note: The following was submitted by Morrow County Health District.

Morrow County Health District (MCHD) employees have been working hard over the last two years to ensure the safety, health and quality of care you've come to expect and rely on at all health district locations. That hasn't been an easy job through the height of the pandemic.

"One amazing thing about our employees is that they have all stayed strong in their job responsibilities and continue to do great work no matter what," Emily Roberts, Chief Executive Officer, said.

According to the 2021 NSI National Health Care Retention and RN Staffing Report, the turnover rate in health organizations in 2021 increased by 1.7 percent and is now at 19.5 percent for most hospitals and health organizations. This increase in turnover has happened most recently due to COVID, the stress of the pandemic and the uncertainty about what's ahead in health care but it is something to be concerned about it because it could point to future shortages in health care staffing.

The district has been holding strong through the pandemic though and Roberts attributes this to the quality of staff employed with the district.

"Every one of our employees matter. Each one has played a role in successfully maintaining our level of care to the community through this pandemic. From the person that sanitizes our facilities to the crew shoveling snow to the nurse helping with patient care to the receptionist working to get patients in

to the doctor commuting in from across the state, every employee has stepped up during this time and we are so thankful for them," Roberts said.

In fact, in a time where other health organizations are struggling to move forward through the pandemic, MCHD has been growing to better serve the communities throughout the county. They have added key staff to the roster and continued to achieve high standards of health care delivery and care to residents.

"Our goal is to continue to be a resource and help to our community," Roberts said. "We live here, we work here, we care about the success and health of those around us. You'll find that each person that works in our various locations cares deeply about doing their best and we strive to continue working at that high level no matter what we face externally."


The district is keenly aware of the needs of the community and is working hard to fill open positions within the various locations. Finding the right fit for the community is key and the administration is actively pursuing candidates for open jobs so they can continue to serve all community members in a timely fashion.

When asked why he chooses to come to Heppner to work, ER Dr. William Everts, DO said, "Heppner is an off-the-beaten-path jewel. It retains its charm, unspoiled by suburban strip malls and fast food chains. Just folks helping each other, pride in ownership, a friendly wave to passing cars on a country road. What could be better?"

Along with open physician positions, the district has other open positions and is welcoming applications for jobs such as clinic director, cook and RNs. For more information on working for the district, check out their open jobs at <https://morrowcountyhealthdistrict.org/about-morrow-county-health-careers/current-openings/>.

welcome new students into the building to learn new or refresh existing skills, all at no cost to them.," says BMCC Workforce Training Center Director Anne Morter. "We are thrilled to have the Workforce Training Center be the regional training hub for Morrow County residents."

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 -Jeremiah 29:13
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