

Tournament a success

Adults also like kid wrestling

by GWEN BOGH
Post Correspondent

The kid wrestling tournament at Barlow High School attracted more than 130 lightweights from Boring, Damascus, Powell Valley and Orient Grade Schools.

The boys in first through sixth grades trained a week to prepare for the big event. At each school, physical education coaches conducted training nights to teach wrestling rules and techniques.

Kid wrestling has been popular since 1962. It is recognized nationally but not all grade schools participate in the program. Boring and area grade schools have had successful kid wrestling tournaments for six years.

At Boring, Coach Don Ekstrom and assistant Keven Savage coordinated the training nights from 7 to 8 p.m. Monday through

Thursday, a week before the tournament at Barlow High School.

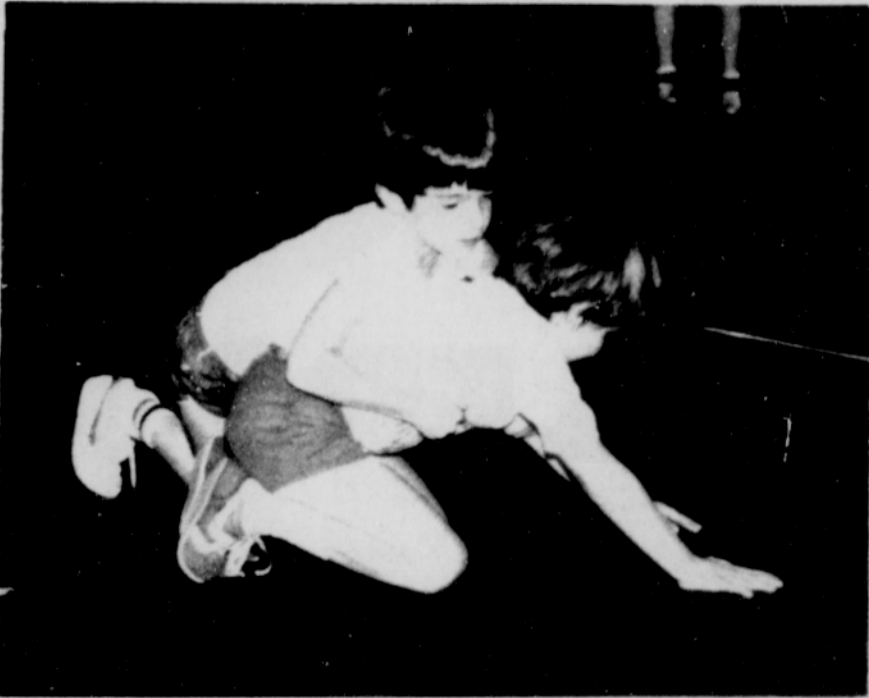
While the main tournament was staged at Barlow for the four grade schools, another tournament was hosted for students in Boring at the grade school Thursday night—the last night of training. "It's good to have them do a tournament before a tournament so they get the procedure down," said Savage.

Everyone received an award for participating in kid wrestling. "Anyone who goes out there is a winner," said Dennis Ingram, head coach at Barlow High School. According to Ingram, personal involvement is emphasized. He said, "It's a great way to teach a one-on-one sport."

That parents are involved in kid wrestling is obvious considering the turnout last Saturday. Each

cheered their sons on as matches took place. Several parents commented on how much fun their children had while learning. One said her son learned good sportsmanship and coordination from wrestling.

A comment made by one small boy with award in hand was typical of the pride felt by the wrestlers. He said, "Mom's going to be mighty proud of me."



Participants in the Kid Wrestling Tournament at Barlow.

Photo by Gwen Bogh

Lions ask 'gift of sight'

As the holiday season unfolds, the Oregon Lions Eye Bank asks Sandy residents to consider "giving the gift of sight" so that people blinded by corneal disease can regain their vision through a corneal transplant operation.

"Corneal damage is a major cause of blindness, but today more than 90 percent of transplant operations are successful," said Kristi Voth, executive director of the Oregon Lions Eye Bank based at Good Samaritan Hospital & Medical Center in Portland. More than 900 Oregonians have had their sight restored with corneas furnished by the eye bank.

The eye bank receives and preserves human donor eyes and makes them available to physicians whose patients need corneal transplant surgeries. The only source of tissue is the donation of eyes of recently-deceased persons.

The cornea is the transparent covering that overlays the iris and pupil, and works with the lens to focus light rays entering the eye. When the cornea is diseased or injured, sight may be restored by transplanting a clear cornea from a donor eye.

Everyone, regardless of the quality of his or her vision, can participate in the eye bank program by becoming a potential eye donor because "the need for tissue far exceeds the number of corneas obtained," Voth said.

Friends of library to sing Christmas carols

An evening of old fashioned Christmas caroling is the Damascus Friends of the Library's gift to the community Dec. 18, from 7 to 9 p.m. at the library in Damascus Shopping Center.

People of all ages are invited to sing with Bev Rosentreter and Nancy Getch of the MHCC staff.

Ash can provide a useful service

Wood ashes from indoor fireplaces and wood burning stoves can serve a useful purpose in the home landscape and garden, according to Ray McNeilan, Oregon State University extension home gardening agent.

"Wood ashes contain calcium and potassium and are a welcome addition to acid soils that are low in potassium," McNeilan said.

Acid soils are common in western Oregon and most vegetables grow best in a slightly acid soil with a pH of 6.0 and 6.8. Soils that have a pH below 6.0 will benefit from applications of wood ashes, said McNeilan.

Hardwoods usually yield more ash per pound of wood, and their ash contains more nutrients than softwoods. However, regardless of type, no more than 10 to 15 pounds of ash should be applied annually to each thousand square feet of garden space.

Wood ashes should not be applied to gardens with high levels of potassium, said McNeilan. A soil test will show how much potassium is present as

well as the acid content of the soil. For more information on soil testing, contact the local office of the OSU extension service, he suggested.

In flower beds, one-half to one pound of ash per year is recommended for each shrub or rose bush. As with garden soil, this applies to acid soils low in potassium. Don't use ashes around plants that prefer acid soil like blueberries, rhododendrons and azaleas.

Wood ashes added to a compost pile help create a condition that promotes the composting process as well as adding plant nutrients. Scatter a few ashes on each layer of compost as the pile is built up.

When applying ashes to the soil put them on evenly and mix them in where possible. Don't leave the ashes in lumps or piles on the soil surface because excessive salt from concentrations of ash will leach into the soil creating a harmful environment for plants.

Don't add fertilizer containing nitrogen in the form of ammonium at the same time ashes are placed on the soil as this can result in the loss of ammonia.

Some types of ashes such as coal ashes and ashes from lead-painted chemically treated wood shouldn't be added to the soil because they may have a bad effect on plants.

Ashes from burned trash should also be kept off garden plots and flower beds as they may contain harmful elements such as boron, which is a component of glue in cardboard boxes and paper bags.

Weatherization program offers flexible financing

Contracts inviting participation in a half-billion dollar regionwide home weatherization program are being offered by Bonneville Power Administration to all of BPA's Northwest utility customers.

"The 10-year, \$490 million program, is designed to weatherize about 300,000 electrically heated homes and multi-family residences throughout the Pacific Northwest," said George Gwinnett, Lower Columbia Area Manager. "It will also feature a financial first for the Northwest—cash payments to utilities for energy saved by insulating homes, called an energy 'buy-back.'"

"One of the key points of the program is flexibility. We're helping participating utilities design programs that will really suit their service areas and their customers," said Gwinnett.

Each utility can select one of two financing options for weatherizing: no-interest, deferred-payment loan for homeowners; or the buy-back plan. The buy-back features a one-time-only cash

payment to the utility based on the estimates kilowatt hour savings expected from weatherizing, the cost of installing conservation measures and the interest BPA must pay for money. The payment is then used by the utilities for consumer incentives such as direct payments or low-interest loans.

Home weatherization is one of several conservation programs offered in the region in 1981 BPA. Additional conservation programs will be offered in 1982.

BPA Administrator Peter Johnson said, "This is our most significant conservation program to date, and the first comprehensive regionwide approach to home weatherization. By 1990, this program should be saving about 160,000 average kilowatts, for the price of about 2 cents per kilowatt hour."

Savings should reach 10 percent of that level in the first year of the program, at a cost of about \$66 million.

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