

Gym jumps for heart health

There was a gymnasium full of Kelso School students, teachers and staff members jumping rope on Friday.

Youngsters in Ken Haselwander's physical education classes raised \$2,336 for the American Heart Association. The 108 students at Kelso joined 700,000 youngsters at 10,000 other schools across the country in the fund raiser, according to in-

formation provided by the Association.

The students jumped rope in teams of six, with one person jumping at a time. The "Jump Rope For Heart" lasted three hours, with students earning money from pledges.

Besides raising over \$2,000, Haselwander said he hopes the "Jump Rope For Heart" helped teach youngsters about the benefits

of cardiovascular exercise at a young age.

Jumping rope is a good, fun way for youngsters to get in shape. Along with good physical conditioning comes confidence and self-esteem, Haselwander said.

Oregon's number one killer is stroke and heart disease, according to information provided by the American Heart Association.

'Finders aim at Rockies trip

Pathfinder club members have the Rocky Mountains in their sights for this summer. Sandy Pathfinder Club members plan to be among the 15,000 or more who will attend the first North American Pathfinder Camporee.

Fund raising events are being held across North America. In Sandy, a "large" garage sale is planned at the Sandy Adventist Center on Sunday, March 31, according to Dale Clark, club director. The Adventist Center is located at the corner of Highway 26 and University Street in Sandy, near Janz Berryland. Time is from 10 a.m. to 6 p.m.

Anyone wishing to donate items may take them to the Center on Saturday evening after 7 p.m. Contact Clark at 668-4998 for pickup of large items. People are also asked to bring old newspapers.

The week-long camporee begins July 31, and will be held at the U.S.

Army 10th Mountain Division's former training site, Camp Hale, Colorado, about 100 miles west of Denver.

Pathfinder clubs are sponsored by local Seventh-day Adventist churches for children between the ages of 10 and 15. Although somewhat like Boy Scouts and Girl Scouts, Pathfinders give emphasis to spiritual activities.

Adult leaders and counselors are trained to work with youngsters in mutually-enjoyable activities that lead to trustworthy citizenship and steadfast church affiliation. These activities may include community service projects, camp trips, recreation, crafts, personal skills development and nature study.

To get to the Camporee, each Pathfinder and staff member must raise \$200 to cover travel and other costs. "We are seeking help from friends and businesses in the com-

munity," Clark said.

"This will probably be the only time these kids can attend an event of this magnitude," he said. "So we're doing all we can to raise the \$3,800 needed for our trip."

Camp organizers have prepared an array of activities and events designed to keep the youngsters busy from dawn to dusk each day, Clark said. They will set up temporary utilities, lay out several "villages" and trails and conduct a variety of nature study, recreational and physical skills events.

"Theme of the Camporee is 'Adventures in Service,' but the service comes before we go to the Camporee," Clark added. "We want our Pathfinders to realize that there are many ways to serve their community, their church and their homes. They are learning that as they prepare for their trip to the Camporee."

Linfield choirs to perform

The Linfield College concert and chamber choirs, fresh from seven performances in Hawaii during the last week in March, will be in concert Tuesday, April 2. The 8 p.m. concert in Linfield's Melrose Auditorium is open to the public. Admission is free.

Dr. Larry Marsh, director of Linfield choral activities, will conduct a four-part program. Featured selections include those by Heinrich Schuetz, Jacob Handl, Johann Sebas-

tian Bach, Knut Nystedt, Pavel Tchesnokov and Randall Thompson. Other pieces will include "Operator," by William Spivory, "I Go to the Rock," by Dottie Rambo and "I'm Gonna Sing," by Robert Hunter.

Featured soloists will include soprano Catrina Christman, a junior from Boring.

Choir members will be sporting tans for they will have just concluded a concert tour in Hawaii March 21-27. The choirs have scheduled seven appearances on three islands, including a live broadcast over KAIN Radio in Honolulu.

The Linfield College concert choir

was organized in 1930 by Virginia Ward Elliott. It was the first such college group in the Northwest. Since then, it has toured Washington, Oregon, California, Nevada, Utah, Wyoming, Idaho, Colorado, Montana, British Columbia and Hawaii.

The chamber choir is a smaller ensemble of selected members of the concert choir.



Jason O'Hara raised \$152 for the American Heart Association.

Photo by Scott Newton

Man returns to Ethiopia

A Portland educator and his wife are returning March 25 to Ethiopia, where they previously spent four years, to head up an ongoing food and relief program of the Seventh-day Adventist Church.

James E. Blackwood of Boring, principal of the Portland Adventist Academy on S.E. 97th Ave. since 1979, has been called to be director of the Adventist Development and Relief Agency International (ADRA), in that country.

Blackwood will be in charge of the feeding program in the starvation-stricken areas where ADRA has been involved for nearly three years. He will supervise the development effort

which includes teaching the Ethiopians how to farm and grow their own food. He will also have jurisdiction over the ADRA health educators who are teaching better health habits such as a more nutritious diet and better sanitation.

ADRA conducts a food and clothing for labor program where the people dig wells, construct buildings and do other needed work. They are then paid in food, clothing and medicine, thus helping them to become more self-sufficient.

Along with using the church's hospital in Gimbe and eight area medical clinics in Ethiopia as its central food and medical distribution centers, ADRA has also set up more centers in southern provinces.

Based in Washington, D.C., ADRA ranks among the top seven worldwide agencies that distribute food, clothing, medical, educational and rehabilitation supplies in depressed countries. Because of their cooperation with Ethiopian governmental agencies the Adventist teams have sustained very little interference in their aid programs.

The Blackwoods and their two daughters, Jane and Janet, lived in Ethiopia between 1970 and 1973 where they served variously as science teacher, business manager, builder or principal at three schools. He has considerable experience in agricultural technology. Because of this background and the desperate need there is at this time, he says he has been asked to come right away.

Blackwood has held Adventist educational administrative posts in Oregon since 1974, first as principal in Coos Bay, then in Portland as an associate superintendent of education for the Oregon Conference of the church, which has 45 elementary and secondary parochial schools. His wife, Judy, has worked as a medical technologist at the Portland Adventist Medical Center.

Going near the end of March, they will stay two months to assess the situation, studying ways and means of getting more food and materials into the country. They will be headquartered in Addis Ababa, and plan to come back briefly to the states in May, then return to Ethiopia to stay.

Services

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The people at Sandy Family Services have plans for growth. They feel that this end of the county is hurting for services to the community.

They want to sponsor workshops and film series for the community that could help in terms of husbands and wives coping with each other, and parents coping with kids. They want to offer a variety of workshops on things such as depression, or whatever else may be needed.

"We have active plans for a youth center, which we'll provide as an alternative for kids in the community to driving, drinking, and having sex. Sandy's not like Portland, where we can go bowling or to the movies, or go hang around some place. There just isn't anything out here. We want to provide something."

"Another thing we're getting involved with during the next year is to start a group for chemically dependent people, struggling with addiction to substance abuse of all kinds. There is an actual physical tendency for this in some people."

"It's going to be flooded once we get started."

The center wants people in the community to be aware that they are welcome. They prefer appointments but do take walk-ins. The telephone number is 668-8101. So far, many of their referrals have been by word of mouth.

Schreiner feels they have a positive service to offer the community, and he enjoys his work.

"I love people," said Schreiner, "I love dealing with people, I really do. That's why I'd rather do this than anything in the world."

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Kids gather \$300 for MD by skating

Youngsters from the Sandy area raised over \$300 in the Muscular Dystrophy Association's Superskate, according to Sandi Swanson, chairman of the local fund raising drive.

A total of \$1,700 was raised altogether at the benefit, which was held at Gresham Skateworld.

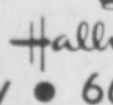
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