

KeizerCommunity

KEIZERTIMES.COM

Keizer students: Apply for Heritage scholarships

Applications are now available for the 2015 Keizer Heritage Foundation scholarships.

The foundation will award the \$1,000 Pearl Langeland Memorial Scholarship, which honors the longtime Keizer teacher and Heritage board member. An additional scholarship of \$1,000 or two of \$500 each will also be awarded.

The scholarships are available to current year high school graduates who have lived in Keizer for the past five years or more and who plan to attend a four-year or two-year college or vocational school within one calendar year of award selection.

Scholarships are awarded on the basis of academic performance, school and community activities, monetary need, and an accurate and complete application form.

Applications may be obtained from your high school, requested by e-mail at heritage@wvi.com or downloaded at www.keizerheritage.org/scholarships.html. Applications must be submitted to the Keizer Heritage office at 980 Chemawa Road N.E. by 5 p.m. on April 3. They can also be mailed to Keizer Heritage, P.O. 20845, Keizer, OR 97307. For more information contact the Keizer Heritage Center, at 503-393-9660 or heritage@wvi.com.

Health screenings Feb. 11

Residents living in and around the Salem can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening at Quality Suites and Conference Center Wednesday, Feb. 11.

The site is located at 5188 Wittenberg Lane NE in Keizer. Screenings can check for: The level of plaque buildup in arteries; HDL and LDL cholesterol levels; diabetes risk; bone

density as a risk for possible osteoporosis; kidney and thyroid function and more.

Screenings packages start at \$149. Convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors. Call 1-877-237-1287 or visit www.lifelinescreening.com. Pre-registration is required.

WMS Wolverines work on bullying antidote: kindness



I said thank you to my bus driver

I was nervous about the new semester, and someone asked me to have lunch with them, and their friends were nice to me.

I found someone's homework on the ground, without a name, and I turned it into the office instead of just ignoring it.

I got invited to play basketball at lunch today.

Someone let me sit next to them at lunch.

Seraldo always holds the door for DLC students after gym class.

KEIZERTIMES/ERIC A. HOWALD
Left: Whiteaker student Camille Young decorates a kindness pledge hand as part of the Wolverines' Great Kindness Challenge.

By ERIC A. HOWALD Of the Keizertimes

Donna Burnett, a counselor at Whiteaker Middle School, was surveying the possibilities for an anti-bullying campaign when she had an epiphany.

"You can't get kids to buy into a negative goal. They're not going to admit they are a bully, and the only ones those efforts speak to are those that are bullied," Burnett said.

She decided to flip the effort on its head and signed up the Wolverines for The Great Kindness Challenge, a weeklong campaign to promote simple acts of kindness. Students held more doors for others, picked up trash, and showed kindness to themselves by eating healthy snacks.

"Even the faculty got into it. I saw a member of the administration mopping the

floor the other day," said Renee Helvie, another counselor at the school.

Aside from viewing bullying through a new lens, the program is offered to the school at no cost. Students received a kindness checklist and teachers were given suggestions for incorporating kindness into their curriculums.

The first day was a bit rough, Burnett said, but students were trying to outdo each other by the end of the week.

"It spreads quickly," Burnett said. "Studies have shown that kindness fires up the endorphins in people. When you feel safe and feel happy, academic success increases. In a way, it shows them they have the ability to create the best learning environment for themselves."

Teachers throughout the school reported a decrease in

negative incidents as the challenge week, January 27-30, progressed. Students also anonymously reported random acts of kindness they witnessed in a comment box stationed outside the counseling office.

While the challenge week is over, Burnett said she will be looking for ways for teachers and staff to incorporate mindfulness all year long in hope of continuing the warm fuzzies elicited during the challenge.

"It's about human flourishing. It's already in everyone, we just have to give students the opportunity to experience how that feels," Burnett said.

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CONCEAL CARRY PERMIT CLASS

Thu, Feb 19th AND Fri, Feb 20th

Thu, Feb 19th at 1pm or 6pm
Salem Days Inn, 1600 Motor Court NE

Fri, Feb 20th at 1pm or 6pm
Keizer Civic Center, 930 Chemawa Rd NE

WorshipDirectory

These Salem-Keizer houses of worship invite you to visit.
Call to list your church in our Worship Directory: (503) 390-1051

JOIN US FOR SUNDAY WORSHIP
8:30 am • 10 am • 11:30 am • 6 pm

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4500 LANCASTER DR NE | SALEM
503.304.4000 • www.peopleschurch.com

SAINT EDWARD Catholic Church
393-5323
5303 River Rd. N., Keizer
Father Gary L. Zerr, Pastor
Saturday Vigil Liturgy: 5:30 p.m.
Sundays: 8:15 a.m. & 10:30 a.m.
La Misa en Español: 12:30 p.m.

John Knox Presbyterian Church
452 Cummings Lane North • 393-0404

Rev. Dr. John Neal, Pastor
Worship - 10:30 a.m.
Education Hour - 10:00 a.m.
Nursery Care Available
www.keizerjpres.org

Faith Lutheran Church
4505 River Rd N • 393-4507

Sunday Schedule:
9:00 a.m. Children's Church
9:15 a.m. Adult Bible Study
9:30 a.m. Children's Activities
10:30 a.m. Worship with Communion

Pastor Virginia Eggert

dayspring fellowship

Celebration Services
Saturday Evening 6:00 pm
Sunday Morning 9:00 am and 10:45 am

Children's Programs, Student and Adult Ministries
1755 Lockhaven Dr. NE Keizer
503-390-3900
www.dayspringfellowship.com

Keizer Christian Church
(Disciples of Christ)
6945 Wheatland Rd. NE 393-6843
Pastor Bob Arnold

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Worship and Children's Church • 10:00 a.m.
Office Hours 9 a.m. - 1 p.m. Mon. - Fri.

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820 Jefferson St. NE
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Dr. Jon F. Langenwaller, Pastor
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503-364-2844
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