

KeizerCommunity

KEIZERTIMES.COM

District looking for holistic learning measures

By **HERB SWETT**
For the Keizertimes

Ways to make student achievement data more comprehensive were the subject of a Salem-Keizer School Board work session recently.

Superintendent Christy Perry reported district staffers were working at “a decent number of responses” to see how recent high school graduates from the district were doing in college. Board members brought up possible ways of analyzing how students of various backgrounds compare in their academic achievement.

Board members looked at charts comparing the reading, mathematics and science performance of district students at the elementary and middle school as well as the high school levels for the three most recent academic years. Performances were shown to fluctuate in different directions, with high school students moving upward more than those at the other levels.

Paul Kylo, a board member, said the district seemed to be studying means more than results of attempts to improve student achievement. Another board member, Nancy MacMorris-Adix, said district officials had to keep focusing on both. The two agreed that it was desirable to look at the achievements of recent graduates who were in community colleges and technical training as well as those of graduates in four-year institutions.

Perry said district staffers would work at putting together more data points to present at the board’s next work session.

engagement

RELf-MORITZ

Jordan Elizabeth Relf will wed Cody Moritz on Aug. 22, 2015 at Wooden Shoe Tulip Farm in Woodburn.

The bride-to-be graduated from McNary High School and earned a degree at the Euro Institute of Skincare in Beaverton. She is the owner of The French Door Salon in Salem.

The groom-to-be is also a McNary High School graduate who went on to study at Wyotech in Sacramento, Calif. He is an equipment mechanic at United Rentals in Salem.

Though the couple attended MHS together, they didn’t begin dating until 2009 when they were introduced by the bride’s cousin. They became formally engaged on their fourth anniversary when Moritz proposed at the loca-



tion of their first date.

The couple resides in Salem. There will be a honeymoon in Maui, Hawaii in the spring of 2016.

Relf is the daughter of Keith and Chris Relf of Keizer. Moritz is the son of Lugene Moritz of Keizer.

Former McNary coach rises to new challenge



Submitted Former McNary High School football coach Dave Snook is now coaching cancer patients for Salem Health. “It’s all about communication, bonding, reaching goals—and of course, humor. We have a lot of fun,” Snook says.

By **Nancy Baldwin**
Health Educator, Salem Health

Making positive strides while dealing with cancer is a major win—and many patients are experiencing the thrill of victory, thanks to retired McNary High School football coach Dave Snook.

Turns out, coaching cancer patients is a lot like team sports. “Everyone has their own strengths and challenges, so you help them individually and as a group,” he said. “It’s all about communication, bonding, reaching goals—and of course, humor. We have a lot of fun.”

In his 37 years teaching and coaching at McNary, Snook was no stranger to making a difference in people’s lives. After retirement when the opportunity to help run OHSU clinical trials on the benefits of exercise in cancer patients surfaced, he knew he was in.

“Working with people challenged by this disease and its treatment is different yet similar in many ways to working with athletes,” he said. “Teaching a progression of

movements and techniques to gain strength and skill is basically the same in both circumstances. Both offer rewards for the coach and the participant.”

The outcomes measured from those trials years ago blossomed into the RISE (Recovery in Strength and Exercise) program that Snook continues to teach through Salem Hospital.

“Being a RISE facilitator is an extension of what I’ve been doing most of my life,” he said.

There is abundant evidence that exercise and eating right help prevent cancer. The latest information also shows that exercise for current cancer patients can speed recovery and lower the risk of recurrence. Snook says the bottom line is that “exercise is good for you, you’ll feel better, and results show you’ll live longer.”

The more he’s helped others, the more he feels inspired. “When I hear someone say they can pick up their grandkids, work in their flowerbeds, or play the piano the way they used to and the courageous way I watch these people fight

back and rise up, that is what I do this for,” Snook said.

Studies show that after a cancer diagnosis, people slow down. Stress, depression and feeling sick or fatigued from cancer treatments tend to make people less active. That’s the time to get moving. Coach Snook and the RISE classes afford an opportunity to overcome some of those negative effects and move individuals toward the win!

RISE is a 12-session program through the Salem Health Community Health Education Center (CHEC) for people of all ages facing weakness or fatigue from illness, surgery or medication side effects. Circuit training improves strength, balance, heart health and flexibility. Learn more about this and other healthy living programs at salemhealth.org/chech.

Nancy Baldwin is a certified cancer exercise specialist and health educator at Salem Health with 20 years of experience. She has devoted herself to the health, well-being and support of patients and their families.

births

Stevie Louise Kennedy-Miller was born at 12:58 a.m. on March 5, 2015 at Silverton Hospital. The baby girl was 6 pounds and 10 ounces and 19 inches long. The parents are Amy and Brian Miller of Keizer. The maternal grandparents are Connie Mott of Silverton, Oregon and Bill and Connie Kennedy of Pawhuska, Oklahoma. The paternal grandparents are Roy and Phyllis Miller of Dallas.

Pictures sought of Albertsons mural

The Keizer Public Arts Commission is seeking information about a mural that was painted on Albertsons in the late 1980s or early 1990s. At that time Albertsons was located at River and Chemawa Roads.

The commission is seeking information and photos of the mural for historical and recreation purposes. If you have information about the mural e-mail publisher@keizertimes.com.

Talented seniors wanted

Seniors, get your talent polished up. The Keizer Iris Festival’s second annual Senior Talent Show will be held at Keizer/Salem Area Seniors in May and registration for entrants has begun.

The 2014 talent show featured a variety of talents, including singing and dancing, by seniors from around the

region.

The Senior Talent Show will take place 1 to 4 p.m. on Saturday, May 16 at the 930 Plymouth Dr. N.E. To register contact Shelly Paddock at 503-871-4466 or via email at shellyrocks2@gmail.com.

Prizes will be awarded by celebrity judges for first, second and third place winners.

Wagon Wheel Doller’s
33rd Annual Doll Show
Sat, March 28
10am–4pm
Polk County Fairgrounds in Rickreall
125 Vendor Tables
Admission is just \$4
Kids 10 and Under Free
Pre-Sale - \$6 9am–10am

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GUENTNER’S GARDENS
GARDEN CENTER, GIFT SHOP, LANDSCAPING
5780 Commercial Street S, Salem 503-585-7133
SALEM’S LARGEST COMPLETE GARDEN CENTER
15% OFF Expires 3-31-15
The total of *Entire Purchase* with coupon
• Tons of landscape, shrubs & trees • Green house full of perennials & annuals
• Great selection of vegetables, herbs, berries, seed potatoes, & much more
• Diagnostic center for plant problems • Pond treatments for water • Palm Plants
• We build ponds, waterfalls, retaining walls & paver patios • Fish & fish food
• Bark, Rock, & Soil for pick up and delivery • G.L.C. Licensed and Bonded

puzzle answers

5	1	6	2	8	3	7	4	9
3	8	4	7	5	9	6	2	1
9	2	7	4	1	6	5	3	8
2	7	9	6	3	1	8	5	4
4	5	3	8	7	2	9	1	6
1	6	8	9	4	5	2	7	3
8	9	1	5	2	4	3	6	7
7	3	5	1	6	8	4	9	2
6	4	2	3	9	7	1	8	5

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
PEOPLESCHURCH
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.keizerjkpres.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
3 and 4 year Old Pre-School
Worship and Children’s Church • 10:00 a.m.
Office Hours 9 a.m. – 1 p.m. Mon. – Fri.

Jason Lee UMC
820 Jefferson St. NE
Salem OR 97301
Dr. Jon F. Langenwaller, Pastor
The church with the purple doors
503-364-2844
Worship at 9:30 am • Child Care Available

Countryside Christian Church
countrysidechristianchurch.org
Corner of Lockhaven and McLeod, KEIZER • (503) 540-1989
9:00 am & 10:30 am Sunday Worship
Classes for all ages