

Scholarship fund receives donation



Bob Kahl (l) and Stan Hoobing (r) receive check for scholarship fund from Donna Osmin on behalf of St. Pat's committee

St. Patrick's Committee treasurer Donna Osmin presented a \$2,000 check to the Rev. Stan Hoobing and Bob

Kahl, members of the South Morrow Scholarship Fund.

The award was the proceeds and donations for the St. Patrick's barbecue.

Lamb cookbook to be published

Sandi Richardson of Central Point has announced a new cookbook, the "St. Patrick's Day Lamb Cook-Off", which has five years of "wonderful recipes".

Richardson says that the cookbook includes recipes for lamb stew in a puff bowl, honey mustard ribs, lamb and black bean chili with avocado salsa and whiskey glazed leg of lamb.

Orders may be sent to Total Concepts Consulting, Sandi Richardson, 109 Rachel, Central Point, 97502.

The book will be printed in June. Orders before the print date may deduct \$2 from the \$12.50 price of each book ordered. Shipping and handling is \$2.50. Richardson says that a portion of the sales will go toward the South Morrow County Pool Fund.

HES/HMS site council meets

Dave Gunderson reported on concerns regarding next year's staffing and scheduling at the Heppner Elementary/Middle School Site Council meeting held recently. Principal Bill Karwacki said that decisions were to be made after the April 15 contract intention date.

Regarding questions about future use of the middle school building, Karwacki said that construction on this site will not begin for a year and will not be completed until probably two years from now. In the meantime, the site council, through staff input, will make decisions concerning the use of rooms in the middle school building.

Linda Shaw and Barb Orwick suggested coordinating a substitute information day for the south end of the county. Substitutes cannot be paid or be required to attend, but those who participate would be at the top of the list of people to call. Karwacki emphasized the need for teachers to call home for every discipline referral.

Mark Miller will bring two large plastic barrels to be placed outside the main entrance of the elementary building and outside the north entrance of the middle school building. The

student council will be asked to develop a solution and manage the problem of pop cans in the building and grounds.

The school profile committee is waiting for spring test result to update charts. A report is planned for the next meeting.

Staff development workshops on multi-age grouping, integrated curriculum, and developmentally appropriate practices will be available in the district this spring. Teachers are required to attend one of the workshops.

Joy Krein (K-2), Cara Osmin (3-4), and Dave Gunderson (5-6) reported on benchmark planning reports. Benchmarks are indicators of student learning under Certificate of Initial Mastery (CIM) goals. Everyone felt the process was valuable and progress was being made.

Those in attendance at the meeting were: Dave Gunderson, Joy Krein, Kay Proctor, Cherry Webber, Linda Shaw, Cara Osmin, Bill Karwacki, Barb Orwick, Dan Van Liew, Steve Hill, Mark Miller, George Nairns and Macy Kay Bellamy.

The next meeting will be Tuesday, May 2, at 7:30 p.m. The public is welcome to attend.

Nursing Home residents honor volunteers



Pictured front l-r: Darren, Matt, Kristin and Nathan VanCleave, Tonya Jones, director; back: Gene Cole, Myrna VanCleave, Tonia Adams, Tim Cundell.

Pioneer Memorial Nursing Home honored its volunteers in a ceremony on April 25.

Volunteers were presented a certificate by activities' director Tonya Jones and were treated to refreshments.

In the ceremony Jones made the following comments, "As a nursing home volunteer, you are a vital member of the nursing home team. The most important qualification is not a professional degree, but an interest in elderly people, plus the desire to be of service to them."

Honored volunteers are as follows: Deborah Wryn, Debbie

basile, Carley Drake, Tim Cundell, and Myrna Van Cleave, all of whom provide music and entertainment and VanCleave's children, Darren, who plays the piano and trumpet, and Matthew, Nathan and Kristen, who sing; bus drivers Ed Baker, Gene Cole and Dot Halvorsen; the Rev. Grace Drake, who gives Bible readings; Tonia Adams, who helps transport the residents to picnics and outings and her children, Tricia and Brad, who help; Jayme and Kimberly Hansen, who play the piano and help their mother, Susan, with decorations; and Kathy Jones.

John Moffit promoted at BEO

John Moffit, Arlington, was promoted to the position of assistant vice president of the Bank of Eastern Oregon, at the bank's annual organizational meeting, announced bank president, George Koffler. Moffit is branch manager of the Arlington Branch and will also manage the Condon Branch when it opens next month.

Also elected at the meeting, held April 12 in Arlington, were Bill Jaeger as board chairman, and Ned Clark as vice chairman.

The following bank officers were re-elected for 1995-96

positions: Koffler, president and CEO; Linda LaRue, vice president and cashier; Harley Sager, vice president; Rollie Marshall, assistant vice president; Richard Wood, assistant vice president; and Jeanneine Pettyjohn, assistant cashier.

Children's Commission to meet

The Morrow County Commission on Children and Families will hold its next meeting on Tuesday, May 9, at the Morrow County School District Building in Lexington, from 7-9 p.m.

The main topic of discussion

will be the approval of grant proposals for the next biennium. This is a public meeting and all interested individuals are encouraged to attend. For further information, call 676-9675.

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Safer methods of wax removal include removal in a doctor's office with a wire loop or other device or use of a solution placed in the ear to dissolve the wax. Wax softening or dissolving preparations on the market include carbamide peroxide (Debrox) and triethanolamine (Cerumenex).

According to research conducted at the University of Toronto and reported in *The Journal of Otolaryngology*, baking soda and water may dissolve ear wax better than some of the commercial over-the-counter medicines. In addition, a 5% to 10% baking soda solution seems to work faster than hydrogen peroxide or carbamide peroxide. The solution can be made by placing one-half teaspoonful of baking soda in two ounces of water. A few drops of baking soda solution in the ear twice a day for up to a week is recommended. According to a recent issue of *Pharmacist's Letter*, baking soda should not be used in persons with a perforated ear drum or in those who are prone to ear infections.

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