

**TODAY**

**In 1863**, the 54th Massachusetts Volunteer Infantry Regiment, made up of freed Blacks, left Boston to fight for the Union in the Civil War.

**In 1892**, the Sierra Club was organized in San Francisco.

**In 1918**, American troops fought their first major battle during World War I as they launched an offensive against the German-held French village of Cantigny; the Americans succeeded in capturing the village.

**In 1934**, the Dionne quintuplets — Annette, Cecile, Emilie, Marie and Yvonne — were born to Elzire Dionne at the family farm in Ontario, Canada.

**In 1937**, Neville Chamberlain became prime minister of Britain.

**In 1940**, during World War II, the Belgian army surrendered to invading German forces.

**In 1959**, the U.S. Army launched Able, a rhesus monkey, and Baker, a squirrel monkey, aboard a Jupiter missile for a suborbital flight which both primates survived.

**In 1964**, the charter of the Palestine Liberation Organization was issued at the start of a meeting of the Palestine National Congress in Jerusalem.

**In 1972**, Edward, the Duke of Windsor, who had abdicated the English throne to marry Wallis Warfield Simpson, died in Paris at age 77.

**In 1977**, 165 people were killed when fire raced through the Beverly Hills Supper Club in Southgate, Kentucky.

**In 1987**, to the embarrassment of Soviet officials, Mathias Rust, a young West German pilot, landed a private plane in Moscow's Red Square without authorization. (Rust was freed by the Soviets the following year.)

**In 1998**, comic actor Phil Hartman of "Saturday Night Live" and "NewsRadio" fame was shot to death at his home in Encino, California, by his wife, Brynn, who then killed herself.

**In 2020**, people torched a Minneapolis police station that the department was forced to abandon amid spreading protests over the death of George Floyd. Protesters in New York defied a coronavirus prohibition on public gatherings, clashing with police; demonstrators blocked traffic and smashed vehicles in downtown Denver before police used tear gas to disperse the crowd. At least seven people were shot as gunfire erupted during a protest in Louisville, Kentucky, to demand justice for Breonna Taylor, a Black woman who was fatally shot by police in her home in March.

**Today's birthdays:** Actor Carroll Baker is 91. Producer-director Irwin Winkler is 91. Basketball Hall of Famer Jerry West is 84. Former New York City Mayor Rudolph Giuliani is 78. Singer Gladys Knight is 78. Singer Billy Vera is 78. Singer John Fogerty (Creedence Clearwater Revival) is 77. Country musician Jerry Douglas is 66. Actor Louis Mustillo is 64. Actor Brandon Cruz (TV: "The Courtship of Eddie's Father") is 60. Country singer Phil Vassar is 58. Singer Kylie Minogue is 54. Sen. Marco Rubio, R-Fla., is 51. Television personality Elisabeth Hasselbeck is 45. R&B singer Jaheim is 45. Actor Monica Keena is 43. Actor Alexa Davalos is 40. Actor Megalyn Echikunwoke is 40. Pop singer Colbie Caillat is 37. Actor Carey Mulligan is 37. Actor Joseph Cross is 36. Los Angeles Dodgers pitcher Craig Kimbrel is 34.

**CORRECTION**  
The Page A1 story "Four La Grande City Council positions are up for grabs this November," published Thursday, May 26, misstated that candidate Cody Vela has previous experience on the city council. Vela has not previously served as a council member.

The Observer works hard to be accurate and sincerely regrets any errors. If you notice a mistake in the paper, please call 541-963-3161.

**LOTTERY**

**Wednesday, May 25, 2022**  
**Megabucks**  
7-10-22-29-36-44  
Jackpot: \$1.3 million  
**Lucky Lines**  
1-8-12-14-19-24-26-32  
Estimated jackpot: \$43,000  
**Powerball**  
19-28-39-42-57  
Powerball: 17  
Power Play: 3  
Jackpot: \$150 million  
**Win for Life**  
14-17-26-56  
**Pick 4**  
1 p.m.: 7-9-7-2  
4 p.m.: 9-5-0-4  
7 p.m.: 4-4-2-5  
10 p.m.: 9-8-8-0  
**Thursday, May 26, 2022**  
**Lucky Lines**  
2-6-12-16-19-21-25-29  
Jackpot: \$44,000  
**Pick 4**  
1 p.m.: 1-8-9-4  
4 p.m.: 5-1-7-5  
7 p.m.: 2-9-3-8  
10 p.m.: 4-0-0-8



Isabella Crowley/The Observer

Students take part in Elgin High School graduation in the school's gymnasium on Thursday, May 26, 2022. The high school graduated 12 seniors, who hauled in more than \$27,000 in scholarship aid.

# Elgin graduates 12 seniors

By **ISABELLA CROWLEY** and **DAVIS CARBAUGH**  
The Observer

The members of Elgin High School's Class of 2022 celebrated their graduation in the high school gymnasium on Thursday, May 26.

The class included 12 graduates, who collectively received more than \$27,000 in scholarship aid.

Erika Adams was named the class valedictorian and Elizabeth Hays was the salutatorian.

During the ceremony, the students honored their former social studies teacher and football coach Jeffrey Rysdam, who passed away in 2021.

The high school's state-recognized concert band performed at the graduation ceremony.



Davis Carbaugh/The Observer

During the Elgin High School graduation ceremony on Thursday, May 26, 2022, Elizabeth Hays, left, Blake Jenkins, middle, and Gracie Evans speak on behalf of the graduating students and thank teachers who impacted their lives.

# Kindergartners donate to camp for children

Young students experience spirit of giving to assist nonprofit for disabled children

By **BILL BRADSHAW**  
Wallowa County Chieftain

WALLOWA LAKE — Enterprise Elementary School's two kindergarten classes presented money they raised to a nonprofit at Wallowa Lake on Tuesday, May 24, that offers disabled children an outdoor experience.

The 44 children in Tricia Otten's and Petey Evans' classes presented \$1,721.86 to Creating Memories for Disabled Children, as a way to muster a spirit of generosity in the students.



Bill Bradshaw/Wallowa County Chieftain

From left, Riley Vesterby, vice president of Creating Memories for Disabled Children, a nonprofit that gives children with disabilities an outdoor experience, accepts a donation Tuesday, May 24, 2022, from Enterprise Elementary School kindergarten teachers Tricia Otten and Petey Evans. The classes raised \$1,721.86 from fundraisers they conducted.

"We tried to get the kindergartners to think of a way to give to others and not expect anything in return," Evans said.

Earlier in the school year, the classes voted on a charity they wished to sup-

port. Then, they decided on a method to raise money for the camp.

Evans' class sold about 500 cookies, while Otten's solicited pledges for a walk-a-thon.

Creating Memories

began as a nonprofit in 2012 and took over the former Boy Scout camp at the head of the lake in 2014.

It now has a 50-year lease on the property with an option for another 50-year lease from the Blue Mountain Council of the Boy Scouts.

At the camp are three A-frame cabins and five teepees that can be used by children with disabilities and their families, according to a Chieftain story from June 2021. The camp also has a trail to Wallowa Falls.

The children are given the opportunity to enjoy outdoor activities, such as boating, hunting, fishing, photography and just enjoying being outdoors.

"We just wanted the kindergartners to get into the spirit of giving," Evans said.

# Downtown La Grande building receives grant

Bohnenkamp Building receives \$200,000 from Oregon Heritage

By **DAVIS CARBAUGH**  
The Observer

LA GRANDE — A historic building in downtown La Grande is set to receive grant funding for significant upgrades.

The Bohnenkamp Building, 1301 Adams Ave., was awarded the maximum \$200,000 by Oregon Heritage to renovate the structure's exterior facade, strengthen the building against weather forces and create new housing units on the second floor. La Grande Main Street Downtown announced the news, adding that La Grande has been a recipient of the Oregon Main Street Revitalization Grant for the third consecutive cycle.

Oregon Heritage, a branch of the Oregon Parks and Recreation Department, awarded 28 matching grants worth \$5 million to main street organizations across the state. The organization fosters building projects to

assist in local economic revitalization. The range of grant funding allocated stretches from just over \$20,000 to \$200,000.

"La Grande Main Street is very excited to see this project be awarded funding," La Grande Main Street Downtown Executive Director Taylor Scroggins said. "As one of our most prominent historic buildings, the Bohnenkamp Building is full of opportunity to further beautify the district, fully utilize a historic building and increase housing availability in the downtown core."

The Bohnenkamp Building was constructed in 1900 by William Bohnenkamp, who moved from Dyersville, Iowa, to La Grande in the late 1800s. Bohnenkamp ran a successful hardware business at the building and the location served as a hardware store into the late 1970s. The building's lower story is currently home to The Mountain Works Bicycle Shop.

The Oregon Main Street Revitalization Grant began after the 2015 legislative session as part of a lottery bond funding package. The program requires at least half of the funds to be allocated to rural communities.



Davis Carbaugh/The Observer

Oregon Heritage awarded the La Grande Main Street organization a \$200,000 grant to make improvements to the Bohnenkamp Building, pictured on Thursday, May 26, 2022. The funds will go toward rebuilding the structure's facade, strengthening the building's structural integrity and creating housing units on the second floor.

# Mental health emphasized during May

By **JEFF BUDLONG**  
Wallowa County Chieftain

ENTERPRISE — The pandemic has changed daily life for nearly everyone, and that can manifest itself in a number of ways. Something hospitals across the nation have seen is an increase in mental health issues as people adjust to a new normal.

May is Mental Health Awareness Month and Wallowa County Health Care District community health clinical social worker Kathryn Kemp shared some ways to identify mental health issues and ways they can be addressed.

Kemp identified three main factors the pandemic presented affecting mental health:

**Sense of isolation:** Social isolation breeds sadness and anxiety.

**Grief:** The loss of loved ones and ways of life and activities.

**Stress response:** When threatened, the body's response can be to ramp up or shut down, and the pandemic has kept it in this state for a greater length of time.

"We can become chronically activated or chronically shutdown, and for a lot of people having an amped-up nervous system can leave them feeling irritable and feeling more anxiety each day," she said. "Little things can feel more overwhelming than usual, and people can get angry with others who are close to them."

A chronic shutdown state may include feelings of apathy or numbness, Kemp said. Individuals can oscillate between the states frequently, even during the same day.

Learning to deal with the stresses is something everyone has had to do during the pandemic, and it has led to a greater need to assist a growing population looking for help with mental health issues.

Kemp's position is new and provides more support for both patients and health care workers. She provides in-patient mental health coordination and support in addition to out-patient mental health counseling through the Wallowa Memorial Medical Clinic.

Kemp said the pandemic also put people into new caregiving roles, but it is important to remember to take time for yourself.

"I think of the instructions you get when you are on a plane," she said. "You need to put your own oxygen mask on first before you can help others."

**Techniques in practice**

Kemp said small things can make a big difference in a person's daily life to deal with a variety of stressors. She suggested looking for patterns that may put your body and brain on edge, and looking for glimmers throughout the day.

"Start by having compassion for yourself," she said. "All of the emotions are normal human responses to a stressful world."

Things that bring people calm and signal safety are important when trying to cope with difficult situations, Kemp said. It helps the nervous system move back into a calm and connected mode.

"It can be something as simple as the warmth of the first sip of coffee or a smile from a child or coworker," she said. "Take a moment to relax into whatever positive feeling that glimmer gives you."

Kemp also recommends keeping a list of personal anchors that are easily accessible throughout the day to relieve when you are feeling overwhelmed. Anchors can include memories that bring a sense of comfort, as well as people, places or activities that bring joy. Include goals that make you excited for the future.