



The Eagle/Angel Carpenter

The Grant County Road Department crew will start work next summer on one of three road projects with funding received from the Federal Lands Access Program.

ROAD

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alternative connector to Highway 20, was rebuilt 23 years ago and with the new rebuild should last more than 30 years.

He said that without the funding they've received the repair work would not be possible.

Gilliam said the three-mile stretch of Silvies Hopper Lane has deteriorated.

Commenting on Keeney Fork Road, Hickerson said, "Keeney is used a lot year-round for getting wood, recreation, snowmobiling, mushroom picking and hunting — it's half an hour from town and you can be in the woods."

The road also leads to Magone Lake, a popular recreation destination.

"It's been good to work with the Forest Service," he said. "They've really helped us on this project. It's huge benefit for us."

Your Rural Family Health Clinic



Grant County HEALTH Department
528 E. Main, St. E., John Day

Monday - Friday
8am - 5pm

Karen Triplett, FNP

Appointments available

Call and schedule your appointment today!
TOLL FREE
888-443-9104
or **541-575-0429**

Grant County Health Department does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment.

Committee Volunteers Needed

Grant County is now recruiting volunteers to serve on active boards and committees. Obtain an Application to Volunteer from County Court, 201 S. Humbolt, Canyon City, OR 97820; (541-575-0059) wright@grantcounty-or.gov. Applications are due by Thursday, December 28th

Committees are formal public bodies required to comply with Oregon Public Meetings Law ORS 192.610.

Budget Committee. Six members (including the County Court) serve a three year term and meet annually to receive, deliberate, revise and approve the annual budget document as provided by the Budget Officer. Any proposed programs are discussed and considered.

College Advisory Board. Seven members plus three ex-officio members serve a three year term and meet monthly to promote local educational opportunities and identify educational needs within the community.

Extension & 4-H Service District Advisory Council. Eleven members serve three year terms and meet semi-annually to provide guidance and assistance to local OSU Extension staff in planning, developing, and evaluating balanced educational programs directed to high priority needs of county residents. Membership is limited to one re-appointment.

Fair Board. Seven members serve a three year term and meet monthly and hold exclusive management of fair business operations, the fairgrounds, and other property devoted to the County Fair. Responsibilities include public relations and other work for the fair as needed.

Mental Health Advisory Board. Seven members — (including two consumer representatives) serve three year terms and meet no less than quarterly to facilitate the provision of quality mental health services to county residents and enhance community knowledge of available programs and services. Acts as the Local Alcohol and Drug Planning Commission and Developmental Disabilities Advisory Board.

Planning Commission. Nine members serve a four year term and two alternates serve a two year term, meeting as needed to review land use and zoning applications and discuss city and county growth issues and siting new facilities. Members must be residents of various geographic areas within the county and no more than two voting members shall be engaged in the same kind of business, occupation, trade or profession with agriculture designations of livestock/forage crop production and horticulture/specialty crop production. Commissioners serving in this capacity must file an Annual Verified Statement of Economic Interest with the Oregon Government Ethics Commission. Members must re-apply to the County Court before their term ends if they wish to be re-appointed.

Southeast Regional Alliance/Area Commission on Transportation. The alliance provides a forum for local government agencies and the private sector to discuss, understand and coordinate long range transportation issues affecting the south east Oregon region including Grant, Harney and Malheur counties. The alliance acts as the Area Commission on Transportation. It reviews the process for determining transportation infrastructure and capital investments in the south east region, recommends priorities, and advises Oregon Transportation Commission on state and regional policies affecting the region's transportation system. Five members, plus one alternate, serve three year terms as Grant County representatives. Daytime meetings are held monthly, or as needed, at locations rotating among the three counties.

Wildlife Advisory Board. Nine members serve three year terms and meet as needed to discuss issues regarding big game management and make recommendations to Oregon Department of Fish & Wildlife, including tag allocation and hunting season structure as they relate to population and damage of property.

Community HEALTH BEAT

Happy Holidays
from
Blue Mountain Hospital!



Quality Healthcare Close To Home
170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

What are concussions?

Concussions are brain injuries that alter the way the brain functions. They can be caused by a bump or blow to the head that jars the brain and disrupts normal physiology and are often associated with contact sports. All concussions are taken seriously, because they are injuries to the brain that can cause changes physically, cognitively or emotionally. This is a common injury that needs time and appropriate management to rest and fully heal. A collaborative effort between medical professionals, coaches, teachers and parents is required to ensure that we recognize when someone has suffered a concussion.

We read in the paper and

hear on the news about the dangers of improper concussion management. Concussions are often an inevitable part of many contact sports at all levels of play. Grant County is no exception. Every year Strawberry Wilderness Clinic and Blue Mountain Hospital see numerous patients with sports related concussions. In addition to identifying individuals that may have suffered a concussion, we are focused on proper treatment and prevention of further injury.

What are we doing?

Strawberry Wilderness Clinic and Blue Mountain Hospital are working closely with Grant Union High School and OHSU medical students in an effort to optimize concussion management.

The high school has implemented a state-of-the-art concussion identification and management program to provide objective pre- and post-injury neurocognitive evaluation. Additionally, all coaches are trained and certified to recognize concussions. We have redoubled our focus to improve two-way communication with athletes, parents, coaches and teachers to provide personalized and appropriate return to play precautions. Our tight knit community allows for strong ties between our medical providers and athletics program that is unparalleled in Oregon. We feel fortunate to work with the dedicated local leaders of Grant County to bring the best care to our patients.

You can help!

Following any blow to the head, whether mild or severe, be on the lookout for the following signs that warrant immediate medical evaluation:

- Severe or increased headache
- Unusual/increased drowsiness
- Double vision
- Bleeding/clear fluid from ear/nose
- Projective or repeated vomiting
- Unequal pupils
- Unusual stiffness in neck
- Severe personality changes
- Convulsions
- Weakness in arm(s) or leg(s)
- Numbness in face/extremities

When in doubt, it is best to come in for evaluation at Strawberry Wilderness Clinic or Blue Mountain Hospital. Appropriate assessment and management of a head injury is key to a complete recovery. Let



our team of medical professionals help you, your loved ones or friends, get back to the sports and activities we all enjoy so much.

D. Kyle Robinson
MD Candidate; Class of 2017
Oregon Health & Science University

We are proud to announce that Nora Healy, Nurse Practitioner at the SWCC is now seeing patients both scheduled and urgent at 7AM Weekdays. This compliments the 7AM opening of registration for Laboratory and Imaging Services.

BLUE MOUNTAIN CARE CENTER Resident of the Month **SHARON HALSEIDE**



Sharon Halseide was born on May 9, 1940 to Roy and Miriam Pulliam in Portland, Oregon. She had four brothers and sisters.

Sharon had severe asthma as a child and her family moved to The Dalles, Oregon and then to Canada to improve her health.

Sharon has a music degree from college. She was married for 17 years and had three sons and a daughter. She has 12 grandchildren.

She worked at a radio station in the Midwest and was a ward clerk at a hospital in Seattle. She also taught music out of her home, was a church staff musician and choir director.

She enjoys helping people, playing the piano, the violin, doing arts and crafts, shopping, playing cards and bingo. She also enjoys teaching music to children.

Sharon came to the Blue Mountain Care Center on September 20, 2012.



Presents...

December Visiting Specialists

- 2nd - Dr. O'Hollaren - Bend Urology
- 4th - Dr. Sandefur - Baker Ortho
- 8th - Dr. Rushton - Baker Podiatrist
- 10th - Dennis Sell - Bend Hearing
- 18th - Dr. Sandefur - Baker Ortho
- 22nd - Dr. Rushton - Baker Podiatrist
- 23rd - Dr. McLellan - Bend Cardio