

The deadline for What's Happening items is 5 p.m. Friday. Call Cheryl at the Eagle, 541-575-0710.

THURSDAY, APRIL 28

Bi-annual Cycle Tourism meeting

• 1-4 p.m., 431 Patterson Bridge Road, Juniper Hall Room, John Day

The meeting's topics will include the state of Oregon's media plan to bring tourists to the area, and free "tourist-friendly" listings for businesses. The last hour will be spent working on the Old West Scenic Bikeway and mapping off-road routes.

FRIDAY-SATURDAY, APRIL 29-30

Colored pencil and ink class

• 9 a.m. to 3 p.m., Keerins Hall, Grant County Fairgrounds, John Day

Internationally recognized artist, author and illustrator Nancy Coffelt of Baker City will teach the class, sponsored by the Grant County Art Association. The cost is \$20 a person. Call 541-987-2138 or email eloiseboren@gmail.com.

SATURDAY, APRIL 30

Ron and Carol Hyder Memorial Shoot

• 11 a.m. to 4 p.m., Kimberly Rock Products pit, milepost 9 on Highway 402

Events include jackpots, Annie Oakley, plus men, women and children competitions. There will also be an auction with gift baskets and other goodies up for bid and a taco feed, too. Auction donations are welcome. The cost is \$3 per shoot. Proceeds will go to the Monument Fireworks Fund. Call 541-934-2143.

Beekeeper open hive field day

• Noon to 4 p.m., Diamond Hitch Ranch, between mileposts 106 and 107, Kimberly



The field day is for seasoned honeybee managers and beginners to learn about healthy brood, good queens, spring management and more. Another field day will be on June 4. Call 541-934-9101 or email apricotapiaries@gmail.com.

TUESDAY, MAY 3

Alzheimer's class

• 1:30-3 p.m., DHS office, 725 W. Main St., Suite E, John Day

The Alzheimer's Association Oregon Chapter will hold a class, "Healthy Living for Your Brain and Body: Tips from the Latest Research." The class is free and open to the public, but registration is required. Call 1-800-272-3900. For a list of upcoming classes, visit www.alz.org/oregon.

SATURDAY, MAY 7

Strut, Stride, Straddle and Stroll

• 7 a.m., Blue Mountain Hospital, John Day
Participants can choose from a 13-mile bike ride, 10K run, a 4-mile run/walk or a 1.5-mile stroll. Registration is at 7 a.m.; transportation will be offered to the starting points. All events will finish at the hospital. There will be prizes for the youngest and oldest participants, and prizes for all youth.

The annual fundraiser benefits Blue Mountain Hospice. The fee is \$20 for adults, \$15 for children ages 6-18, free for children 5 and under with an adult or \$50 per family. For more information, call 541-575-1648 or email mgbison@bluemountainhospital.org.

Genealogy seminar

• 9 a.m., Mt. Vernon Community Center
The Grant County Genealogy Society presents a spring genealogy seminar with guest speakers, Connie and Gerry Lenzen. The four topics include "Navigate FamilySearch Like a Pro," "Put Your People in Their Place," "Exploring Your Roots: In American Land Records" and "Exploring Your Roots: In the Courthouse Records." The cost is \$35 in advance or \$40 at the door. Lunch is included. Call 541-932-4718 or email gcsociety94@yahoo.com.

AARP Smart Driver course

• 9 a.m. to 4 p.m., John Day Senior Center
The cost is \$15 for AARP members and \$20 for others. Those who successfully complete the course may be eligible for auto insurance discounts. Call Ron Dowse, 541-575-4268 or 541-792-0587, or sign up at the senior center.



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SENIOR Outlook

Prairie City Seniors

Rose Coombs



PRAIRIE CITY – We were honored with music presented by the Grant County Jammers before the meal on April 20. They had nine musicians and two singers this time. Good foot-tapping music all

around. Quite a few of our "patrons" came early to hear them at 10:30.

The Food Bank brought over a quantity of refried beans to give away. Due to the heat wave that went through this week, Iva, Helen and Donna served iced tea this morning. Then when all the rest of the diners came, we had to put out more glasses! I'd say that was a hit!

There were 86 names on the registration book and our four deliverers handled most of the 31 take-outs. Buzz led the flag salute and Jack Retherford asked the blessing. Royce Dotson won the \$5 in trade donated by Prairie Hardware & Gifts. Chester Willis got the certificate donated by Chuck's Little Diner. Thanks again to our three local businesses that have given these door prizes for years. The winners are most appreciative.

We had two candidates join us for lunch: Jim Hamsher and Julie Ellison. They had lively conversations with the people before, during and after the meal.

Ah, yes. The meal. Cranberry/raspberry juice, bread & butter pickles, zucchini, red Jell-O with topping, turkey rice pilaf and a delicious

blackberry tart for dessert. Lorna, Angie and Rick chose to walk over from Blue Mountain Care Center rolling along Dorothy Blasing, Otho Laurence and Marilyn Randall. Ivan Nance rolled in also with his dad, Ralph, and another friend.

We had lots of helpers before, during and after the meal. You are appreciated very much. The Board of Directors held their monthly meeting after the meal. They are trying to get a list of priorities so we can pursue more grants to improve the building. If you have an idea, let someone know. We like input!

I got the last 4 feet of sod dug out of the proposed garden/flower bed. This also gives time for the weed seeds to sprout and the missed quack grass pieces to show their leaves so I can dig them out - again. This yard also has old clover and dandelions with roots 3 feet long. Hard to budge them when there is only 6 inches of dirt on top of the rocks.

For those who don't know, this is where the gold miners had their fun 100 years ago. So 90 percent of the houses that are built north of the highway are built on mining tailings. Which makes me wonder if the creek bed, which is over against the hill now, is where it was then. Hmm.

The grape vine is starting to leaf out. The deer wandered through and bit off the tops of the tulip leaves, but never touched the narcissus or the corn lilies. Now what's up with that?! Remember Sarolta saying that her garden was safe because she built two fences around it? And they weren't that tall. But the deer wouldn't jump two fences. Hmmm, again. *Isaiah 35:6 "Then will the lame leap like a deer, and the mute tongue shout for joy..."*

John Day Seniors

Alma Joslin



JOHN DAY –

On April 18, a lot of you missed a great breakfast for lunch. There were only 24 diners. We had corned beef hash with baked eggs nestled on top. Then add hash brown patties, cinnamon rolls and fresh

strawberries - a fantastic meal. Those of you who have a preconceived notion that our Monday meals are smaller should try one. We all had our tummies full when we left.

There were 24 meals delivered by Rick and Ethan Rhinehart, plus 10 frozen meals to shut-ins. Veanne Weddle took the Mt. Vernon route as well.

Bonnie Kocis and Margaret Glass greeted us while Ron Dowse led the flag salute. Cathy Altnow asked the blessing. Our servers were from First Christian Church. Serving were Cathy Altnow, Karen Barrieta and Ron Dowse.

Veanne announced Ron will be holding an AARP drivers course from 9 a.m. to 4 p.m. on Saturday, May 7, here at the center. Bring your lunch as there will just be a short lunch break. Those of you who want to go to the OTEC meeting in Baker City on April 30 need to get signed up as there are only a few seats left.

Thanks goes out to Anita Linn and Carl Armstead for bringing in a whole lot of eggs to give away.

Ben Luethe won the Len's Drug gift certificate and David Pasko won the free meal.

On April 21, we had a smaller than usual turnout. Only 44 diners for a dinner of cheesy chicken pesto with bowtie pasta and veggies in a butter sauce, along with French bread and a berry cobbler for dessert. Dennis and Linda Dickinson delivered an additional 33 lunches.

The entree was furnished by First Christian Church, which was represented by Ron and Roberta Dowse, myself and Karen Barrieta. We were served by Sherry Feiger, Nancy Elliott, Jean Willey and Marge Conlee, who represented United Methodist Church. Margaret Glass and David Pasko greeted us while Sherry asked the blessing and Jean led the flag salute.

Veanne thanked Benita Comini for the rhubarb donation. The discussion previously about name tags was noted on and approved. Name tags will be made available if you want to wear one.

Gene Essex won the Chester's Thriftway gift certificate and Gregg Starr won the Valley View lunch for two.

Thursday, April 28, we will have southern fried pork steaks with mashed potatoes and gravy. Monday, May 2, we will have baked cod with a homemade roasted tomato sauce.

Proverbs 24:19, 20 "Do not fret because of evildoers, don't envy the wicked for the evil have no future; their light will be snuffed out."

Assessing your abilities as an aging driver

When a person first earns a driver's license, they've earned more than just the right to legally operate an automobile. To many drivers, a driver's license is a symbol of freedom and self-sufficiency. The significance of a driver's license never truly dissipates, which makes it difficult for aging individuals to address their abilities as a driver and whether or not they can still safely share the road with other motorists. Though many drivers can safely stay behind the wheel well into their golden years, others begin to recognize their skills are starting to diminish as they approach senior citizen status. For those who want help gauging their abilities as a driver, some self-examination can help.

Assess your eyesight

Healthy eyes are essential to being a safe driver, and drivers can assess their eyesight in a number of ways. In addition to visiting an eye doctor for an eye examination, drivers should look for signs that they're having difficulty with driving. For example, if signs and street markings aren't so easy to read anymore, or if the glare of headlights at night makes it difficult to see.

Assess your comfort level

To assess your comfort level as a driver, ask yourself the following questions before getting back behind the wheel.

- Is it troublesome to look over your shoulder and change lanes?
- Has steering become difficult?
- Has your reaction time when switching from the gas pedal to the brake pedal decreased?



Aging drivers should weigh a host of factors when determining if it's still safe for them to be on the road.

If you can answer "yes" to any of the questions above, then it could be that you're beginning to lose strength, coordination and/or flexibility, which can make it more difficult to operate a motor vehicle.

Honestly address loved ones' concerns

Aging drivers are often the last to notice if their abilities behind the wheel are starting to diminish. Loved ones are often put in the position of talking to aging drivers about their abilities, and this can cause friction. If loved ones have expressed concern about your abilities as a driver, honestly address these concerns, even if it's initially hurtful or embarrassing to do so. Your loved ones are sharing their feelings out of genuine concern for your well-being, so don't look at it as an assault on your self-sufficiency.

- Cataract
- Glaucoma
- Macular Degeneration




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