

OUT OF THE PAST

May 4, 1916

Grant County Journal

100 years ago

W. I. Pooler, of the Prairie Co-Operative Creamery is one of the busiest men in the country these days. From every side a perfect stream of cream is pouring into town, and changing it into delicious Marigold Butter is some job for one man.

More than one local farmer is drawing a monthly check of \$100 and up, and the little checks that are being issued to the smaller producers are many. And this is only the beginning, for the dairy business looks better this year than ever before. Men who heretofore devoted all of their time and attention to the stock business are gradually taking notice of the fact that a few good dairy cows add but little to their expense, and greatly to their income.

The local plant can handle many times the amount of cream that is furnished, and the market for its excellent product is unlimited. If you live on a ranch and do not get a monthly cream check from the Prairie creamery, it is time you did.

May 2, 1941

Blue Mountain Eagle

75 years ago

Oldest Male Pioneer

Bessie St. Marie, secretary of the Grant County Pioneer association, has been endeavoring to find out who will be in line for honors as the oldest male pioneer from point of residence in the county, at the annual Pioneer association meeting on June 6. Christopher Hardy, who recently passed away, has been so honored for the past three years.

As far as can be ascertained up to the present time, the honors this year will fall upon J. W. Tabor, of Granite, who was born on December 31, 1865, and is now past 75 years of age. In fact, he claims to be the first male child born in Grant County. For a number of years he was associated with the late Neil Niven in the mercantile business at Granite. His wife, who was born on June 3, 1873, was the daughter of M. McNulty of Granite, who was also engaged in business in Granite. Mrs. Jennie Fields of Canyon City will again reign as queen this year.

May 5, 1966

Blue Mountain Eagle

50 year ago

Dayville Junior-Senior Class Events Enjoyed

DAYVILLE — The Junior-Senior banquet honoring the 1966 senior class was held at the school cafeteria Saturday evening, April 30. Spring flowers decorated the tables and miniature rose corsages were favors.

The dinner, planned by the juniors, was prepared by their mothers and served by the seventh- and eighth-grade girls

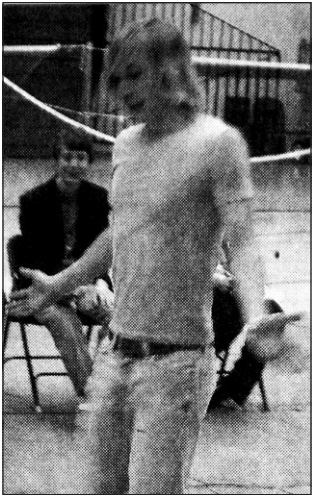
Invocation was by Richard Mascall and welcome by Willie Martin, junior class president. Response was by Robert Mascall, senior president.

Class will was read by Peggy Melton and the class prophecy by Karen Wyllie. Erwin Ellis, principal of the Dayville high school, gave a talk. Karen Wyllie, Peggy Melton and Diane Martin sang “Springtime in the Rockies” and “Sentimental Journey,” accompanied by Mrs. Kenneth Round.

Attending were members of the senior and junior classes, parents and Dayville faculty members.

The Junior-Senior prom was held immediately following the banquet. Theme “Fantasy of Color” was carried out in the decorations with streamers, evergreens and simulated bricks forming the background. Musicians were “The Tribe” from John Day. Miss Peggy Melton and Robert Mascall were crowned queen and king.

Seniors are Stella Hills, Sallee Brown, Diane Martin, Peggy Melton, Dean Rogers, Robert Mascall,



Eagle file photo

**From the May 3, 2006, issue of the Eagle, Caleb Sturgill tells his prospective voters the amazing tales of his life, which include being the governor of California.**

Dan Berry, John Michael, Robert Nash, Steve Berry, Kenneth Wall and Kelvin Decker.

Juniors are Karen Wyllie, Elizabeth Stevens, Judy Derr, Charles Ballard, Chester Hettinga, Willie Martin and David Mott. The Junior class was in charge of arrangements, assisted by the class advisor, Earl Loree.

May 3, 1990

Blue Mountain Eagle

26 years ago

Scouts compete in Pinewood Derby

JOHN DAY — The handicraft skills and racing spirit of several John Day boys were challenged last Thursday when Cub Scout Pack 800 conducted its annual Pinewood Derby at the John Day Church of Jesus Christ of Latter-day Saints.

In a court of honor prior to the race Justin Rowell received four activity pins and the Arrow of Light, Cub Scouting’s highest award.

Beau Reynolds and Steve Thompson were each presented a bear patch, a gold arrow and two silver arrows.

Following are the results of the Pinewood Derby.

Webelos: 1, Clayton Maloney. 2, Justin Rowell. 3, Andy Duncan.

Bear: 1, Nate Carpenter. 2 Maulin Patel. 3, Zack Corey.

Wolf: 1, Jacob Corey. 2, Jason Sloughy. 3, Dustin Elliot.

Special Ribbons: Most colorful car, Ryan Wipple; best designed car, Maulin Patel; most aerodynamic car, Kevin Oltman.

May 3, 2006

Blue Mountain Eagle

10 years ago

New officers can summon dragons

JOHN DAY — At least that’s what Mat Becker, new ASB (Associated Student Body) president, and Caleb Sturgill, vice president, claim, and it must have been enough to entice most of the student body at Grant Union High School to vote for them.

Sara Cary ran for president and Alec Oliver ran for vice president. Although their speeches were well-written and sincere, they lacked the humor that Becker and Sturgill used to captivate their audiences. And that’s what GU students must want, funny student body officers.

Becker began his speech by listing the five things everyone should be afraid of: rabies (for obvious reasons), anyone who dances like a freak, Prairie City water (it has become an organism of its own), Captain Crunch (it cuts your mouth) and deer (they are taking over).

Sturgill enthralled the voters with fantastic tales of his exploits as an Olympian, his scientific discoveries, his election as governor of California at 4 years old and his ability to throw rocks into the sun, which is the cause of sun spots. Stop it, Caleb.

Also elected was Shilo Burton for secretary, Chancee Ferguson for treasurer, Brittany Gilliam for public relations officer and Marzuri Waggoner for activities director. These four candidates ran unopposed.

Community **HEALTH BEAT**



# Quality Healthcare Close To Home

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When I was a kid, I would spend the entire day outside playing with my friends at the beach until our parents got sick of dealing with the sand stuck in our swimsuits. If we didn’t make it to the beach, then we would end up at the swimming pool, sometimes falling asleep by the pool in happy exhaustion with the warmth of the sun blanketing our skin.

When we got older, we spent time worshipping the sun, trying to obtain that dark, beautiful deep tan that came from using dark tanning oil. We would actually try to see who could get the darkest, deepest tan, hoping it would last through winter. We might have to tolerate the occasional sunburn, but eventually we would be able to go back to our sun worshipping rituals. In the winter time, we would join a tanning salon to make sure we would be able maintain the dark, beautiful, deep tan we worked so hard to get in the first place.

Little did we know how deadly tanning in the sun with or without sunscreen could be and the impact repeated sunburns might have on our skin in addition to the damage caused by the use of tanning beds. Our understanding today about the effects of sun, or more specifically, UV radiation, on the skin has progressed tremendously. Here are a few facts compiled by the Skin Cancer Foundation and the American Cancer Society about skin cancer:

- Over the last thirty years, more people have had skin cancer than all the other cancers combined.
- Basal cell carcinoma is the most common kind of skin cancer. It is slow growing and rarely fatal, but can be disfiguring.
- Squamous cell carcinoma is the second most common kind of skin cancer. It can develop within scars or chronic skin sores. It sometimes starts as actinic keratosis.
- Both basal cell and squamous cell carcinoma are usually found on the sun-exposed areas of the skin, but can be found in other areas as well. Although these cancers are the most common, they are also the most treatable kind of skin cancer.
- While melanoma is the least common kind of skin cancer, it is the deadliest skin cancer, causing the highest number of deaths.
- Ultraviolet (UV light) radiation is a proven human carcinogen.
- UV light can be from the sun’s

natural rays, or from manmade UV lights such as those used in tanning salons.

- Sunlight, UV radiation specifically, is responsible for 90% of these types of skin cancer.
- More people develop skin cancer because of tanning than develop lung cancer because of smoking.
- Tanning indoors increases the risk of developing squamous cell by 67% and basal cell carcinoma by 29%.
- Using a tanning bed 10 or more times increases the risk of developing melanoma to 34% when compared to those who have never used tanning beds.
- The use of a tanning bed before the age of 35 increases the risk for developing melanoma by 75%.
- As of September 2, 2014, ultraviolet (UV) tanning devices were reclassified by the FDA from Class I (low risk) to Class II (moderate risk) devices.
- Eleven states plus the District of Columbia now prohibit indoor tanning for minors younger than age 18: California, Delaware, Hawaii, Illinois, Louisiana, Minnesota, Nevada, New Hampshire, North Carolina, Texas and Vermont. Oregon and Washington prohibit minors under age 18 from using indoor tanning devices, unless a prescription is provided.

**How can I tell if I have skin cancer?** Do monthly skin checks and look for the “ABCDE” rules of skin cancer.

A monthly skin check in front of a full length mirror with good lighting will help you become more familiar with your own skin. Learn what is normal for you so you can be aware of any skin changes. Keep track of areas that cause concern so that you may point them out to your care provider at your next visit.

Know what you are looking for. Use the ABCDE rules to determine if a skin lesion needs a closer examination by your health care provider. The acronym ABCDE stands for:

- Asymmetry** - Are both sides the same?
- Border** - Are the edges smooth or irregular?
- Color** - Is the color consistent or does it vary?
- Diameter** - Is the diameter larger than ¼ inch?
- Evolving** - Is it evolving, getting bigger, bleeding or crusting over?

If you answer yes to one of the last two questions or find that your lesion is irregular, asymmetrical or varied in color, take note and see your provider for further evaluation.

When you visit your care provider for a skin check, expect the entire visit to be dedicated to a thorough examination of the skin. If you have multiple concerns, there may not be time to address all your concerns in one visit.


**What can be done to reduce the risk of skin cancer?** These are basic guidelines provided by the Skin Cancer Foundation:

- Seek the shade, especially between 10 AM and 4 PM.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.

As with many cancers, there are preventative measures you can take to decrease your chances of getting cancer, like following through with the recommendations made by your health care provider (colonoscopies, mammograms, pap smears, prostate exams, cholesterol testing).

The most impactful preventative measures include things that only you can do, like living a healthy lifestyle through proper diet and exercise, completing breast self exams to help detect breast cancer, monthly testicular exams, and everyone, even kids, can do monthly skin checks to help detect skin cancer.

You can get additional information on skin cancer from the Skin Cancer Foundation at [www.skincancer.org](http://www.skincancer.org), or about cancer in general from the American Cancer Society at [www.cancer.org](http://www.cancer.org).



**BLUE MOUNTAIN CARE CENTER**

**Resident of the Month**

**MARILYN RANDALL**

Marilyn was born on May 7, 1940 to Oscar and Ruth White, in Weiser, Idaho. She has two older sisters, Lola and Ileta. Marilyn and her family moved to Bates, Oregon, when Marilyn was a baby. She went to school in Bates, 1st grade through 8th grade, and later to high school in Prairie City.

Marilyn married Vern Randall on September 27, 1957 and they had four children; Ruthie, Kenny, Jimmy and Ricky. They raised their children in Mt. Vernon, Oregon on a small

ranch. Marilyn was a stay at home mom.

Marilyn enjoys crocheting, canning, decorating, helping her good friends Ruby and Maureen clean each others homes, anything involving her kids or grandkids; sports, 4-H and many others.

Marilyn has traveled to Disneyworld, Hawaii and enjoyed taking family trips to Minnesota.

Marilyn came to the Blue Mountain Care Center on July 9, 2015.



**Blue Mountain Hospital District Presents...**

**May Visiting Specialists**

**4th** - Dr. Brewer - Bend Urology

**5th** - Dr. Riddock - Bend Cardio

**6th** - Dr. Sandefur - Baker Ortho

**9th** - Dr. Rushton - Baker Podiatrist

**11th** - Dr. McLellan - Bend Cardio

**12th** - Dennis Sell - Bend Hearing

**23rd** - Dr. Rushton - Baker Podiatrist

**24th** - Korena Farris - Bend Neuro

**25th** - Dr. McLellan - Bend Cardio