

SOFTBALL

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He said the team would have benefited from tougher competition during the regular season.

"They battled in those last two games, and worked really hard," he said. "With this group, I look forward to how they're going to develop because they have a lot of talent and great work ethic."

La Grande defeated Pendleton for the district title, after losing one game to Pendleton.

11-12 All-Stars

The Grant County 11-12 All-Star softball team worked to overcome a tough start at the District 3 tournament in



Contributed photo/Tanni Wenger Photography Studio

Grant County 8-9-10 All Star Halle Parsons makes a hit at the District 3 tournament in Milton-Freewater.

Milton-Freewater, but were edged out by Hermiston.

"We were ahead most of the game, and then Hermiston

came back in the bottom of the fifth and got a two-run lead," said coach Chip Grove, who coaches with Janine Weaver.

Grant County came back in the top of the sixth, scoring three for a one-run lead, but Hermiston scored two in the seventh to win.

"It was a battle of a game," Grove said. "Both team did really well. We had some crucial errors, but they battled back and played hard."

13-14-15 All-Stars

The Grant County 13-14-15 All-Stars, who won last week's District 3 tournament championship with a 12-11 win over Milton-Freewater, advance to the Or-Cal District State Championships, facing South Salem, the winner of District 7.

The game is scheduled for 3:30 p.m. Friday, July 8, in Tulelake, California.



Grant County 8-9-10 All Star Jaydika Anderson slides home during the District 3 tournament in Milton-Freewater.

Contributed photo/Tanni Wenger Photography Studio

JOURNEY

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As Quick, now 55, entered the "white light," he recounted earlier this month in Cannon Beach, "I said, 'I'll do whatever I can to change,' and I woke up three days later."

"I'm not sure whether I had a choice to save him or not, but he wouldn't have had a very good lifestyle," Easton said. "Not very many people come back."

Quick's survival was a result of Easton's quick action and subsequent medical treatment — stents, bypass surgery, and multiple cardiac procedures, according to Easton. Quick suffered so much damage — the lower third of his heart was dead — he required a pacemaker defibrillator for survival.

San Diego to St. Augustine
Less than a decade later, in 2013, Quick had built himself into shape and proposed a

unique thank you for the emergency responders who came to his assistance. He conceived a plan to bicycle from coast to coast, the first man to embark on a transcontinental ride with 16 heart stents and a defibrillator. Easton and his wife, Marla, owners of Easton Health and Safety Solutions in Ogden, sponsored the ride from San Diego, California, to St. Augustine, Florida.

The 91-day journey went through Southern California's Imperial Valley, where temperatures reached 114 degrees on the ride. Quick and his son, Conrad, rode at night when necessary,

"It was an appreciation ride and thank you to public safety for their response," Easton said. "Bob's job was to go shake hands and kiss babies."

"Say hello to your hometown heroes, because that's what they are," Quick said. "The ones that never hear a thank you."

When they landed back in Salt Lake City, they were greeted by firefighters and emergency personnel lined on the runway in a V-formation.

Onward to Cannon Beach

Quick, along with the Eastons and their two daughters, arrived June 7 in Cannon Beach via RV to launch the first leg of Quick's second transcontinental journey, a 3,400-mile trek from Cannon Beach to Fire Island, New York.

This time, Troy Easton is pedaling alongside Quick.

"Being the first paramedic to save him, I said, 'I'll go with you,'" Easton, 48, said. "I've got to watch him. He's a go-getter, he's done amazing things but I've got to reel him back. It won't be much of an journey if we kill him."

Quick had never been to Oregon, and originally suggested San Francisco as their launch point.

Easton vetoed that. "Bob

wanted to take me through Nevada," he said. "We were going to go from San Francisco to Nevada from Reno to Salt Lake — 512 miles of sheer hell. Why would you do that? You could cook an egg on the hood of your car."

Easton's daughters had recently vacationed in Cannon Beach, and loved the city and its scenic beauty.

He successfully pitched the idea to Quick: "We're going to Haystack, Jack!"

Quick agreed, and began preparation for the trip, which would conclude 3,400 miles away.

He got a "tune-up" from medical personnel, including another stent, implanted through the groin up the femoral artery. "The key was getting him ready internally, externally, mind for the next ride," Easton said.

The Eastons used the same tests on Quick they use for performance testing of fire and police personnel.

This ride expands the origi-

nal goals of the 2013 trip. Along with thank yous to emergency services, Quick and his team hope to raise awareness of physical fitness and health, and they are raising funds to provide iPads to schools that serve autistic children.

Quick's grandson, Bruce, 6, is autistic.

On the road

Quick and Easton, who took off June 1, headed for Salem and then to Bend.

On their way through Grant County, they visited Dayville Merc, one of several "Two Wheels Spoken Here" bike friendly businesses in the area, for some repairs with help from Justina Frey. They pulled into John Day Friday and stopped at the Squeeze In Restaurant for lunch and the Blue Mountain Hospital ambulance bay to show their appreciation for local emergency personnel.

They plan to participate in a three-day event planned for St. Jude Medical in Minneapolis. They'll then take 250 miles of

trail from St. Paul to Milwaukee.

With food, tents, sleeping bags and stoves, "We've got everything we need," Easton said.

They plan to travel about 50 miles a day. To prevent diarrhea or cramps, they eat glutamates and protein — to maintain their energy, they'll need about 8,700 calories per day. "We've been training hard the last little while," Easton said. "But once that heart rate goes up over your threshold and that lactic acid is rocking and you've still got 7 miles up that hill still, that's so heart-breaking when you're riding a 140-pound bike. I'm used to a 17-pound bike."

This should be a wake-up call for all of us — you don't have to suffer a heart attack to participate in life, the "full catastrophe." Your crowning moment is right now.

The journey offers inspiration to "seize the day" — before the day seizes you.

Angel Carpenter contributed to this report.

"Remember why it's the 4th of July"

Join us in Prairie City for the **2016 Grant County 4th of July!**

Grand Marshals: Delmas & Mary Raymond

Parade Starts at Noon:
Parade line-up on North Johnson
Parade Judging starts 11:15 am
Sweep stakes receives \$100 cash award!

Parade Entry forms available at:
BAR WB • The Roan Coffee Shop
J.D. City Hall • P.C. City Hall

Before the parade
7-10am: Fabulous Flapjacks at the Teen Center
11am: American Legion Hamburgers at the Legion Hall

National Anthem sung by Linda Boyer
Listen for the Whiskey Gulch Gang to start the parade!

After the parade:
1pm: Fay Burril Memorial Jackpot Horseshoe Tournament
P.C. Basketball BBQ next to city hall
10am - 4pm: Green Thumb Garden Club Strawberry Shortcake

Family Fun in the city park!
Noon - 3pm
Water Slides • Rock Climbing Wall

Fireworks at dusk on the Oxbow Ranch

Presented by GPCCA and the City of Prairie City

New hike, bike, run event comes to Canyon City July 16

Blue Mountain Eagle
CANYON CITY — Looking for a new outdoor athletic event with a fun poker twist and prizes up for grabs? The Canyon City Challenge,

set for 8 a.m. Saturday, July 16, is a three-part activity — a 2-mile hike, 12-mile bike ride and 3-mile run. Participants can sign up for one or all legs of the challenge either as an individual or part of a team. Poker cards

will be drawn at five locations throughout the hiking leg. For those also doing the biking and running legs, there will be two additional cards drawn that can be discarded or make a better hand.

The event starts and ends at Canyon City Park. Poker hand tally and door prizes will be awarded at the end. Winners must be present.

Entry fees are \$20 a person or \$40 per team, up to three members. Children under 10 can participate for free. Pre-register before Thursday, June 30, to be guaranteed a T-shirt and event bag.

Form pick-up and drop-off locations are Canyon City City Hall; the Grant County Chamber of Commerce office, 301 W. Main St., John Day; or at 120 S. Washington St., Canyon City. Completed forms and payment may also be mailed to Canyon City Challenge, P.O. Box 383, Canyon City, OR 97820.

For more information, email canyoncitychallenge@gmail.com, or visit Canyon City Challenge on Facebook.

A MAN WAKES UP in the morning after sleeping on... an advertised bed, in advertised pajamas.

He will bathe in an **ADVERTISED TUB**, shave with an **ADVERTISED RAZOR**, have a breakfast of **ADVERTISED JUICE**, cereal and toast, toasted in an **ADVERTISED TOASTER**, put on **ADVERTISED CLOTHES** and glance at his **ADVERTISED WATCH**. He'll ride to work in his **ADVERTISED CAR**, sit at an **ADVERTISED DESK** and write with an **ADVERTISED PEN**. Yet this person hesitates to advertise, saying that advertising doesn't pay. Finally, when his non-advertised business is going under, **HE'LL ADVERTISE IT FOR SALE.**

Then it's too late.

AND THEY SAY ADVERTISING DOESN'T WORK? DON'T MAKE THIS SAME MISTAKE

Advertising is an investment, not an expense. Think about it!

Blue Mountain Eagle MyEagleNews.com
Don't get left behind, call today! Kim Kell 541-575-0710

PET TIPS

for the **4th of JULY**

When making your plans for the 4th of July **DON'T FORGET YOUR PETS' SAFETY.**

- ★ Don't let your dog eat burgers & hot dogs; you risk giving them indigestion.
- ★ Don't leave them outside for the big finale. Loud fireworks can disturb your pets and even injure them.
- ★ Make sure pets are wearing identification tags. We now offer the first and only FDA-approved treatment for canine noise aversion.

JOHN DAY RIVER VETERINARY CENTER
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