



Eagle file photo

From the Aug. 16, 2006, edition of the Blue Mountain Eagle: Helen Bogart and Boyd Britton are all hugs and smiles after the start of the county's drive to raise money to purchase acreage at Bates for a proposed campground and park. Bogart lived in Bates, and she and her husband, Ken, started a credit union on the back porch of that eventually grew to become Old West Federal Credit Union.

## OUT OF THE PAST

A look back on news from Grant County over the past 100 years, pulled from past issues.

### Aug. 10, 1916 Grant County Journal 100 years ago

This is a real boost and a compliment that should please every resident of Prairie. If all will live up to this raise, then the future of this section is assured, for with a community pulling together and seeing and telling of the good things that are to be found in the country progress is sure to result.

This is a good country, and a section with a future. The John Day Valley has resources that are hard-ly scratched as yet, and its development is sure to come.

The prospects look better at the present time for an immediate realization of the hopes of the boosters of this section than every before.

The Long Creek road will soon be complete and open a big territory to local trade. Prairie has a new school. The Prairie Power Co. is furnishing power for this section, and will make this the power center of the country.

There are a number of mining possibilities, the realization of any one of which means a good substantial payroll.

And, best of all, the crop of fat cattle will be up to the standard. There has been a

good yield of hay all over the upper valley, and the summer ranges have been the best for some time. This is one industry that will always be with us, and Prairie will be a good town on the strength of it.

Now is a good time to begin planning to vote "no" on a lot of the junk that will be on the ballot next fall. But don't look forward to voting no on measures that you do not understand. When the Voter's Pamphlet is out and you have your copy, read it and then make the right choice.

### Aug. 1, 1941 Blue Mountain Eagle 75 years ago

**Struck by lightning**  
During the electric storm on Saturday, lightning struck the home of Mr. and Mrs. G. C. Carson in Fox Valley. The lightning followed the radio aerial down through the roof, shattering the plywood on the ceiling and breaking the glass panes out of the window.

Mr. and Mrs. Carson were in the living room at the time but, except for the shock, were unhurt. Fortunately no fire was started. For more than 30 years Mr. Carson was the weather man of Beech Creek and friends claim that Old Jupiter was hurling some of his thunder bolts at him to get even for some of his weather remarks.

## SENIORS

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a deadline to do it makes it that much more stressful. I still need to put fencing around my new little garden site. I about keeled over when I discovered one of my young tomato plants munched on by a doe while watering. The same doe had come back a few days later and nibbled on another. Grr! At least she didn't try to eat my other plants. I have panels surrounding my garden but have yet to secure them to T-posts, just one of the things still needing to get done. Sigh, just wish I had more time in the day.

Hope everyone is keeping hydrated during this crazy hot weather. At least it's been good for the gardens right? The hot weather is definitely helping my squash and cucumbers to grow. I see lots of little round squash. I'm so excited. I think I will have tons of them in a couple of weeks. I'm more ecstatic that I don't have to deal with gophers this year! I planted the new garden in raised beds, and of course, the rocky terrain helps so that those nasty critters can't dig their way up into the beds. Ha! I got the last laugh.

*Proverbs 8:17 "I love them that love me; and those that seek me early shall find me."*

### EMERGENCY FOOD AND SHELTER PROGRAM LOCAL BOARD

Grant County Judge Scott W. Myers is seeking qualified volunteers to serve on the Emergency Food and Shelter Program Local Board as a representative of the Homeless. The volunteer is required to be homeless or formerly homeless. If no homeless or formerly homeless individual can be found to serve, a former recipient of emergency services may be substituted. The Local Board meets twice each year and determines how Grant County's awarded federal funds are distributed among emergency food and/or shelter programs run by local service agencies. The Local Board is responsible for recommending agencies to receive federal funds made available. Interested persons who qualify to serve on this Local Board are asked to contact the County Court office at 541-575-0059 or by email to [wrightl@grantcounty-or.gov](mailto:wrightl@grantcounty-or.gov) by 5 pm, Friday, August 12, 2016.



## Community HEALTH BEAT

### Quality Healthcare Close To Home

170 Ford Road, John Day • 541-575-1311 • [www.bluemountainhospital.org](http://www.bluemountainhospital.org)

## Don't Bring the Flu Back to School

It's another wonderful summer here in Grant County, yet right around the corner is winter, bringing with it everyone's least favorite season: Flu season. Getting your flu shot in the fall is an important aspect of preventive medical care.

First off, what is influenza? Influenza is a virus in the orthomyxovirus family which causes acute respiratory infections in epidemics every year. Infections peak in December and January, so getting your vaccine in October or November is crucial to staying ahead of flu season.

Symptoms of influenza include:

- Fever
- Headache
- Muscle aches
- Malaise
- Cough
- Sore throat
- Runny nose

The most common complication of influenza infection is pneumonia, either caused by the virus itself, or from a superimposed bacterial infection caused by the virus weakening the body's immune system. Influenza virus can also cause problems in the central nervous system like encephalitis, encephalopathy, or Guillain-Barré Syndrome, and has been shown to increase a person's risk of heart attack while infected.

So how do we treat this infection that could lead to the things mentioned above? The unfortunate answer is there are few antiviral medications available that help to decrease the duration of the illness. That means treatment is mostly aimed at treating other symptoms and trying to prevent complications.

Fortunately, there is one way to PREVENT getting infected with influenza virus: your annual flu shot. In the same way that regular maintenance and care of a car prevent engine or transmission failure, getting your flu shot in the fall is one way to help prevent infection in the first place.

Now, I can hear you saying while reading this, "I have had the flu before and I have never had a problem and get over it in a week! Why do I need a flu shot?" An excellent question. The truth is, most people who are infected with influenza will get over it and be just fine. There are several groups of people who have increased risks of complications. These people are: infants 2 years of age and younger, adults 65 and older, women who are pregnant, residents of nursing homes, people who are immunocompromised, and people with underlying issues like: COPD, asthma, heart failure, vascular disease, diabetes, kidney disease, liver disease, and other chronic illnesses. So if you aren't one of those people, it may still seem like you don't need your flu shot, but chances are you will come into contact with one of the people listed above, and if you have influenza, then you could spread it to them and they may not get over it as easily as you will.

All of this being said, immunizations are crucial to preventing illness and potentially debilitating

complications. There is a great deal of misinformation about immunizations floating around on the internet and social media, such as the myth that the flu shot can give you the flu. I encourage all of you to look into the science and research that has proven time and time again, just how effective, safe, and lifesaving they really are (<http://www.cdc.gov/flu/>, <http://www.flu.gov>).

It is also important to remember, with the passing of Senate Bill 895 into law, all students entering public and private schools or children's facilities (like preschool, Head Start, or certified child care programs) in the state of Oregon must have all scheduled vaccinations in order to enroll. Otherwise parents will be required to receive education from a physician or via an online education module about the risks of not vaccinating your child and benefits of vaccinating them before they can claim a nonmedical exemption.

In closing, here are five things you can do to prevent influenza and be healthier overall:

- Wash your hands regularly with soap and water, and use alcohol-based hand sanitizer when unable to wash them with soap.
- If you know someone who is sick, then avoid contact with them until their infection has resolved.
- If you are sick, then stay home and avoid spreading it to others around you.
- Exercise regularly and eat a healthy diet--healthy lifestyles help prevent illness and make you feel better!
- Get your flu shot every year, and make sure you are up to date on your other vaccinations.

By Lincoln Mosier, OMS III at Pacific Northwest University College of Osteopathic Medicine

### BLUE MOUNTAIN HEALTHCARE FOUNDATION FUNDRAISER SCRAMBLE 2016

JOIN IN THE FUN & SUPPORT QUALITY HEALTHCARE CLOSE TO HOME

SUNDAY, AUGUST 28th  
JOHN DAY GOLF CLUB  
18 HOLE SCRAMBLE  
9:00 AM TEE OFF  
Check-In and Coffee and Pastry starting at 8:00 am

REMEMBER -  
REFRESHMENTS ON THE COURSE WITH JACK & TERESA

AWARDS TO FOLLOW PLAY

BBQ RIBS, SALADS AND DESSERTS FOLLOWING AWARDS  
\$75 ENTRY FEE INCLUDES TOURNAMENT AND BBQ  
DON'T GOLF? - JOIN US FOR JUST THE BBQ  
SOCIAL HOUR BEGINS AT ABOUT 3:00 PM - \$25 PER PERSON FOR BBQ ONLY  
EVERYONE WELCOME - HANDICAP SUGGESTED BUT NOT REQUIRED  
NO EXPERIENCE REQUIRED TO PLAY - GOLF COURSE GREENS FEE OF \$10 IS INCLUDED IN ENTRY  
AWARDS AND DOOR PRIZES BEFORE BBQ  
100% OF PROCEEDS WILL GO TO HOSPITAL EQUIPMENT/PROGRAMS

ENTRY FOR TOURNAMENT AND/OR BBQ  
(PLEASE MAKE COPIES FOR ADDITIONAL GUESTS)  
SIGN UP ASAP or BY AUGUST 25 LATEST

NUMBER OF PLAYERS	PHONE	TOTAL
PLAYER #1: NAME _____	PHONE _____	HANDICAP OR AVE PLAY _____
PLAYER #2: NAME _____	PHONE _____	HANDICAP OR AVE PLAY _____
PLAYER #3: NAME _____	PHONE _____	HANDICAP OR AVE PLAY _____
PLAYER #4: NAME _____	PHONE _____	HANDICAP OR AVE PLAY _____

If less than a 4 person team you will be placed with other players to make up a team.  
If you have a team sponsor please let us know so that sponsor can be recognized.

NUMBER OF PEOPLE FOR BBQ ONLY	PHONE	TOTAL
NAME _____	PHONE _____	
NAME _____	PHONE _____	

CARTS MAY BE RENTED @ \$20. PLEASE INDICATE YOUR CART NEEDS:  
CARTS NEEDED \_\_\_\_\_ TOTAL \_\_\_\_\_

MULLIGAN (INSURANCE) TICKETS MAY BE PURCHASED THE MORNING OF THE TOURNAMENT  
WATER-HOLE MULLIGANS MAY BE PURCHASED ON #4 & #13  
ENTRY: MAIL, DELIVER OR CALL  
BLUE MOUNTAIN HEALTHCARE FOUNDATION  
170 FORD ROAD • JOHN DAY, OR 97845  
Questions: Contact Judy Kruttsinger, Foundation Director 541-620-1010



### BLUE MOUNTAIN CARE CENTER Resident of the Month

### RICHARD FINDLAY

home to Seneca to resume work for his father and the City of Seneca. It was at this time, that he built his log cabin.

In 1983, he married Suzanne Stapel and they have been married for 33 years. Dick has a daughter, 2 step daughters and 2 step sons. He has 5 grandchildren and 2 great grandchildren with one on the way.

Dick came to the Blue Mountain Care Center on May 12, 2016.

Richard Findlay was born on July 7, 1937 to Pearl and Glen Findlay in Washington. His family moved often, following the work; which included places like: Salt Lake City, Antone and Mitchell; before finally settling in Seneca, Oregon. Upon graduating from Grant Union High School, Dick joined the Marines.

In his time with the Marines, he was part of the Gunnery Division, where he earned the title of Sharp Shooter. After leaving the military, Dick worked for his dad's logging company out of Seneca. This led to driving long haul with his cousin; traveling from Canada to Mexico and the East Coast. After driving long haul for a long stretch of time, he returned for a long stretch of time, he returned



## August Visiting Specialists

- 3rd - Dr. Barrett - Bend Urology
- 4th - Dr. Riddock - Bend Cardio
- 10th - Dr. McLellan - Bend Cardio
- 15th - Dr. Rushton - Baker  
Podiatrist
- 24th - Dr. McLellan - Bend  
Cardio