Eagle file photo

Previous Hilton Half participants take off from Prairie City, some donning their superhero best. The event is set for Saturday, Sept. 17, this year.

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For recurring meetings, see our list in the classifieds on Page A17.

WHAT'S HAPPENING

SATURDAY, SEPT. 10

Grant County Fly-in

• 7-11 a.m., Grant County Regional Airport, John Day

The fly-in will feature free airplane rides for children in first through 12th grades, starting at 7:30 a.m., as time and weather permit, sponsored by Grant County Air Search. Other attractions include a Star Spangled Banner flyover, aircraft on display, a Forest Service facility tour, candy drop and more. Breakfast by Cliff House Catering will be available for $7, $5 for children. Overnight camping at the airport is permitted; courtesy cars available. For more information, contact Airport Manager Haley Walker, 541-575-1151, airport@grantcounty-or.gov.

Farmers Market

• 8:30 a.m. to 12:30 p.m., Southwest Brent Street, John Day

Weekly features include vendors offering a variety of locally grown produce, homemade food and handmade crafts, plants and more. Youth Arts Program participants will provide entertainment. This week will feature fruit and lots of vegetables. The markets continue every Saturday through mid-October. Call 831-596-0656, email johndayfarmersmarket@gmail.com or visit johndayfarmersmarket.com.

AARP driver safety class

• 9 a.m. to 4 p.m., John Day Senior Center

Open to all ages, this nationally recognized defensive driving course may qualify for insurance discounts. It costs $15 for AARP members, $20 for non-members. Call 541-575-4268 or 541-792-0587 to sign up.

Second Saturday Gathering

• 9:30-11:30 a.m., Kathy Rogers' residence

Grant County ladies are invited to a brunch potluck meeting. Rogers will present "Father's Fabulous Creations — Part 2." Call 541-620-1813 for directions.

SATURDAY, SEPT. 17

Hilton Half Marathon

• 7 a.m. registration, Seventh Street Complex, John Day

The Hilton Half Marathon, 10K, 5K and kids K run benefits Families First home visitation programs. The cost is $30 each or $60 per family, and the kids K is free. For more information or to register, visit hiltonhalf.blogspot.com.

Beekeeper field day

• 12-4 p.m., Diamond Hitch ranch, Kimberly

The event focuses on preparing for winter, raising healthy winter bees, assessing hive strength, health and weight and combining beehives for winter. It also touches on wintering nucleus colonies and other configurations. Bring water, a snack and protective equipment. Some extra equipment is available; if you have extra protective equipment, bring it to share. The ranch is on Highway 19 between milepost 107 and 108, the red mailbox just north of Holmes Creek road, about 2 miles south of Kimberly. For more information, contact Matt and Liz at apricotapiaries@gmail.com or 541-934-9101.

Out of the Past

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

Sept. 7, 1916
Grant County Journal
100 years ago

Mayor Walks to Baker

A short time ago Mayor Cleaver went to Baker after a cow, and decided that he would walk out in order to see what kind of road he would have to lead his bossy back over. Mr. Cleaver rode part of the way out, getting a lift several times, but coming back he hoofed the whole 70 odd miles, leading the cow and made the trip in two days and a half.

Sept. 8, 1966
Blue Mountain Eagle
50 years ago

Fair Pavilion Dedication Features Morse, Jackman

Highlighting the 57th annual Grant County Fair will be a special dedication ceremony of the pavilion building with guest speakers Senator Wayne Morse and E.R. Jackman.

The dedication will be held Saturday at 5 p.m. in the pavilion.

Of special interest to the residents of Grant county will be the naming of the building.

Oregon agriculture is to be the subject Senator Morse's speech and Jackman will speak on the John Day Country–looking back and looking ahead.

Senator Morse originally informed the fair officials that he would be unable to attend the fair, but last week said he would come. The former dean of the University of Oregon law school has been a senator from Oregon since 1944.

Jackman, a noted author and educator, has served with the Oregon State University extension service for nearly 40 years. He is credited with developing much of Oregon's $20 million seed industry. He has also written numerous magazine articles and books.

Serving as the master of ceremonies for the program is Donald Ostensoe, executive secretary of the Oregon Beef Council. He has been active in various civic activities in Oregon. Ostensoe has served as chairman of the March of Dimes campaign for Oregon.

The pavilion building was constructed during 1963-64 under the direction of Al Reinertson who was fair manager. The building survived the 1964 Christmas flood, but about 12 inches of water and silt covered the entire floor.

Reinertson and his wife, Dolly, spent the better part of five years working on the building.

The Grant county fair board has spent $30,000 on the building. The appraised value of the building is $72,000.

Members of the fair board are Darrell Johnson, Prairie City; L.J. (Pete) Baucum, Canyon City; Herman DeSouza, Mt. Vernon; Mrs. Arlene Oliver, John Day; Rev. Phil Ryan, John Day; Immediate past chairman of the board is Niles Sproul, Canyon City.

Fair manager is Dale Martin, Long Creek, and fair secretary is LaVeda Millering, John Day.

Pre-diabetes – It Could Be You!

By Kim Jacobs, Lifestyle Coach

According to the CDC (Centers for Disease Control and Prevention), one out of three people have a condition known as Pre-diabetes. Of those individuals, 9 out of 10 do not know they even have it and 15-30% will most likely develop Type 2 Diabetes within 5 years.

What is Pre-diabetes?

Pre-diabetes is when your blood glucose level is higher than normal, but it's not high enough for a diagnosis of Diabetes. You can think of it as a warning sign. This is your chance to step things up and make healthy lifestyle changes that will lower your risk of developing Type 2 Diabetes.

Good nutrition and physical activity have a major effect on preventing Type 2 Diabetes. Studies show that people with Pre-diabetes who lose at least 7% of their body weight and engage in moderate physical activity at least 150 minutes per week can prevent or delay Diabetes and even return their blood glucose levels to normal.

Are you at risk?

There are several risk factors that make it more likely that you'll develop
mPre-diabetes:

• Weight: If you're overweight (have body mass index of 25 or greater), your risk is higher. If you carry a lot of extra weight in your abdomen, this also increases your risk.
• Lack of physical activity: This often goes hand-in-hand with being overweight. If you are physically inactive, you increase your risk.
• Family history: If someone in your close family has Diabetes, you are more likely to develop it.
• Race/Ethnicity: African-Americans, Hispanic Americans, Native Americans, and Asian Americans are more likely to develop Pre-diabetes.
• Age: At age 45, your risk starts to increase. After age 65, your risk increases significantly.
• Gestational Diabetes: If you developed Diabetes during your pregnancy, you are at increased risk.

Diagnosing Pre-diabetes

Your doctor may want to test your blood glucose levels if you're overweight and if you have one or more of the risk factors listed above. Talk to your doctor today if you think you may be at risk.

Diabetes Prevention Program

If you have a diagnosis of Pre-diabetes, you are eligible for a Diabetes Prevention Program run by lifestyle coach, Kim Jacobs. The purpose of the National Diabetes Prevention Program is to prevent Type 2 Diabetes through healthy eating, weight loss, and regular physical activity. With help from a trained lifestyle coach, personal goals will be pursued gradually and safely, and participants will develop the skills needed to prevent Type 2 Diabetes. The next program will begin September 29th. For more information, contact Kim @ 541-575-1311 or kjacobs@bluemountainhospital.org, or talk to your Primary Care Provider to see if you qualify for this program.

Blue Mountain Healthcare Foundation
10th ANNUAL GOLF SCRAMBLE 2016

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WINNERS:

1st Gross: Southworth Bros Team; Brad Smith, Billy Colson, Matt Wenick, Jay Kenyon
1st Net: Kris & Jan Curtis, Ansel & Judy Krutsinger
2nd Gross: Oster Professional: Mitch Saul, Alex Finlayson, Brad Armstrong, Mike Strong
2nd Net: Dr. Keith Thomas, Bob Houser, Steve Erixon, Greg Jennings
Final Gross: Brenda Mosier, Carmen Gardner, Wanda Winegar, Denise Houser
Final Net: Old West Federal CU; Rhonda Moore, Lanni Strong, Julie Johns, Micki Burke
Long Drive – Ladies: Nita Van Voorhis
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Thanks to all of the BMHF Board Members, and others for their help.

THANK YOU FOR JOINING IN THE FUN TO SUPPORT QUALITY HEALTHCARE CLOSE TO HOME

BLUE MOUNTAIN CARE CENTER

Resident of The month

CORAL SCHMITT

Coral was born September 1, 1930 to Viola Estela and Hiram Herschel Brown in Bucklin, Kansas. She had 11 siblings; 7 sisters and 4 brothers. She was raised on a farm in central Kansas near Dodge City.

Coral married Harold J. Schmitt on July 7, 1948 and they had 7 children; Harold Jr. (Neb), Kenneth, Teresa, Duane, Vernon, Charles and Gary. She now has many grandchildren and great-grandchildren. Coral worked as a housewife.

Coral always enjoyed traveling back to Kansas to visit her family, camping, fishing, hanging out at the hunting camp, being with her family and baking. Coral's favorite place to go was Fish Lake. She also loved baking apple desserts. She is a member of the Catholic church. She enjoyed looking good and wearing fancy hats and coats.

Coral came to the Blue Mountain Care Center on April 28, 2015.

Blue Mountain Hospital District

September Visiting Specialists

7th - Dr. McLellan - Bend Cardio
8th - Dr. Riddock - Bend Cardio
Dennis Sell - Bend Hearing
12th - Dr. Rushton - Baker Podiatrist
21st - Dr. McLellan - Bend Cardio
26th - Dr. Rushton - Baker Podiatrist
27th - Korena Farris - Bend Neuro
28th - Dr. Takla - Bend Urology