

GRANT COUNTY SPORTS ROUND UP

By Angel Carpenter
Blue Mountain Eagle

Prairie City volleyball take 3-1 fall to Mustangs, after beating the Bulls

The Prairie City Lady Panthers started last week's volleyball contests on strong footing.

They claimed a solid 3-0 win over Burnt River last Wednesday with scores of 25-10, 25-16 and 25-12.

"We were able to get some varsity playing time for some of the younger players. They worked into the rotations very well, and they learned a lot," said co-coach Louanne Zwegardt, who leads the team alongside Lance Zwegardt.

With that momentum, Prairie City started out strong against Jordan Valley on the road Friday, but lost with scores of 26-24, 12-25, 22-25 and 22-25.

"We took the first set, coming from behind which was a good confidence boost for the team," Louanne said. "The third and fourth sets were close but a few key lost points tipped the scales their way."

Louanne said some team members are showing improvement, and she hopes the trend continues over the next two weeks, as they face "two of the toughest teams in the league."

The Lady Panthers will host Crane for homecoming on Friday with junior varsity games beginning at 2 p.m. and varsity at 5 p.m.

Stats vs. Burnt River:

Serving: MaKenzie Jones, 92 percent; Sarah Ennis, 89 percent, Brianna Zwegardt, 87 percent
Hit/Tip: Cassie Hire, 5 kills; Brianna Zwegardt, 4 kills; Sierra Dahlen, 4 kills

Prairie City football team hampered by loss of players in Jordan Valley

The Prairie City Panthers suffered an agonizing 50-0 defeat in Jordan Valley last Friday.

The Mustangs powered forward in the first half, earning their 50 points.

"We got it together and held them to zero in the second half," said Panther head coach Darrel McKrola.

Prairie City is down from 23 to 14 players, losing three seniors and two other key players, McKrola said.

"It was tough going with the less-experienced boys in for the entire game," he said.

The Panthers' next battle is their homecoming game against Crane at 7 p.m. Friday.

Tiger volleyball team refocuses for upcoming games

The Monument/Dayville volleyball team took a tough 3-0 loss on the road to Adrian on Friday.

The Antelopes won with scores of 25-15, 25-12 and 25-12.

"We started each game well in Adrian, but just couldn't finish them strong," said head coach Tiffnie Schmadeka. "We did some really positive things — served tough and communicated better than we have been."

She said the team will focus this week adjusting their serve-receive formation and digging the ball.

"We have a tough week with South Wasco on Friday and Jordan Valley on Saturday," she said. "I'm looking forward to this week and having our girls stay focused and have a good weekend of volleyball."

Monument/Dayville gridders handed loss in Adrian

The Monument/Dayville football team took a hard 92-22 loss in Adrian on Friday, but also didn't give up, said Tiger head coach Nathaniel Ashley.

"We got beat, but played hard and never quit," Ashley said.

Junior Cody Kluser scored two touchdowns and was successful on both two-point conversions, and sophomore Gabe Walker scored the other touchdown.

The Tigers are on the road to Maupin Friday for a 7 p.m. game against the South Wasco Redsidés.



Community HEALTH BEAT

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October is Breast Cancer Awareness Month. As a General Surgeon, the treatment, prevention and screening of cancers are a big part of my practice. Breast cancers are the second leading cause of cancer deaths in women, exceeded only by lung cancer. Almost 1 in 8, or 12% of all women in the United States will develop breast cancer at some point during their lifetime. That is almost 250,000 new cases of invasive breast cancer diagnosed each year with greater than 40,000 who will die from the disease.

The good news is that the death rate from invasive breast cancer has been steadily declining since the late 1980s, with the greatest strides occurring in younger women (<50 years old). This decrease is thought to be the result of the combination of earlier detection, greater awareness, better screening and more effective treatments. This means more women are surviving breast cancers every year.

A study by the American Cancer Society showed that routine mammographic screening significantly decreases a woman's chance of dying from breast cancer. The American Cancer Society, the American College of Surgeons, the American Society of Clinical Oncologists and the American Society of Breast Surgeons all recommend routine screening mammograms for early breast cancer detection in women without breast symptoms. Those at average risk should consider screening at the age of 40 years old. Yearly mammograms should be considered, especially in above average or high risk women, like those with a family history of breast cancer, BRCA 1 or BRCA2 genetic mutations, associated medical syndromes or previous higher risk findings or biopsies.

Although there is currently no way to prevent breast cancer, there are things that women can do to not only reduce their risks, but also to increase their chances of survival. This includes early detection, when cancers are more likely to be successfully treated and even cured.

My recommendations are as follows:

- Get routine screening mammograms
- Practice breast self-awareness
- Maintain a healthful lifestyle including regular exercise, a healthy body weight and a diet rich in fruits and vegetables
- Avoid or limit alcohol
- Stop smoking
- Identify your risk factors
- Talk with your primary care provider about breast cancer screening

Keith Thomas, MD, FAC
Board-Certified Surgeon
Blue Mountain Surgery

Red lights, green lights!
Outpatient Registration has a new lighting system to assist patients with the registration process. To reduce confusion and frustration, lights have been installed outside each Registration door letting patients know immediately which office is open. No more guessing required. Blue Mountain Hospital District has heard you and we are continually working to make improvements for your care and convenience.



Dinner Menu	Fun All Evening
Catered by: The Sniffles BnB Dinner House, Bend, OR	5:30 pm No host bar, games & auction item viewing
• 12-oz New York Strip • Stuffed Baked Potato • Candied Carrots • Wild Raspberry Salad with Blue Cheese Crumbles • Decadent Mocha Pie • Coffee and Strawberry Lemonade	6:30 pm Dinner, silent auction bidding commences 7:30 pm Business meeting, election of board directors and success presentation Costume Contest - Winner to receive \$100 58" HD Samsung TV Drawing Silent Auction & Oral Auction Live Auction: Wood Splitter
Watch for: Auction items listed in the Blue Mountain Eagle	
Funds raised will be dedicated to the purchase of equipment needed at Blue Mountain Hospital	
Please RSVP by October 14, 2016	

Fill out the registration and mail to the address shown, or drop off at the reception area of Blue Mountain Hospital. Check in at the door - your name will be on the dinner list.

To RSVP by phone or for more information, call:
Judy Krutsinger at 541-620-1010 or email jkruts@hotmail.com

Dinner Reservations	
Mail • Deliver • Call • Email	
Dinner: \$30 each or 2 for \$50	Total Enclosed \$ _____
Name: _____	Phone: _____
Address: _____	
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Blue Mountain Healthcare Foundation • 170 Ford Rd., John Day OR, 97845	

Win a 58" HD Samsung TV

Tickets: \$1 Each or 6 For \$5

Displayed at Mosier's Home Furnishing
Tickets Available at Blue Mountain Hospital or from any BMHF Board Member (Tickets not sold at Mosier's)

Drawing Will Be held On October 22, 2016 at The Annual Meeting-Dinner and Auction
Blue Mountain Healthcare Foundation

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the corner's
HOT SHOT
OF THE WEEK

GW CLARK

School: Monument/Dayville
Grade: 12
Parents: Toni and Dave Clark
Sport: Football
Position: Guard

What I like best about my sport: "I like having fun, playing as a team with friends."
Coach's Comment: "GW has really stepped in as a leader of this team and has played very well this season. He brings experience to a young team and does a great job helping everyone be where they are supposed to be."
-Coach Nathaniel Ashley

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Blue Mountain Hospital District

October Visiting Specialists

5th - Dr. McLellan - Bend Cardio
6th - Dr. Riddock - Bend Cardio/Pulmonology
13th - Dennis Sell - Hearing Specialist - Bend EMT
17th - Dr. Rushton - Baker Podiatrist
19th - Dr. McLellan - Bend Cardio
24th - Dr. Rushton - Baker Podiatrist

BLUE MOUNTAIN CARE CENTER
Resident of the Month

BERNICE MORRIS

Nellie Bernice Morris was born on November 20, 1916 at the family homestead on Dry Creek; 6 miles west of Mt. Vernon. Bernice is the 8th of 9 children born to William T. (Tom) and Nellie L. Morris.

The family later moved from Dry Creek to Moon Creek. The old school had been converted to a home. She attended grade school at Moon Creek and grade and high school in Mt. Vernon. After high school, she worked for Gertrude McCray, who was the County Clerk. Bernice married Charles Woodrow (Woody or Mack) Mack at her family home on November 6, 1940. They were married by the grooms father, Charles Mack, who was the Justice of the Peace. They were married for 68 years before he passed away in June of 2009. Bernice and her husband lived in several places in Oregon and Washington, while her husband was in the Army during WWII.

Bernice learned to play the piano while in grade and high school. She took up skiing in her 40's. Bernice held numerous jobs before retiring in 1979 from the BLM and returned to Grant County.

She sewed, knitted and quilted. She made a lot of her own clothes and clothes for her family. She made a lot of quilts and gave most away to her family and jellies. She had a cellar full of canned fruit.

She loved to bake and have family dinners. She learned and enjoyed ceramics after she retired. She is a member of the First Christian Church in John Day. Bernice and her husband were dedicated to their church and seriously considered becoming missionaries.

Bernice came to the Blue Mountain Care Center on December 11, 2015.