



Eagle file photo

From April 6, 1967: About 270 square dancers from all over the state and California attended the Mountain View Swingaroo square dance spring festival at Alec Gay Hall Sunday. With about 23 squares formed inside the hall, the rest of the crowd danced in the parking lot next to the building via speakers mounted outside. Bill Dalrymple of John Day was the main caller, and was assisted by callers from other attending clubs. The bus in front brought part of the group here; others came by planes and cars. Visiting club members were guests at a luncheon and a dinner.

OUT OF THE PAST

Blue Mountain Eagle
April 3, 1942
75 years ago

CCC Camp Celebrates Ninth Anniversary

Last Saturday, March 28, Camp Canyon Creek, Company 6147, CCC, celebrated the camp's ninth anniversary with an open house in the afternoon and a free dance at the Joaquin Miller Resort in the evening. A courteous guide met the guests and escorted them over the camp, which showed the efficiency of the boys in all types of work. Among the places of interest was the library, which contained a vast number of books and magazines. There are many classrooms and any boy who has not graduated from high school may complete his course and receive his diploma. The classrooms may be made into one large room or a number of small private rooms in which they have a stenographic room with many typewriters. Shops for manual training instruction are equipped with all types of shop machinery. The wood-working showed beautiful completed cabinets of different types. There was a modern laundry, supply rooms for both clothing and food, all of which were systematically arranged and kept with utmost accuracy. Their living quarters were comfortable and showed good housekeeping. After completing this tour, ice cream and doughnuts were served in the mess hall. The boys in the camp are from Mississippi and Tennessee, and are a splendid lot of boys. They are greatly pleased with the west and especially their camp here in the mountains.

Blue Mountain Eagle
April 6, 1967
50 years ago
Monument Sought For Fossil Beds

In a scheduled meeting today, Congressman Al Ullman was to have met with Howard Baker, and associate director of the National Park Service, concerning a national monument for a section of Eastern Oregon including the John Day fossil beds. According to a report Tuesday in the Oregon Journal, the area would include the fossil beds, the Painted Hills near Mitchell and the John Day river canyon. "Ullman believes the rugged country is too little appreciated because it is seldom visited. National monuments, administered by the National Park Service, are federal properties but usually are less developed than National parks. Oregon has only one national monument, Oregon Caves. John Day fossil beds and Painted Hills now are small state parks, which might easily be made national monuments. Ullman said he saw little need to buy private lands for the monument. He said a monument could include separate elements not linked geographically," according to the Journal. Jack Steiwer, mayor of Fossil, has forwarded colored photographs of the area to aid the cause, according to the Journal report.

Blue Mountain Eagle
April 2, 1992
25 years ago

Trees get new home at the park

Students from Grant Union High School and the John Day-Canyon City Parks and Recreation Department joined together Monday for a tree planting and wildlife habitat improvement project at the Seventh Street Recreational Complex. Under the direction of Gene Emery, students planted a total of 75 to 80 trees donated by Oregon Department of Fish and Wildlife. Varieties included poplars, hawthorns and Russian olives, and they were planted in three different areas of the complex. The area in which the Russian olive trees were planted was first seeded with a variety of grass that will provide food for birds. As it matures, the seed and trees will provide habitat for a variety of birds. Other trees will be planted around an abandoned gold dredge pond at the complex, thanks to a grant from the Oregon Department of Forestry. Work started this week by McKay Excavating on dragging the pond to remove silt and sediment with hopes of making the pond about 20 feet deep. Once completed, ODFW will stock the pond with trout. Improvements at the park site will be ongoing throughout the summer. The Park district recently received notification from the state that it will receive more than \$50,000 in Regional Strategies funding for construction of a restroom and concession facility at the site. Construction is expected to begin in July following the close of the little league season.

Blue Mountain Eagle
April 4, 2007
10 years ago
Six hundred feet

A display of 600 shoes walking up and down the courthouse steps during the week of April 22-28 will represent the 300 people who were helped by the Victims Assistance office last year. "Victimization is a lot more prevalent in Grant County than the community realizes," said Karen Johnston, victim assistance coordinator. "There were 300 victims that walked through our system during the past year and that doesn't even touch the crimes that weren't reported." The display gives the public a visual aid and represents the victims of all crimes, from violations to felonies. The display is part of the Nation Victims' Rights Week commemoration. This year's theme is "Victims' Rights: Every Victim. Every Time." Organizations like Victim Assistance hope to spread awareness that will promote laws, policies and programs for victims, and show the affects of crime. Victim Assistance is looking for shoes of any size for display. Shoes in good shape will be donated to local charities. The public is welcome to come and see the display during Victims' Rights Week.



Community HEALTH BEAT

Quality Healthcare Close To Home

170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

How much Sugar is in YOUR Diet?

It seems like everything has added sugars these days; from bread to pasta sauces to ketchup.

It is important to be aware of how much sugar you are consuming. Most Americans get too many calories from added sugars which can lead to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.

Added Sugar

Added sugars include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (such as adding honey to your tea, or sugar to your cereal). They are found obviously in sweet foods, such as candy, soft drinks, sports drinks and other sweets. But, insidiously they also are found in pasta sauces and condiments, such as ketchup. The term "added" is key, because there are other sugars that occur naturally in healthy, nutritious foods, such as milk (lactose) and fruits (fructose).

How Much Sugar?

The American Heart Association recommends that women consume no more than 6 teaspoons and men no more than 9 teaspoons of added sugars per day. To put this into perspective, a 12 oz. can of regular soda has about 10 teaspoons of sugar, and the average American consumes about 23 teaspoons of added sugars per day.

An important fact to keep in mind when reading nutrition labels:

4 grams of sugar = 1 teaspoon.

Names for Sugar

Spotting added sugar on food labels can require some detective work. Food and beverage manufacturers list a product's total amount of sugar per serving on the Nutrition Facts Label; however they are not required to list how much of that sugar is added sugar vs. naturally occurring sugar. The only reliable way to identify added sugars is to look at the ingredient list.

The growing use of alternative sweeteners can make it difficult to determine which ingredients count as sugar, because there are multiple sources of sugar with different names. Here is a list of some common added sugars:

- Agave nectar
- Honey
- Cane Sugar
- Turbinado Sugar
- Brown sugar
- Corn sweetener
- Corn syrup
- High-fructose corn syrup
- Fruit juice concentrates
- Malt sugar
- Molasses
- Raw Sugar
- Maple Syrup
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, maltose, sucrose)

To reduce added sugars in your diet, try these tips:

- Drink water or other unsweetened beverages instead of sugary sodas or sports drinks. That goes for coffee drinks too!
- When you drink fruit juice, make sure it's 100 percent fruit juice and limit your portion size to 4oz. Better yet, eat the fruit rather than drink the juice to get the fiber, as well.
- Choose reduced sugar varieties of syrups, jams, jellies, and preserves.
- Buy canned fruit packed in water or juice, not syrup. Drain and rinse with water to remove excess syrup.
- Instead of choosing sweetened yogurt, try plain yogurt and top with fresh berries.
- When you treat yourself to a coffee drink, try it "half sweet", or better yet, try it without a sweetener.

Bottom Line

This is not going to be the first or last time that you hear this; MODERATION IS KEY! Treat yourself occasionally, however don't let sugar become too much of a sweet thing.

Kim Jacobs, RD



**BLUE MOUNTAIN
CARE CENTER**
Resident of the Month

OTHO LAURANCE

Otho Laurance was born April 4, 1929 in Prairie City, to Clyde & Ferne Laurance. He was the oldest son and was soon joined by two more brothers, JD & Hugh.

He grew up in the Reynolds Creek Area.

He joined the Navy in 1948 and was in Aviation Maintenance.

On one of his leaves, he met Sammie Robertson in Knoxville, Tenn. They were married in March of 1951.

He worked for the Forest Service, as a truck driver for Morgan Freight Lines and had his own business (Laurance Upholstery) until he retired in 1991.

He and Sammie had four kids: Gary (Ishla Mejueres, Mexico), Rick (Sweden), Joni Warren (John Day) and Steve (Arizona).

He has 6 grandkids and 9 great-grandkids.

Sammie passed away in 2015 on their 64th wedding anniversary.



April Visiting Specialists

4/5/17 *Bend Cardio*
Dr. McLellan
Bend Urology
Dr. Takla

4/10/17 *Baker Podiatrist*
Dr. Rushton

4/19/17 *Bend Cardio*
Dr. McLellan

4/24/17 *Baker Podiatrist*
Dr. Rushton

SQUEEZE IN RESTAURANT

\$5.00 Early Bird Specials 6am - 8am

Mini breakfast

1 egg / hash browns / 1 toast / 2 slices of bacon
1 Pancake 1 egg and 2 slices of bacon
1 French toast 1 egg and 2 links
1/2 Biscuits and gravy and 2 links
Comes with Coffee

423 W Main St., John Day • 541-575-1045