



Eagle file photo

From June 8, 1967: **BIKE RACES** – Highlighting the motorcycle activities at the Mt. Vernon track Sunday was a 40-lap Feature Scramble race won by Robert George of Baker City who rode a modified Honda 160. Roy Cates of Mt. Vernon finished second in the race. The hill climb winner was Ray LeRouque of Prineville. Charles Cole of Prineville won the trophy scramble. Races will be held again Sunday with riders from Prineville at the Mt. Vernon track.

OUT OF THE PAST

75 years ago

June 5, 1942

Several young people injured in auto accident

An automobile accident that occurred Monday evening on the Three Flags highway, about four miles south of Canyon City resulted in rather serious injuries to three occupants of the car and two others of the group of young people, all of John Day and who were en route to the Joaquin Miller Resort, received bruises and minor cuts.

Ernie Coots, owner and driver of the car, and Miss Dottie McKern were the most severely injured. Coots sustained head injuries and was taken to the Blue Mountain Hospital at Prairie City, but was later released as he is recovering satisfactorily, and Miss McKern sustained severe cuts on her face. Miss Edna Weissenfluh suffered a broken nose and the two others, who escaped with minor injuries, were Harold Johnson and Hillary Stout.

According to the occupants who were interviewed, the car got out of control, presumably due to defective steering apparatus, ran into the bank, turned over and then caught fire. Fortunately, one of the doors was easily opened and all of the young people managed to get out before flames consumed the vehicle.

50 years ago

June 8, 1967

Baker Rider Wins Race

Riding a modified Honda 160, Robert George of Baker City was the winner Sunday of the 40-lap Feature Scramble race at the Mt. Vernon motorcycle races.

The hill climb was won by Ray LeRouque, Prineville, who rode a Bultaco Matador. LeRouque made it within a few feet of the top, but as of last Sunday, nobody has yet crested the hill.

The Over 100cc Trophy Scramble was won by Charles Cole, also of Prineville, on a Bultaco Metisse.

In the main races, the highest placing of a local rider was Roy Cates, who finished second in the Feature race.

As proven last Sunday, a motorcycle has to be especially prepared to be competitive with the big bikes. LeRouque's Honda was bored out to 190cc, had coarse treaded tires front and rear, had a 19-inch front wheel, and had suspension modifications as well as racing handlebars and seat. Cole's Bultaco Metisse was developed by the factory as a racing bike and has a Rickman-designed frame and Telesco front forks.

The major incident of the day occurred when Bruce Hewkin's Yamaha 305 rolled taillight-over-handlebar down the hill climb; miraculously, the bike suffered only a few very minor dents, and Hewkin wasn't injured at all.

10 years ago

June 6, 2007

Mt. Vernon students say: Welcome to Grant County!

Visitors to Grant County often pick up a copy of the "Explore" guide at the Chamber of Commerce office in John Day. Starting next week, they'll also be able to peruse "The Good Old Days," "Look in Our Back Yard," "Nicholas Wilson's World of Grant County," and more than a dozen other kids'-eye views of the local area.

The colorful guidebooks were produced by seventh-graders in Kerri Clark's Cultures of the World class at Mt. Vernon Middle School. They wrapped up their study

of other cultures by taking a look at their own. Each book includes some history, a "day in the life" feature, a photo or drawing to represent the author's family, and other information about the local area.

Clark said the students used the Explore guides, which are produced by the Blue Mountain Eagle and the Chamber, as a starting point to create their own personalized guides to the local area. "I wanted them to think about their own culture, their homes and families and the history of the area," she said.

Clark said she encouraged the kids to put some personality into their writing.

"They poked a little fun at times, but we also wanted to be respectful," she said.

Most of the students were colorful in their descriptions of the county and their lifestyle. "Grant County is a cute little place with only seven thousand people," wrote Brittnee Lippert. "I have to say this is a beautiful place with amazing wildlife."

She and others also dealt with rural life, head-on. "In Grant County, 4-H is a big thing, being that most of us out here are hicks from the sticks," she wrote in her essay "Welcome to Hick Town."

Ranching, hunting and fishing, pickup trucks, the County Fair, family and pets were frequent themes. "In this county you will see some of everything. There are your old-school cowboys in their pickup trucks, while the teens who are wannabe cowboys ... drive the cars from the '80s," wrote Nicholas Wilson. "Yet we do not care what we drive, we are not afraid to be seen driving with our mom."

David Hall, who wants to be a chef someday, wrote about the fun he has at school but just couldn't resist critiquing school lunches in his essay, "Day at School."

"Man, I am telling you what, they taste worse than your mom's green bean casserole or her meatloaf; now that is disgusting," he wrote.

Last week the students were designing covers for their books, using maps, pretty photos and graphics plucked from the Internet. One of the designs was guaranteed to wake up the sleepest tourist; it featured large pictures of coiled rattlesnakes.

"It's like a little warning about what you might see out there," said the author, Brandon Kerr. "Just watch where you step."

Many of the students interviewed a grandparent or someone else who has lived a long time in the local area. Trey Thompson interviewed his grandfather, Jim Jaynes, and was surprised at some of the things he learned. "I learned more about him than I already knew," Trey said. Alexandra Saunders was just getting her interview part done last week. "I'm going to interview Bob. He owns Thriftway and he's a friend of my dad's," said Alexandra Saunders.

Once the books are edited and bound, they will go on display in the Chamber of Commerce's new office, perhaps as early as next week. Clark thinks visitors will get a kick out of looking at them.

"When you go someplace new, you don't get a real perspective on the place until you meet someone and talk to them," she said. "This is one way to meet some of the people here."

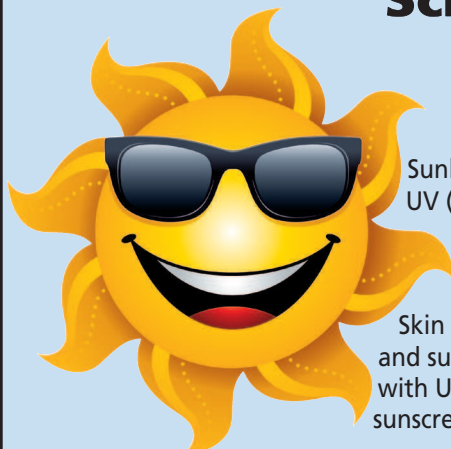


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School is Out for the Summer! Sunscreen Myths Debunked!

Dr. Emily Lieuallen



Sunlight is essential for synthesis of vitamin D and has benefits on mood, BUT, UV (ultraviolet) radiation causes concerning issues such as skin cancer, sunburn, and aging. UVA and UVB are both responsible for sunburn, tanning, inflammation, and cancer, however UVB is the most active.

Skin cancer is on the rise. Avoidance during peak hours, sun-protective clothing, and sunscreens, are all crucial to prevent or reduce the potential harms associated with UV exposure. Protect your skin this summer and learn the facts and how sunscreen can protect you!

Myth #1: SPF 15 is enough. We should all be wearing at least 30 SPF (sun protection factor). Fair skinned individuals and people on certain medications or certain diseases should be wearing even higher. Also, SPF refers only to UVB coverage so you need to check the ingredients and make sure the bottle states "broad spectrum," meaning it also protects against UVA rays.

Myth #2: You only have to apply it once. Absolutely not true. You should re-apply every 2 hours at minimum and even more often if in the water.

Myth #3: You should throw out all old sunscreen. It depends. If it is open, usually it lasts a season. If it hasn't been opened, the shelf life is usually three years. Check the expiration date as well.

Myth #4: A little goes a long way. Use more than you think you need. Remember, a nickel size for your face, two tablespoons per limb, and two tablespoons for your chest and back.

Myth #5: Having a base tan is safer. A base tan actually does little to protect you from future damage to your skin caused by UV exposure.

Myth #6: Wearing sunscreen prevents vitamin D synthesis. You will still get some vitamin D synthesis while wearing sunscreen. The safest way to get adequate Vit. D is through a healthy diet.

Myth #7: Tanning beds are safe. Step inside a tanning booth and your risk for the deadliest type of skin cancer (melanoma) increases. Indoor tanning and tanning outside are both dangerous. Indoor tanning gives you high levels of UV radiation in a short time, bottom line- don't do it.

Myth #8: My makeup has SPF so I don't need to use sunscreen. Even if your products contain SFP 30, it is likely that you aren't applying them heavily enough to provide enough protection. Use a sunscreen under your make-up if you are going outside in the sun.

Myth #9: I'm protected if I'm in the shade or if it is cloudy. Even if you're in the shade, because we're always exposed to reflected light, which is particularly intense near water, you need sunscreen. Cover up in UPF (ultraviolet protection factor) clothing and wear wide brimmed hats with sunglasses. A cloudy day still allows penetration of the damaging rays. UV radiation is invisible and even if it isn't hot you need sunscreen.

Myth #10: There is such a thing as waterproof sunscreen. No such thing. This can't even be put on the bottles anymore. They are usually water resistant for either 40 or 80 minutes. This means reapply!

Myth #11: Higher SPF is better. Use SPF of at least 30. If you use 60, it isn't twice as protective and it doesn't last any longer. An SPF of 30, when applied in the appropriate amount, will block out about 96 percent of the damaging rays. Reminder that the best protection really is sun avoidance, long sleeves, UPF clothing, hats, etc. Also you need to put on sunscreen 15-30 mins prior to exposure.

Myth #12: I'm wearing sunscreen so I'm fine. Try to avoid the sun from 10am-4pm, wear a hat, sunglasses, and UPF clothing. Clothes should be tightly woven and synthetic fibers such as lycra are generally better. Avoiding a sunburn doesn't mean you've properly protected yourself. Once you have tanned, you have already damaged your skin.

Myth #13: Babies can't wear sunscreen. For babies under six months, try to avoid sun exposure, stay covered, wear hats, and you can apply a minimal amount of sunscreen to a small area such as face and back of hands. For children older than six months, there are no limits to using sunscreen.

Myth #14: Spray sunscreens are safe. It is actually thought that spray sunscreens aren't safe. They are still under investigation, but it is thought there are chemicals and particles that aren't safe. If you do use, spray on your hands first then rub on your skin and stay away from you face and mouth.

Myth #15: Sunscreen is toxic. Sunscreens for the most part have a good safety profile. There is no evidence of systemic adverse effects related to percutaneous absorption. Watch out for allergies and contact dermatitis and keep out of the eyes.

Monitor for ABCDE's of skin lesions and see your primary care provider with any concerns. Have a great summer!

- **A**symmetry. One half doesn't match the appearance of the other half.
- **B**order irregularity. The edges are ragged, notched, or blurred.
- **C**olor. The color (pigmentation) is not uniform. Shades of tan, brown, and black are present. Dashes of red, white, and blue add to a mottled appearance.
- **D**iameter. The size of the mole is greater than 1/4 inch (6 mm), about the size of a pencil eraser. Any growth of a mole should be evaluated.
- **E**volution. There is a change in the size, shape, symptoms (such as itching or tenderness), surface (especially bleeding), or color of a mole.



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

LOIS HILL

Eloise 'Lois' Hill was born on September 1, 1924. She has lived nearly her entire life in the communities of Kimberly, Monument and Spray.

As a young girl, she helped to cook for harvesting crews and this led to her love of cooking and baking. She cooked at Monument schools, first as an assistant cook and later as the head cook, until her retirement in 1989, after 23 years of cooking for the school. She is always delighted when one of the 'kids' (now adults) sees her and compliments her on the great meals and especially the hot rolls she served.

Lois married a young rancher, Charles "Son" Hill who had several ranches along the John Day river between Kimberly and Spray. They worked hard with their cattle herd and growing hay. They also raised their two children on the ranches; son, George "Gus" and daughter, Jean.

Lois always had a big garden to help feed the family and canned fruit every summer from the Kimberly orchards. Lois was "Son's" constant companion and caregiver during the last 10 years of his life, following a series of strokes.

Lois was also an avid quilter and spent many afternoons quilting with her friends around Kimberly, while "Son" was taking his afternoon nap. The Kimberly bunco group was a source of great support and she loved the bunco get-togethers.

Lois came to the Blue Mountain Care Center on January 7, 2014.



Presents...
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Visiting
Specialists**

June 5
Dr. Rushton
Podiatrist

June 7
Dr. McLellan
Cardio

June 7
Dr. O'Hallaren
Urology

June 19
Dr. Rushton
Podiatrist

June 21
Dr. McLellan
Cardio