

OUT OF THE PAST

75 years ago
July 3, 1942

Many Places to Spend "4th;" Resort to Hold Celebration

Tomorrow is the Fourth of July, and coming on Saturday, it makes a two-day weekend for celebrating – and this year most Grant County people will remain within the borders of the county due to the tire and gas situation and the government's urgent request to curtail traveling to a degree of necessity. But there are many places for folks to spend an enjoyable "4th" in Grant County. We have our lakes and fishing streams and forest camps, as well as a number of recreational resorts where swimming, picnicking and camping facilities are available.

The Joaquin Miller Resort is holding its annual celebration with a full day's program on July 4, and dances on the nights of July 3-4, featuring the Melodians dance band.

The attractions at the Resort will include swimming and diving contests, foot races and other contests, as well as a log-sawing contest, for which there is a \$25 purse. The Resort management states that everybody is invited to use the free campgrounds and picnic tables, and that free wood will be furnished. The restaurant will be open both days and meals served at all hours.

50 years ago
July 6, 1967

Playground area to be developed

An \$11,000 development project for the playground area of Humbolt grade school received the go-ahead signal Wednesday from the John Day-Canyon City grade school board of directors and the Canyon City Council. A lease agreement was signed by the Canyon City Council with the school board allowing the city to undertake the development project. The council passed a resolution to begin work on the project. Work is expected to begin within a month. Plans call for seeding, installation of an underground sprinkler system, additional leveling, fencing and dugouts for a Little League baseball park. Half of the cost will be financed by federal matching funds from the Land and Water Conservation Fund Act and the other half will be paid by local sources. Serving on the development committee are Charles Rhoads, chairman, Wayne McKinnis, Lou Gneckow and Les Still.

25 years ago
July 2, 1992

John Day will explore adding sidewalks to highway project

City officials agreed last week to try and persuade property owners on West Main to form an informal improvement district in efforts to include a sidewalk along the north side of the highway construction project now underway. At a meeting a day prior to the council meeting, City Administrator Bill Deist said some expressed an interest in constructing the sidewalk on a cost-sharing basis with the city. Some, such as Mayor Chris Labhart, assumed sidewalk construction was a part of the project. Initially, it is hoped to construct a continuous sidewalk along the north side of the highway, beginning at the east entrance to Chester's Thriftway plaza and extending to NAPA John Day Auto Parts. Since the issue arose suddenly, Deist said he had no exact construction costs to property owners, but he thought it would be in the area of \$2 to \$2.20 per foot with the city helping to defray costs with a mix of state and county highway funds. Deist said the city could approach the project in two different ways. The best and easiest way would be an agreement among affected property owners to move ahead and build the sidewalks on a cost-share basis. If that fails and there is still a majority of property owners interested in pursuing the project, the city can form an improvement district on a vote of property owners as figured on the amount of highway frontage they own. Deist said Bill Smith, owner



Eagle file photo

From July 2, 1992: Henry H. Hyde and his wife, Susan Kimzey, are pictured in this 1850 photograph. They arrived in the John Day valley in 1864 where Hyde opened the county's first general store in Canyon City. He later expanded to Prairie City. More than 200 descendants of the couple held a family reunion recently at Depot Park in Prairie City.

of Chester's Thriftway, will move ahead with plans to construct a sidewalk in front of the shopping center regardless of the outcome of the improvement district. Concerned with the general appearance of the west entrance to the city, the council commended Smith for his individual effort to include the improvement, and said the best idea would be to include all property owners and the city to complete the entire project. The council directed Deist to work with the contractor to develop a firm cost estimate and to contact property owners about proceeding with the informal improvement district.

10 years ago
July 5, 2007

Local stands put flash in our Fourth

What's the hottest selling firework in Grant County? According to Terry Sowa, who was managing the John Day/Canyon City Lions Club fireworks stand last week, there are two. "The ground-blown flowers and singing roses are by far the biggest sellers," said Sowa. Sowa should know what sells best. He has been the project chairman for the Lions Club for seven years. For the past two years, the Lions Club has been the only fireworks stand in John Day. Last year they ran out of fireworks early. Sowa didn't want that to happen this year. "We ordered more fireworks this year," Sowa said. Preparation for the fireworks stand usually starts in December, Sowa said. "It's a lengthy process because we have to have our permits by March," he said. The Lions Club is a nonprofit organization that contributes to the youth and community in many ways. The proceeds from the fireworks stand, the main fundraiser of the year, goes to projects such as sending 4-H kids to camp and helping to purchase glasses for the needy. "Our primary mission is sight and hearing," Sowa said. Prairie City's fireworks stand proceeds are also used to contribute to local youth and the less fortunate. The stand is run by members of the Assembly of God Church in Prairie City. Franklin Tucker had the first shift the week before the Fourth. He said so far sales were slow and the smaller fireworks were selling best. "They don't buy the larger stuff until the last day," Tucker said. The fireworks stand is the main fundraiser for the church. The money is used to send local kids to camp. Any remaining funds are given to missions. Fireworks can only be purchased by people 16 and older, unless they are accompanied by an adult, but that doesn't stop kids from trying. "I have to turn them down, but kids under 16 can buy fun snaps and all the smoke products," Tucker said. "Just nothing you that you have to light." Both Sowa and Tucker said the business of selling fireworks usually starts out slow and then picks up as the day of celebration nears. "It gets progressive. It starts out really, really slow and then the last three or four days get really hectic," Sowa said.



Community HEALTH BEAT

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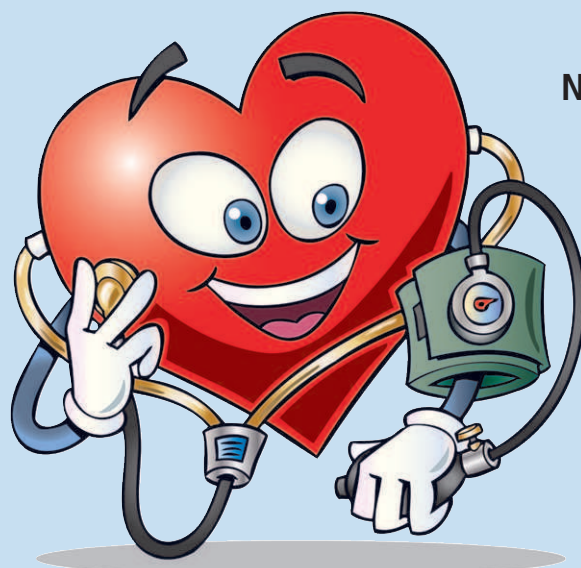
High Blood Pressure – The Silent Killer

**Debbie Morris BSN, RN
Nursing Clinical Educator**

Have you checked your blood pressure? How about your family members? High blood pressure (Hypertension) is something that many of us ignore because we really aren't feeling bad. One out of every six people does not even know they have this problem. High blood pressure is when the force of the blood flowing through your veins is consistently too high. There are many different causes for this condition.

Why Worry?

Consistently high pressure in your veins will, over time, cause damage to major organs in your body. We're talking about things like heart failure, heart attack, stroke, kidney disease, vision loss and sexual dysfunction. It is similar to having too high of pressure in your water pipes at home. Eventually, the seals in your faucets will start to fail. If we can decrease the pressure, we can prevent damage.



What is Normal?

Normal blood pressure is less than 120/80.

Prehypertension

is between 120/80 and 139/89.

High blood pressure stage 1

is between 140/90 and 159/99.

High Blood Pressure stage 2

is 160/100 or higher.

Hypertensive Crisis

(This is an Emergency!)

Blood pressure is greater than 180/110.

So What Can You Do?

Early treatment and some lifestyle changes can prevent damage to major organs and extend your life! See your doctor to determine whether or not you need medication to control high blood pressure. Losing weight, decreasing salt intake, stopping smoking and limiting alcohol intake are some changes you can make to improve your blood pressure. Have your blood pressure checked regularly. The bottom line is that each of us needs to take responsibility and manage our health so that we can live the healthiest and happiest lives possible!



Schedule an appointment with a family practice provider today by calling Strawberry Wilderness Community Clinic at 541-575-0404.



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

**DOROTHY
BISHOP**

Dorothy was born to Chester and Flissie Carter at their home in Antlers, Oklahoma on October 7, 1929. She had 3 sisters and 4 brothers. Dorothy married Joseph Bishop in 1948. They had four children, Joanna, Curtis, Wayland, and Otis whom they raised in Turner Oregon.

Dorothy was a housewife and refinished furniture. Most of Dorothy's vacations were spent camping, hunting and fishing with her family.

Dorothy did many different crafts and attended many craft bazars. One might call her "The butcher, baker and the candle stick maker" as she was a butcher, baker and she made candles. She especially liked making Indian crafts like dream catchers and dance sticks. She has also crocheted many beautiful afghan blankets.

Dorothy came to the Blue Mountain Care Center on April 21, 2017.



**Presents...
July Visiting
Specialists**

July 5th
Dr. McLellan
Bend Cardio
Dr. Takla
Bend Urology

July 6th
Dr. Rushton
Baker
Podiatrist

July 17th
Dr. Rushton
Baker
Podiatrist

July 19th
Dr. McLellan
Bend Cardio