



NPS Photo/Wendy Juarez

The Cant Ranch at the John Day Fossil Beds National Monument.

## John Day Fossil Beds visitor services expanded

Blue Mountain Eagle

The Thomas Condon Paleontology Center hours of operation will be 9 a.m. to 5 p.m. through Labor Day. Hours at the center will return to 10 a.m. to 5 p.m. on Sept. 4. The park, located in the Sheep Rock Unit of John Day Fossil Beds, is open daily from sunrise until sunset.

"We anticipate another exciting, busy summer season and are happy to offer a diverse range of programs," Superintendent Patrick Gamman said. "Come out for a day trip and check out the amazing fossils on display, incredible scenery and much more!"

The Cant Ranch House will be open Saturdays and Sundays, June 10 through Aug. 18, noon until 3 p.m. During these weekends, ranger-led tours of the ranch grounds will occur at 3 p.m. Ranger programs will also be offered at the Thomas Condon Paleontology Center with daily 11:30 a.m. ranger talks. Fridays through Sundays,

join a park ranger on a 10 a.m. hike at Blue Basin in the Sheep Rock Unit of the park and attend a gallery tour in the Thomas Condon Paleontology Center at 1:30 p.m.

The Painted Hills Unit, with its colorful hills interspersed with layers of red and gold, offers a shady, green picnic area, benches and trails. During weekends from June 16 through Aug. 18, join a ranger talk at 2 p.m. on the Painted Hills Overlook trail at the trailhead. The Clarno Unit, including the spectacular palisades formation, has trails and picnic facilities.

In addition to the open house to meet the superintendent at the Cant Ranch on June 9 from noon until 3 p.m., stay late and enjoy the incredible night skies of Eastern Oregon. There will be a star program at 8:30 p.m. in the Thomas Condon Paleontology Center.

Additional special events are planned throughout the summer. Visit [nps.gov/joda](http://nps.gov/joda) for current schedules.



Eagle file photo

A free summer lunch program will be available through the John Day-Canyon City Parks and Recreation Department to children in John Day, Prairie City, Dayville and Seneca.

## Free lunch program for kids offered this summer

Blue Mountain Eagle

The John Day-Canyon City Parks and Recreation Department is again offering free lunches for children, ages 18 and younger, in four Grant County communities. Lunches cost \$2 for adults.

Food will be served from 12-1 p.m. Mondays through Fridays at the John Day city park, starting Monday, June 11.

At Prairie City Park, lunch is served 12-1 p.m. Mondays through Thursdays, starting June 11.

At the Dayville city park, lunch is offered from 12-1 p.m. on Fridays, starting June 15.

At the Seneca city park, lunch is from 12-1 p.m. on Wednesdays, starting June 13.

The free lunches are sponsored by Oregon Department of Education summer food service program and Partners for a Hunger Free Oregon.

For more information, call Parks and Rec office manager Kimberly Ward at 541-575-0110 or 541-620-4001 (Gleason Pool).

### BRIEFLY

#### King receives arts scholarship

The Juniper Arts Council has awarded a \$500 scholarship to Janelle King, who is majoring in marketing with a minor in graphic design at Northwest Nazarene University. The group offers scholarships annually to Grant County students majoring or minoring in the arts.

#### Jones selected for health camp

Nicole Jones of John Day has been selected to attend Northeast Oregon Area Health Education Center's 26th annual MedQuest Health Career Exploration Camp, which will take place June 18-22 at Eastern Oregon University. NEOAHEC selected the applicants based on their extracurricular involvement, essays, GPA, passion for the health care field and other factors. For more information, visit [neoahcec.org](http://neoahcec.org).

#### Two students graduating OSU

Two Mt. Vernon students are graduating from Oregon State University June 16. Stephanie M. Nolasco is receiving a Master of Science in soil science, and Walker E. Powell is receiving a Bachelor of Science in natural resources.

#### Scholarship recipients named

Lindsay Bullock and McKenzie Davis have been selected as the recipients of the 2018-2019 Grant County Futures Scholarship, which is awarded by the local College Advisory Board from an endowment of the EOU Foundation. The scholarships will be used for tuition and books for classes taken through Eastern Oregon University or Blue Mountain Community College's online programs through the Grant County Center. For more information, contact Ashley Armichard at 541-575-1550.



## Community HEALTH BEAT

Quality Healthcare Close To Home  
170 Ford Road, John Day • 541-575-1311 • [www.bluemountainhospital.org](http://www.bluemountainhospital.org)

### Staying Safe this Summer: Tips From a Paramedic

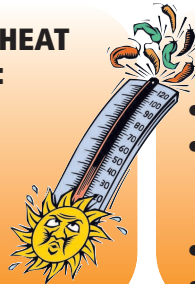
Summer is almost here! As the days get longer and the weather gets warmer, I always get excited because my family and I will get to do some of our favorite summertime activities like camping, floating the river, fishing, and other outdoorsy things. However, as a paramedic, I also start to think about some of the common ambulance calls our department has during this time of year...

Summertime outdoor activities can be a lot of fun, but there things to watch out for and risks. In general, hydration is key. Dehydration can sneak up on anyone – it can be hard to remember to drink plenty of fluids, but it is very important! If we are participating in an activity that requires physical exertion, our bodies need even more fluid to maintain a healthy balance. And, even if we are not moving around a lot, being in a warm/sunny environment can also dehydrate us. Water is the best choice to stay hydrated; while sports drinks (Gatorade, Powerade, G2, etc.) can replace electrolytes and give us energy, they are also typically high in sugar. Another tip to remember is to wear sunscreen. Unprotected exposure to the sun can result in sunburns and skin cancer, so be sure to apply and reapply!

Heat cramps, heat exhaustion, and heat stroke are all dangerous conditions that are the result of your body overheating. Heat cramps are the mildest, and heat stroke the most severe. The most significant sign of heat cramps is painful muscle cramping. First aid treatment includes: getting into cooler temperatures (air-conditioned or shaded place), rest, hydration, and ice packs on the affected muscles. Without prompt treatment, heat cramps can lead to heat exhaustion which can lead to heatstroke.

#### SIGNS AND SYMPTOMS OF HEAT EXHAUSTION INCLUDE:

- Sweaty and hot skin
- Muscle cramping
- Nausea and vomiting
- Headache
- Fatigue/weakness/dizziness



#### SIGNS AND SYMPTOMS OF HEAT STROKE INCLUDE:

- Hot/red/dry skin
- Altered mental status (i.e. combative behavior, confusion, yelling, not acting normally)
- Loss of consciousness (passing out)
- Extreme fatigue

#### FIRST AID TREATMENT FOR HEAT EXHAUSTION AND HEAT STROKE INCLUDES:

- Getting into cooler temperatures (air-conditioned or shaded place)
- Rest
- Hydration (only if the person is able to hold and drink the fluid without help)
- Removal of unnecessary clothes to aid in cooling
- Misting with cool water to aid in cooling.

If you believe that you or someone is experiencing heat exhaustion or heat stroke, you should call 911 immediately for help as this can be a life-threatening emergency.

There are also some risk factors that can make you more susceptible to heat-related emergencies, these include: alcohol use, overdressing, young age, elderly age, and some medications (over-the-counter and prescribed).

Other common emergencies that the ambulance responds to this time of year are accidents that cause physical injuries... most commonly bicycle, ATV, or motorcycle.

The #1 most important tip for you is – WEAR YOUR HELMET!

Your brain is very important, so please protect it well – we recommend that you wear a DOT-compliant helmet whenever you are riding a bicycle, ATV, motorcycle, etc.

#### OTHER GENERAL SAFETY TIPS WHILE RIDING ARE:

- Wear the appropriate protective clothing
- Never ride under the influence of alcohol or drugs
- Ride at safe speeds
- Stay alert – watch for animals and road hazards like potholes, gravel, puddles
- Don't talk on the phone while riding
- Ride with the flow, not against it
- Obey all traffic laws
- If you or someone is a victim of a crash, DO NOT move the person. Call 911.

Summer is an exciting time of year; we hope that you have a fun and responsible season!

**Rebekah K. Rand, Paramedic/CCEMT-P**

Director of EMS & HEPP  
Blue Mountain Hospital District



Blue Mountain  
Hospital District

Presents...

**JUNE VISITING SPECIALISTS**

**June 6th & 20th**

**Dr. McLellan - Bend Cardio**

**June 21st**

**Dr. Lilley - Bend Cardio**

**June 25th**

**Dr. Rushton -  
Baker Podiatrist**



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

**MARILYN  
RANDALL**

Marilyn was born on May 7, 1940 to Oscar and Ruth White, in Weiser, Idaho. She has two older sisters, Lola and Ileta. Marilyn and her family moved to Bates, Oregon, when Marilyn was a baby. She went to school in Bates, 1st grade through 8th grade and later to high school in Prairie City.

Marilyn married Vern Randall on September 27, 1957 and they had four children; Ruthie, Kenny, Jimmy and Ricky. They raised their children in Mt. Vernon, Oregon on a small ranch. Marilyn was a stay at home mom.

Marilyn enjoys crocheting, canning, decorating, helping her good friends Ruby and Maureen clean each others homes, anything involving her kids or grandkids; sports, 4-H and many others. Marilyn has traveled to Disneyworld, Hawaii and enjoyed taking family trips to Minnesota. Marilyn came to the Blue Mountain Care Center on July 9, 2015.