

Showing respect, BMX style

Stunt rider encourages positive behavior

By Angel Carpenter
Blue Mountain Eagle

Windsurfer, Backyard, Spiderman — these were just a few of the stunt tricks Chris Poulos performed for local students on his BMX bike Sept. 12 at Prairie City School.

Poulos, a youth motivational speaker and world champion athlete from Rhode Island, shared ideas about making good decisions and showing respect with Prairie City elementary students in the morning and spoke with a bigger crowd of junior high and high school youth from Prairie City, Grant Union, Burnt River and Dayville schools in the afternoon.

Over 350 students enjoyed the presentation.

He asked the elementary students, "How many of you



Chris Poulos rides on the handle bars of his BMX bike and performs a "Spiderman" stunt as he speaks with students Sept. 12 at Prairie City School.

Eagle photos/Angel Carpenter

have heard about respect?" and hands were quickly raised.

A few students were asked to share ways they can earn respect, and their answers included helping someone if they're hurt and being nice.

"If you have respect, people want you around because they

can trust you," he said.

He shared stories from his youth, including a time when he lied to his mom, afraid to tell her about breaking a neighbor's window.

"We make mistakes," he said, adding, "People respect someone who's honest. Be

someone who is not afraid to be honest."

Poulos also shared anti-bullying and anti-cyberbullying messages with the older students.

Educational assistant Amanda Rockhill and teacher Meghan Tremblay volunteered



Prairie City elementary students raise their hands to answer a question about respect during the presentation.

for his final stunt that morning.

The two intrepid ladies lay on the gym floor, and Poulos asked the kids, "Do you think I can do this?"

The students cheered loudly as he accelerated on his bike toward them and hopped over them.

Tremblay said she and her fifth- through sixth-grade class

enjoyed the presentation.

"We've gone on YouTube and watched his videos doing stunts and speaking," she said.

"One thing he said was instead of treating others the way you want to be treated, try treating them even better," Tremblay said. "I try to remind them of that each day."

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NEW PATIENTS and EMERGENCIES welcome

Prairie City Seniors

Rose Coombs

PRAIRIE CITY — Good news! We will have a Tai Chi leader on October 3. Our instructor will be Chris Hamilton. So all you hopefuls that came to do this earlier in the fall come and try again! We are thankful and appreciative of the time and effort by those who arranged this opportunity. This will help you accomplish the thought for the day: If you don't stand for something, you'll fall for anything. Del led the flag salute and Tom asked the blessing. Marjean, Larry, and Carlos took care of the home deliveries. There were 65 names recorded on the book. In the kitchen we had a new face; Margie Walton is serving as relief cook until a new head cook is engaged for our center. So, along with Veann, Tom and assistant cook Ren, things were really 'cookin' in the kitchen. And they cooked up tacos with Spanish rice, refried beans, beef, tomatoes, lettuce, cheese, onions and a lot of other stuff I didn't recognize. Dessert was a berry cobbler. Yummy, yummy in the tummy. We sang 'Happy Birthday' to Louise LaBaugh, too. We gathered six pinocle players but, since we only have one card table, we had to take turns. Carol brought another cribbage board, so if you so desire she would love to play with

someone. Lorna and GERALYN brought Marilyn Randall, Carl Lino, Thelma Kite, and Esther E. from the Blue Mountain Care Center. Thanks to the City of Prairie for letting us use two orange safety cones. When they are set across the entrance for the handicap ramp, along with our big one, one can readily see that that is not a parking place. Lorna appreciates it, too! We had a board meeting after dinner and the painting project may still get done! The new front door has been ordered so, in due time, it will be installed. Got the new grab bar up without any other problem. Whew! Derrol's thumb is progressing quite well, PTL. He even drove all by himself to Baker for the first time since October. Finally getting handle on the sleepiness. Hallelujah! I have a new 'garden ornament.' Had to dismantle an old semi-worthless piano. The thick wood can be used for building furniture, but I wanted the 'harp' to assist my grape vine on its journey to shade another window. So, when you see the strange object in my yard now you'll know why its there. This week was busy. Wednesday was Yom Kippur u the Jewish Day of Atonement. Saturday is the Autumnal Equinox when the sun crosses the equator making night and day of equal length in all parts of the earth. Now the days will be getting shorter. But it's still six weeks until we go off Darn Silly Time!

Hosea 10:12 "Sow for yourselves righteousness, reap the fruit of unfailing love... it is time to seek the Lord, until He comes and showers righteousness on you."

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John Day Seniors

Nicky Essex

JOHN DAY — Yes folks, I am still here, still fighting with my computers, and very sorry that my column didn't get to you last week! It was my best yet (chuckle, chuckle). My fault! We are looking for someone who will step up to write for the John Day Seniors; my husband Gene and I are planning to move to Glasgow, Kentucky in the spring. On Monday, Sept 17, Everett King and I shared the greeter's desk. Our wonderful crew from Step Forward took out all the deliveries again, including all John Day, Canyon City, and Mt. Vernon routes; they delivered a total of 27 regular and 36 frozen meals! Ron and Roberta Dowse, Pam Amling, and Karen Barrieta, from First Christian Church, did table service for us. Pat Amling opened our time together by leading us in the flag salute. The Pat won the Len's gift card and Jan Ellison won the free meal. Ron Dowse gave the blessing on our meal and we thoroughly enjoyed our lasagna Florentine! Play that one again Shay, it was great! We also had veggies and French read and, although Lisa wasn't here to enjoy it with us, she had prepared apple turnovers in celebration of apple dumpling day! We mourn the loss of Lisa's husband Curt Pereira with her. Shay's mom Barbara Lewis, her sister Anne Lorenzen, and Anne's son Lawrence with his wife Deana, all visiting from Wyoming, were with us for lunch. Of course, Shay's wife Anne

was in the kitchen with him filling in for Lisa. We also enjoyed welcoming Ralph Goodwin. Note: We are planning to start a silent auction beginning soon, as a way of fundraising to avoid raising our prices. Yes, we feel the squeeze too! We will share more soon. On Thursday, Sept. 20, Merry Henry and Olivia Cornell were greeters and our friends for Ye Olde Thrift Shop and Methodist Church were our servers. Sherry Feiger, Jean Willey, Nancy Elliott, Isa Larkin and Louise Nelson took good care of us at the tables and always do a great job cleaning up. Chet and Jeannie Day did the John Day and Canyon City meal deliveries while David and Rodney, from Step Forward, took meals to Mt. Vernon. Altogether, they delivered 34 meals in our community... Thank you so much! Isa Larkin opened with the salute to the flag, Gregg Starr won the Chester's card, Billy Bullard won the free Valley View meal and Sherry Feiger gave the devotional blessing on our meal. Our meal was sponsored by Jean Willey in memory of her husband Bob. We enjoyed battered halibut with potato wedges, veggies, coleslaw and a yummy coconut cake for dessert. We welcomed Dale's brother Bruce and his wife Virginia Stennett, visiting from North Bend! Monday we had Tai Chi after lunch and Thursday we have it from 10:15 to 11:15 a.m., before lunch. Bingo begins at 1:00 p.m. on Thursdays and we are up to 67 members to win our \$200 prize; come on down!

Galations 6:10 NIV "Therefore, as we have opportunity, let us do good to all people, especially those who belong to the family of believers."

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Monument Seniors

Soo Yuhawa

MONUMENT — Looks like the month of September is also whizzing by. But the good news is that we are actually experiencing Fall weather! It's going to be a little tricky trying to determine when to pick my tomatoes and bring them in before the frost comes and ruins them. I was ecstatic; I finally got to harvest a couple of zucchini. I am also going to be able to harvest my new crop of romaine lettuce in a couple of days. I've been yanking out the old ones and feeding them to the chickens, which they love. I'll for sure save a few to get the next years' seeds to plant. Oh, and I finally was able to harvest a little bowl full of raspberries. It's been too cold in the morning for the nasty wasps and yellow jackets to devour them. Our cooks, Terry Cade and Carrie Jewell, made us some sweet and sour chicken with rice, fresh green salad and chocolate cake. We thank them for their dedication and hard work. Our greeters were Judy Harris, Jimmy cold, Linda Blakeslee and Kristi Guimont. Judy made the announcements, led us in the flag salute and yours truly prayed the blessing over our meal. Jimmy and Linda collected and counted the money. Kristi checked people in; there were 45 guests on the books and eight takeouts. The winner of the Len's gift card was Sandy Davis. The fre emeal ticket winners were Dinah Cowger and Doug

Sweek. We thank all of our generous supporters. Our visitors included the Veteran Affairs director Katee Hoffman, of John Day. We also include Tarran and Tamara Holman from Prineville. Lastly, we want to welcome Teresa Metts, who is the wife of the new math and science teacher at the Monument School. We celebrated the birthdays of Judy Cavender and Kristi Guimonts. Oh shoot; we forgot to sing them the happy birthday song! There are a few of our friends who need prayer. Jerry Cowger, who is fighting cancer in the blood right now; Arlet Jewell, who is battling Hodgkin's Lymphoma and Judy Bustardo who is recovering from back surgery. Please keep these friends in your thoughts and prayers. We had our third annual Buckaroo and Harvest Festival; it was awesome. The food was amazing. We all had a great time. The planning and event went very smoothly. We give a great, big shout of thanks to Judy Harris and Jeanne Strange for all their many hours putting together the raffle items, organizing and all-around hard work. None of it would have been possible without the determination and hours they put into their plans for this event. We would also like to thank all the volunteers who helped make this event a success. Many hands make the workload light. Everyone's concerted efforts and team work was a blessing. Judy Harris will give me the names of the winners to the raffles and how much was raised through this event later.

Jeremiah 17:10 "I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings."

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