

WHAT'S HAPPENING

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds.

Wednesday, May 1

Prairie Sky Center for the Arts informational meeting

• 6 p.m., gymnasium of the Madden Brothers Performing Arts Center, John Day

Plans for the community theater, theater and music classes and performance and teaching opportunities will be discussed. The meeting will be followed by sign-ups. For more information, call Alicia McLane at 801-623-1132.

Spring potluck

• 6:30 p.m., Dayville Community Hall

A spring potluck will celebrate the renovation of the Dayville Community Hall. All are welcome and are asked to bring a main or side dish to share with the group. Table service will be provided. There will be door prizes as well as a "make it with jello" contest. Dessert will be provided by Dayville Café. For more information, call 541-987-2188.

Thursday, May 2

Friends of Blue Mountain Lookouts informational meeting

• 6:30-8 p.m., Outpost Pizza, Pub & Grill, John Day

The meeting will discuss the possible establishment of a new chapter of the Forest Fire Lookout Association known as the Friends of Blue Mountain Lookouts. Volunteer staffing of fire lookouts will be discussed. For more information, call Bob at 509-964-5739.

Friday, May 3

First Friday

• 6-9 p.m., downtown John Day

This month's event features a scavenger hunt. Answer the clues correctly to be entered in a drawing for a gift basket with items from each participating business. For more information, visit the "Downtown John Day First Fridays" page on Facebook.

Saturday, May 4

Kentucky Derby viewing party

• 12 p.m., Grant County Fairgrounds, Heritage Barn

For 21 and older, the races will be followed by a corn hole tournament and music played by DJ Chris Gibson. Drinks will be available from Spitfire Cocktail. Prizes for best-dressed couple and best hat in relation to the Kentucky Derby will be awarded. All proceeds go to the remodel of Keerins Hall. For more information, call the fairgrounds at 541-575-1900 or email Mindy Winegar at winegar@grantcounty-or.gov.

Cinco de Mayo fiesta

• 4:30 p.m., Monument Senior Center

There will be two seating times at 4:30 and 6 p.m. The meal includes salad, entree and drink. Tickets for the dinner are \$15, \$25 for couples and \$7.50 for children 6-12. Dinner reservations are required to attend. A raffle will be held. Proceeds will benefit the Monument EMTs. For more information, call Carolyn Thomas at 541-934-2495 or Carrie Jewell at 541-934-2078.

Wednesday, May 8

Prairie City School kindergarten roundup

• 3 p.m., Mrs. Sharp's room

Bring your child's birth certificate and a copy of their immunization record. The child must be 5 years old before Sept. 1.

Friday-Saturday, May 10-11

19th annual Grant County Quilt Show

• 9 a.m. to 6 p.m. May 10

• 9 a.m. to 4 p.m. May 11

• Grant County Fairgrounds, Trowbridge Pavilion

Presented by the Grant County Piecemakers Quilting Guild, the cost is \$5 for both days. Drop quilts off by 7 a.m. May 10. A Sunday workshop "Daybreak Quilt" (strip set friendly) will also be taught by Karen Hinton and Mary Lou Drury from 9 a.m. to 4 p.m. for \$20. For more information or to sign up for classes, email gcpiecemakers@gmail.com or call Mary Lou at 541-620-2798, The Shiny Thimble at 541-932-4111 or Karen Hinton at 541-620-0120.

Friday, May 10

Music of the Western Hemisphere

• 7 p.m., John Day United Methodist Church

The Grant County Youth Arts Program of the Juniper Arts Council will present its spring concert. Admission is free. Donations are encouraged.

Saturday, May 11

Non-lead ammunition test day

• 10 a.m. to 3 p.m., Burns Butte Sportsman's Club

A free test shoot will be held for non-lead ammunition. Hunters are invited to bring their firearms and current ammo to compare with non-lead options for accuracy. For more information, contact Calla Hagle at 541-573-8021.

Strut, Stride, Straddle and Hilton Half Marathon

• 6 a.m., Blue Mountain Hospital

• 7 a.m., Blue Mountain Hospital

This year the Hilton Half Marathon will be held in conjunction with Strut, Stride, Straddle and Stroll. Those participating in the half marathon should be at the hospital at 6 a.m. Those participating in the Strut, Stride, Straddle & Stroll should be at the hospital at 7 a.m. Registration forms are available at Blue Mountain Hospice or on the day of the race. For more information, call 541-575-1648.

Thursday, May 16

John Day Farmers Market informational meeting

• 5:30 p.m., Outpost Pizza, Pub & Grill, John Day

Vendors and the public are welcome to attend. For more information, call 541-575-1555.

Foster care informational session

• 5:30-7:30 p.m., John Day Fire Hall

An informational session will be held regarding becoming a foster or adoptive parent or volunteering with the Department of Human Services or Court Appointed Special Advocates. Sign in and refreshments are at 5:30 p.m., followed by a moderated discussion at 6 p.m. Food will be provided. For more information, contact Heather Edgar at 541-575-0728, ext. 279, or Heather. Edgar@state.or.us

Community HEALTH BEAT



Quality Healthcare Close To Home

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

May Is National Melanoma/ Skin Cancer Prevention & Detection Month!

Melanoma.... Been there, done that. Yes, you read that correctly. I've had melanoma; a deadly disease on the rise. This is a subject near to me and not something I take lightly, and neither should you. You likely know someone with some type of skin cancer and it is good to remember protection and detection!

Rates of both melanoma and non-melanoma skin cancers have been on the rise. "One in five Americans will get skin cancer. But, to a large extent, we are in denial. We think that it will be someone else who is the one in five." Dr. Darrell Rigel, Clinical Professor of Dermatology. I can tell you, I didn't think it would be me getting that phone call telling me I had melanoma. Melanoma is one of the most common cancers among young adults and has the highest rate of increase worldwide of all skin cancers. Why do we care? It can be deadly and it is one of the most preventable forms of cancer.

Skin cancer is the abnormal growth of skin cells. The three major types of skin cancer are squamous cell carcinoma, basal cell carcinoma, and melanoma. Melanoma is the most dangerous kind but it is important to treat all.

Factors that may increase your risk of skin cancer include: fair skin, history of sunburns, excessive sun exposure, sunny or high altitude climates, moles, family history of skin cancer, personal history of skin cancer, weakened immune system and exposure to radiation and certain toxic substances.

Most skin cancers are preventable. However, a small percent of melanomas are genetic. To protect yourself, follow these skin cancer prevention tips: avoid sun during the middle of the day, wear sunscreen year round, wear protective clothing, avoid tanning beds, be aware of sun-sensitizing medications, check your skin regularly and report changes to your doctor.

Monitoring:

Monitor for ABCDE's of skin lesions and see your primary care provider or dermatologist with any concerns.

- **Asymmetry.** One half doesn't match the appearance of the other half.
- **Border irregularity.** The edges are ragged, notched or blurred.
- **Color.** 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.
- **Diameter.** 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.
- **Evolution.** There is a change in the size, shape, symptoms (such as itching or tenderness), surface (especially bleeding), or color of a mole.

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. Both UVA and UVB are responsible for sunburn, tanning, inflammation and cancer; however, UVB is the most active. While the sun can help us feel good, if we're not careful, it can have catastrophic to our health. For some of us, it will even be deadly. Yet, we just aren't careful enough. Don't skip over this. If you have a teenager or young adult, read this together.

Learn the facts and how sunscreen can protect you... Answers to FAQs

SPF: We should all be wearing at least 30 SPF (sun protection factor). Fair-skinned individuals, 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.

Application: You should re-apply every 2 hours at minimum and even more often if in the water.

Old sunscreen: 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.

Amount you should use? 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.

Is having a tan base safer? A base tan actually does little to protect you from future damage to your skin caused by UV exposure.

Does wearing sunscreen prevent vitamin D synthesis? You will still get some Vitamin D synthesis while wearing sunscreen. The safest way to get adequate Vitamin D is through a healthy diet.

Are tanning beds safe? Step inside a tanning booth and your risk for the deadliest type of skin cancer (melanoma) increases. Bottom line is don't ever do this... EVER. Indoor tanning and tanning outside are both dangerous. Indoor tanning gives you high levels of UV radiation in a short time.

My makeup has SPF so do I need to use sunscreen? Even if your products contain SPF 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.

Am I protected if I am 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.

Is there 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!

Is higher SPF 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.

If I am wearing sunscreen am I fine? Try to avoid the sun from 10 a.m. to 4 p.m., 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.

Can my baby 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.

Are spray sunscreens 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 sunscreen, spray it on your hands first, then rub on your skin and stay away from your face and mouth.

Is sunscreen 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. I like the Healthy Living app to grade/rate your products.

Have fun in the sun, but remember to Protect Your Skin!



By Dr. Emily Lieuallen



MAY VISITING SPECIALISTS

May 8, 22: Bend Cardio - Dr. McLellan
May 13: Baker Podiatrist - Dr. Rushton
May 16: Bend Ortho - Dr. Jacobson
May 17: Bend Neuro - Dr. Tien



Blue Mountain Care Center Resident of the Month
CORRINE 'LOIS' WACKEN

Lois was born on January 10, 1927 in Salem, Oregon to Rudolph and Agness Wacken. She has two sisters and a brother. She was raised on a farm about seven miles outside of Salem at the time. Lois and her siblings picked berries, plums and strawberries during the summer for her dad and their neighbors.

Lois went to the Oregon College of Education in Monmouth Oregon; she became a teacher. She taught for three years in Langlois and 27 years in John Day, where she retired. After she retired, she volunteered at the Grant County Chamber of Commerce for 21 years.

Lois has traveled to Canada, England, Northern Europe, New Zealand and Australia. She has also been to every state in the US. She always traveled with a group of people from Lostine, Oregon.

Lois has been crocheting afghans for approximately 15 years. She makes between 50-60 a year and donates them to the Veterans Hospital in Portland. She has always enjoyed sewing as well, and made her own clothes. She also enjoys watching the birds at the feeder by her window, loves to read, watch baseball, football and basketball.

Lois came to the Blue Mountain Care Center on January 14, 2019