



Kim Bloom, right, and her son Nicholas share a precious, playful moment.

Diet used to battle cancer

by BARBARA BROWER
Staff writer

Jeremy Bloom, 6, says it is his prayers that is making his mommy get better.

His mother, Kim Bloom, believes it is her diet that is controlling her cancer. Since she began a macrobiotic diet at the beginning of this year, the results of a bone scan in February and one taken two weeks ago have shown her cancer condition has improved in spite of her refusals to take more chemotherapy.

Kim Bloom celebrated her 28th birthday May 26 at home in Sandy with her husband, Brad, and her two sons, Jeremy, 6, and Nicholas, 3. Three years have passed since she waged her first battle with cancer; a year ago she told her 5-year-old son his mommy was going to die.

"I was in shock for days. I was depressed and cried," says Bloom, recalling her reaction to being told she probably would die of cancer.

After finding a lump in her breast three years ago, she had a mastectomy and later underwent chemotherapy and other treatments that left her weak and suffering from side-effects. But, she thought, at least the disease was controlled.

When she was feeling better, she began to exercise to get into shape. After experiencing pain in her back and neck, she went to see a chiropractor.

"I remember exactly how he said it: 'I think your friend has come back.' I heard that if cancer comes back your chances are zero," Bloom says.

The news that cancer had been found in her neck and bone marrow meant more chemotherapy, according to her doctors. Kim thought to herself that there must be other alternatives, but lacked direction in

finding any.

"It's shocking . . . unreal. I never pictured myself in this situation, especially with two kids and my husband," she recalls.

She remembers thinking that her husband was still too much of a kid himself to take care of their two sons alone. Then she thought of Jeremy, who was then 5 years old.

"He had to know. Jeremy is a very brilliant child. It wouldn't be fair for me to be gone all of a sudden," Bloom says.

"Doctors say mom won't live very much longer," I told him. Then I told him no one is in pain in heaven, but I would miss him a lot. I told him to remember I would always be here for him. I wanted to see my kids grow up, to see their baseball games and be here when they got home from school. Then I thought, I can't die now. I don't have time," says Bloom, fighting back tears.

Jeremy reaches for his mother's hand to comfort her and takes up the story. "I would say, 'Please God, take mommy's cancer away so she can stay.'"

Although some people say the boy should not have been told, Bloom feels Jeremy has helped her in her fight against cancer, and he is stronger for dealing with it.

From reading a great deal of material about cancer, Bloom has come to believe that cancer comes from stressful environments and diet.

"Cancer comes from the way you live," says Bloom, who admits her life had been stressful. As a high school athlete, Bloom was active in track, dance, golf and softball. "I lived on hamburgers and fries and Cokes," she says.

And during the eight years of her marriage, their sometimes has been strain between Bloom and her hus-

band's family. Her husband, a carpenter, has traveled some emotional peaks and valleys, too, she says.

She began to realize that she must focus on herself for a while if she was to beat cancer — something that would make even more demands of her husband.

"But it means life or death to me. I have to believe in this diet, and I have to believe it is going to cure me. I also believe I have to have a positive attitude about everything," Bloom says.

"I was told I was going to die. But I'm not because I'm going to heal. I want to let the public know what you can do for yourself. There are all kinds of studies that show illnesses are diet related," Bloom said.

Her doctors are, at best, skeptical that Bloom's change to a macrobiotic diet alone has improved her health.

"Kim has undergone some very aggressive chemotherapy and radiation treatments. Whatever the diet adds is an unanswerable question," says Dr. Keith Lanier, a Portland oncologist.

"She's pretty headstrong. She makes her own decisions about what is best for her," says Lanier. While he appreciates dealing with patients like Kim, he adds that it is frustrating for him.

"I like to keep people like Kim out of trouble. I'd like to see her more often

to talk about how she feels. There may be symptoms that have meaning for me, but that do not have meaning for her," said Lanier.

"She still has cancer. Her statement to me has been that she's gonna show me she's whupped her cancer. I'd be very pleased to have her do that," he said.

Bloom's diet consists of whole grains, vegetables, soups, beans and seaweed. "I know this diet is what is saving my life," she says.

Lanier reminds her that cancer is incurable, and Bloom agrees to come in every month for blood tests.

"He thinks I am going to die. He doesn't say too much. He thinks people like me should live life to its fullest. But I don't think I look like a person who's about to die. No one expected this much last year. I'm going to keep going and keep getting better so I can go back to him and say, 'I told you so,'" Bloom says.

Much of the diet she follows can be found in books such as "The Macrobiotic Way" by Michio Kushi and "The Cancer Prevention Diet" by Michio Kushi with Alex Jack.

It's ironic or maybe symbolic, she thinks, that the new home the Bloom family is building is on the fringes of Hope Lake near Sandy.

"I just have too much to live for. This is life," she declares, clutching Nicholas to her.

'Food for Friends' theme for team gathering food

"Food for Friends" is the theme of a community food collection effort in Clackamas County.

The food drive is a combined effort of Portland General Electric Co., Thriftway and Clackamas County Social Services.

"Historically, food contributions are lowest during summer months and highest during the Christmas holidays," said John Maguire of Clackamas County Social Services. "Nevertheless, there is a need for food throughout the year."

Food collection barrels will be in all Clackamas County Thriftway

stores through June 21. PGE volunteers and other community volunteers will be at the Thriftway stores collecting food on Saturday, June 20, from 9 a.m. to 5 p.m.

The food gathered in each store will go directly to the social service organization nearest that store for distribution.

Community organizations interested in participating should contact PGE's community relations department at 655-6321.

Participating stores will include Hoodland Thriftway and Bowman's Sandy Thriftway.

FULL BREAKFAST SPECIAL
Take a scenic drive to Sandy and stop at Charbos!

\$2.25 w/ coupon

- 2 Eggs
- Homemade Potatoes
- Sausage Patty
- And a piece of homemade toast or biscuit

Charbos
Family Restaurant
Sandy Market Place
SP Coupon good thru June 30, 1987

OPEN 24 Hours
668-7323

Come to Church

IMMANUEL LUTHERAN CHURCH
Worship: 8:30 a.m.
Sunday School: 9:30 a.m.
Bible Study: 9:45 a.m.
Worship: 11:00 a.m.
A Cordial Welcome Is Extended To All
PASTOR FRANK KOEPKE
668-6232 Church

CHAPEL OF THE HILLS
59151 E. Hwy. 26
SUNDAY
Bible Hour: 9:45 a.m.
Morning Worship: 11:00 a.m.
Evening Service: 6:00 p.m.
ADULT BIBLE STUDY
Thursday: 7 PM
Special Children's Hour
Sunday Morning
Pastor Mike Whisner
622-3097 or 622-4124

SANDY BAPTIST CHURCH

OUR SUNDAY SERVICES

Sunday School: 9:45 a.m.
Morning Worship Service: 11:00 a.m.
Children's Service: 11:00 a.m.
Evening Adult Education: 6:00 p.m.
well staffed nursery —
Awana — Wednesday — 7:00 p.m.
OTHER OPPORTUNITIES
• Aerobics • Gym Nights • Youth Groups • Counseling • Choir • Home Bible Studies
Pastor Fred Vogel
34495 S.E. Jarl Rd. • 668-4064
(Jarl Road is 1 mile west of Sandy Marketplace and 2.5 miles east of Heidi's)

FELLOWSHIP BIBLE CHURCH

We emphasize Biblical teaching, supportive fellowship, children's learning center & regular home meetings.

MEETING
Sandy High School (Bluff Road)
Sunday mornings (9:30-11:30)

CHURCH OFFICE:
668-9123

SANDY CHURCH OF THE NAZARENE

Currently meeting at
17150 University Ave., Sandy
(Seventh day Adventist Church)
Sunday School: 9:45 a.m.
Morning Worship: 11:00 a.m.
Evening Service: 6:00 p.m.
Pastor Robert F. Scheifers
668-5712

LIVING WAY FELLOWSHIP FOURSQUARE

Discovery (Sun. School): 9:30 a.m.
Worship service: 10:30 a.m.
Home Ministry Centers: 6:00 p.m.
Call for more information
Pastor Ken Wold
17275 Strauss
668-8088
(Prayer Chain Available)

ORIENT DRIVE BAPTIST CHURCH S.B.C.
15150 S.E. Orient Drive
(First exit West of Sandy on Hwy. 26)

SUNDAY SCHOOL (all ages): 9:45 AM
WORSHIP: 11:00 AM
TRAINING: 5:30 PM
WORSHIP: 6:30 PM
WEDNESDAY SERVICES (all ages): 7:00 PM
Children Ministries • Youth Ministries
Pastor Mike Holleman • Church 668-6083 • Home 668-6363

SANDY ASSEMBLY OF GOD SUNDAY SERVICES

Sunday School: 9:45 a.m.
Morning Worship: 10:45 a.m.
Evangelistic Service: 6:00 p.m.

FAMILY NIGHT
Wednesday: 7:00 p.m.
Dale Edwards, Pastor
Church Phone 668-5589

ST. MICHAEL'S CATHOLIC CHURCH

Saturday Eve. Mass: 5:00 p.m.
Sunday Mass: 10:00 and 12 Noon
St. John's Catholic Church
Welches Oregon
Mass 7 p.m. Sat. 8 a.m. Sunday
18090 SE Langensand
Sandy, Oregon
Father Rodriguez 668-4446

COMMUNITY PRESBYTERIAN CHURCH

Opening worship: 9:30 a.m.
Sunday School: 9:45 a.m.
Morning worship: 11:00 a.m.
Home Bible Study: 6:00 p.m.
Nursery Care During Worship
Interim Pastor Stan Burtless
Home 666-2019
Church 668-4543
Corner of Meinig & Scenic Sandy

How fit are you?

Your bathroom scale can tell you your weight. But it doesn't necessarily tell you how fit or lean you are. ReadyCare is offering skinfold measurement of percent body fat by an experienced exercise physiologist. Computerized results show lean body weight & fat weight.

Tuesday, June 30
5-7 p.m.
Fee: \$5.00

Fee must be paid in advance. Call 666-CARE for appointment.

ReadyCare
Medical and Minor Injury Clinic

2350 SE Burnside, Gresham
666-CARE

healthlink

A service of Mount Hood Medical Center



Immanuel Lutheran Church

Invites you to

Vacation Bible School

June 22-26, 1987 9-11:30 a.m.

FOR INFORMATION: CALL 668-6232 or 668-7787

Cloudtree & Sun

Couples registered
at Cloudtree & Sun
For the gift
they'll really use

Phone
666-8495

June - July - August

BRIDE

Jessica Barrett
Judy Burgin
Janell Curtis
Laura Dickey
Barbara Estes
Leslie Flury
Keri Garlock
Pam Harris
Jan R. Hayden
Jan Henke
Jo Johnson
Jamie Jantz
Shirley Johnson
Jennifer Lehr
Jane Lindquist
Jennifer Moins
Janice Metzger
Tina Marshall
Shannon McGill
Kelly Jo Newbrey
Kelly Oliverio
Angela Painter
Sandra Risotto
Elizabeth Schmitt
Colleen Sargent
Karen Simson

GROOM

Lex Brown
Scott Atherton
Todd Cooper
Quinn Trammell
Kevin Golden
Christopher Anderle
Randy Martin
David Lee
John Thomas Well
Ted Beyer
Steven Davies
Dan Paola
Patrick Donnelly
Michael Jacobs
Gene Reneau
Kevin Wright
Wayne Keith
Scott D. Beaudry
Randall Moss
David Keller
Devin Nerison
Mike Nyland
Robert Green
Wayne Hagen
Glenn Izer
Todd Downer

— UPCOMING CLASSES —

Tuesday, June 23

Barbecue Class

with Don Hessel

DON'T FORGET OUR

FAMOUS BASEMENT SALE!

JUNE 17-27 SAVE 20-75%