



Community HEALTH BEAT

Quality Healthcare Close To Home

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

Colorectal Cancer Awareness Month

By Keith J. Thomas, MD, FACS
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Blue Mountain Surgery

Statistics don't lie. Colorectal Cancer (CRC) is the second leading cause of cancer death that affects both men and women. More than 140,000 Americans are diagnosed each year and more than 50,000 of them will die from the disease. This translates into a lifetime risk of 1 in 20 for the average person and 2-3 times higher when there is a family history of colorectal cancers or polyps.

However, the one statistic that matters the most is that greater than 90% of these cancers and deaths could be prevented, but only when detected early. This is greatly due to the use of colonoscopy and the removal of benign polyps that over time would have the potential to develop into cancer. Colonoscopy, the "Gold Standard" tool for CRC screening, is therefore unlike any screening tool we have in medicine in that it allows us to not only detect cancers at an early stage, but also prevent future ones.

It is recommended that colon screening, including colonoscopy, begin at age 50 (younger for those at increased risk). Unfortunately, only about 50% of patients over 50 years old are being screened, leading to Colorectal Cancer's high prevalence and death rate.

Symptoms of CRC are often vague and nonspecific. They may include a change in bowel habits with constipation or diarrhea, narrowed stools, blood in the stool, abdominal pain or cramps, bloating, weight loss, weakness, nausea, vomiting and fatigue. But more importantly, the first symptom is "No Symptoms at All". By the time symptoms do occur, the cancer is likely to be at a later stage when a cure is less likely.

So if you are 50 years old or older, get screened now. If you think that you may be at higher than average risk (i.e. a personal or family history of CRCs and polyps, or a history of Inflammatory Bowel Disease such as Crohn's Disease or Ulcerative Colitis) ask your doctor about getting screened early and schedule your colonoscopy. The bottom line is that **Colonoscopies Save Lives.**



Presents...

March Visiting Specialists

1st - Bend Urology - O'Hollaron

21st - Bend Neuro Korina Farris

13th - Baker Podiatrist Dr. Rushton

22nd - Bend Carido Dr. McLellan



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

HELEN ELIZABETH RICCO

Helen was born in Metzenseifen, Czechoslovakia, September 25, 2918. Her father sought a better life for his family in Cleveland, Ohio. He work 7 years to earn enough money to bring his family to The United States in 1929.

Helen was the second of four daughters and spoke only German when she moved to Ohio with her mother, sisters, one large suitcase and a willingness to work.

Helen enjoyed her German roots by finding dances that specialized in German music. She loves to dance! Her favorite is the polka. Well into her 80s, is a polka dancing opportunity can her way, she could still see the lightness in her toes, the quickness of stop, and the graceful poise she had learned from her youth in Ohio. It was her love of dance that brought her face to face with her destiny.

In 1943 Helen managed to take a trip with her friend Ruth to Canyon City, Oregon. They

arrived in time for the '62 dance days where she met a confirmed 33 year old bachelor who only wanted to dance with her. As Helen and the "old bachelor" were dancing, an acquaintance of the man remarked o them, "Oh Eugene Ricco, you have just bought your own ranch, and so now it's time for finding a wife I see!" It would be two years before Eugene finally proposed and married Helen, and this only after a letter from Helen wanting to know his intentions.

If there were bumps and hard times for Helen in transition from Cleveland, Ohio to Prairie City, Oregon, I could not tell you for she rarely mentioned it other than to say how she had missed her parents.

No one cooks or bakes like Helen! Her culinary skill was invaluable as she and Gene ran the Blue Mountain Guest Ranch and Hot Springs beginning in 1967. Helen has never been one to idle. If she wasn't cooking, then she was cleaning, sewing, doing books, yard work, gardening, of crocheting. Yet somehow, she still seemed to find time for family.

She kept old beach sized towels so her grandkids could make little tent houses, and a couple of apple boxes filled with toys neatly set in her library rooms which was the special spot for her grandkids to play. When the weather permitted, Helen played croquette, baseball, kick ball, or took the grandchildren for a swim. At bedtime, her grandchildren begged her for story after story of the real life bear encounters she had experienced at the Blue Mountain Hot Springs.

Eugene and Helen were married until Eugene's death in 1978. They had four girls and one boy. God blessed Helen with children that honor her and care for her in a multitude of ways. Even now, they prefer to launder her clothes themselves. When it came to buying her a new chair, it took them days to decide. It wasn't because it was a difficult decision, but because they so desperately wanted her to have the perfect chair. Helen holds a special place in our hearts and has supported us all in so many ways. She has given to her family, and we will quite simply never be the same because of how she loved us.



Contributed photo

The Blackwood Legacy Quartet, from left, Paul Secord, Rick Price, Luke Yates and Hunter Sparkman, will perform at 7 p.m. March 10 at the John Day Seventh-day Adventist Church. Admission is free.

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 on Page A17.

WEDNESDAY, MARCH 1

Lenten luncheon

• 11:30 a.m.-1 p.m., First Christian Church, 311 NE Dayton St., John Day

A soup meal will be served, followed by a service. All are welcome. For more information, call 541-521-2247.

THURSDAY, MARCH 2

Circus arts and more

• 6-7:30 p.m., Humbolt Elementary gym
W.E. C.A.R.E. Sports and Humbolt Elementary will host stations where families can participate in a variety of non-competitive activities, such as juggling and flower sticks. For more information, call 541-575-0454.

FRIDAY, MARCH 3

Addiction recovery 'Story Time'

• 5:30 p.m., Cornerstone Christian Fellowship, 139 NE Dayton St., John Day

After a free dinner at 5:30 p.m., speakers will share stories of recovery from addiction and mental health issues at 6 p.m.

SATURDAY, MARCH 4

Hope 4 Paws 'Spay-ghetti' dinner

• 4-8 p.m., John Day Elks Lodge
Support local animals at this fundraiser benefiting Hope 4 Paws. The third annual all-you-can-eat meal includes spaghetti with meat sauce, salad, bread, dessert and a beverage. Admission is by donation to Hope 4 Paws. Proceeds benefit the Hope 4 Paws spay and neuter programs. For more information, call 541-667-7666.

WEDNESDAY, MARCH 8

Lenten luncheon

• 11:30 a.m.-1 p.m., United Methodist Church, 126 NW Canton St., John Day

A soup meal will be served, followed by a service. All are welcome. For more information, call 541-521-2247.

Grant County geology meeting

• 5:30-6:30 p.m., St. Thomas Episcopal Church, Canyon City
Forest Service geologist Hannah Grist will talk about the sedimentary rocks of the Aldrich. Coffee, tea and cookies will be provided. There is no cost, and all are welcome to attend. For more information, call 541-575-3346.

THURSDAY, MARCH 9

Special Olympics vs. law enforcement basketball

• 6:30 p.m., Grant Union Junior-Senior High School
Grant County Special Olympians will host local law enforcement for a friendly basketball battle. There will also be audience-involved games and a bake sale. The cost of admission is \$3, or \$10 for a family. The Special Olympics athletes are also seeking sponsors, and those who donate \$25 or more will be mentioned on the game program. Proceeds will be used to pay for delegation fees, uniforms and travel expenses for competitions. For more information, call Deronda Lallatin at 541-620-4295 or visit Sue-Z-Q's Thrift Store.

FRIDAY, MARCH 10

Blackwood Legacy Quartet gospel performance

• 7 p.m., John Day Seventh-day Adventist Church, 110 Valley View Drive

The Nashville group will perform a free show. For more information, call the church, 541-575-1216, or visit blackwoodlegacy.com.

FRIDAY-SATURDAY, MARCH 10-11

Love and respect video conference

• 6:45-10:15 p.m. Friday
• 8:45 a.m.-1:45 p.m. Saturday
• Prairie Baptist Church, 238 N. McHaley St., Prairie City

Everyone is welcome to attend a seminar designed to help couples and singles achieve the relationship of their dreams, based on Ephesians 5:33. The cost to attend is \$20 per person. For more information or to register, visit eventbrite.com. For more information, call 541-820-3696.

THURSDAY, MARCH 16

Social Artwork guided painting class

• 5:30 p.m. Outpost Restaurant, John Day
Blue Mountain Community College is sponsoring a social artwork guided painting class. Artist Kim Randleas will lead the first class. The cost is \$25 and includes instruction, canvas, supplies and light refreshments. All skill levels are welcome. Participants should "dress for the mess." For more information, or to reserve a spot, contact Ashley Armichard at 541-575-1550. Preregistration is required, and forms may be picked up at the Grant County Education Service District at 835 S. Canyon Blvd.

OUT OF THE PAST

Blue Mountain Eagle March 5, 1992 25 years ago

Local skiers earn honors at Anthony Lakes Ski Resort

Anthony Lakes Mountain Resort recently hosted a Mitey-Mite giant slalom race. With perfect weather and snow conditions, approximately 50 skiers, 4-12 years of age, completed the two run race. Under the direction of head coach Ken Nelson and assistant coach Jessie Rosin, the skiers all did extremely well in the races.

Some of the Anthony Lakes Ski Resort Association local

finishers included: Chantel Phillips, first place, 7-8 girls; Charlie Johnson, second place, 7-8 boys; Eric Straw, third place, 7-8 boys; and Ethan Stone, fourth place, 7-8 boys. Jaimie Clarke took second place in the 9-10 girls, followed by Taron Phillips, who took fourth place in the same age group. Luke Brown placed second in 9-10 boys, while Andy Stone placed fifth.

Jenny Coughlin took first place in the 11-12 girls, followed by Brenna Knowles in third place, Morgan Brinton in fourth place and Kim Elliot in fifth.