

WHAT'S HAPPENING



Eagle file photo

Rhea Mead leaps as the Grant Union Gold dancers perform their state competition routine for the local crowd at last year's Spring Showcase, dancing to Katy Perry's song titled 'Rise.' The event is March 8 this year.

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, March 6

Luncheon and church service

• 11:30 a.m. to 12:45 p.m., John Day United Methodist Church

The Ministerial Association churches will observe Lent with a special luncheon and service held at various local churches. Everyone is invited. These special services are held on Wednesdays beginning with Ash Wednesday, March 6, and ending on Wednesday, April 10. A soup and bread lunch will be served from 11:30 a.m. to 12:15 p.m. The service follows from 12:15-12:45 p.m.

Thursday, March 7

Special Olympics basketball game

• 6 p.m., Prairie City High School Gym

This annual game features the Special Olympics team versus local law enforcement. The cost is \$3 for single admission and \$10 for family admission. A bake sale and pie auction will be held during the event.

Friday, March 8

Spring Showcase

• 6:30 p.m., Grant Union Junior-Senior High School new gym

The Grant Union Gold dance team will perform at their annual Spring Showcase. Admission is by donation. A spaghetti feed takes place at 5:30 p.m. for \$6.

Monday, March 11

School board training

• 6-8 p.m., Prairie City School Library

Prairie City School District will be hosting an Oregon School Boards Association training for newer, prospective and current board members. Renee Sessler, OSBA board development specialist, will be instructing the training. Light refreshments will be served. For more information or to RSVP, call Lindsay Rausch at 541-820-3358.

Tuesday, March 12

Local Advisory Committee meeting

• 12-3 p.m., Long Creek Community Hall

The committee will conduct a biennial review of the North & Middle Forks John Day River Agricultural Water Quality Management Area Plan. The public is welcome. For more information, contact Bryan Vogt at the Monument Soil & Water Conservation District office at 541-934-2141.

Wednesday, March 13

Spay-ghetti dinner and auctions

5-8 p.m., Grant County Fairgrounds pavilion

Hope 4 Paws: Grant County will host its by-donation fundraiser for its spay and neuter programs. Doors open at 5 p.m., and bidding on the silent auction items runs until 6:15 p.m. An oral auction of desserts and specialty items will follow. The spaghetti dinner is sponsored by the Squeeze In, and Spitfire Cocktails will provide drinks for adults 21 and up. There will be a rescue dog demonstration during the event, and silent and oral auction items will include golf at Silvie's Valley Resort, jewelry by Hunting Heron Designs, a metal sculpture and many specialty gift baskets. For more information, call 541-575-0500.

Sunday, March 17

Clay pigeon jackpot shoot

• 11 a.m. to 4 p.m., mile marker 9 on Highway 402, Kimberly

With proceeds benefiting Silent Wave Horse Rescue, the cost is \$3 per shoot with men's, women's and kids' competitions. A dessert auction takes place at 1 p.m. Irish-themed food and drink will be available by donation. Call 541-934-2143 for details.

Friday, March 22

Cancer benefit dinner

• 4:30 p.m., John Day Golf Course

There will be a benefit dinner to support GIST (gastrointestinal stromal tumor) cancer research. There will be two dinner times, 4:30 and 6 p.m. Dinner is breakfast: biscuits and gravy, pancakes, bacon, sausage and eggs. The cost is \$10 per person, \$5 for children under 7. For more information, call Linda McClellan at 541-620-2352.

Wednesday, March 27

Food bank distribution day

• 9 a.m. to 1 p.m., Grant County Food Bank

The food bank is back on its normal distribution schedule for the fourth Wednesday of the month. For more information, call 541-575-0299.

Community HEALTH BEAT



Quality Healthcare Close To Home

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

Reduce Your Risk of Colon Cancer – GET SCREENED

Colorectal Cancer Awareness Month

One sure way to reduce your risk of colon cancer is to GET SCREENED. Colorectal Cancer is the second leading cause of cancer death that affects both men and women. More than 140,000 Americans are diagnosed each year and over 50,000 of them will die from the disease. The average lifetime risk for men is 1 in 22 and 1 in 24 for women, but is 2-3 times higher when there is a family history of colorectal cancers or polyps.

More than 90% of these cancers and deaths could be prevented, but only when detected early. This is primarily the result of 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 Colorectal Cancer screening, is unlike any other screening tool we have in medicine: it allows us to not only detect cancers at an early stage, but also prevent future ones.

There is no question that Colonoscopies Save Lives.

It is recommended that colon screening, including colonoscopy, begin at age 45 to 50 (younger for those at increased risk).

Symptoms of Colorectal Cancer 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 (such as a personal or family history of Colorectal Cancers and /or 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:

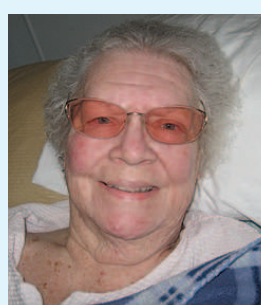
You CAN reduce your risk of getting colon cancer – GET SCREENED.

Keith J. Thomas, MD, FACS
Board-Certified General Surgeon
Blue Mountain Surgery



MARCH VISITING SPECIALISTS

March 11: Baker Podiatrist - Dr. Rushton
March 12, 20: Bend Cardio - Dr. McLellan
March 15: Bend Neuro - Dr. Tien
March 21: Bend Ortho - Dr. Jacobsen



Blue Mountain Care Center
Resident of the Month
BOBETTA BAKER

Bobetta 'Bobbie' Baker was born on March 20, 1935 in Longview, Washington to Floyd and Edith Redoliffe; she has one brother, Tom. She was raised in Longview and Olympia, Washington.

On June 20, 1959, she married Claude Baker and they had a son, James. While James was growing up, they moved often, as Claude was in the military. They lived in Washington, Oregon, Massachusetts, California and the Philippines.

During Claude's 30 years with the military, they also traveled to Hong Kong, Hawaii, Guam and Macau in Asia.

Bobbie worked as a secretary and in later years, an electrologist. She enjoyed riding her own motorcycle and traveling.

Bobbie came to the Blue Mountain Care Center on July 12, 2018.