

## Cook Memorial Library celebrates Children's Resilience Month

The library is celebrating Children's Resilience Month in October, as declared by La Grande Mayor Steve Clements. Book displays for all ages provide resources on topics relevant to resilience, such as self-care, community and healing.

"Coding at the Library" starts Oct. 23 at 4 p.m. Students in sixth-eighth grades are welcome to register for this class covering HTML5 basics and CSS. Space is limited so call 541-962-1339 or come by to sign up.

Toddler Time has changed to Mondays, held at 10:20 a.m. in the Community

Room. Children ages 14 months to four years and their caregivers are invited to sing, dance and play at this weekly event.

Gentle Yoga for adults led by Kitia Chambers is Thursdays from 10:05 a.m. to 10:50 a.m., October 11, 18 and 25 in the Community Room. Registration is highly recommended. Contact the library to sign up for the dates you plan to attend. No experience is necessary. Mats are available, but feel free to bring your own, and wear comfortable clothing. There will not be a class on Oct. 4.



**OFF THE SHELF**  
ROSE PEACOCK

The Literacy Center is open from 2:30 p.m. to 4:30 p.m. Tuesday, Wednesday and Thursday. Drop-ins are welcome.

Teen Writing Circle meets from 4 p.m. to 5 p.m. Oct. 11 and 25. Teens are invited to make ping-pong lanterns at iCraft at 4 p.m. Oct. 19. The middle school book club meets the first Thursday of the month at 3:30 p.m., and the high school club meets the same day at 4:30 p.m.

Contact Celine for more information. Teen events are open to those in middle and high school.

Foreign Film Friday is Oct. 12, with a 7 p.m. screening of the Colombian film, "Bad Luck Goat." After accidentally killing a bearded goat with their father's truck, two incompatible siblings in their teenage years embark on a journey of reconciliation.

Page Turners book club for adults meets at 1 p.m. Oct. 9 in the Archives Room. The book for October is "Truth & Beauty" by Ann Patchett. A memoir of

Patchett's longtime friendship with fellow author Lucy Grealy, this book is an homage to friendship through joyful and through difficult times.

Children's Storytime is the first Thursday of the month at 11 a.m. Storytime Yoga with Kitia is offered the remaining Thursdays of the month, also at 11 a.m., in the Community Room. Baby Tot Bop, for those three years old and younger, is at 10:30 on Friday mornings in the Community Room. Please use the exterior Community Room entrance for this event.

Children ages newborn to five may be signed up for the Dolly Parton Imagination Library online or at the library. Each month the registered child will receive a free book in the mail. See the library for applications or register online.

Ready2Learn library cards are available for children age five and younger. Every month the card is used, the child is automatically entered into a prize drawing.

Library hours are 10 a.m. to 6 p.m. Monday through Thursday, noon to 6 p.m. on Friday, and 10 a.m. to 4 p.m. on Saturday.

## Genes are both hardware and software in the human body

A gene is defined as "the basic unit of heredity and evolution" in Webster's dictionary. New understandings of how our genes work are challenging our traditionally held beliefs. The role genes play in our health is much smaller than we previously supposed.



Winters

Many environmental factors act to "turn on" or "turn off" a gene. Epigenetics is the study of how diet, lifestyle and upbringing guide genetic expression. We used to think genes were the directors; now we see they are just part of the cast.

Every cell in our body holds a complete copy of all our genetic information, but epigenetic factors determine the cell's future.

Human beings begin as a single cell with little epigenetic guidance, but as the cell divides, its offspring become increasingly specialized, due to increasing epigenetic influence. This is how our body makes organs of specialized cells designed for specific jobs. For example, cells in the eye are very unique and perform a special function.

Decisions to turn on or turn off a gene are influenced by input from other cells, near and far. Similarly, the cell's environment is

what creates health or disease. Unhealthy changes in the cell's environment invites cancer and other diseases

Genes are being instructed as much as instructing they are both hardware and software.

Nutrition, stress levels and health — physical, mental and spiritual — affect gene expression. Until recently 98 percent of our DNA had no known use and was labeled "junk DNA." Now we realize this "junk DNA" is the brain that directs the show.

These epigenetic factors affecting gene expression are many, and mostly under our

control. What we eat, or don't eat, affects genetic expression. What we do, think and say everyday affects genetic expression and is largely under our direct control. Life experience and daily choices are important. Human beings are complicated, so heart disease, for example, is not entirely due to a "heart disease gene" but to many factors encountered throughout life. For these reasons, young twins may be identical, but old twins can be quite unalike.

Most epigenetic influences on gene expression can be reversed or lessened. Our genetic fate isn't written in stone after all.

However, stresses early in life play an outsized role that can alter gene expression for years and even generations. Growing up with abuse, neglect or war may cause challenges throughout life.

Studies show that rats who are "good lickers" raise healthy pups that in turn raise healthy pups themselves, while neglected pups with the very same genes show less ability to care for their offspring. The next generation suffers, illustrating the concept of a trait that appears to "run in the family."

Epigenetics may be the future of medicine. Most epigenetic influences are re-

versible or controllable with safe, inexpensive interventions that we can introduce ourselves.

So be a "guardian of your genome," to paraphrase Marcus Pembry, professor of clinical genetics in London. The way we live may affect not only ourselves, but our children and grandchildren.

John Winters owns Winters Naturopathic Clinic in La Grande. He has been practicing in La Grande since 1992. He is trained and licensed as a primary care provider with a specialization in natural medicine. His scope of practice includes all aspects of family health and wellness, from pediatrics to geriatrics.

### BIRTHS

#### WALLOWA MEMORIAL HOSPITAL

**GERONIMO:** To Kelly Budge and Josue Geronimo, of Enterprise, a daughter, Lainea Eva Elizabeth Geronimo, 8 pounds 5 ounces, Sept. 12 at 8 a.m.

**HAUXWELL:** To Mallory Hauxwell and Troy Hauxwell, of Enterprise, a son, Axl Aaron Cham Hauxwell, 6 pounds 6 ounces, Sept. 7 at 3:15 p.m. Grandparents are Kelly Light, Jason Light, Panky Hauxwell and Ken Hauxwell.

**KASSAHN:** To Jennifer Kassahn and Jared Kassahn, of Joseph, a son, Kallen James Kassahn, 6 pounds 15.5 ounces, Aug. 29 at 5:30 a.m. Grandparents are Phyllis and Mike Tomasini and Margaret and

Dave Kassahn.

#### GRANDE RONDE HOSPITAL

**ANDYKE:** To Mackenzie Reisner and Zach AnDyke, of La Grande, a daughter, Ember Lee AnDyke, 8 pounds 8.5 ounces, Sept. 6 at 6:01 a.m. Grandparents are Lori Mack, John Reisner and Jenny and Ralph AnDyke.

**BROCK:** To Krisann Marie Brock and Stephen Roy Brock, of La Grande, a son, Charles Russell Brock, 7 pounds 9 ounces, Sept. 21 at 7:25 a.m.

**EARP:** To Kiley Renee Trice and Trevor Shane Earp, of La Grande, a son, Maddox Ray Earp, 6 pounds 3 ounces, Sept. 21 at 7:57 a.m.

**EDVALSON:** To Rachel Ann Edvalson and Levi Wayne Edvalson, of La Grande, a son, Tobyn Wayne Edvalson, 9 pounds 4 ounces, Sept. 18 at 2:34 p.m.

**FOX:** To Amanda Fox and Tad Fox, of La Grande, a son, Kellen Fox, 7 pounds 14 ounces, Sept. 20 at 8:02 a.m. Grandparents are Kim and Bob Heitstuman, Rudy Moraga, Brett Timm, and Tim and Judy Fox.

**GANNON:** To Sophia Marie Simpson and Kyle Page Gannon, of La Grande, a son, Calvin James Gannon, 7 pounds 12 ounces, Aug. 30 at 12:08 p.m. Grandparents are Ryan Simpson, Jannette Witty, Kevin Gannon and Tara Hobb.

**NIDAY:** To Heidi C.M. Haney and Christopher W. Niday, of La Grande, a son, Odin Christo-

pher Niday, 5 pounds 9 ounces, Sept. 10 at 9:34 p.m. Grandparents are Paulette Niday, Christopher Niday, Jesse Haney and Joyce Davies.

**SHAFFER:** To Kylie Ann Shaffer and Klinton Jack Shaffer, of Enterprise, a daughter, Kodi Kate Shaffer, 7 pounds 6 ounces, Aug. 30 at 5:43 p.m. Grandparents are Craig and Candi Willis and Derek and Selina Shaffer.

**VERDUGO:** To Amanda Montanez and Andrew Verdugo, of La Grande, a daughter, Azlynn Verdugo, 6 pounds 10 ounces, Aug. 31 at 6:52 a.m. Grandparents are Todd and Bernice Space and Rosemary Verdugo.

### WISH LIST

Local nonprofit human service organizations often need donations of specific items or volunteers. Wish List items are updated every month. Anyone who would like to volunteer or make donations should contact the agency directly.

#### ANIMAL RESCUE CENTER OF EASTERN OREGON

541-963-0807  
Drop off at rescue center, 3212 Hwy 30, La Grande  
dog collars  
Purina kitten food  
bleach  
paper towels  
blankets  
high-efficiency laundry soap  
Clorox wipes  
cat scratching posts  
indoor cat food and litter  
HP-61 black printer cartridges  
Visa gift cards  
monetary donations for power and water bills

#### ART CENTER EAST

541-624-2800, darcy@artcentereast.org  
Drop off at ACE, 1006 Penn Ave., La Grande  
2 electric pencil sharpeners  
painting canvases (16x20 and Under)  
art tablets (drawing, water-color, pallets, etc.)  
quart Ziploc bags  
sandwich Ziploc bags

gallon Ziploc Bags  
adult scissors  
beading supplies  
dish soap  
Old Dutch cleanser  
pain/burn spray  
garbage bags  
metal yardsticks  
metal T-square  
Play-Doh  
cookie cutters (non-holiday)  
copy paper (8.5 x 11)  
broom & dustpan (hangable)  
2-foot-wide shelving boards  
Windex  
liquid hand soap  
dish towels  
facial tissues  
Sticky Notes

#### BARKIN' BASEMENT

541-975-2275  
Drop off at the store, 1507 N. Willow, La Grande  
household furniture  
kitchen towels  
kitchenware  
home decor items  
toys  
books  
no clothing, please

#### BUILDING HEALTHY FAMILIES

541-426-9411  
Drop off at the office, 207 NE Park St., Enterprise  
NEW beginning reader books for ages 3 to 7  
copy paper  
pencils  
binders  
file folders

#### COVE FOOD PANTRY

541-910-1810  
Drop off at Cove Post Office  
personal hygiene products  
soap  
canned foods  
dry foods

#### ELGIN FOOD BANK

541-910-4585  
Call to arrange drop off, 850 Alder St., Elgin  
fresh fruits and vegetables  
eggs  
canned foods  
dry foods

#### FRIDAY BACKPACK PROGRAM

fridaybackpack@gmail.com  
Please e-mail for drop-off information.  
Mail tax-deductible checks to: P.O. Box 537, La Grande  
15-16 oz. cans: Chef Boyardee, refried beans, chili, peanut butter (plastic only), vegetables  
10 oz. cans: tomato and chicken noodle soup  
3-5 oz. cans: tuna, chicken, Vienna sausages  
fruit rolls, fruit snacks and small boxes of raisins  
packets of instant oatmeal and hot chocolate  
individual cups of fruit, applesauce, and pudding  
small juice boxes with 17 grams of sugar or less  
granola bars, protein bars and snack crackers (wrapped in one serving size)

Ramen pouches or cups  
boxes of macaroni and cheese, Chicken/Hamburger/Tuna Helper  
individual single serving boxes of cereal

#### FRIENDS OF THE UNION CARNEGIE LIBRARY

541-562-5807  
Call to arrange donations for drop-off or pickup, or drop off at the Knitkabob, 156 S. Main St, Union (open 1-6 p.m. Tuesday-Saturday)  
individually wrapped candies

facial tissues  
fruit snacks  
copy paper  
33-gallon trash bags  
paper towels  
children's jigsaw and board puzzles  
books and yard sale items (no clothes, please)

#### HAVEN FROM HUNGER EMERGENCY FOOD BANK

Call 541-786-3663 to make drop-off arrangements  
non-perishable food items  
personal hygiene products for showering (soap, shampoo, shaving supplies)  
towels  
female hygiene products  
other hygiene products (deodorant, etc.)  
cleaning supplies (especially laundry soap and dish soap)  
pet food

### SANDY

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Emerson said the OSU surgery cost about \$6,000 and SEO raised that money through donations.

"She's a tough mare," Baremore said. "She's got so much heart and the will to survive, otherwise she would not have made it."

Since her rescue, Sandy has been treated at OSU Veterinary Teaching Hospital, where she underwent surgery to remove two portions of broken, detached, dead and infected bone in her lower jaw.

"X-rays also showed bone missing on her hind left cannon bone (lower leg)," said Kim Mosiman, SEO executive director. "Further X-rays showed the bone was not infected but had suffered trauma in that spot. The draining tracts were coming from a hidden abscess deep in the granulation tissue of her leg."

The surgeon used an ultrasound to guide him to the abscess and then opened, drained and removed the infected tissue. He also removed the old

granulation tissue that was not getting good blood supply.

Sandy was discharged from the hospital on Sept. 12, Mosiman said, and returned to an SEO foster home, where "she will be given oral antibiotics and (time to let) her hind leg get some healthy granulation tissue."

Once she has a healthy bed of new granulation tissue, Sandy will return to the OSU Veterinary Teaching Hospital for a skin graft on her hind leg.

Through the SEO Facebook page and an earlier Associated Press story, Sandy has developed a following.

"Sandy has a ton of supporters, so we've been doing almost daily updates on our Facebook page," said Mosiman.

A Sept. 27 update on the SEO Facebook page stated the skin graft would be applied within the next few days. According to the update, the skin graft will help Sandy's leg heal faster and also decrease long-term thickness and chance of repeated swelling in that area.

#### Send us your Community item

**Deadline:** Noon Thursday

**Forms:** The Observer front desk has wedding, engagement, anniversary and birth forms.

**Wedding:** Item must run within six months of the ceremony.

**Anniversary:** 25th, 30th, 35th, 40th, 50th or more.

**Birthday:** Know of a Union or Wallowa county resident turning 75 or older? Let us know the date, time and place of the celebration and send a recent, good-quality photo.

**Reach us:**

• Mail: 1406 Fifth St., La Grande, OR 97850



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