

Antibiotic resistance — don't let the little things get you down

By John Winters
For The Observer

Today, growing numbers of bacteria are unfazed by modern medicine's most powerful drugs. These antibiotic-resistant super-bugs are a global threat to health.

Bacteria are tiny single-celled organisms that have adapted to live almost anywhere on the planet. They thrive on our skin, in our gut, in snow, even in ocean floor thermal vents that are hotter than 600 degrees. Many thousands of different species of bacteria exist, each with unique capabilities. Thousands of bacteria species are essential to human life — there are more than 1,000 species in our gut alone — while fewer

than 100 species threaten it. Friendly bacteria on our skin fend off infection, bacteria in our gut is essential to digestion, and bacteria in soil is needed for plant growth. Some bacteria cause problems such as tuberculosis, pneumonia and food-borne illnesses.

In the 1930s, miraculous new drugs were developed that killed bacteria. These new drugs treated life-threatening bacterial infections and revolutionized modern medical thinking. Experts proclaimed a new dawn in medicine and predicted the coming arrival of a drug to treat every disease. This thinking persists to some point today — however, understanding of bacteria's importance in the

world is more complete now. Commonly used antibiotics such as penicillin, cipro and augmentin are examples of “broad spectrum” antibiotics that kill all bacteria without discretion. These drugs effectively kill disease-causing bacteria and friendly bacteria alike. Oops. This incomplete appreciation of bacteria's role in health and disease has led to overuse of drugs and its resultant problems.

Since drugs always leave behind a few resistant bacteria, over time we have cultivated drug-proof superbugs. Bacteria are always adapting to improve their own survival, so they will eventually outsmart a new drug. The problem of antibiotic resistance is

worsening. Bacteria are able to share information among themselves and are adapting to “miracle” drugs more quickly. In the 1950s, resistance appeared several years after a new drug was introduced. In 1996, when levaquin was introduced and resistance appeared in the same year.

The United States has one of the world's highest rates of antibiotic use. Today, only half of antibiotic prescriptions are medically appropriate. This practice is ineffective and expensive and helps create antibiotic-resistant bacteria. Misuse occurs most often when treating ear infections, sinus and throat infections and colds, which are almost always caused by viruses. Ear infections

can be treated quickly and successfully without resorting to antibiotics. Another area of antibiotic overuse is the livestock industry. Antibiotics are routinely used to increase growth and overcome unclean conditions. In 2015, more than 21 million pounds of medically important antibiotics were given to animals.

Solutions exist to this problem. The Center for Disease Control recommends hand washing, vaccines, safe food handling and the development of new antibiotics. The World Health Organization recommends a reduction of antibiotic use on healthy animals, which the European Union started doing 11 years ago. Natural medicine treats the cause

of an illness, be it stress, poor hygiene, a virus or a bacteria. Safe, effective therapies for treating bacterial infections have existed for thousands of years. Plant medicines, hydrotherapy and certain supplements treat illness and save antibiotic drugs for more severe cases.

Illness is often preventable with good nutrition, physical and social engagement and good hygiene. Otherwise, as Margaret Chan, WHO director general, says: “A post-antibiotic era, in which common infection and minor injuries can kill, far from being an apocalyptic fantasy, is instead a very real possibility in the 21st century and may be the end to modern medicine as we know it.”

Cook Memorial Library announces February events

Children's Storytime is now held on Thursdays at 10:30 a.m. in the Community Room.

Children's clubs for ages 5-12 are Tuesdays from 3 p.m. to 4 p.m. Yoga Club is the first Tuesday of each month, LEGO Club the second and fourth Tuesdays, and Art Club the third Tuesday.

Find free seeds for your garden in our Seed Library at the front desk.

Gentle Yoga for adults meets Wednesdays from noon to 1 p.m. (except the second Wednesday of the month). Participants should wear comfortable clothing. Mats and chairs are provided, or bring your own mat. Beginners are welcome and the clas is free.



OFF THE SHELF
ROSE PEACOCK

14 and Feb. 28. Teens are invited to make book art mobiles at iCraft on Feb. 15 at 4 p.m. Book clubs for teens meet the first Thursday of the month, 3:30 p.m. for middle school club and 4:30 p.m. for the high school club. Contact Celine for details. Teen events are free and open to those in middle and high school.

For younger children, Toddler Time is offered at 10:20 a.m. on Mondays in the Community Room. Children ages 14 months to 4 years and their caregivers are invited to sing, dance and play at this weekly event. Baby Tot Bop, for those 3 years old and younger, is held Fridays at 10:30 a.m., also in the Community Room. Please use the exterior Community Room entrance for this event.

Sign up children age 5 and younger for the Dolly Parton Imagination Library online or at the library. Participants receive a free book in the mail each month through their fifth birthday. Also, 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.

The Literacy Center offers free tutoring for all ages. Call the library to schedule an appointment, or drop in between 2:30 p.m. and 4:30 p.m. Tuesday, Wednesday and Thursday.

All ages are invited to participate in a city-wide reading challenge, “Read Together La Grande,” to reach a shared goal of one million minutes of reading. The La Grande Literacy Alliance (composed of the La Grande School District, Mountain Valleys Reading Council, OTEC and Imagination Library, IMESD, and the library) is challenging everyone in the community to read for 20 minutes a day. Go to cityoflagrande.beanstack.org to sign up or download the Beanstack Tracker app for Android or iOS.

Cook Memorial Library is open from 10 a.m. to 6 p.m. Monday through Thursday, from noon to 6 p.m. on Fridays, and 10 a.m. to 4 p.m. on Saturdays. The library will be closed Feb. 18 for Presidents' Day.

Visit us at 2006 Fourth St., La Grande, or call us at 541-962-1339. Find out more on our website, cityoflagrande.org/library, and Facebook page.

Rose Peacock is a library technician at Cook Memorial Library.

LMS students earn academic honor

The following students have been named to the La Grande Middle School's second-quarter honor roll for the 2018-2019 academic year. Students must earn a GPA of 3.5 or higher to be on the LMS honor roll.

6th grade

4.00: Shellbee Abel, Marti Anderson, Kierstyn Azure, Daniel Barnes, Ava Beaudry, Aubrey Bisenius, Brett Blanchard, Kylie Brown, Karly Burgess, Ginger Chandler, Korbing Cochran-Cavaness, Kane Collins, Kayle Collman, Abela Cross, Ayla Davis, Kendal DeYoung, Olesya Forbes, Jayden Gibson, Griffin Gorham, Tyler Hampton, Hazel Hartz, Laura Hendrickson, Abby Henry, Makayla Hibbert, Emree Hutchins, Macy Iramk, Kingston Joseph, Mason Kimball, Avila McKaig, Austyn Meuser, Sophia Miller, Unity Miller, Sadie Nelson, Olivia Pennington, Adysen Perry, Draco Pomerleau, Natasha Powell, Silas Reagan, Jayden Riley, Liliana Rivas, Rilley Robinson, Thomas Santoro, Raelee Smith, Addison Snyder, Noah Spence, Carlee Strand, Jordan Tucker, Anne Turner, Cecilia Villagomez-Edvalson, Lacie Wallace, Aaron Weaver, Francheska Winn, Lilly Wisdom, Evan Zastrow.

3.89: Matt Anderson, Alexis Burgess, Kai Castro, Elijah Cox, Lillian Dunlap, Marcos Fuentes, Helaman Garcia, Ella Hayden, Kristina Hayden, Lyndie Isaacson, Chase Koshinsky, Brionna Larison, Landon Newberry, Bryce Pennington, Bethany Petty, Gracie Smith, Carson Weimer, Calla Welch.

3.80: Ben Saisuk.

3.78: Cheyenne Baldwin, Emma Elithorp, Dane Fine, Lucas Hayes, Julia Kellogg, Sirak Kel-

logg, Mia Korom, Gavin Shells, Jillianne Waters, Melissa Zaragoza.

3.65: Charlotte Chandler, Makenzi Comisky, Carson Cupit, Samuel Fager, Tearinee Huffman, Elexis Jendeski, Shanti Langidrik, Abbygail Myers, Brody Peterson, Mannix Pomerleau, Payton Stenkamp, Carter Stockhoff, Carson Taylor, Elphirene Yifthege.

3.56: Marshall Begin, Alaina Bradshaw, Cameron Cambell, Hunter DeCoteau, Eliza Durfee, Kenai Huff, Hayden Michael, Leilani Mielke, Giana Perez, Trenton Schwabke-Dufour, Carter Seaquist, Raeandra Sutton, Eli Westenskow.

7th grade

4.00: Emma Bell, Kai Carson, Lana Emerson, Hallie Grigg, Yuliana Karpenok, Hunter Luke, Griffin McIlmoil, Shea McKinley, Alsea Morton, Avery Myer, Isabelle Neer, Heber Olson, Kaitlin Polfer, Liam Street, Bryce Wagner, Mason Wolcott.

3.88: Caeden Barrett, Kiah Carlson, Rees Foggia, Evan Garlitz, LaRae Howell, Dylann Justice, Ridge Kehr, Jaxson Leonard, Jack Muller, Karlee Polfer, Rylee Sandland, Owen Seaquist.

3.86: Kristina Tanguturi.

3.75: Faith Calhoun, Jaxen Doud, Michael Jensen, Jennifer Johnson, Cori Palmer, Logan Parada-Bullock, Selinia Riness, Makenna Shaw, Austin Stockhoff, Kadence Vandenberg, Aspyn Wildman.

3.63: Lydia Hasbell, Talin Hayden, Tiffany Huffman, Cooper Huxoll, Tavian Kehr, Fabian Leal-Ponce, Brandie MacKay, Nakita Martinez, Isaac Murie, Carter Peasley, Genessa Porras, Monson Riley, Cheyann Somers, Tiffany Wright.

3.50: Rocco Black, Cody Brown, Cain End, Chloe Humphrey, Ryleigh Miller, KaTeena Pegram, Dalin Perry, David Rieke, Quinten Theiler, Gavin Winegar.

8th grade

4.00: Allison Aguilera, Gladys Alf-Rippe, Corbin Berry, Elijah Bisenius, Quinlan Bohannon, Brianna Brown, Kaylee Carpenter, Nora Crews, Carina Garcia, Joscelin Hafer, Hanna Hampton, Ahna Heideman, Brielle Hood, Rylie Huddleston, Ellery Johnson, Collette Larvik, Brendan Lundell, Keira Martinez, Haylee McCall, Noah McIlmoil, Braeden Morgan, Alyssa Moy, Liam Murphy, Arianah Myer, Johanna Null, Landon Perry, John Remily, Conner Riggs, Owen Rinker, Jace Schow, Makenna Shorts, Julia Sipe, Brayden Sudbrock, Jack Sunderman, Rylee Weimer, Logan Williams, Gabriel Zamora.

3.88: Jarett Armstrong, Rogan Black, Addison Dunlap, Ross Goebel, Kaylee Hibbert, Chaz Howard, Lachlan Miller, Caleb Murie, Jocelyn Reagan, Carlee Willson.

3.78: Aubrey Hall.

3.75: Emilie Flannery, Sonora Hansel, Amy Hernandez, Gage Mathson, Kaden Nelson, Morgan Rynearson, Paull Smith, Tyler Smith.

3.63: Hayden Blagg, Jared Isaacson, Dima McCarthy, Mason Miles, Maria Sanchez, Cole Shafer, Samuel Tsiatsos, Arlo Vandervlugt, Kelly Wright.

3.54: Samantha Perry.

3.50: Thomas Conklin, Gwenyth Cooper, Kyle Golden, Tristen Hickey, Ethan Jacobson, Paden Jeffries, Carlee Jensen, Amylia Kellogg, Harmony Mahoney, Jacob Preator, Stewart Siders, Shareena Ward.

BRIEFLY

Open house planned for Rocky Hunt

LA GRANDE — Rocky Hunt, a longtime resident of La Grande, will soon be moving out of state. Rocky would like to see as many of his friends and family before he moves. All are invited to stop by an open house gathering

from 3 p.m. to 5 p.m. Feb. 1 at Island City City Hall, 10605 Island Ave. Also, Feb. 1 is Rocky's birthday. Come by and wish him a happy birthday and safe travels on his new journey. No gifts, please.

Log rolling Saturdays are back

LA GRANDE — Veterans'

Memorial Pool invites you to “come test your lumber Jack or Jill skills, challenge a friend, and get some good old-fashioned exercise” on log rolling Saturdays. Back by popular demand, the log will be out and ready to use Feb. 2 and March 2 between 1 p.m. and 4 p.m. Cost is regular admission or any current membership.

BIRTHS

GRANDE RONDE HOSPITAL

CRONEN: To Nicketta Strohl and Bruce Cronen, of La Grande, a daughter, Jamie Alane Cronen, 6 pounds 12 ounces, Jan. 6 at 5:48 p.m. Grandparents are Jamie Recio, Steven Recio, Tim Cronen and Mina Cronen.

FRASIER: To Jessica Yvonne Frasier and Devin Michael Frasier, of La Grande, a daughter,

Mackenzie Jae Frasier, 6 pound 5 ounces, Jan. 15 at 7:34 a.m. Grandparents are J. Michael Frasier and Martha Frasier, Greg and Sharon Warfield, and Cynthia Barry. Great-grandparents are Charles and Sandra Warfield.

LYNCH: To Mary Marie Kendall and Tyler James Lynch, of La Grande, a son, Andrew James Creed Lynch, 8 pounds 13.6 ounces, Jan. 22

RICKERT: To Kristi Lynn Rickert

and Cody Michael Rickert, of La Grande, a daughter, Hailey Grace Rickert, 8 pounds 3 ounces, Jan. 3 at 8:30 a.m. Grandparents are Steve and Pat Heinz, Mike and Christy Rickert, and Jamie and Darci Calhoun.

SANDERS: To Lynique Oveson and Brian Sanders, of La Grande, a son, Bridger David Weinhard Sanders, 7 pounds 0.7 ounces, Jan. 17 at 10:08 p.m. Grandparents are Greg and Eva

Oveson and David and Julie Sanders.

STUDER: To Kember LeeAnn Studer and Dylan Trey Studer, of La Grande, a son, Maverick Trey Studer, 8 pounds 6 ounces, Jan. 5 at 5:28 p.m.

WALLOWA MEMORIAL HOSPITAL

BOSTEDT: To Tiffany Bostedt and Dan Bostedt, of Joseph, a

daughter, Mariah Noelle Bostedt, 7 pounds 4 ounces, Jan. 9 at 8:13 a.m. Grandparents are Gaynor Baker, David Hay, Georgia Bostedt and David Bostedt.

LATHROP: To Tiffany Lathrop and Zachary Lathrop, of Wallowa, a son, Brom Ray Lathrop, 6 pounds 4.5 ounces, Dec. 22, 2018, at 3:29 p.m. Grandparents are Melissa Zollman and Pam and Bruce Lathrop.

PERREN: To JoAnna Perren

and Matthew Perren, of Enterprise, a daughter, Rosalie Perren, 7 pounds 0.2 ounces, Dec. 28, 2018, at 7:43 a.m. Grandparents are Virginia Patton, Tim Patton, Chris Perren and Brian Perren.

SCHOTT: To Adele Schott and Mark Schott, of Joseph, a son, Henry Owen Schott, 8 pounds 13 ounces, Jan. 4 at 6:18 p.m. Grandparents are Liza McAlistar, Todd Nash, Diane Schott and Kevin Schott.



Nicole Cathey

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