

## Sleep — don't deprive yourself

By John Winters  
For The Observer

“Sleep is a criminal waste of time, inherited from our cave days,” claimed the co-inventor of the lightbulb, Thomas Edison. He may have been a bright man, but he was wrong about sleep. The first known study about sleep deprivation appeared in 1896, just 17 years after the lightbulb became commercially available. Today, adequate sleep is the focus of TED talks, sleep clinics and apps, for good reason: 35 percent of us don't get enough sleep, and 34 percent of all fatal auto accidents are due to sleep deprivation.

Sleep serves many functions crucial to health. Resting tired muscles may be the most obvious role, but this takes less than an hour. After that, sleep repairs damaged tissue, organizes the day's memories, strengthens the immune system and prepares the body for the next day. Getting less than eight hours of sleep increases risk-taking behaviors and poor judgment by 50 percent. Sleep-deprived people are more apt to smoke and to drink to excess. Psychiatric conditions like depression, anxiety, bipolar and others are all associated with poor sleep, according to a 2017 article

in the Journal of Psychiatric Research. Inadequate sleep changes how DNA is expressed, which can lead to diabetes and obesity. More sleep is the best weight-loss strategy for the new year, and what could be easier?

Possibly the most sleep-deprived group in our society is teens. Their internal clocks are set to stay up late, a system that collides head-on with early school hours. Only 41 percent of middle-schoolers get enough sleep, while a mere 13 percent of high school students get the recommended 8-1/2 to 9-1/2 hours of sleep they need every night. A recent study in Seattle found teens felt and performed better when school started an hour later. This night-owl phase fades in the early twenties. As we age, our need to sleep decreases and we tend to go to sleep and wake earlier, but we do more poorly with adjusting to changes such as jet lag or working nights. Most sleep problems later in life are due to illness, medications and alcohol. Sleep disorders, in turn, can cause or worsen depression, hypertension, heart disease, strokes and pain.

Because sleep is so important, resolving to sleep better is a great idea. Try to get about eight hours,

on a regular sleep/wake schedule. Bedrooms are best kept cool, dark, quiet and calm. Pets, TV and even spouses may impact restful slumber. Avoid bright lights for two hours before bedtime, especially the blue colors emitted by computers, phones and TV screens. Light suppresses production of melatonin by the brain. An app, “f.lux,” or glasses are available to block blue light from screens after sunset. Avoid food two hours before bed. Go to bed calm and tired. Exercise during the day, enjoy a relaxing evening and put aside worries, if only temporarily. A good night's rest is the best strategy for success, whether the coming day includes a test, an interview or everyday life challenges.

Treatment for poor sleep varies, depending upon the cause of the problem. If your sleep/wake cycle is off, consider chronotherapy, melatonin or light therapy. If the mind or body won't relax, consider meditation, homeopathic medicines, cortisol balancing or counseling. A good night's sleep recharges the nervous system, the immune system and so much more. Waking recharged gives a huge head start on a fulfilling day. ■

## MILESTONES

### Edna Mae Bernhardt - 100th birthday

Edna Mae Bernhardt, of La Grande, will soon celebrate her 100th birthday.

Edna Mae moved to La Grande, where her cousin lived, after graduating from high school in North Carolina. She attended what is now Eastern Oregon University and became a teacher. She taught in the Poverty Flat one-room schoolhouse, then at Central School in La Grande. She was a teacher for 40 years. In her younger years, Edna Mae enjoyed

horseback riding and square dancing. She met her future husband, John Bernhardt, at a dance. They were married in June 1955 and had two children: Brenda and Tom. Edna Mae has five grandchildren and 13 great-grandchildren. She has lived in the house her husband built on Alder Street for 62 years. Before that, they lived above Bernhardt's Shoe Shop on Fir in La Grande.

Edna Mae's children, grandchildren and great-grandchildren invite her friends to come share



stories and memories at a birthday reception beginning at 1 p.m. March 9 at Faith Lutheran Church.

### Leonard Spears - 90th birthday

Leonard Spears, of La Grande, celebrated his 90th birthday Feb. 22 with his family and friends. Leonard worked at the La Grande sawmill for 44 years. In his retirement, he is enjoying tending to his garden and spending time with his Spears' Old Town grocery

store on C Avenue. Leonard attended schools in La Grande, where he met his late wife, Gloria. He and Gloria were married for 72 years and raised three sons. Leonard worked at the La Grande sawmill for 44 years. In his retirement, he is enjoying tending to his garden and spending time with his family.



## EOU announces fall term dean's list

La Grande's Eastern Oregon University named 526 students to the dean's list for the 2018 fall term. Qualifying students achieve and maintain a grade point average of 3.5 or higher on a 4.0 scale while completing a minimum of 12 hours of graded EOU coursework.

The following students from Union and Wallowa counties earned this distinction:

Cove: Lacey Baird, Melissa Hunt, Brandon McGilvray, Kellie Nostrant, Kindra Wright.

Elgin: Angelica Bouska, Jacob Burgess, Cynthia Cramlet, Dawn Redick, Theresa Smolkowski.

Enterprise: Madison Ribich.

Imbler: Aspen Birkmaier, Bonny Daggett, Marcus Dennis, Kendrick Johnson.

Island City: Jessica Carter, Christopher Smith.

Joseph: Kazzie Dawson, Heidi Niezen, Rachelle Rushton, Amanda Veiga Esteves Vieira de Melo.

La Grande: Lora Alix, Emily Andrews, Audrey Anolfo, Sierra Ashley, Jonathan Ault, Elizabeth Basa,

Kimberly Baum, Brandy Blackman, Britney Blaluk, Megan Boals, Brenda Boles, Haley Breen, Jocelyn Brown, Andrea Camacho, Ashley Campbell, Erin Campbell, Sarah Carpenter, Curtis Carson, Victor Juan Castro, Helen Chonggum, Elizabeth Collins, Kelsey Collins, Tiffany Collins, Tyler Dabritz, Marie Dalton, Robin Davis, An Dinh, Quentin Durfee, Joshua Ebel, Michael Ebel, Corinne Ebert, Camie Edgington, Aimee Ekstrom, Bud Farmer, Adina Fast, Maricia Feeley, Tayler Finch, Sage Flower, Dalynne Folsom, Pamela Fredrick, Cassidy Freeman, Christina Gillis Nunez, Coral Goldstein, Joshua Goodman, Cade Gorham, Denise Gravener, Brittney Hamilton, Lucinda Harper, Dallin Haynes, Lucas Hidalgo, Matthew Hoppe, Samantha Hosford, Dylan Howell, Lane Inwards, Lena Johnson, Rowdy Keller, Brycen Kelly, Hannah Kilpatrick, Katie Kitchell, Anthony Leavens, Emma Logan, Kacy Lucky, Ashley Mallonee, Tiannah Mar-

riott, ShaLene Marshall, Michael Maszk, Meredith Matthews, Ryan Middleton, Connor Miles, Deric Musatto, Nathaniel Nanpei, Alexander Navarro, Iouri Nicolau, Lance Nielsen, Jessica Norton, Megan Pellerin, Anthony Perez, Stephen Peterson, Maija Ralpho, Drake Randall, Jared Rogers, Natalie Rosen, David Rucker, Lydia Schaefer, Tyler Shaul, Alyssa Shoaf, Samuel Shown, Briana Smith, Shane Spears, Mattie Spencer, Olivia Starks, Brianna Stavaas-Jamack, Sara Sword, Caleb Tatum, Jesus Trejo, Mavrickson Ubedei, Priscilla Vazquez, Nicolas Veloz Espinola, Jamie Waltenburg, Kain Ward, Mykal Weissenfluh, Diane Wilson, Lewis Wright.

North Powder: Kate Jensenko.

Summerville: Keith Bittner, John Brown, Emma Stockhoff, Hannah Wilhelm.

Union: Ryann Alexander, Chelsie Houck, Sandra Meredith, Rebecca Riomondo, Chloe Robison, Hannah Smith, Nur Sofe, Zane Wright.

## Cove students named to honor roll

The following students at Cove Charter School in seventh through 12th grades earned the academic honor of being included on this year's second-quarter honor roll.

**7th grade:** Cade Bolton, Autumn Dobbs, Ally Gettman, Rowan Hassinger, Trevor Johnston, Maddison Landa, Olivia Mack, Joseph Malory, Kade McLean, Kimberly Obendorf, Avalon Perkins, Trystin Underhill, Elijah Williams.

**8th grade:** Olivia Bentz, Taylor Fox, James Frisch, Jaden Furrer, Elsie Hassinger, Connor Kimbro-Tyler, Jacob Lindsey, Collin Rovey,

Caleb Wiggins, Megan Winterton.

7th-8th grade Honorable Mention: Ashton Furrer, Kaleah Hines-Dunlap, Noah Lee, Marcus Reynolds

**9th grade:** Rachel Baird, Kiel Bolton, Quinn Dobbs, Maggie Frisch, Trinity Gettman, Madeline Johnson, Isaac Lee, Kailee Mansveld, Skyler Perkins.

**10th grade:** Hannah Alldredge, Kate Cole, Harley Creech, Elise Farrell, Madison Furrer, Kiera Moore, William Pettit, Chance Rivard, Wil Slagle, Haiden Wiggins, Alexander Jean Williamson-Turnbull.

**11th grade:** Nekoda Carlson, Breanna Harvey, Elliana Hines-Dunlap, Coarral Jordan, Austin Kendall, Stuart Patton, Karia Weber, Kelly Winebrenner.

**12th grade:** Colten Alldredge, Allie Best, Rebekah Farrell, Alisa Fox, RyAnn McBride, Landon Moore, Ethan Mowery, Sophia Pettit, Jack Silveira, Alec Slagle, Julie Stenshagen, Timothy Stevens, Tia Swalberg, Lillian Perry, Jennifer Urueta.

9th-12th grade Honorable Mention: Braden Dickenson, Sarah Folsom, Dax Guthrie, Laramie Rose, Chase Tennis, Daisy Urueta.

## 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.

### GRANDE RONDE VALLEY HABITAT FOR HUMANITY & ReSTORE

541-963-2414  
Drop off at the ReStore, 2304 E. R Ave., La Grande  
For the ReStore:  
used appliances and furniture  
secondhand items in good

shape  
misc. building supplies (wood, nails, etc.)  
volunteers (any amount of time)  
plastic bags  
cleaning supplies  
used cars and pickups  
For the Habitat Houses:  
financial donations for building  
manpower for building houses, painting, installing appliances, etc.  
new building supplies

**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

**UNION COMMUNITY FOOD BANK**  
541-562-5531  
Drop off at Union Baptist Church, 1531 S. Main; call before to make arrangements  
non-perishable foods  
milk and eggs  
cleaning items (including detergent and dish soap)  
personal hygiene items  
paper products (toilet paper, paper towels, napkins)

## BIRTHS

### GRANDE RONDE HOSPITAL

**ANDERSON:** To Cristal Lynn Anderson and Dustin Dee Anderson, of Cove, a daughter, Cashlyn Dee Anderson, 6 pounds 5 ounces, Feb. 7 at 10:29 p.m. Grandparents are Mike and Julie Thurston, Larry and Glenna Anderson, and Johnny and Fonda Herrera.  
**ARNOLD:** To Sabrina Arnold and Michael Greenawalt, of La Grande, a daughter, Kaelyn May Arnold, 7 pounds 15 ounces, Jan. 25 at 8:03 a.m. Grandparents are Nadine Sovkey, Edward Harsh and Marci Greenawalt.  
**BARTLETT:** To Sophie Virginia

Pearl Bartlett and Gavin James Bartlett, of La Grande, a daughter, Alta Azalea Pearl Bartlett, 7 pounds 12 ounces, Jan. 30 at 2:24 p.m.  
**FARIAS-ROJAS:** To Andrea Rojas Castillo and Emanuel Farias, of La Grande, a son, Julian Faria-Rojas, 6 pounds 1.5 ounces, Feb. 3 at 1:01 p.m.  
**FOUTS:** To Nicole Hali Fouts and Cody Allen Fouts, of La Grande, a son, Eli Fouts, 6 pounds 2 ounces, Jan. 31 at 11:51 a.m.  
**GARCIA:** To Amanda Faulkner and Arthur Garcia, of La Grande, a son, Andrew Aaron Garcia, 6 pounds 12 ounces, Jan. 29 at 8:04 a.m.  
**GILL:** To Haidyn Price Watson

and Cody Ryan Gill, of La Grande, a son, Cooper Gill, 8 pounds 4.4 ounces, Jan. 25 at 8:20 p.m.  
**JANSON:** To Makayla Lynn Hartley and Tigger Wayne Janson, of La Grande, a daughter, Brayzii Jean-Lynn Janson, 6 pounds, Feb. 7 at 9:43 p.m. Grandparents are Stacie Lynn Craddock and Jeff Scott Hartley.  
**LANE:** To Ashlee Rose Lane, of Elgin, and John Richard Stanger, of La Grande, a son, Camdyn Michael Lane, 7 pounds 10.8 ounces, Jan. 31 at 12 a.m. Grandparents are Crystal and Steven Lane of Elgin.  
**MALCHER:** To Tamara Mariah

Jensen and Johnathon Franz Malcher, of La Grande, a daughter, Claire Malcher, 7 pounds 4 ounces, Feb. 4 at 11:09 a.m.  
**SMITH:** To Jessie Rain Pierce and Nicolas Ronnie Smith, of La Grande, a son, Atlas Reign Smith, 8 pounds 7 ounces, Jan. 3 at 12:50 p.m.  
**VAN SICKLE:** To Shelby Van Sickle and Andrew Van Sickle, of La Grande, a son, Colby Brennan Van Sickle, 8 pounds 11 ounces, Feb. 13 at 10:30 p.m. Grandparents are Forrest and Stacy Warren and Mark and Nancy Van Sickle.  
**YEATES:** To Keeri Anne Yeates and Robert Seth

Yeates, of La Grande, a son, Taesey Ryan Yeates, 5 pounds 10 ounces, Feb. 13 at 2:16 p.m. Grandparents are Pete Yeates, Sandee Yeates, Sheila Phelps and Mike Phelps.  
**WALLOWA MEMORIAL HOSPITAL**  
**JEFFREYS:** To Rhanda Jeffreys and Allen Jeffreys, of Enterprise, a daughter, Willow Grace Jeffreys, 8 pounds 10 ounces, Feb. 11 at 11:26 a.m. Grandparents are Virginia Brown, Randy Brown, Renae Dreher and Jeff Jeffreys.  
**KIESECKER:** To Amy Kiesecker and Travis Kiesecker, of Enterprise, a son, Jace Thomas Kiesecker, 6 pounds 14.5 ounces, Jan. 19 at 2:57

a.m. Grandparents are Jolayna Lewis, Sherry Wright-Lewis, Thomas Lewis and Micki Senn.  
**LOCKEN:** To Jamie Shirley and Toby Locken, of Wallowa, a son, Jacoby Earl Locken, 7 pounds 7.5 ounces, Jan. 29 at 5:47 a.m. Grandparents are Janice Shirley, Ronald Shirley, Inez Locken and the late Robert Locken.  
**HOME BIRTH**  
**KENNEDY:** To Sadie Kennedy and Hanley Kennedy, of Wallowa, a son, August "Gus" Henry Kennedy, Jan. 21, at home. Grandparents are Marvin and Jennifer Gibbs, Brian Isley, and Brian and Jane Kennedy.



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