

# Even cowgirls get the flu

Four months ago in Mountain Medicine, October 3, 2018, Dr. Kelsey Allen reviewed the benefits of influenza vaccination. You are far less likely to develop influenza, but if you do, you are likely to have a milder illness. Today's column updates influenza activity in Oregon and reviews progress in vaccine development and advances in management of influenza.

Flu is a common illness; between 5-20% of the U.S. population will become infected each year. In the week ending January 26, 2019, the CDC reported Oregon had "widespread influenza activity". Oregon emergency department visits for influenza-like illness doubled since the beginning of flu season, and more than 2800 confirmed influenza test results have been reported to the CDC from Oregon. Of six Oregon geographic regions, the eastern region,



**MOUNTAIN MEDICINE**

Ron Polk

including Wallowa County, had the highest percentage of clinic and emergency room visits for influenza-like illness.

Peak influenza activity may occur as late as March before tapering off in April. Consequently, Oregon influenza season may be just beginning. It takes 2 weeks for flu vaccine to produce effective antibodies, so you may be protected if the worst is yet to come. Vaccination of children, the elderly and those with chronic diseases is especially important. These are vulnerable populations most likely to have severe complications.

Your local health care provider will select the most appropriate vaccine based on age, pregnancy status, allergies and immune status. For example, those over 70 years will likely receive "high-dose" vaccine, found to be significantly more effective in boosting antibody response and preventing influenza in elderly compared to standard vaccines.

Months before endemic influenza appears in the northern hemisphere the vaccine composition is selected to allow for manufacturing and distribution. Over 90% of Oregon cases have been caused by influenza A (H1N1), and the H1N1 strain is included in all vaccines. Two additional strains are included in the trivalent vaccines, Influenza A (H3N2) and an influenza B strain. Current vaccines are less than 100% protective because unexpected strains may arise, or because the circulating strain can

slightly change so that vaccine-induced antibodies are unable to completely neutralize the virus.

The current vaccines need improvement, but don't be dissuaded. The 50-60% likely to be protected will not transmit the virus to friends and family, nor to the most vulnerable. If you do develop influenza, because your illness is likely less severe you are also significantly less likely to need hospitalization or require antiviral and antibacterial drugs. These are not trivial benefits.

The search for a universal flu vaccine—a vaccine requiring a single injection that neutralizes all strains of influenza—is beginning to bear fruit. Some vaccines are in the final stages of clinical testing, though marketing may be far off.

Not all research and development is focused on vaccines. Improved diagnostic tests are 95% sensitive in confirming influenza

within 15 minutes. Anti-influenza drugs, some requiring a single dose, shorten the duration of illness and possibly prevent deaths. The benefit of antiviral drugs is greatest within 2 days of symptoms onset; early treatment is critical.

The bottom line? A century ago the January 30, 1919 Wallowa County Chieftain reported that the opening of the new O.K. Theater had been delayed by more than 6 weeks because of "the influenza". In contrast, the 2018/2019 flu season in Wallowa is characterized by a large network of scientists and clinicians at national institutes (NIH) and Centers (CDC), vaccine and drug manufacturers, Oregon epidemiologists and public health workers, clinical laboratories and local health care providers who are all committed to keeping us healthy during influenza season. All we have to do is get vaccinated.

## Enterprise High School Honor Roll

- |   |   |   |
|---|---|---|
| Karli Bedard (4.00),<br>Jake Coggins (4.00),<br>DeeDee Duncan (4.00),<br>Sophia Espinoza (4.00),<br>Charles Evans (4.00),<br>Sarah Everts (4.00),<br>Clair Farwell (4.00),<br>Natalie Goldsmith (4.00),<br>Foster Hobbs (4.00),<br>Adagia Latta (4.00),<br>Shane Lund (4.00),<br>Riley Master (4.00),<br>Darby McTee (4.00),<br>Aubrina Melville (4.00),<br>Anna Moholt (4.00),<br>Rosie Movich-Fields (4.00),<br>Tishrei Movich-Fields (4.00),<br>Asiya Salim (4.00),<br>Deidre Schreiber (4.00),<br>Jessica Teeney (4.00),<br>Savannah Vaughn (4.00),<br>Alona Yost (4.00),<br>Grace Collins (3.95),<br>Kasey Duncan (3.95),<br>Trace | Evans (3.95),<br>Lund (3.95),<br>Stonebrink (3.95),<br>Lexie Gassett (3.94),<br>Emrie Thorne (3.94),<br>Bailey Vernam (3.90),<br>Gracie Niezen (3.90),<br>Amy Beck (3.89),<br>Giana Espinoza (3.89),<br>David Salim (3.86),<br>Beatrice Infurna (3.83),<br>Kady Carlston (3.81),<br>Jada Gray (3.81),<br>Jalyn Radford (3.81),<br>Johanna Wells (3.81),<br>Drew Widener (3.80),<br>Zion Mark (3.78),<br>Madison McDowell (3.78),<br>Flynn Nave (3.76),<br>Kodie Kiser (3.76),<br>Adelene Royes (3.76),<br>Sahara Barreto (3.72),<br>Hailey Cunningham (3.71),<br>Tyler Estes (3.71),<br>Jericho Peters (3.71),<br>Kaylie Melville | (3.67),<br>Hero Peters (3.67),<br>Kierra Naisbitt (3.66),<br>Gideon Gray (3.62),<br>Brianna Micka (3.62),<br>Katrina Haines (3.61),<br>Paul Stangel (3.58),<br>Wesley Johnson (3.57),<br>Ella Anderson (3.55),<br>Pablo Arena (3.55),<br>Zachary Knapp (3.55),<br>Angelene Matthews (3.55),<br>Shelby Moncrief (3.55),<br>Hayden Anton (3.52),<br>Bethany Anderson (3.50),<br>Arian Latta (3.50),<br>Greta Carlsen (3.48),<br>Carsyn Miller (3.48),<br>Coy Aschenbrenner (3.46),<br>Kitt Evensen (3.44),<br>Sydney Rouse (3.44),<br>Bochra Sassi (3.44),<br>Sidney Stonebrink (3.44),<br>Dylan Jennings (3.43),<br>Cole Gomes (3.33),<br>Katie Olson (3.33) |
|---|---|---|

## FOR THE RECORD

- JAN. 28**  
10:48 a.m. – 911 report of a Assault IV in Wallowa. Oregon State Police arrested Johnny Duane Sabey, 57, of Wallowa. Transported to Umatilla County Jail.  
11:57 a.m. – Lost item report in Enterprise.  
12:14 p.m. – Hit and run in Enterprise.  
6:06 p.m. – 911 call reporting theft in Wallowa.  
8:17 p.m. – 911 call for business alarm in Joseph.
- JAN. 29**  
6:56 a.m. – P&P out at the Little Store.  
4:29 p.m. – Theft call in Lostine.  
5:08 p.m. – Report of single MVA in rural Wallowa.
- JAN. 30**  
11:26 a.m. – Wallowa

- County Community Corrections issued a Misdemeanor Warrant on Josie Makens, 38, of Wallowa. Probation Violation, original charge of Menacing.  
12:23 p.m. – Elizabeth Lee Spurgeon, 26, of La Grande was arrested on a Wallowa County warrant for Unauthorized Use of a Vehicle and Driving While Suspended or Revoked by La Grande Police Dept. She was lodged in Union County Jail.  
1:18 p.m. – 911 with driving complaint in Enterprise.  
4:08 p.m. – Wallowa County Circuit Court issued a nationwide felony warrant for Bradley Allen Samard, 38, of Sweet Home, OR for Probation Violation. Original charge Assault IV.  
6:03 p.m. – Wallowa County Community Corrections arrested Josie J. Makens, 29, of Wallowa for Probation Violation. Original charge Menacing. Makens was sanctioned and released.

- JAN. 31**  
10:44 a.m. – Noise complaint in Enterprise.  
4:58 p.m. – Theft report rural Wallowa.
- FEB. 1**  
11:01 a.m. – Theft reported in Enterprise.  
2:20 p.m. – Civil dispute in Enterprise.  
3:12 p.m. – David Leroy Brooks, 73, of Joseph was arrested for failure to register as a sex offender. Brooks was held at the Wallowa County Justice Center until Cited and Released.  
4:08 p.m. – Report of criminal mischief in Enterprise.  
5:20 p.m. – Report of an Assault in Joseph.  
7:48 p.m. – Report of a theft in Enterprise.  
9:21 p.m. – 911 call for a traffic complaint in rural Lostine.
- FEB. 2**  
12:16 a.m. – Disturbance in Joseph.  
1:36 a.m. – Noise complaint in Enterprise.  
10:05 a.m. – 911 traffic complaint in rural Wallowa.  
4:51 p.m. – Report of rocks in the road in Minam Canyon.

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- CLUES ACROSS**
- Deadly snakes
  - Bench for the faithful
  - Rotate
  - Uninteresting
  - Have an \_\_\_\_\_ to grind
  - Measured tread
  - Running behind
  - Shopkeeper
  - Comes forth
  - Five-o'clock shadow
  - Grill's go-with
  - Do housework
  - Westminster \_\_\_\_\_
  - Earned
  - Those elected
  - Civil disorder
  - Butter serving
  - Prison
  - Corn on the \_\_\_\_\_
  - Sink beneath a weight
  - Gosh!
  - Large quantity
  - Pupil's transport
  - Beauty parlor
  - Fought
  - Grappled
  - Huron or Michigan
  - Assistant
  - \_\_\_\_\_ aboard!
  - Fairly matched
  - Freshwater fish
  - Tissue layer
  - TV's "My Two \_\_\_\_\_"

- CLUES DOWN**
- Talented
  - Grand \_\_\_\_\_
  - Head
  - Frozen dessert
  - Kitchen gadget
  - Former spouses
  - Dampen
  - CIA operatives
  - Magnificent
  - Froster
  - Techie
  - Border on
  - Jolly
  - Speck
  - Circle section
  - Life story, for short
  - Snow vehicles
  - Muzzle
  - Nothing
  - Stallone's nickname
  - Animal foot
  - Elbowed
  - Wired
  - Stomach
  - Is defeated
  - Harshly
  - Marsh
  - Operatic highlight
  - Dinner gong
  - Volcano overflow
  - \_\_\_\_\_ out (barely made)
  - Hideaways
  - Place for a peke?

# Church Directory

<p><b>Church of Christ</b></p> <p>502 W. 2nd Street • Wallowa 541-398-2509</p> <p>Worship at 11 a.m. Mid-week Bible Study 7 p.m.</p>	<p><b>Grace Lutheran Church</b></p> <p>409 West Main -Enterprise</p> <p><b>SUNDAY WORSHIP at 9 AM</b></p> <p>phone (message): 541-426-4633 web: gracelutheranenterprise.com</p>
<p><b>St. Katherine's Catholic Church</b></p> <p>Fr. Thomas Pudupulliparamban 301 E. Garfield Enterprise</p> <p><b>Mass Schedule</b> Sundays: St. Pius X, Wallowa - 8:00 am St. Katherine of Siena, Enterprise 10:30am Saturdays: St. Katherine of Siena, Enterprise 5:30am Weekday: St. Katherine of Siena, Enterprise - 8:00am (Monday - Thursday and First Friday) All are welcome</p>	<p><b>St. Patrick's Episcopal Church</b></p> <p>100 NE 3rd St, Enterprise NE 3rd &amp; Main St</p> <p>541-426-3439 Worship Service Sunday 9:30am</p>
<p><b>Joseph United Methodist Church</b></p> <p>3rd &amp; Lake St. • Joseph Pastor Cherie Dearth Phone: 541-432-3102 Sunday Worship Service 10:00 am</p> <p>JosephUMC.org</p>	<p><b>Summit Church</b></p> <p>Gospel Centered Community Service time: 10:30 am Cloverleaf Hall in Enterprise 541-426-2150 Interim Pastor: Rich Hagenbaugh</p> <p>www.summitchurchoregon.org</p>
<p><b>Enterprise Christian Church</b></p> <p>85035 Joseph Hwy • (541) 426-3449</p> <p>Worship at 9 a.m. Sunday School at 10:30 a.m. Evening Worship at 6 p.m. (nursery at A.M. services)</p> <p>"Loving God &amp; One Another" David Bruce, Sr. - Minister</p>	<p><b>Christ Covenant Church</b></p> <p>Pastor Terry Tollefson Church Office: 541-263-0505</p> <p><b>Family Prayer: 9:30 AM</b> <b>Sunday School: 10 AM</b> <b>Worship Service: 11 AM</b></p> <p>723 College Street Lostine</p>
<p><b>Lostine Presbyterian Church</b></p> <p>Discussion Group 9:30 AM Worship Service 11:00 AM Childrens program during service Blog: dancingforth.blogspot.com 541.398.0597 Hwy 82, Lostine Stephen Kliever, Minister</p>	<p><b>Enterprise Community Congregational Church</b></p> <p><b>The Big Brown Church with an open door</b> Pastor Archie Hook Sunday Worship 11am Bible Study 9:30am Ark Angels Children's Program Ages 4-6th grade, 11am Nursery for children 3 &amp; under 301 NE First St. • Enterprise, OR Find us on Facebook! 541.426.3044</p>
<p><b>Wallowa Assembly of God</b></p> <p>606 West Hwy 82 Wallowa, Oregon 541-886-8445</p> <p><b>Sunday School • 9:am</b> <b>Worship Service • 10:am</b> Pastor Tim Barton wallowasassemblyofgod.com</p>	<p><b>Seventh-Day Adventist Church &amp; School</b></p> <p>305 Wagner (near the Cemetery) P.O. Box N, Enterprise, OR 97828 541-426-3751 Church 541-426-8339 School</p> <p><b>Worship Services</b> Sabbath School 9:30 - 10:45 a.m. Worship Hour 11:00 a.m. - Noon Pastor Jonathan DeWeber</p>

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