

## Bacteria are becoming resistant



The following was provided by the Morrow County Health District.

Bacteria multiply faster than rabbits. To put it in perspective, in one human generation there may be 657,000 generations of a bacterium. In one generation, humans may have a family of two or three children. In the same 25 years, a single bacterium will have untold trillions of descendants.

Perhaps one in a trillion of these bacteria will develop a mutation that allows it to be resistant to an antibiotic. Mutations are spontaneous changes in their genetic makeup. Mutations are usually not successful and do not help the bacteria, but mutations are like lottery tickets—one in a hundred million is good.

Bacteria are also able to "borrow" the genetic material from other bacteria that have developed resistance.

The bottom line is that bacteria are developing resistance faster than we are developing new antibiotics.

Unfortunately, our

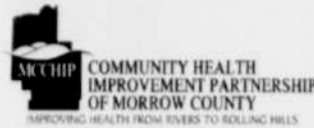
actions are also doing a great deal to increase their resistance. Each time we use antibiotics, we give bacteria a new chance to sharpen their resistance and become superbugs.

There are several important steps we must all take if we want to have useful antibiotics against the serious infections that cause pneumonia, meningitis and other serious infections.

Use antibiotics only when they are needed. Antibiotics do not cure the common cold and bronchitis caused by viruses. Nor do they treat the congestion or runny noses caused by allergies, viruses or smoke. Antibiotics are seldom useful in preventing infections. Your body's defenses will conquer most infections, even without antibiotics. Give your body a chance.

When antibiotics are indicated, take them as directed. Do not skip doses, stop short, or save some for use at a later date. And, if you do treat an infection, make sure you eradicate it.

## Small steps to good health



A message from your Community Health Improvement Partnership (CHIP).

Small, simple lifestyle changes can make a big difference in the way you look and feel. Take your first step and join other Morrow County residents make the change. Here are some suggestions you may find helpful:

Make incremental changes that you can stick with for the long-term, such as adding 2,000 extra steps or 15 minutes of walking to your daily routine, or drinking one fewer soda pop or specialty coffee drink each day.

Run errands without the car; go on foot.

Jog in place or do jumping jacks, crunches, push-ups and other exercises while watching TV.

Go for a walk when you get home; you'll be less likely to spend your evening on the sofa.

## Forest collaborative group hosts meeting

Find a walking partner to help stay committed, or organize a walking club.

Piggyback short walks onto other times, such as 10 minutes when you wake up, during lunch and when you get home.

Drink water instead of sugary, higher-calorie drinks. Store pre-cut lime or lemon wedges for a refreshing addition.

Take movement breaks.

Encourage walking meetings; fresh air boosts creativity.

Keep comfy shoes at work for walks around the building or outside.

Encourage healthy decisions, like taking the stairs or parking at the outer edge of a parking lot.

Join others in the Biggest Winner Weight Loss and Healthy Lifestyle Program beginning January 9, 2012. Call 541-676-2538 for more information, or see the CHIP website at <http://www.ohsu.edu/MC-CHIP> for healthy lifestyle resources.

The stakeholder group formed to work with the Umatilla National Forest on forest management concerns will now meet monthly. The next meeting is scheduled for Thursday January 5 from 10 a.m. to 2 p.m. at the Umatilla Forest supervisor's office at 2517 SW Hailey Avenue in Pendleton.

According to Elaine Eisenbraun, group coordinator and executive director for the North Fork John Day Watershed Council, the meeting will continue advancing the two forest initiatives members have decided to pursue.

"We have a very committed group with diverse interests working for the common good," said Eisenbraun. "We encourage interested people to join us in this communities-and-forests initiative as we move forward."

Coffee and refreshments will be available,

but attendees should plan to bring their own lunch. The collaborative group is coordinated by the North Fork John Day Watershed Council, a community-based nonprofit in Long Creek, OR. The organization assists landowners with a variety of projects that benefit both the environment and the economy of the North/Middle Fork John Day Watershed, an area of approximately 1.7 million acres in Grant, Morrow, Umatilla, Union and Wheeler Counties.

Oregon Solutions, a program of the National Policy Consensus Center at Portland State University, has been retained to help develop the collaborative group, identify projects and build momentum for this grassroots effort. For more information on the group or the upcoming meeting, contact the North Fork John Day Watershed Council Office at 541-421-3018.

## Scholarship organization annual meeting

The South Morrow County Scholarship and Trust will hold its annual meeting and election of officer in the Heppner High School library 6 p.m. on January 30, 2011.



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**Good buy on this new Heppner listing.** New listing. 2 bedroom 1 bath starter home or will make a good rental unit. New chain link fence, new electric wall heater, nice fixed up shop, good roof and foundation. 355 W. Linden Way Heppner. Priced right at **\$55,000**

**\$50,000 Major price reduction**  
**OWNER SAYS SELL IT!**  
2 bedroom home on large lot in Lex Lots of room for a garden and other activities with this 2 bedroom 1 bath single wide mobile home in Lexington. Lots of upgrade including new flooring, new roof, insulation, new vinyl windows, water heater and much more.

**Auto Repair Business in Heppner, OR** This is a going concern which shows a profit each year. Includes real property, business, inventory and equipment. Loyal customer base and good reputation. **\$339,000**

**Mountain Cabin!**  
Have your own cabin in the mountains to live in or use for weekend get aways. Surrounded by Pine and Tamarack trees. Sit on the deck and look out at the forest. **\$70,000**

**New Listing!**

**2 Bedroom 1 bath home on 24.26 acres in Lexington.** Close to town with your own piece of land. Rare small parcel with home and shop. Have some animals or just elbow room from your neighbors. Several parcels could be resold. Home is in good condition with foundation, newer septic system, metal roof and large upstairs that could be used as another bedroom. **\$175,000**

**Motivated Seller make an offer!**  
**Reduced Price! \$125,000**  
2 bedroom 2 bath in Heppner. This nice 2007 Marlatt home is in excellent condition. Everything was done right when this home was put in. It has a deck, cyclone fenced yard and a 18 X 31 garage. Ceiling fans, along with the energy package will keep you warm in the winter and cool in the summer. There is a den/office, living room and lots of extras. Must see inside this one. Call and schedule an appointment today.

**2 Building lots in Heppner Reduced Price!**  
5,250 sq foot lot \$6,500  
**Nice views of town!**  
5,000 sq foot lot \$1,900

**3 Bedroom 2 bath home in Lexington** This home has metal roof, cement foundation & propane F/A. 128 X 121.66 lot. 2465 sq ft home has full basement and large fenced yard with apple, nectarine and cherry trees. Garage. **\$116,000**

**Price Reduction \$129,000**  
4 bedroom 2 bath home in Heppner. You won't feel cramped in this 4 bedroom 2 bath 2146 sq ft home. It has a full basement with mini kitchen downstairs, and fully carpeted rooms upstairs. Enjoy barbecuing on the covered patio. And there's lots of room for a garden in the large backyard. Call now for an appointment to visit this home.

**\$98,000**  
2 Bedroom near schools and downtown Heppner Just blocks from school and downtown shopping, this 2 bedroom 1 1/2 bath charmer has a fenced yard for children and a separate small yard in the back. Enjoy your reading room, living room and kitchen with window looking out on the street.

**\$110,000**  
2 apartments and shop building for Sale in Lexington On the bottom floor is a former auto body shop and a 1 bedroom apartment newly remodeled renting for \$350. Upstairs is a 2 bedroom apartment that has been completely redone renting for \$375. Building has a good roof and owner says the shop has been completely rewired.

**\$82,500 Price Reduction**  
Cute 3 bedroom in Heppner. A nice fenced yard for the kids located on a quiet street. Storage shed outback and new lawn just planted makes this three bedroom one bath home ready to move into. Vinyl siding and windows, side deck, stove-refrigerator-washer-dryer included. Great starter home or pick it up as a rental. Has a carport too.

**View lot at Lakeview Heights.** Own one of the last view lots at Lakeview Heights. 84 X 120 approx. Water, sewer, phone and power available. **\$25,000**

**Acreage for Sale**  
**33.44 Acres inside Heppner city limits 3.23 outside city limits**  
Has a good building spot and room for animals. Water and electricity located nearby. **\$65,000**

**Real Estate Wanted- I have buyers interested in the following properties:** -Wheat Farm with or without CRP land in the Heppner, Lexington, Ione or Condon area. -Fixer upper homes in Heppner -Irrigated land in Boardman & Irrigon area. Please contact me if you have property to sell.

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