



THE SUN LIGHT

THE ROTARY CLUB OF GEORGETOWN - SUN CITY
District 5870 TUESDAYS 12 NOON Cowan Creek
Amenity Center, Cool Spring Way
June 7, 2011

www.RotaryDistrict5870.com www.rotary.org
1530 Sun City Blvd, Suite 120 Box 441, Georgetown 78633

Points to ponder: A bore is a fellow talker who can change the subject to his topic of conversation faster than you can change it back to yours.

-- Laurence J. Peter

Last Week: by David Stuetelberg

Our program last week was our own Rotarian **Dr. Stephen Brown**. He gave a talk on: "Who we are in our lives now". His message was how the right mental attitude (RMA) effects everything we do and that enjoying life is most important. He encouraged everyone to seek adventure and seek change. I wholeheartedly agree with everything he said with the exception of one comment that haunts me --- "If I can't eat it, I don't need it". I'm befuddled, but with the right mental attitude I'm sure I will get over it.

Presiding Officer: Tom Minor

Invocation: Logan Cummings

Pledge: Tom Hobbs

4-Way Test: John Chenoweth

Rotary Guests: Catherine & Larry Simpson

from Rancho Murieta, CA

Darrick McGill/Downtown

This Week: Byron Calcote will introduce Mr. Don Cardno, resident of San Miguel de Allende.

Future Programmes:

June 14 Bob Derse
June 22 **PRESIDENTS NIGHT**
June 28 E.C.Deaton
July 5 Nathan Cabaniss
July 12 new member bios
July 19 Lou Gibson
July 26 Bill Harrah
August 2 Ron Ferreri
August 9 Ben Gaines

Future Recorders:

Charley Ray
Adaire Wolf
Pete Snelson
Don Anthis
Don Bender
Gary Brown
Stephen Brown
Byron Calcote

Upcoming Events:

June 22 Presidents Dinner **
July 3-8 RYLA Camp

**** President's Night:**

Please note the date is Wednesday the 22nd (not a Tuesday). The evening will begin at 6:30 PM for a social get-together followed by dinner at 7:00.

Next Week: Bob Derse will present our programme on working with small businesses.

A Serious Problem:

Robert S. Daum, a pediatric infectious-disease specialist and head of the University of Chicago Medical Center's **MRSA** Research Center, published one of the first papers on community-acquired **MRSA** in 1998. "Most people agree the incidence of **MRSA** has increased by a factor of 10 in the last decade," he reports. According to the center, about 90,000 Americans suffer from invasive **MRSA** infection each year, and an estimated 20,000 die. **MRSA** describes a strain of SA (*Staphylococcus aureus*) that can resist a specific family of antibiotics – all penicillins and cephalosporins (with the single exception of the newly approved, injection-only ceftaroline).

"People get chicken pox once and usually don't get it again," Daum explains. "People get **MRSA** over and over. This is the smartest bug I've ever worked on. It can be friendly, or it can be a nasty pathogen." Those who suffer repeatedly from **MRSA** must live with the knowledge that it has the ability to set up shop and mount recurring infections that ravage the body – or it may lie dormant.

An estimated 2 percent of people in the United States are "colonized" with the bug, meaning it lives on their bodies – usually in the nostrils but also around the armpits, genitals, and rectum – without any negative effects. But might they pass it to others or become sick later if their immune system weakens? "There's a lot of research on decolonization with oral antibiotics as well as with antibacterial ointments and soaps," Daum says. "We know bacteria can survive on countertops, fingernails, jewelry. We just don't have enough data to fully understand SA in general, or its relationship to the body."

Prevention and treatment

Most of us will come into contact with antibiotic-resistant bacteria. Staying healthy so that the immune system can keep those bacteria in check is the first step in preventing infection. Simple precautions like these will also reduce risks.

Wash your hands frequently, especially when you've been in a health care facility or a crowded public place. Ask others, including your health care providers, to do the same. Hands readily transmit germs onto our skin, into our mouths, and onto our personal belongings.

Don't share personal items such as razors, clothing, towels, and sporting equipment.

Pay attention to open sores. Keep them clean and covered, and if they get worse, seek medical attention. Other symptoms to watch for include fever, chills, body aches, and nausea. If you're put on an antibiotic for an infection and your condition improves, **continue taking the medication until it's gone.** Stopping treatment early may result in reinfection with bacteria that can now resist that antibiotic.

If you're taking an antibiotic and feel that you're getting sicker or not healing, **follow up with your doctor** to make sure you're on the right medication. Many antibiotics are not effective against **MRSA**.

For you punsters:

To write with a broken pencil is pointless.
The batteries were given out free of charge.
A boiled egg is hard to beat.
A bicycle can't stand alone; it is too tired.

