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Yes to childhood vaccinations

By JULIANNE BROCK, FNP-C

As a family nurse practitioner, I get many questions from parents about whether to vaccinate their infant or child.

While I understand their concerns, my overwhelming answer is yes. It's also important to understand the recent law changes effective next February regarding religious exemptions (noted at the end of this article).

Many myths and non-evidence-based statements have circulated around childhood vaccinations in the last two decades. The most common is that childhood vaccinations can cause autism.

The scientific community doesn't fully understand how and why autism develops in certain children. What we do know is that numerous peer-reviewed scientific studies have shown no link between vaccinations and autism. In fact, the Centers for Disease Control and Prevention (CDC) published a study in 2013 supporting the fact that childhood vaccinations do not cause autism.

As a parent, I understand the need to protect your children from harm and/or permanent disabilities; however, vaccinations are not the source of this.

Another follow-up question I'm often asked: "What about the additives that are in vaccinations? Don't those cause health problems?" This is a great question, and it refers to the fact that prior to 2002, several vaccinations contained the mercury-based preservative, thimerosal.

This preservative is no longer used in childhood vaccinations, except for some multi-dose vials of influenza—also, science has shown no correlation between thimerosal and autism.

I hope this education provides some guidance for parents as they make one of the most important decisions for their children. The current childhood vaccination schedule

guest column



Julianne Brock

protects against more than a dozen potentially life threatening diseases, which are preventable with immunizations.

Immunizing individual children also helps protect the community from the spread of highly contagious diseases such as measles. Vaccinating your children is an important conversation to have with your child's medical provider and every parent should feel comfortable to share concerns or questions about immunizations.

Parents should also prepare for a new law if they choose to opt out of immunizations because of non-medical reasons. It takes effect on Feb. 17, 2016.

Religious exemptions submitted prior to March 1, 2014 are no longer valid. Parents choosing a non-medical exemption will be required to submit a document showing either:

A signature from a health care practitioner verifying discussion of the risks and benefits of immunization; or A certificate of completion of an interactive online educational video about the risks and benefits of immunization. Parents are also required to turn in documentation of immunizations by this date.

Your child's school will have all the information you need; or you can review the law, Senate Bill 895, online.

My recommended resources for parents regarding childhood vaccinations:

Centers for Disease Control: www.cdc.gov/vaccines/parents/
American Academy of Pediatrics: www.aap.org
Healthy Children: www.healthychildren.org

(Julianne Brock, FNP-C, is a certified family nurse practitioner with Willamette Health Partners Family Medicine clinic in Keizer.)

letters

murderous Islamic terrorists. We have to get those knives out of their hands and do background checks

on them. That will solve the problem. No, it is humans who kill people with sticks, stones, vehicles, poison, arrows, spears, bats and shovels. Democratic progressive liberals must think the people of the United States are stupid.

Could it be a civilization entertained by violence from childhood by murderous graphic game violence, or the daily shoot 'em up cop shows or demolition movies with carnage beyond belief? A society entertained by violence but then demoralized by real life tragedies. Such hypocrisy! Yeah, it is the guns. It's the knives.

John P. Rizzo
Keizer

Gun violence

To the Editor:

It was just a few hours after the tragic shooting of the journalist and cameraman in Virginia before the Democratic progressive liberal governor of that state blamed gun violence for the crime. That was followed shortly afterwards by the Democratic progressive liberal former secretary of state and the current president's press secretary with the same comments. Their mission is to blame the possession of guns for the crime instead of the mentally unstable humans. These are the same humans who have killed each other with stones and wood since the days of the cave people.

It is not the guns, it's the knives; knife violence. These are the same knives that have beheaded people in Iraq, Afghanistan and Syria. The very same knives that have threaten people all over the world with beheadings—including here in the United States. It is not the crazed

My 2016 dream: Biden vs. Kasich

gene h. mcintyre

The other morning I was wondering what headlines I would most like to read while munching my granola, I imagined these as high on my list of most desirables: (1) Jeb moves to Mexico; (2) Hillary wants only grandmotherhood; (3) Trump is committed; and (4) Congress approves Iran deal, avoids another war. Impossible you say; nevertheless, they seem like dreams worth dreaming.

But why would I want any of these headlines to be true? I view both Jeb Bush and Hillary Clinton weak and indecisive as a president. A good feeling is not what I'd feel having either one of them win the White House. First and foremost, I do not believe either really wants the job. To me, Jeb's being strongly encouraged to run because a huge number of wealthy interests in this country want him as Commander-in-Chief so that they, as during his brother's and father's terms, have all the doors of our government open to them to do as they please and, obviously, make trillions more dollars by running amuck throughout the land. Like George the First and George II, they manage to do nothing to help or protect ordinary Americans who depend nowadays on the federal government for their very survival. Further, there's no fire in Jeb's belly as is obvious by the lackluster, ho-hum appearances he has made on the "stump." I think to myself, "That guy's bored and he bores me." Of course, he wants all the pomp and pageantry of the presidency while the Bush family would relish more wealth and power that comes with holding the most powerful political job in the world again along with personal possession of the White House.

Hillary Clinton and her hubby just love money and power so much it seems to just ooze out their pores. She and Bill regularly appear for \$500,000 stand ups before those who can pay the tab and will not be denied access to the White House once she's

ensconced in it again with Bill having free reign on interns. Then, afterwards, the two of them can bask again in the

limelight, having the throngs of admirers and camp followers throwing rose petals at their feet. Will these two really work on behalf of the America's Main Street? Don't bet your life on it as they will have too many political debts as paybacks to spend their waking hours trying to get anything done for you and me. Also, without much of any training and experience but a lot of silver spoon opportunities, Chelsea will probably be the head of the U.S. Department of Homeland Security. Incidentally, since the Bush family has grown to battalion-size numbers, expect the name Bush to appear on the heads of several cabinet members and head many a federal government agency, just to make certain no rich Bush friend goes unserved.

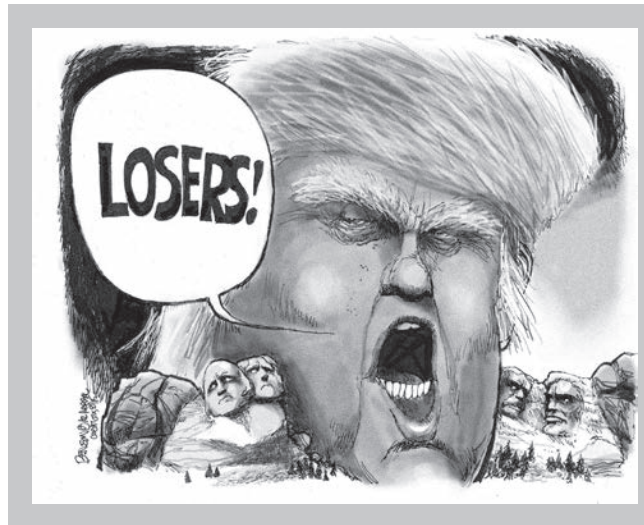
Will Donald Trump ever be committed? Of course, The Donald has been committed to strengthening his ego for years. But is Trump crazy? Maybe like the proverbial fox. But his plans to build a wall along the U.S.-Mexico border is comparable to China's Great Wall may qualify him for a padded cell, especially since he says, and may even believe, Mexico will pay for it. He promises to dispose of the nation's 14th Amendment so that "anchor babies" cannot get a free ride to U.S. citizenship. Does he know what is required to add or take away an amendment to our Constitution? Further, his many vague and undefined threats and promises exceed all but the most naïve among our wishful thinkers. He becomes scary, too, when anyone asks a question he doesn't like as exemplified by Fox News's Megyn Kelly who was verbally assaulted after the first debate and returned from

The Donald's assessment of her, Kelly's a "bimbo." Nevertheless, her lead question in the first debate was hard core. Meanwhile, Trump says he loves women but seems to react like a neurotic whenever one asks a question that tests his "cool." As for Jorge Ramos, he was shown the exit during a Trump news conference more likely for being an obnoxious activist, not a journalist, with a hidden agenda (his daughter is a Hillary employee and there's that Univision law suit, too) rather than for being an Hispanic, about which Trump seems to possess some schizophrenic sentiments.

As for whether Congress will approve the deal with Iran, the jury's out until sometime later this month. The U.S. neoconservative empire, Benjamin Netanyahu plus members of his Likud right wing party, and longstanding U.S. warmongers have gathered their resources and are inundating the airways with ads that urge you to call your member of Congress to discourage voting in favor of it. These Americans were the people who worked together to lie our nation into the invasion of Iraq and they will not be deterred without a sustained fight (now well underway) to attack Iran. Their mindset, active at least for the last two decades, is characterized by a preference for military action over diplomacy with an emphasis on unilateral U.S. action, exaggerating threats deep into fantasy fare, by leaders who do not level with the American people about the costs and consequences of war, and by insisting that the U.S. can easily and inexpensively impose our will on any part of the world we choose to do so. Any interested American can identify who these people are by conducting a search of who was who during the George W. Bush administration and those of fanatical war plans still active in D.C. to this day.

Seeking a future characterized by sane developments and war as a last resort, what headline would I most like to read after the Democratic and Republican nominating conventions next summer? That would be "Democrat Joe Biden versus Republican John Kasich." These two would propose the most level-headed and least partisan ideas, detailing their plans of action after taking office in January, 2017. And, perhaps most important to bringing rhythm to a Washington that's seen little of it lately, both Biden and Kasich have reputations for being able to work with both sides of the aisle.

(Gene H. McIntyre's column appears weekly in the Keizertimes.)



vacation the other day to receive another battering. He is reported to have said that he liked her show better when she was away and said she "must have had a terrible vacation" because "she's really off her game." Also, according to

Heroism, American-style

By FROMA HARROP

Every country has its heroes, but something in America's cultural sauce makes for a unique and unusually effective variety. The ingredient would be improvisation—the ability to perform without preparation, using whatever is at hand to complete the task.

As most of the world knows, Spencer Stone, Alek Skarlatos and Anthony Sadler—three pals on a European jaunt—were on a fancy train hurtling toward Paris, when a terrorist bristling with weaponry started attacking passengers.

The Americans were unarmed, but when Skarlatos said "Let's go" to Stone, the off-duty U.S. airman ran down the aisle, grabbed the man by the neck and wouldn't let go, even as the attacker slashed him. Skarlatos grabbed his gun. Sadler and a British passenger, Chris Norman, held down various limbs.

Improvisation requires letting gut instinct take the wheel from overthinking. As Skarlatos, a National Guardsman who spent time in Afghanistan, later told the media, his actions on the train weren't "a conscious decision."

Jazz, a truly American musical form, is all about improvisation, making it up as you go. "Do not fear mistakes," Miles Davis said. "There are none."

"Let's go" reminded many of "Let's roll," Todd Beamer's famous words on a doomed airliner hijacked on Sept. 11, 2001. Beamer and other passengers were trying to neutralize the terrorists and regain control of the airliner.

Before the Normandy D-Day invasion, Gen. Dwight Eisenhower instructed his field commanders to make quick decisions on their own rather than wait for instructions from above. They did, and their improvisation saved many American lives on the battlefield.

In 2009, pilot Chesley Sullenberger landed his disabled airliner on the Hudson River without a single loss of life in a classic example of on-the-spot

other views

improvising. Air controllers had suggested one of two nearby airports for an emergency landing, but instinct sharpened by experience

told Sullenberger to take that unconventional—and successful—option.

Perhaps because Stone, Skarlatos and Sadler acted so simply, they did not fully comprehend the complex aftermath of what they had done —including the depth of their heroism.

Exercising calm control, they beat the terrorist unconscious but not to death. Stone attended to another wounded passenger in the car, though he himself was seriously hurt. He is a trained medic. That's what medics do.

Once the assailant was out cold, the Americans, with some help, tied him up like a package and handed him over to the French authorities. In their way of thinking, the drama was over.

"I thought they were going to let us go after questioning," Sadler later told assembled media.

Did they imagine that after saving a trainload of passengers, they'd just move on to their next European ad-

venture, say, waiting in line to see the Le Corbusier exhibit at the Pompidou Center?

There was nothing false about these Americans' modesty. They seemed surprised to find themselves in the ornate Elysees Palace, being handed the Legion of Honor, France's highest award, along with Norman.

But there was French President Francois Hollande, tailored to the millimeter, handing medals to the three Americans, who, though clean and pressed, were suitless and tieless. (At least their shirts had collars.) Norman had packed a suit and tie.

Americans obviously don't have a monopoly on quick and courageous action. Do remember Jasper Schuringa, the Dutch national who may have saved Northwest Flight 253 in 2009. Upon seeing a terrorist trying to set off bombs sewn in his underwear, Schuringa jumped over seats to tackle him and started putting out the fire with his hands.

For the three Americans on the train, improvising saved the day, but because it came so naturally, they didn't see the big deal in it. By now, one hopes, they know otherwise. (Creators Syndicate)



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