

# Lack Of Immunizations Could Mean School Exclusion

A higher than normal number of children face possible exclusion from school or child care facilities this month because they have not met expanded immunization requirements.

The final deadline for bringing a child's immunization records up-to-date is today, February 17, according to Karin Romey, health educator at the Oregon Health Division. On that

day, children and young people who do not have required age appropriate immunizations will be excluded from their school or children's facility until they receive and document adequate immunization.

Last week, approximately 21,162 parents throughout the state received reminder letters from their local health department, letting them know which immunizations were still required for

their child. Romey said the number of letters sent this year is a 41 percent increase over last year. "Much of the increase is attributed to the fact that this is the first year of a change in requirements," she stated.

New administrative rules require that kindergartners receive vaccines for Hepatitis B and a second dose of measles vaccine. Those rules went into effect with the 1998-99 school

year. "These requirements protect a new group of Oregon's children against the potentially deadly Hepatitis B virus and its complications," said Romey. Hepatitis B vaccine has been proven to be highly effective and safe, and has been a routine infant immunization since 1991. The second measles containing vaccine has been a requirement since 1990.

"We have already had nine con-

firmed cases of measles reported in Oregon this year," stated Romey. "Of the nine measles cases, three had received one dose of vaccine, three had received no vaccine, and the other three were unknown but likely were not vaccinated. The ages of the confirmed cases ranged from six months to 33 years."

Romey emphasized that it is critical for children and students to re-

ceive recommended immunizations, particularly because disease is easily spread in schools and child care centers.

Parents seeking immunizations for their children should contact their private provider, county health clinic or call Oregon SafeNet at 1-800-823-3638. Those who live in the Portland Metro Area can reach SafeNet at 306-5858.

## Senior Property Tax Deferral Deadline is April 15

The Oregon Department of Revenue is reminding taxpayers that April 15 is the deadline for filing applications with county assessors for the senior property tax deferral program.

"The senior deferral program allows qualified senior citizens to defer payment of their property taxes on their home," "The state pays the taxes to the county, maintains the account, and charges 6% simple interest, which is also deferred."

To qualify for the program, senior citizens must meet the following criteria:

They must be 62 years of age or older by April 15 of the year they apply;

They must live on the property, and have a deed or recorded sales contract;

Their household income must be less than \$24,500 for the year before they apply. Once on the program they need an adjustment gross income of \$29,000 or less

to participate.

Taxes and interest do not have to be repaid until the taxpayer receiving the deferral dies, sells the property, changes ownership, or ceases to live permanently on the property.

A survey spouse can continue to defer past and future taxes if he/she is at least 59 1/2 and files a new application.

Applications and information are available by calling the local county assessor's office.

For additional information, taxpayers may contact the department's Tax Help representatives at (503) 378-4988. From January through April the toll-free number within Oregon is 1-800-356-4222. Spanish speakers may call (503) 945-8617. These numbers within Oregon is 1-800-886-7204. In Salem the number is (503)945-8617. These numbers are answered by machine only and are not for voice use.

## Yuck! Infant Spit Up Is Nasty, But Natural

Curdled and odious, spit up formula can ruin clothes and carpets. Yet despite its awful appearance, spitting up is rarely cause for concern. In fact, most infants who spit up are known as 'happy spitters.'

"Nearly half of all healthy infants under 1 year of age spit up two or more times per day," said Dr. Carlos Lifschitz, a pediatric gastroenterologist at the USDA's Children's Nutrition Research Center in Houston.

According to Lifschitz, while it's not uncommon for parents to think their infant's formula is the problem, randomly changing formulas rarely helps.

The problem is usually developmental, Lifschitz said. "The muscle that closes the feeding tube, or esophagus, where it joins the stomach is still developing in infants and may be somewhat weak. As a result, even a tiny burp can cause small amounts of stomach contents to come back up," said Lifschitz, an associate professor of pediatrics at Baylor College of Medicine.

Recognizing the differences between an infant who is a 'happy spitter' and one who is vomiting and excessively irritable or ill is important, said Lifschitz. An infant with diarrhea, respiratory problems, rashes, vomiting, loss of appetite, or weight loss should be seen by a physician.

On the other hand, 'happy spitters' are generally happy, healthy and gaining weight.

While changing formulas may not be the answer for a 'happy spitter,' Lifschitz said there are some things that might help:

Hold the baby upright during feedings and for at least 20 minutes afterward. Slumping in a high chair or laying down for a nap or diaper change puts pressure on an infant's stomach, which can make the problem worse.

Avoid overfeeding formula-fed infants. Don't worry if your baby doesn't finish every ounce. Once an infant's stomach is full, extra formula will simply come back up.

Keep a constant flow into the bottle's nipple while formula feedings infants. Ingestion of excess air during feeding can increase burping and trigger a spitting up incident.

Burp infants regularly during feedings to rid their stomachs of excess air.

Ask your physician about modifying the consistency of your infant's formula. Feeding an infant a pre-thickened formula or thickening their normal formula with a little rice cereal sometimes helps.

Relax and remember that time is on your side. Spitting up rarely persists beyond an infant's first birthday.

## Reflections on Black History

By THOMAS C. FLEMING

(NNPA) - The decade of the 1930s was one of the most memorable in my life. The Great Depression had the entire industrialized world bogged down in a state of economic doubt. It was so bad that many questioned the fate of the world's future. When the Depression started, my mother and sister were living in a rented house in Berkeley, California.

The both worked a full-time as domestic, but I was paying most of the rent because my position as a dining car cook paid more than of their jobs. When the freights began carrying more people than the passenger trains, the railroad no longer had a need for me, so I brought no money home.

I didn't even try to find work anywhere else. I went down to the unemployment office because that's what everybody did, but there were no jobs. When you're in that kind of situation, your wits sharpen. If you're going to sleep. In Oakland in the fall of 1932, they were putting in a new sewage system near the Auditorium. The cement pipes were sleeping in them at night. They were shelters for people who didn't have any place else to sleep. They called it Pipe City. That lasted until the pipes were put into the ground the following year. I don't know what others did, but I managed to survive.

I had friends in Oakland and Berkeley who I would manage to visit an hour before dinnertime. And, naturally when they sat down to eat, they'd ask me to join them. I never refused. In 1932, we got out of our house. I moved into the home of the Baker family in Berkeley. I was a friend with the three sons. Charles and Robinson attended Chico State College with me. We were among just three of four Black students out of a population of about 1400. Mrs. Baker had a heart as big as that house.

She was always inviting people over to eat. A series of great droughts and dust storms occurred in 1934 and 35, and people fled and poured into California. So many of them headed for Los Angeles in 1936, that the city's chief of police had members of the Los Angeles Police Department staked out at the state line. When people tried to enter from Arizona, Nevada or Oregon, they'd ask them how much money they had. If they didn't have \$10 or more, the policeman would say, "You can't come into California." That continued for several years until the governor stopped it.

## SOLV Training will Give Boosts to Volunteer Projects in Metropolitan Area

**SOLV Volunteer Action Training:**

Oregon City, Thursday, February 18, 1999

For registration information call (503) 844-9571

Volunteers in the Portland metropolitan region will get a big boost on Thursday, February 18<sup>th</sup>, when SOLV, the statewide Oregon non-profit, brings its Volunteer Action Training to Oregon City. Volunteer Action Training will be held at the John Inkeep Environmental Learning Center at Clackamas Community College on Thursday, February 18. Due to limited space, advance registration is required; contact SOLV at (503) 844-9571, or register via their website at [www.solv.org](http://www.solv.org).

Volunteer Action Training is a free workshop aimed at increasing community volunteerism through recruitment, coordination, fundraising, and event plan-

ning skills. Participants are also eligible for mini-grants from Small Grants for a Clean and Livable Oregon, Part of the statewide SOLV CUP program.

In exchange for the free training, participants promise to organize a volunteer effort in their community, such as a litter cleanup, park restoration, an urban revitalization project, or stream enhancement. "Since 1996, SOLV has trained over 400 people, in the 31 of Oregon's 36 counties, and their whole communities have benefited. It's a great way to build a volunteer ethic," says Neil Schulman, SOLV's Outreach Coordinator. Last year's training resulted in several projects, including cleanups of Johnson Creek, and graffiti removal in south and east Portland.

Volunteer Action Training is funded by The Oregon Community Foundation, Rose E.

Tucker Charitable Trust, the Autzen Foundation, and Clark Foundation. In-Kind support is provided by the John Inkeep Environmental Learning Center.

SOLV's mission is to promote a clean and liveable Oregon through volunteer community action SOLV was founded in 1969 by Governor Tom McCall.

## Public Hearing on North Rivergate Jail Site

The Multnomah County Board of Commissioners is holding a public hearing to accept public testimony on selecting the parcel in North Rivergate on the southern end of the Leadbetter Peninsula as the site for the new Multnomah County jail. A 15-member citizens Siting Advisory Committee selected Rivergate as the first alternative location for the voter-approved jail.

The public hearing is set for:

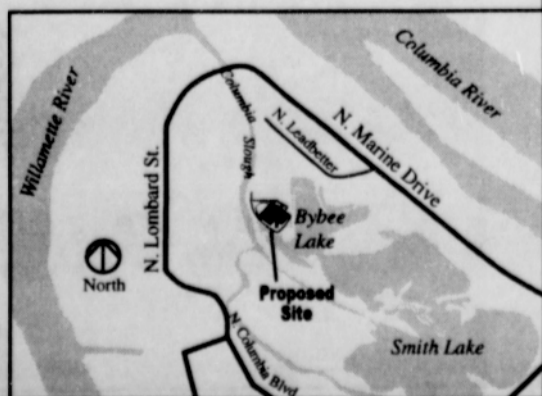
**Monday, February 22, 1999**  
**6:00 p.m.**  
**Board of County Commissioners Meeting Room**  
**Multnomah County Courthouse, Boardroom 602**  
**1021 SW Fourth Avenue, Portland**  
 Tri-Met: on Portland transit mall

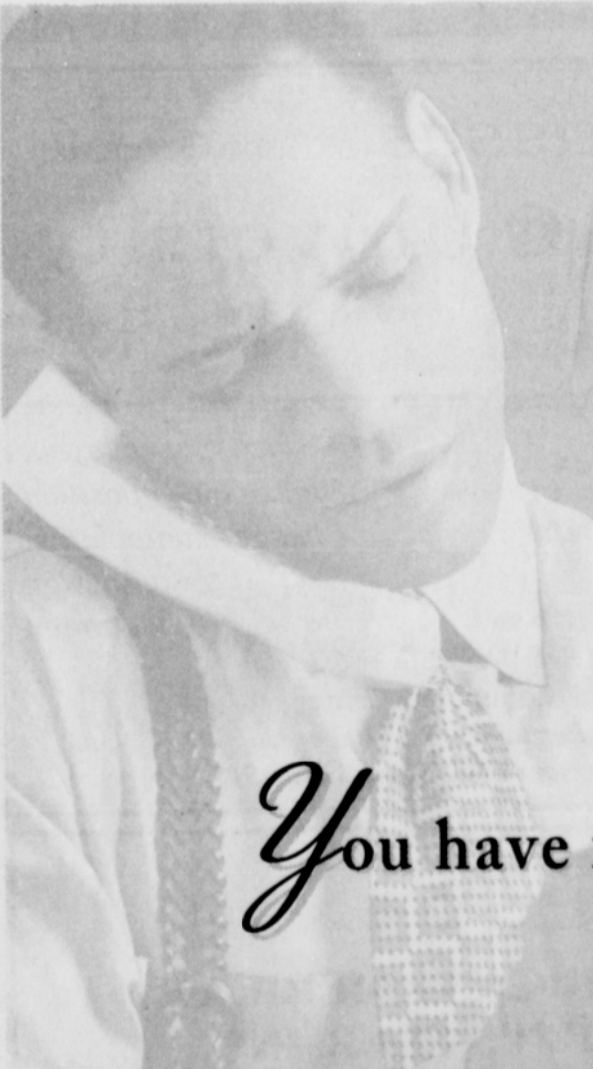
Testimony at the hearing will be limited to three (3) minutes per person. Persons wishing to submit written testimony should contact the Board Clerk at (503) 248-3277.

Individuals with disabilities may call the Board Clerk at (503) 248-3277, or Multnomah County TDD at (503) 248-5040, for information on available services and accessibility.

For more information on the new jail, please contact Lt. Bobbi Luna of the Multnomah County Sheriff's Department at (503) 248-3282.

**Proposed North Rivergate Site**






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