



# Health/Education

## Seventh graders need shots to stay in school

CONTRIBUTED STORY  
FOR THE PORTLAND OBSERVER

As Oregon seventh-graders get ready to return to school, public health officials at the Department of Human Services are issuing an important reminder: Be sure to get your immunizations to avoid school exclusion.

New Oregon requirements go into effect this fall. Additional shots of hepatitis B vaccine and a second dose of measles-containing vaccine will be required for all seventh-graders, in addition to vaccinations protecting against diphtheria, tetanus, polio, mumps and rubella. Students will also need to provide documentation that they have either been vaccinated against chickenpox (varicella), or that they have had the disease.

"Children who do not have documentation on file at their school

that they have had these vaccinations risk being excluded this winter," says Amanda Timmons, public health educator at the Oregon Health Division. "Because it can take as long as six months to receive all of the doses, it is critical that kids start getting their shots now." It's essential that all children receive recommended immunizations to protect their health, both for today and for the future, according to Timmons.

"Vaccines prevent diseases that can permanently injure children and adults. Immunization for school-age kids is particularly important because disease is easily spread in schools," she says.

Common perceptions that vaccine-preventable diseases no longer occur are wrong, Timmons says. "The threat of preventable disease outbreaks, such as measles, is very real. In the past ten years, 416 cases were

confirmed. The ages of those patients ranged from 6 months to 33 years." Since the state law requiring that school-aged children be up-to-date with their immunizations was enacted, nearly 90 percent have become fully immunized. In sharp contrast, only 75 percent of two-year olds are adequately protected.

"We strongly encourage parents to make sure all their kids are current on their immunizations," Timmons states. Although these requirements apply only to seventh-graders this fall, she says, it isn't too early to start your third or fourth grader's immunizations so they are complete long before seventh grade. Kids who need shots should go to their regular doctor, nurse or health clinic. If they do not have a health care provider, or parents need more information, they should call Oregon SafeNet at 1-800-723-3638 (1-800-SAFENET).

## Getting Started with Exercising

BY AVATAR  
FOR THE PORTLAND OBSERVER

Many of you have asked me how do I get started with a fitness program. My first response is to get started, but get started slowly and be consistent.

Be careful to assess your fitness level, and if you have any doubts, get a physical before undertaking any new fitness regimen. Working out 3 times a week is very sufficient to begin with. Determine what you want to accomplish, i.e. weight management, cardio-vascular training, toning or just a general conditioning approach. Depending on your choice, find the best exercise regimen for you.

As an example, if you are interested in getting in real good cardio-vascular shape, then jogging or aerobics are probably the best exercises to implement. I can't over-stress the importance that you need to start slow. For instance, if you are going to eventually get in shape by jogging, here is how I would set up a plan for someone in moderately good condition. On the first day, try running around a school track one time which is equivalent to 400 meters. Afterwards, walk at least three more times around the track. Now you've gone a mile. Do this 3 times a week or

every other day. Keep it simple. Do this for 6 workouts. Be consistent. After the 6<sup>th</sup> workout, double the distance until you reach 2 miles, then increase to 3 miles, and stay at that distance and attempt to go faster than a 12 minute/mile pace. Stay at 3 miles for 12 workouts. Now over the remainder of what started out as a 6 month period, you are on your own to go farther and faster, but run at least 3 miles, 3 times a week.

noting the date, time, distance and general comment regarding how you felt during the workout. A written evaluation could read like this: (8/10/00) Ran 3 miles in 30 minutes; felt tired. Within 6 months time, you should lose the weight you want to if you eat correctly. It's that simple. Most often, people fumble the most important ingredients of a well thought out plan by not being consistent. Be determined to reach your goal!

## U OF O ALUMNUS

The University of Oregon  
Office of Multi-Cultural Affairs

Is Sponsoring  
A Business after-Hours Party  
To Form a U of O Alumnus of Color Reunion Committee  
The Party will be at  
Billy Reeds Restaurant  
2808 N. E. MLK Jr. Blvd.  
August 24<sup>th</sup> 5:30-7:00 p.m.  
For questions or to RSVP  
Please Danny at (503) 288-0033  
Or Carla Gary at 1-800-BE A DUCK  
All Alumnus Welcomed

## Mother to give son gift of life for second time

ASSOCIATED PRESS

Eleven years after Jennifer Staniak gave birth to her son, she is preparing to give him the gift of life for a second time.

Staniak will donate one of her kidneys to her child, Branden Shaw.

The operation at Oregon Health Sciences University in Portland will come after years of infections, hospital stays and uncertainty. If successful, the transplant will give Branden more energy and, finally, some certainty that his health will remain stable for the foreseeable future.

"A lot of people say how neat it is that I'm doing this, but for me it is like 'Of course,'" Staniak said. "I would give my life for my child."

Branden was born with polycystic kidney disease, in which multiple cysts cause enlarged kidneys and interfere with their normal functions. Soon after his birth, the family endured unsuccessful attempts to insert a catheter and begin dialysis, a process in which the blood is cleaned outside the body.

"It was quite a whirlwind," she said. "Dialysis was a word for me that I had heard, but I didn't really know what it meant."

Doctors at Doernbecher Children's Hospital in Portland planned to transplant a kidney into Branden a week before his first birthday, but the operation was delayed by complications with his blood work. Doctors sent the family home, telling the parents that for a child with his condition, Branden was doing well, Staniak said.

Doctors decided that an operation could wait until Branden's condition worsened.

"We went home to wait and see what happens, and we've been waiting for 10 years," she said.

Branden's one partially functioning kidney kept him alive, and only his small size — he looks more like an 8 year old — gave evidence of his medical problems.

"He's always had just enough function to keep him going," said Tamara Pearson, Branden's aunt. "He's a tough little kid."

But now his kidney can't sufficiently clean waste from his blood, causing fatigue and difficulties concentrating on reading. He's finally scheduled to receive the kidney transplant at OHSU later this month.

It's fairly rare for children to have kidney transplants, with about 15 a year done at OHSU, said Debbie Whitehurst, a pediatric transplant coordinator at the hospital. The chance for success climbs to about 80 percent or higher when a donor organ comes from a blood relative, she said.

"It's pretty common that the parents do it if they can," Whitehurst said.



THE FREE PHONE WILL  
**TAKE YOUR DAY.**  
THE \$20 DONATION TO SPECIAL OLYMPICS WILL  
**TAKE THEIR DAY.**



### DONATE \$20 TO SPECIAL OLYMPICS AND RECEIVE A FREE NOKIA DIGITAL PHONE.

At Pacific Bell, Special Olympics is something we believe in. With your help, we can achieve our goal of raising \$10 million and give Special Olympics athletes the opportunity to train and compete. And right now when you make a \$20 donation to Special Olympics and sign up for service from Pacific Bell Wireless, you'll get a free Nokia digital phone. Donations will be used to fund Special Olympics Team USA athletes attending World Games in 2001 and 2003.

PACIFIC BELL



1-877-PCS-TO-GO



Limited-time offer good from 8/13/00 to 10/31/00. Equipment pricing and dealer participation may vary. Offer requires new service activation on select rate plans and a minimum one-year service commitment. Subject to credit approval and early termination fees may apply. Taxes, surcharges and other governmental fees apply. See store for details. Nokia is a registered trademark of Nokia Corporation. Pacific Bell Wireless is a U.S.A. Partner of Special Olympics, Inc. Copyright ©2000 Pacific Bell Wireless, L.L.C. a member of the SBC global network. All rights reserved. Pacific Bell Wireless reminds you to use your phone safely while driving.

