

## FLU: Not a live vaccine, can't get sick from it

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149 patients for flu in the month of December and 30 percent came back positive.

The two nurses said things are playing out a little differently than last year. For one, flu activity spiked earlier. The strain also seems to be more heavily influenza A, rather than B, which prevailed last year. At St. Anthony in Pendleton, 13 out of 14 cases were identified as influenza A.

Unvaccinated visitors to St. Anthony and Good Shepherd are asked to don masks to prevent possible spread of influenza to hospital patients.

Statewide, flu is rolling, with multiple outbreaks in long-term care facilities and a barrage of hospital admissions hitting a month earlier than last season.

"It's definitely looking like a more severe year than last year," said Dr. Ann Thomas, public health physician from the Oregon Health Authority. "It's taken off in the last two weeks."

Victims face dry, hacking cough, fever, sore throat, chills, severe body aches and profound fatigue. However, less than half of Americans get flu shots. A CDC survey

reported that 41 percent of adults received the vaccine last season. Only 37 percent of children between six months and 17 years old got vaccinated. There was a three percent decrease in those aged 50 and older from two years ago to the 2015-16 season, though six percent more pregnant women got shots.

Some dismiss the idea of getting a flu shot because they feel healthy and able to successfully fight off illness. Wart urged those people to take an altruistic approach.

"For those of us who are young and healthy, we may not take it that seriously," she said. "But we may give (influenza) to someone who is more vulnerable. We are the spreaders."

"You would never know that the 80-year-old that followed you into the grocery store is now on a ventilator somewhere," Schulz said. "You can share this virus for 48 hours before you start feeling bad."

Others avoid getting vaccinated thinking the shot might actually bring on flu. That's simply not the case, Wart said.

"It's not a live vaccine any longer," she said. "You can't

get sick from it."

In the tri-county area of Clackamas, Multnomah and Washington counties, which are the only counties reported in the state's Flu Bites tracking, 143 people were hospitalized for the flu in the last week of December, compared with 79 for the week before. The majority of those hospitalized involved patients 65 and older.

Number of adult deaths is not one of the categories. Thomas said determining how many deaths are flu-caused is difficult because often multiple causes are involved. The CDC, she said, figures that a certain percentage of heart- and lung-related deaths are intensified by the flu. The state tracks only pediatric deaths and so far, there are none that have been verified.

Thomas urged people to get vaccinated even if they remain on the fence.

"Help prevent spreading to someone who is more vulnerable than you," she said. "It's better for everyone if everyone possible gets the shot."

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## PRIMMER: 'Simply complaining takes no talent'

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running tab at the hardware store," Doug said.

Family dinner around the dining room table was a must each night, and Dale said all of the Primmer kids held down jobs during their teenage years.

"We did sports until high school and then cars and girls came along, and they're expensive," Dale said.

Doug eventually moved on to a career in corrections, while Dale headed to Western Oregon University to become the first Primmer to graduate from college. His graduation was attended by the entire family, including siblings who flew in from out of state as a surprise.

Lots of people can't wait to get out of their hometown, Dale said, but he and Doug never had that burning desire to leave Eastern Oregon. Even when Doug had to spend a year and three days (not that he was counting) in Pendleton for work, he returned to Hermiston as soon as he was able.

"He couldn't figure out the one-way streets," Dale joked.

"It just wasn't home," Doug countered.

Dale, however, did stay in Pendleton after work first brought him there. He said it was strange, once he had kids in sports, to suddenly realize he was rooting for the Bucks after a lifetime as a Bulldog. But somewhere along the way Pendleton became home.

That doesn't stop the rest of the family from playing up the Pendleton-Hermiston rivalry.

"I tell him all the time, 'I can't believe you're raising Buckaroos,'" said Donna, who graduated from Hermiston herself.

Doug became a Hermiston city councilor more than four years ago after



Staff photo by E.J. Harris

**Pendleton city councilor Dale Primmer gets sworn in by Pendleton municipal court judge Will Perkinson last Tuesday in Pendleton.**

being frustrated with the controversies with the police department that were then enveloping the city.

"I saw a bumper sticker that said 'The world is run by those who show up,' and it just clicked with me," he said.

When people started suggesting a few months ago that Dale run for one of Pendleton's open seats, it was only natural that he ask his brother for advice on whether he should indeed run.

"One of the things I told him is 'I'd love to tell you not to run,'" Doug said, noting the amount of time and energy the position takes. "But I can't think of anyone better."

He told his brother to make sure he felt he had the time to devote to being on the council, but also told him about how rewarding it is to see a project through that makes community better.

Dale said that if only one seat had been open, he probably would have left it to someone else. But it was exciting to think about the opportunity to help the city change course with a new mayor and four new councilors. He also saw it as a next step in serving the community.

"Simply complaining takes no talent," he said.

On Jan. 3, when Dale took his seat on the Pendleton City Council, Doug was there watching. It proved to be an eventful meeting — Dale got "sworn in and sworn at," as he put it. He said he appreciated the opportunity afterward to get his older brother's perspective on the difficult decision the council made to start levying nuisance fines on the owners of the former city hall building that was damaged in a 2015 explosion.

Mirroring the relationship between most brothers, the relationship between the cities of Pendleton and Hermiston has historically been a mix of rivalry and partnership. The Primmers said they will both work in the best interests of their cities, but they will also have plenty of opportunities to share ideas over texts and family get-togethers in the home they grew up in. They hope their personal relationship will be an asset to the two communities.

"I think there's times to work together, and times to compete," Dale said.

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## BROWN: Agenda includes creating \$20 million graduation equity fund

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Brown said to applause. "We must not allow the rights of any one person or class of people to be degraded in any way. We must stand for our veterans. We must defend the rights of LGBTQ Oregonians."

Brown also released her priorities for the 79th legislative assembly, which convenes Feb. 1. Top priorities are the state's high school graduation rate, a transportation funding package, measures to keep firearms out of the hands of high-risk individuals and expansion of health care subsidies to all children.

### Revenue

Her agenda omitted specific proposals to raise taxes to address the state's \$1.7 billion revenue shortfall, an issue expected to be at the center of lawmaker debate during the 2017 session. However, she continued her call for better management of state pension investments, and she called on lawmakers to work together to find solutions to revenue problems.

Voters in November rejected Measure 97, which would have raised \$3 billion a year in corporate sales taxes.

Brown said she has been having "informal conversations" with members of the business community and labor community about potential tax reforms.

"I believe we cannot move Oregon forward without adequate and stable revenue for key basic services, and I

will tell you that members of the business community that I have spoken with over the last several months agree, so now we have to figure out the right solution that doesn't provide further burdens for our working families across the state and also ensures that our economy continues to thrive in every single corner," Brown said.

### Education

Brown's agenda includes creating a \$20 million graduation equity fund to replicate successful practices from around the state and address chronic absenteeism and expanding mentoring and professional development for teachers.

"My top priority will be to work to improve Oregon's high school graduation rate," Brown said.

About 74 percent of Oregon students graduate within four years, the third worst rate in the nation.

### Gun control

In July, Brown announced she would attempt to close two loopholes in state law on firearm possession.

One proposal would close the so-called "Charleston" loophole, which allows a gun purchase to move forward if law enforcement hasn't determined the buyer's eligibility within three days. She also is seeking to close the "boyfriend loophole," which expands the types of relationships that qualify for gun dispossession when convicted of domestic violence charges.

Her agenda does not

include another proposal she unveiled in July to ban the future purchases of expanded capacity gun magazines.

"I was committed to working with community activists and gun control advocates that believe in common sense legislation, and frankly we struggled to get broad support to move forward on that legislation, but it doesn't mean that I am giving up," Brown said.

### Bipartisanship

Brown opened her speech by invoking Republican Gov. Tom McCall's call during his 1967 inaugural address to govern in a spirit of bipartisanship.

"It is in that spirit that I address you, the members of the 79th Oregon Legislative Assembly; and it is that spirit that I address all Oregonians," Brown said.

Her comments came shortly after Republicans cried foul over Brown's decision to change her proposal to place a public records advocate in the secretary of state's office after Republican Dennis Richardson won election to the position. Instead, Brown decided to propose placing the advocate in the Department of Administrative Services, which is under her control.

Brown was sworn in at about noon by Oregon Supreme Court Justice Thomas Balmer. In her subsequent inaugural address, she gave a nod to elected officials in the chamber and singled out state Rep. Vic Gilliam.

## CATTLE: Backbones, hip bones visible on some

Continued from 1A

across Columbia Lane. A search warrant was served Saturday, and Rowan said they found a total of 14 dead cattle — mostly yearling calves.

Fifteen more cows were badly malnourished, Rowan said, and separated from the rest of the herd where they were treated by veterinarians. During their investigation, officers found that a water trough for the sickest animals was frozen over with six inches of ice.

"They weren't able to

get to water for a couple of days," Rowan said.

Some of the cattle were also very skinny, Rowan said, with their backbones and hip bones showing.

"These are Angus cattle that are typically well-rounded animals," he said. "Our evaluation and evidence would point to neglect or inadequate feed."

The bodies of the dead animals had been left outside for several days, Rowan said, though state law requires carcasses be buried or burned within 15 hours.

Hockensmith, who did not return calls Monday for comment, was apparently the only one caring for the animals. Rowan said Hockensmith seemed willing to work with the sheriff's office to care for the animals while they remain on his property.

"Hopefully, we can create a partnership there to where he is willing to provide adequate care," Rowan said. "We will just continue to monitor it."

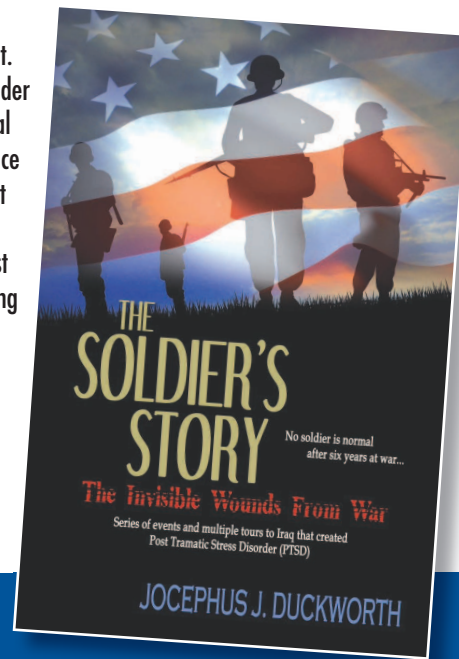
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## WHAT INSPIRED ME TO WRITE MY FIRST BOOK.

After my 4th tour in Iraq back in November 2009, I was having a hard time shutting off the war mindset. While I struggled to keep the inner rage from war under control, I fought three years to get seen by the Mental Health Department from the United States Army. Once I established my first appointment with a Psychologist I wrote a 25 page statement about my side effects from war and gave it to them a week prior to my first appointment. I figure when you spent 6 years running back and forth to Iraq "January 2003 to November 2009" it's hard to explain or share all your problem to a Psychologist who will only give you a 50 minute session. The 25 pages has become a book which is now on a mission to stop the 22 suicided Deaths a day amongst our fellow War Veterans.

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