

Community

Haines student 2nd in essay contest



Dalton

A Baker City sixth-grader finished second in a statewide patriotic essay contest sponsored by the Veterans of Foreign Wars. Ashlyn Dalton, 11, who attends Haines Elementary, will travel to

Eugene Friday to accept her award, and a cash prize of more than \$600, in the Patriot's Pen contest.

Dalton finished second at the VFW post level with her essay on the topic, "Why I Honor the Ameri-

can Flag," and then she finished first at the district level to advance to the state competition.

Dalton's essay, which was inspired by her grandfather, John Wickert of Baker City, is below.

"The name American, which belongs to you... must always exalt the just pride of patriotism..."

— George Washington

And I agree. His message evokes the importance of patriotism and honoring our flag. I believe our independence, driven by the valor of soldiers, the diversity and ability express everyone's beliefs, and respecting the principles of our country have shaped this version of America.

Patriotism isn't pride in the suffering of our nation's past, but rather acknowledging the sacrifices within the pride that transformed our nation. In 1776 when Congress issued the Declaration of Independence, we severed our political connections to Great Britain. Americans traded royalty for independence. From that point on we had our own flag to honor and defend. From the Revolutionary War to

Vietnam and more conflicts, veterans have fought to shape our nation's future. Fighting for your flag is the rawest form of patriotism and is exemplified in excerpts of letters home from my grandfather, who served in Vietnam. He was in the jungle fighting for months on end, soaking wet, sleeping in holes every night, rotting feet, and no change of clothes.

(Following is an excerpt from a letter Ashlyn's grandfather, John Wickert of Baker City, mailed to his mother while he was serving in Vietnam).

"Dear Mom... if I had been slower the man would have died... today's the first sunny day we had in a month... we'll be going on ambushes all night... it feels like it's below freezing, you can see your breath all day... we finally ran out of luck... we were hit hard, lost two guys... many wounded, we were pinned down all day... ran into enemy regiment of about 400... it was scary

creeping around at night to find the wounded and even worse trying to drag them out and keeping them quiet not to give us away... this is a big operation... it will make the news... we were the first to make contact... I am safe now. I am dead tired... Love John."

We should honor this kind of courage and selflessness for the pain they endured, and deaths that have occurred in order to defend America. They have risked their lives not only for their families but for the entire nation's freedom, stayed loyal in fatal situations, and are stressed long after the fight.

The American flag waves powerful, symbolic colors. Red represents valor, blue symbolizes vigilance, and white stripes convey purity. As we STAND for the flag we honor the soldiers that fought for our freedom that forever shifted America's future.

VACCINES

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Exclusion Day is Feb. 20. Prior to that date, the Baker County Health Department will have several walk-in clinics for those needing vaccines.

Those dates are Friday, Feb. 15, and Wednesday, Feb. 20, from 8:30 a.m. to 11:30 a.m., and 1:30 p.m. to 4 p.m. No appointment is needed.

An appointment for other days can be made by calling the health department at 541-523-8211.

Parents need to bring the child's immunization record, the exclusion letter, and a health insurance card for billing.

A student entering kindergarten or grades 1-6 are required to have these vaccines in the following doses:

- 5 DTaP (diphtheria, tetanus, pertussis)
- 4 polio
- 1 varicella (chickenpox)
- 2 MMR (measles, mumps, rubella)
- 3 Hepatitis B
- 2 Hepatitis A

Students in grades 7-10 need one dose of Tdap (booster). Several other vaccines are recommended for this age group, although not required.

Statewide, 94 percent of students from kindergarten to grade 12 had had all required vaccines in 2018, according to the Oregon Health Authority.

Medical exemptions require a doctor's recommendation. In Oregon, only 0.1 percent of students had a medical exemption in 2018, according to OHA.

Since 2013, a non-medical exemption requires a parent to receive education about the benefits and risks of immunizations from a health care provider or an online module at www.health

Parents, don't let your child get left behind!

School Year 2018-2019

Oregon law requires the following shots for school and child care attendance*

A child 2-17 months entering Child Care or Early Education needs*	Check with your child's program or healthcare provider for required vaccines
A child 18 months or older entering Preschool, Child Care, or Head Start needs*	4 Diphtheria/Tetanus/Pertussis (DTaP) 3 Polio 1 Varicella (chickenpox) 1 Measles/Mumps/Rubella (MMR) 3 Hepatitis B 2 Hepatitis A 3 or 4 Hib
A student entering Kindergarten or Grades 1-6 needs*	5 Diphtheria/Tetanus/Pertussis (DTaP) 4 Polio 1 Varicella (chickenpox) 2 MMR or 2 Measles, 1 Mumps, 1 Rubella 3 Hepatitis B 2 Hepatitis A
A student entering Grades 7-10 needs*	5 Diphtheria/Tetanus/Pertussis (DTaP) 1 Tdap 4 Polio 1 Varicella (chickenpox) 2 MMR or 2 Measles, 1 Mumps, 1 Rubella 3 Hepatitis B 2 Hepatitis A
A student entering Grades 11-12 needs*	5 Diphtheria/Tetanus/Pertussis (DTaP) 1 Tdap 4 Polio 1 Varicella (chickenpox) 2 MMR or 2 Measles, 1 Mumps, 1 Rubella 3 Hepatitis B

*At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details. 1/2018

Oregon Health Authority graphic

oregon.org/vaccineexemption

The number of non-medical exemptions dropped in 2014, but has steadily increased since. In 2018, the state recorded 5.2 percent of students in grades kindergarten to 12 had a nonmedical exemption. That number for Oregon kindergartners was 7.5 percent.

"We encourage parents to get good information," said Nancy Staten, administrator of the Baker County Health Department.

For resources about vaccines, she suggests the Centers for Disease Control (www.cdc.gov) and the Children's Hospital of Philadelphia (www.chop.edu/centers-programs/vaccine-education-center).

Cases of the infectious diseases for which vaccines are required are rare, but none has been eradicated from the

world.

"These diseases are still there," said Alicia Hills, nursing supervisor at the Baker County Health Department. "The best protection is to get the vaccine."

She cites the recent outbreak of rubella, also known as German measles, in Clark County, Washington, which includes Vancouver.

As of Thursday, Clark County Public Health reported 25 confirmed cases and 12 suspect cases. All but one are under the age of 18. At least 21 of the people infected were not immunized and three had an unverified immunization record.

Hills said those who are unsure of their immunization history are encouraged to visit the health department, where staff can access the state records.

Rubella is highly conta-

gious and does not require personal contact. The virus can live for several hours in the environment — a person can be infected by entering a room that a person with measles left two hours before.

A person with rubella is contagious up to one week before the rash appears, and up to seven days after, according to the CDC.

The rubella vaccine was introduced in 1969, and the disease was eliminated from the United States in 2004 (elimination is defined as the absence of the disease for 12 months or more in a specific geographic area). The disease, however, is still active in other parts of the world.

"All it takes is an airplane ride," Hills said. Symptoms of rubella include a low-grade fever, headache, mild pink eye, swollen and enlarged lymph nodes, cough and runny nose.

The CDC also reports that pregnant women who contract rubella are at risk for miscarriage or stillbirth, and their developing babies are at risk for severe birth defects including deafness, cataracts, heart defects, intellectual disabilities, liver and spleen damage, low birth weight and skin rash at birth.

Hills said that a prenatal panel detects whether or not an expectant mother has immunity to rubella. If she doesn't, a vaccine is recommended after delivery. Because MMR is a live virus vaccine, it cannot be administered during pregnancy.

LOCAL BRIEFING

Applications for transportation grants

The Baker County Transportation/Traffic Safety Commission is accepting applications for the 2019-2021 Special Transportation Fund Formula Program grants. A final decision to distribute money will be made during the regular session of the Baker County Board of Commissioners on Feb. 20. The application deadline is 5 p.m. on Jan. 28. More information is available by calling 541-523-6417.

Haines School chili feed Feb. 1

HAINES — Preparations are underway for Haines School's annual Chili Feed, its biggest fundraiser of the year. The event is set for Friday, Feb. 1, from 4:30 p.m. to 7:30 p.m. at the school.

All-you-can-eat dinner tickets are priced at \$5 for adults and \$3.50 for children ages 4 to 10. Those younger than 3 eat free. Again this year, a variety of prizes donated by area businesses and individuals will be raffled off as part of the fundraiser.

BACKPACK

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Teachers and schools recommend children to receive a bag of food on Thursdays, which is intended to supplement their nutrition for the weekend. To participate, teachers send home a permission slip.

Numbers can fluctuate from week to week. The plastic tubs are labeled with a destination (such as a teacher's classroom, or Head Start) and the number of needed bags.

Each week, McClaughry contacts schools for the current number.

"Each school has someone in charge to let me know by Tuesday," McClaughry said.

Food goes to students at Brooklyn Primary, South Baker Intermediate, Haines School, Head Start, Baker Middle School and Baker High School.

Once bags are filled, the volunteers divide for delivery, which is always on Thursday, even if a week includes a Friday school day.

"So we don't have to adjust this group's schedule," volunteer Rick Rembold said.

The selection of food changes each week. For instance, a jar of peanut butter is distributed once per month. Other items on the rotation include oatmeal, granola bars, Top Ramen, applesauce, raisins, cheese sticks, soups and more.

McClaughry said the weekly menus include several main courses, snacks, dessert and fresh fruit.

The program is supported by grants and donations. Anyone wishing to support the program can write a check to First Presbyterian Church with "Backpack Program" in the memo line.

Fresh fruit is purchased through the Baker Food Co-op. An account for the program is set up at the co-op and donations can be made to directly help purchase fruit. The program receives the member discount at the co-op.

Donation

The Backpack Program recently received a multi-year commitment of \$2,000 per year from Venkat Subramanian.

Subramanian is a joint venture business partner with Chaves Consulting, a firm in Baker City owned by Richard and Kathleen Chaves.

The Chaveses met Subramanian through a contact at the Secretary of State's office. He wanted to start his own business, and Richard offered to help.

"Richard said 'we will work with you and help you learn what you need to learn,'" Kathleen said.

Subramanian designed the Chaves Consulting data center and is 50 percent owner.

"He's like family to us," Kathleen said.

The Chaveses connected Subramanian with resources in Baker City, and soon he had a loan through Banner Bank and insurance with Kevin and Terri Bell.

"Venkat does all his support stuff through Baker," Kathleen said.

Although he lives in Camas, Washington, he supports community ventures that are close to the Chaveses' hearts.

"Venkat considers Baker City his company's community," Kathleen said.

Subramanian has supported the Backpack Program in the past, and his recent donation is in the name of his father, Subramanian Valliappan, who recently passed away.

Please Help Us Help Others
YOU can make a difference!

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 - Laundry Detergent
 - Potty Chairs

- Services Provided**
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 - Counseling
 - Bible Study
 - Delivery of Supplies

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THE KID WHO WOULD BE KING PG
FRI: 7:10, 9:45
SAT: (4:10) 7:10, 9:45
SUN: (4:10) 7:10 M-TH: 7:10

SERENITY R
FRI: 7:20, 9:50
SAT: (4:20) 7:20, 9:50
SUN: (4:20) 7:20 M-TH: 7:20

THE UPSIDE PG-13
FRI: 7:00, 9:40
SAT: (4:00) 7:00, 9:40
SUN: (4:00) 7:00 M-TH: 7:00

(J)Bergan Matinee
Show Times: 541-523-2522
Office: 541-523-5439

Community Connection
of Northeast Oregon is
celebrating its
50th Year Anniversary
in 2019!

A community celebration
reception will be held at the
Baker Senior Center on
January 29, 2019 from 1-4 PM

All are welcome to come by and
celebrate!

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