

Stemming an outbreak of whooping cough

By Kathleen Alexander
East Palo Alto Today

California is leading the country in the number of cases of whooping cough, or pertussis as it is called in the medical community. It's the greatest outbreak in 63 years with 6,795 cases. The State reports 10 deaths in 2010; 9 (90%) were Hispanic infants, less than 2 months of age – too young to receive their first dose of DTaP (diphtheria, tetanus, pertussis vaccination).

San Mateo County has reported 142 cases this year and no deaths. Based on population, the rate of whooping cough in San Mateo County is 18.39 per 100,000, which is higher than Los Angeles County with 10.15 per 100,000.

What explains this outbreak? "We've had 7 confirmed cases at Ravenswood", says Dr. Reshma Thadani, Associate Medical Director for Pediatrics at Ravenswood Family Health Center. When asked what explains the

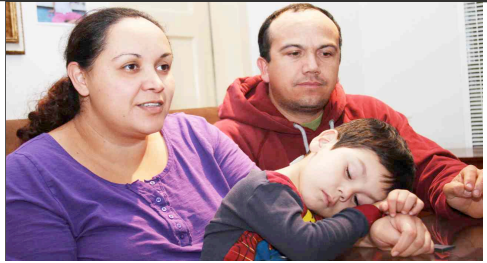


Photo courtesy of RFHC
Alexis Santoyo was four days old when he was first seen by his pediatrician at the Ravenswood Family Health Center. Five months ago, his coughing led to vomiting. When he turned blue, he was put on antibiotics and tested. The test confirmed that he had whooping cough. His recovery has been slow, but his coughing has subsided.

upsurge, Dr. Thadani said, "It's cyclical with upsurges every three to five years. When enough people have not received their booster shot for DTaP, there's a resurgence." The last major resurgence in the State happened in 2005 with 3,182 statewide. This year we've more than doubled that number.

Whooping cough is a highly contagious respiratory infection

that can cause serious and sometimes life-threatening complications in infants and young children, especially those who are too young to be fully vaccinated.

How do you know if you have whooping cough? Often you don't. It usually starts with a cold and runny nose and a persistent cough. It can go on for weeks. Some call it the "100-day cough." Because whooping cough in

adults typically does not produce the whooping sound at the end of a coughing spell, an adult may think that they just have a cold when in fact it's whooping cough. Unwittingly, they become carriers..

The diagnosis of whooping in young infants is often delayed because its onset can be "deceptively mild." But the initial mild stage can progress rapidly to severe whooping cough with respiratory distress, gasping, vomiting, pneumonia and seizures.

Protecting Babies - Protection from the disease and the shots wears off. Make sure anyone 10 years of age or older gets a booster DTaP shot at least two weeks before they have contact with your baby. Babies are most at risk Whooping cough disease causes coughing fits so bad that it is hard to breathe.

Each year in California, hundreds of babies are hospitalized for whooping cough and some die.

Circle Your Baby with Protection. Whooping cough shots safely prevent the disease. But,

your new baby is too young to get the shot. To protect your baby, make sure that these people are up-to-date on their whooping cough shots: Anyone who lives with your baby, or anyone who takes care of your baby.

Los bebés corren más riesgo - La tos ferina provoca ataques de tos tan fuerte que causan dificultad para respirar.

Cada año en California, cientos de bebés son hospitalizados por la tos ferina y algunos mueren.

Rodea a tu bebé de protección - Las vacunas contra la tos ferina son seguras. Pero tu bebé está demasiado pequeño para obtener la vacuna. Protege a tu bebé al asegurarte que estas personas estén al día con sus vacunas contra la tos ferina:

Cualquier persona que viva con tu bebé. Cualquier persona que cuide a tu bebé. Aunque te hayas vacunado contagiado de tos ferina, tu protección contra la enfermedad disminuye con el tiempo.

Tax time an opportunity for self employed

By Oscar Dominguez
East Palo Alto Today

This time of year can be quite stressful for small business owners. From the busy holiday selling season to the pending responsibility of filing taxes, it can be overwhelming. While sales are welcomed, paying Uncle Sam for one's hard-earned profits is usually not.

However, as I tell all my clients, filing your profit and loss statement (in the case of a sole

proprietor or contractor a Schedule C) is not only a duty, but an opportunity for those who work for themselves. Let me explain.

Equity is defined as the value of an asset less the liabilities or debt carried by its owner or owners. Most of us associate equity with the value of our homes, but this is true for businesses as well because both are assets!

The question is: how does



Oscar Dominguez

one establish the equity or value of one's business? For the vast majority of small business owners, it is with the profit and loss statement or tax filing for self employment.

There is a term in business that goes "Cash-flow is King". What this means is that without demonstrated cash flow, a business really isn't one. The easiest way to demon-

strate cash flow is with one's taxes, which is why 99.9% of lenders require them to make business loans.

So, the opportunity is truly great. First, filing taxes as a self-employed individual makes it possible to borrow money to grow one's operation because the owner can now leverage him/herself against the value of the business.

Second, these tax documents are typically used for business valuation, so if a business owner ever hopes to sell or even pass on the business to children, it is important the equity is established by filing.

If you have any questions about filing taxes, setting up ac-

counting systems or any other business technical assistance question or need, please feel free to contact us.

From our business planning classes to our one-on-one consulting (including legal) or loan packaging, Renaissance has the training, skills and connections to help aspiring and current business owners help themselves.

Give us a call at 650-321-2193 to find out more about our Virtual Incubator Program or any of our other services.

For more information, see the Renaissance Mid-Peninsula ad on page 8 of this issue.

Non-profits reinvent..a model continued from page 1

becoming homeless, restored hope to thousands and created real opportunity for those who needed to transform their lives.

The partnership with Single Stop was renewed through 2011 and many local dignitaries and Single Stop USA Executives from New York, came out for the celebratory ceremonial ribbon cutting. Julie Kashen, Single Stop's senior vice president, delivered the keynote address.

However, the speeches delivered by the beneficiaries themselves – was a captivating and emotional experience for the audience. Student speakers: J.J. Scott, Elvie Roguel-Regala and Sunshine Reyes, provided amazing, heartfelt speeches and made it easy for everyone to see – just how critically important and impactful the JobTrain Single Stop partnership is!

According to Reyes, "My turning point finally came in April 2010 when I was arrested yet again. At this point I had been arrested for (43) different felonies. However, the idea of leaving my 8 year old daughter Sophie, literally



Photo courtesy of Kail Lubarsky
Mayors Carlos Romero of East Palo and Rich Cline of Menlo Park and Alto Stop Site Coordinator Natalie Tercero, JobTrain Development and Marketing Manager Kail Lubarsky, Council Member Ruben Abrica and Single Stop Senior Vice President Julie Kashen.

killed me and finally resurrected my faith in life. I was overcome with guilt. However I did the crime and knew I had to serve the time.

When I was discharged – and the last time arrested – I was ready for a new life. I finally recognized my responsibilities to myself and Sophia. I took charge of my life and enrolled at JobTrain" Reyes said.

JobTrain hosted the recognition ceremony and proudly honored Single Stop USA, Charles Schwab Foundation, Legal Aid

Society, Mission SF Credit Union and Community Legal Service East Palo Alto for their dynamic contribution as a "Building Bridges to Self-Sufficiency Partnership." This recent event underscores the relevance, impact and urgent need of community partnerships in the fight against poverty and homelessness. JobTrain and Single Stop create the pathway out of poverty and give individuals renewed hope and skills to become self-sufficient contributing members of society. For more information about this story please contact 650.330.6560 or visit www.jobtrainworks.org.

Kail Lubarsky is the development and marketing manager

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