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Book explores mom's emotional bond

ANNETTE UTZ
SPECIAL TO THE APPEAL TRIBUNE

Lindsey Atwell is 37, single, living on her own in Silverton and works part-time at Analene Waterman's State Farm office.

Seems like a very typical situation but if you ask Lindsey, she will say, "I work full-time, two hours a day."

Lindsey is a special needs adult and it took a lot of work for both her and her family to get to this point.

Lindsey's mother, Linda Atwell of Silverton, has long kept a blog about her experiences raising Lindsey.

Linda has produced a memoir, "Loving Lindsey - Raising a Daughter with Special Needs" (She Writes Press, Sept. 26, 2017). The book is a portrayal of mother-daughter relationships, making mistakes, successes and balancing the desires to protect your child and to let her find her own path.

"This started out as a very long story, ranging from the time Lindsey was born to present," Linda said. "But there are so many books on the early years. You know, getting a different child than was expected and the violins come out and how wonderful it is. Well, for me the symphony never showed up. so this just

covers her adult years, from age 18 to her thirties, touching upon events that led up to this. I think discovering these challenges as they developed rather than right from birth was even more difficult because we weren't prepared.

"When she was first born, we thought we had a perfectly healthy baby and we were so grateful for that," she said. "Then she had a grand mal seizure at six months old and started developing tremors. When she a little girl, she had trouble making friends and was argumentative. Finally, we convinced OHSU to run some

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SPECIAL TO THE APPEAL TRIBUNE
The relationship between Lindsey (left) and Linda Atwell is examined in Atwell's new book, "Loving Lindsey."

CPR training kicks in, man saves wife's life



Stacey and Brad McInnes, during Stacey's recovery in the hospital.

COURTESY OF THE MCINNES FAMILY

Workplace preparedness came to rescue at home

CHRISTENA BROOKS
SPECIAL TO THE APPEAL TRIBUNE

The second day of the "great snowstorm" of 2016 seemed perfect to new Silverton resident Stacey McInnes. Snow blanketed the Willamette Valley, closing schools and workplaces. She celebrated by sipping cocoa, snapping photos and taking a brisk evening walk around the lake near her home.

And then, just after 10 p.m., her heart stopped.

The athletic 50-year-old wife, mother and grandmother had just suffered sudden cardiac arrest at home, a scenario with a less-than-10-percent survival rate. Clinically, she died.

Want to learn CPR?

The best way for the general public to get CPR training is to take a class from the American Red Cross. To find one in your area, log on to www.RedCross.org. Classes usually cost about \$100. They're offered in the Salem area every few days. There are no upcoming classes in Silverton, but anyone interested in coordinating one locally can call 1-800-733-2767.

Stacey's life didn't end, though, because her husband, Brad, was by her side, and he has 10 years of CPR training.

Within 15 seconds of her collapse, "her face just changed from pink to

gray," Brad said. He began performing CPR.

"I always thought I'd be doing CPR in some disaster, like an earthquake," he said. "But I found out that you're most likely to do it on a family member."

Responsible for emergency preparedness at his workplace, Portfolio Financial Servicing Co., in Milwaukee, Brad coordinates CPR classes for employees, and, has faithfully renewed his own certification every two years for the last decade.

So, on Dec. 15, while his mind repeated the words, "She can't die," his training kicked in. He found Stacey's sternum with his fingers, stacked his

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Creekside chat

School supply drive, a community charity picnic



JUSTIN MUCH

As the morning rolled toward mid-day in Silverton on Wednesday, Aug. 16, threads of the coming weekend's bustle were already palpable.

Silver Creek Coffee House co-owner Elisha Nightingale and her hired help were busy behind the counter brewing up favorite beverages, while she and her husband Josh were both anticipating the coming weekend.

"We're already starting to feel the traffic picking up," Elisha said while icing up some tea.

Minutes earlier and around the corner Lori Lee McLaughlin was opening up White Oak Gallery with similar thoughts brewing. Local artists were bracing for an extra busy weekend as Silverton's Fine Arts Festival was coincidentally coinciding with the eclipse rush.

"We're actually looking forward to the eclipse as much as we are the festival," Lori said. The hoisted an eclipse-themed t-shirt, a design she created earlier; the original painted work was purchased by Silverton City Manager Christy Wurster.

Meanwhile, other established activities that traditionally enrich Silverton were unfolding as planned.

Silverton Together Program Coordinator Jan Holowati stopped into the

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JUSTIN MUCH | APPEAL TRIBUNE

Silverton Together Program Coordinator Jan Holowati shows the flyer advertising Silverton's 25th Annual Community Picnic, which takes place from 5 to 8 p.m. Friday, Aug. 25, at Coolidge-McClaine Park.

Management changes at dog shelter

COOPER GREEN
STATESMAN JOURNAL

Unstable leadership and unclear direction at the Marion County Dog Shelter has divided staff and the volunteers they depend on, resulting in the director's firing earlier this summer.

"I've managed a local business for 12 years ... and I had to get along with people and I had to treat them with respect. And that doesn't happen at Marion County Dog Shelter," said Brian Schachtsick, who volunteered at the shelter for eight years until he was let go in May.

Although the shelter's practices have significantly improved on paper -- its rate of euthanasia has dropped from 39 percent to 9 percent in the last decade -- communication issues within the building have made it a frustrating place to work for volunteers. The unpaid staff does necessary work, such as exercising dogs and administrative tasks, that paid employees

don't have time for.

"Without us, the dogs wouldn't get walked," said Heather Dahl, who volunteered five days a week for five months in the last year, before moving to southern Oregon.

The Marion County Dog Shelter serves as a last stop for dogs in the area, focusing more directly on stray and problematic dogs than counterparts like the Willamette Humane Society. It's tax-payer

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