

# Koho back home, on the mend

By **CRAIG MURPHY**  
*Of the Keizertimes*

Dennis Koho knew he needed to lose some weight and to slow down a bit.

He wasn't anticipating both to suddenly happen due to a heart attack.

Yet that's just what happened to the attorney who is also president of the Keizer City Council.

Dennis had a heart attack on Feb. 6 and finally started turning the corner a week later. He was released from Salem Hospital on March 10. Dennis and wife Lori paid the *Keizertimes* a visit Monday morning after a follow-up visit with his doctor. The next stop was to the Koho and Beatty law office on River Road that Dennis owns.

"I think I understand I need to slow down some," Dennis said. "I'm probably involved in too many things at once, at too intense of a level. I will have to dial that back some. That will be frustrating. That will be difficult as well. Someone pointed out a while back every organization I've been involved with I have become president of. To not do that will be difficult for me, I suspect. I just want to be able to get back to my office and practice law competently. My partner and others will watch what I'm doing."

Dennis plans to return to the city council at some point to fill out the rest of his term.

Dennis isn't sure just how much weight he lost, but he does know he's lost enough that he can wear his wedding ring once again.

"It's not the preferred way to lose 20 or 30 pounds," Dennis said with a chuckle. "Last time I was in, my doctor said, 'Do you remember what you weighed in high school?' When I told him he said, 'You have nearly 100 pounds to lose.'"

Dennis had attended the Volcanoes Winter Sports Banquet on Feb. 5, not surprising given

his love for baseball and the key role he played in getting the team to Keizer in 1997 while he was mayor.

"The next morning I was having severe chest pains," Dennis said.

Lori was out shopping at the time and recalled the phone call from her husband.

"I said, 'How bad is it?'" Lori recounted to Dennis. "You said it was really bad. Then you said, 'I'm calling 9-1-1.'"

Lori said paramedics with the Keizer Fire District – Dennis gave them high praise – gave her husband several doses of nitro and took him to the hospital.

"I remember arriving at the hospital, but not much after that," Dennis said. "I had bad chest pain, like a charley horse. I had no pain down the arm. I didn't have all the classic signs of a heart attack."

Lori followed the ambulance to the hospital.

"I wasn't sure how bad it was," she said. "He's had the stents put in before, but he'd never had the chest pains before. He's had shortness of breath, but not the chest pains."

Lori said things didn't seem too bad that weekend. She got him some clothes and they watched the Super Bowl with some friends in the hospital room.

"That Monday is when everything started to go downhill," Lori said. "Dennis became very sick and disoriented. A choice had to be made. The cardiologist had to see where the blockage was. The heart attack had already affected the kidneys. The cardiologist had to look at the heart. Things started spiraling downhill rapidly. For whatever reason, the heart attack also did a number on the kidneys. He also ended up with a brain bleed."

Family members started asking if they should come.

"I said it's time for everybody to come," Lori said.



Dennis Koho is back home and recovering after suffering a heart attack on Feb. 6.

KEIZERTIMES/Craig Murphy

At one point, Dennis' daughter was with him when mayor Cathy Clark came to visit.

"I coded out and they brought in a crash cart," Dennis said. "My daughter didn't know what to do with company she didn't know."

For a while, Dennis had both a feeding tube and a breathing tube as well as a number of medications. Dennis was intubated that Monday night. His kidneys finally started kicking back in the end of that week.

"Apparently I'm going to live," Dennis quipped.

Due to the amount of sedation and time in intubation, Lori said the chemical balance of the brain had to be readjusted.

"I probably had some weird dreams, if I could remember them," Dennis said.

Lori quickly discovered her husband's sense of humor was intact. An early example was when she made the joke Dennis could apply for the U.S. Supreme Court vacancy created by last month's passing of Antonin Scalia.

"We went several days where he thought he would campaign for the job," Lori said while rolling her eyes. "It was a little disturbing. His humor came back right away. Once his brother was in, Dennis and his brother didn't have to talk much. A Cheech and Chong skit comes to mind. They're both doing this."

Dennis next got transferred to a neurology trauma floor for a week, where one of the main goals was retraining his throat to swallow after having a breathing tube in for so long.

"The folks on the cardiac care unit were absolutely wonderful, all the doctors and the nurses" Lori said. "It was the most wonderful, wonderful team I've ever been around. They were great. They took excellent care of him. They were also supportive of the family and communicated well. They were stunning."

# the deuce

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## Today in History

In New York City, Henry Wells and William G. Fargo join with several other investors to launch their namesake business. In July 1852, their company shipped its first loads of freight from the East Coast to mining camps scattered around northern California. The company contracted with independent stagecoach companies to provide the fastest possible transportation and delivery of gold dust, important documents and other valuable freight.

— March 18, 1852

## Food 4 Thought

"Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."

— William Jennings Bryan

## The Month Ahead

### Friday, March 18

Oregon Symphony at Willamette University-Smith Auditorium 8 p.m. *Variations on a Theme* by Joseph Hayden. Tickets range \$5 to \$50. Tickets are available online [orsymphonysalem.org](http://orsymphonysalem.org)

### Saturday, March 19

*Dancing with the Salem Stars* at The Historic Elsinore Theatre 7:30 p.m. at 170 High St. SE Salem. For ticket information contact 503-375-3574. [www.elsinoretheatre.com](http://www.elsinoretheatre.com)

### Monday, March 21

Keizer City Council meeting, 7 p.m. in council chambers at Keizer Civic Center, 930 Chemawa Road NE.

### Tuesday, March 22

Keizer Public Arts Commission meeting, 6 p.m. in council chambers at Keizer Civic Center, 930 Chemawa Road NE.

Keizer public mural meeting, 6 p.m. in Keizer Art Association classroom in the Keizer Heritage Center, 980 Chemawa Road NE.

### Friday, March 25

In celebration of Good Friday, the LDS Stake Center in Keizer will present a life broadcast of the Mormon Tabernacle Choir's performance of Handel's *Messiah* with full orchestra. 1375 Lockhaven Dr. N.E. at 6:30 p.m. Public is welcome.

### Tuesday, March 29

Homelessness Initiative Task Force meeting, 4 p.m. at Keizer Civic Center, 930 Chemawa Road NE.

### Thursday, March 31

Hudson Concert Hall at Willamette University presents pianist Sergei Babayan. The concert is at 7:30 p.m. Tickets: adults \$23, Willamette faculty/staff \$18, Willamette student with ID \$5, Students with ID/children \$8, Willamette ICL students \$12, Oregon Trail Card \$5 (at box office only the night of the performance). Tickets available at [boxofficetickets.com](http://boxofficetickets.com) and for more information visit [willamette.edu/go/goudy](http://willamette.edu/go/goudy).

### Thursday, March 31 – Saturday, April 30

Colored Pencil art show at Keizer Art Association's Enid Joy Mount Gallery at Keizer Heritage Center. Gallery hours are 1-4 p.m. Thursdays and Fridays, 10 a.m.-4 p.m. Saturdays. [keizerarts.com](http://keizerarts.com).

### Saturday, April 2

Reception and awards for Colored Pencil art show presented by Colored Pencil of America, Oregon Chapter 201, 2-4 p.m. Keizer Art Association's Enid Joy Mount Gallery at Keizer Heritage Center.

### Monday, April 4

The world famous Glenn Miller Orchestra with its unique jazz sound at The Historic Elsinore Theatre 7:30 p.m. 170 High St. SE Salem. For ticket information contact 503-375-3574. [www.elsinoretheatre.com](http://www.elsinoretheatre.com)

### Friday, April 8

Oregon Symphony at Willamette University-Smith Auditorium 8 pm. *A Midsummer Night's Dream Overture*. Tickets range \$50 to \$5. For more information contact [dtrevett@willamette.edu](mailto:dtrevett@willamette.edu) Tickets are available online [orsymphonysalem.org](http://orsymphonysalem.org).

An evening with three-time Super Bowl Champ, NFL Hall of Famer and all-time leading rusher and *Dancing with the Stars* champion Emmitt Smith at 6:30 p.m. at The Historic Elsinore Theatre 170 High St. SE, Salem. A benefit presented by the Medical Foundation of Marion & Polk Counties to support its programs. Tickets \$20-\$40. For more info 503-375-3574. [www.elsinoretheatre.com](http://www.elsinoretheatre.com)

Add your event by e-mailing [news@keizertimes.com](mailto:news@keizertimes.com).

## Target saves shopper

Workers at the Keizer Station Target saved the life of a shopper who suffered from cardiac arrest March 12.

Around 6:30 p.m., a 72-year-old shopper was using a motorized shopping scooter when a witness saw her collapse and called 9-1-1. Store employees used radio communications to share information and a medical emergency alert message was sent out to all employees.

Store manager Brad Dickerson, as well as Austin Snelling, responded to the victim who was face down in cardiac arrest. After turning the woman over, Snelling began CPR, while Dickerson brought and applied the Automatic Heart Defibrillator (AED) to her chest.

The AED advised a defibrillation was needed and Dickerson activated the device. Dickerson began CPR again. The

woman's color improved and she awoke.

Dickerson and Snelling then directed other employees to provide blankets and pillows. When Keizer Fire District personnel arrived, she was conscious and speaking with emergency response personnel.

The whole event lasted six minutes, from the time 9-1-1 was called to the arrival of paramedics.

KFD officials praised the Target employees as heroes who saved the woman's life after being tested in a dire medical emergency.

## looking back in the KT

### 5 YEARS AGO

**Big cluckin' deal**  
The urban chicken is up for debate at the Keizer City Council meeting. Staff will be proposing the yes or no question, and councilors would have to initiate a text amendment.

### 10 YEARS AGO

**Swim on a dare ends in rescue**  
A 15-year-old girl who walked into Staats Lake, apparently on a dare, was taken to the hospital after being pulled from the water by a friend.

### 15 YEARS AGO

**Keizer police probe sale of cars donated to MHS**  
Keizer police are investigating a McNary High automotive shop teacher in connection with the sale of cars that had been donated to the school.

### 20 YEARS AGO

**City seeks public's views on flood efforts**  
City residents can comment on the Great Flood of '96 next Monday when the Keizer City Council holds a public forum on February's disaster.

## sudoku

Enter digits from 1-9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

	1	2	3				4
	5		6				1
7							3
	7		8	1	9		
	3						2
	6	8		5			7
	2						6
	9			2			8
3				1	4		5

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## Web Poll Results

What is needed at your local neighborhood city park?

- 41%** – It needs more consistent maintenance.
- 33%** – It's just fine and doesn't need anything.
- 18%** – It needs a brick-&-mortar restroom.
- 8%** – It needs playground equipment.

Vote in a new poll every Thursday!  
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### THIS WEEK'S MOVIE TIMES

**The Finest Hours (PG-13)**  
Fri 6:30, 8:30, Sat 3:45, 4:40, 8:35, Sun 1:00, 6:10

**The 5th Wave (PG-13)**  
Fri 1:50, 4:15, Sat 2:20, 6:00, Sun 3:55, 8:55

**Zoolander 2 (PG-13)**  
Fri 2:30, 9:05, Sat 7:00, Sun 3:20

**Eddie the Eagle (PG-13)**  
Fri 12:25, 7:05, Sat 2:35, 9:00

**Ride Along 2 (PG-13)**  
Fri 8:45, Sat 6:30, Sun 4:25, 8:25

**The Hunger Games: Mockingjay Part 2 (PG-13)**  
Fri 4:30, Sat 11:50, Sun 5:25

**The Big Short (R)**  
Fri 6:00, Sat 8:10, Sun 6:30

**13 Hours: The Secret Soldiers of Benghazi (R)**  
Sun 8:00

**Alvin & the Chipmunks: The Road Chip (PG)**  
Fri 12:00, 2:15, Sat 12:00, 4:35, Sun 12:30, 2:00

**The Good Dinosaur (PG)**  
Fri 12:15, 4:00, Sat 12:15, 1:50, Sun 12:00, 2:25

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## local weather

**Fri 3/18 64/45** ☀️  
Mix of sun and clouds. Highs in the mid 60s and lows in the mid 40s.

**Sat 3/19 61/47** ☁️  
Cloudy. Highs in the low 60s and lows in the upper 40s.

**Sun 3/20 58/46** ☁️  
Showers. Highs in the upper 50s and lows in the mid 40s.

**Mon 3/21 53/43** ☁️  
Light rain. Highs in the low 50s and lows in the low 40s.

**Tue 3/22 54/41** ☁️  
Mainly cloudy and rainy. Highs in the mid 50s and lows in the low 40s.