



CLATSOP COUNTY
HIGH-SCHOOLERS

LEARNING the
HEALTH BEAT



Photos by Joshua Bessex/The Daily Astorian

Marissa McGuire, center, a senior at Astoria High School, practices chest compressions on a mannequin while being kept on beat by her Health Occupations instructor Venus Fromwiller, right, during a CPR lesson at Columbia Memorial Hospital Monday.

CMH Health Occupations lets students sample medical careers

By EDWARD STRATTON
The Daily Astorian

As the Bee Gees' "Stayin' Alive" streamed on athletic trainer Chad Rankin's phone Monday, he urged his understudies to keep up with the beat. At 103 beats per minute, the 1977 disco classic aligns with the 100 compressions per minute recommended by the American Heart Association for CPR.

Around Rankin, nearly 20 high school juniors and seniors took turns compressing their mannequins' chests, simulating CPR to resuscitate a dormant heart. Then Rankin pulled out CPR masks to practice rescue breathing, and an automated external defibrillator to teach students how to shock a heart back to life. By next week, the students will test for a two-year certification in CPR from the American Heart Association.

The students, mostly from Astoria with two from Knappa, are enrolled in Health Occupations, a yearlong introduction to the health care field offered at Columbia Memorial Hospital for more than 20 years.

Heading the program is Venus Fromwiller, a former health teacher at Astoria High School who recently transferred to the hospital and took over the program from Kendra Gohl, who taught the program 18 years.

The class is largely paid for by the hospital and tied to Clatsop Community College's medical-assisting program. The program also receives a minor amount of

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Chad Rankin, an athletic trainer at Columbia Memorial Hospital and one of many visiting professionals to the Health Occupations course, reviews the steps to performing CPR.



Jenna Rudolph, a junior at Astoria High School, practices chest compressions on a mannequin.

Time to end to daylight saving?

Medford man seeks end to spring forward, fall back

By PARIS ACHEN
Capital Bureau

Medford resident David Miles grumbles every year about having to turn his clocks forward in the spring and back again in the fall.

This year, Miles decided to respond differently by launching a ballot initiative Nov. 12 to end daylight saving time in Oregon.

"I complain almost every time there is a time change and do nothing about it, and I didn't want to be that guy anymore," he said.

A month later, Miles has 20 volunteers in 15 Oregon towns and cities who have gathered nearly 1,000 signatures — a first step toward placing an initiative on the ballot. He said he expects to hit the 1,000-signature mark by mid-December.

Once the volunteers pass that hurdle, they'll need to round up a total of 117,578 signatures to send the measure to voters in November.

The proposal abolishes daylight saving in 2018 and allows voters in individual counties to opt out through an election. Miles added that provision with Malheur County in mind. That county already follows Mountain Time to be uniform with neighboring Idaho.

"The fringe benefit is other counties can decide to stay on daylight saving time, through general county election," Miles said.

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Seaside class explores art, nature, plants

By KATHERINE LACAZE
EO Media Group

SEASIDE — A new elective class at Seaside High School introduces students to a combination of studies, including art, botany and ethnobotany.

Teachers Julie Greene and Dorota Haber-Lehigh offered the art of ethnobotany class as an elective to 33 students in all grades.

The teachers shared the importance of maintaining a diversity of native plants and their importance to humans and the ecosystem in the Pacific Northwest.

"It was more along the lines of environmental education, appreciation for nature and for what surrounds us," Haber-Lehigh said. "I'm hoping the students will see some of it and have different attitudes toward nature and also toward being resourceful, being caring and being more sustainable."

Greene has more than 15 years of

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Clatskanie woman dies, NW braces for more rain

Landslides, high water closed parts of state roads

By MANUEL VALDES
and LISA BAUMANN
Associated Press

FALL CITY, Wash. — While much of the Pacific Northwest on Wednesday got a respite from rains that have pummeled the region for days, mudslides and flooding rivers triggered multiple rescues and claimed the life of a woman after her car became submerged in Clatskanie.

Responding to a 911 call Wednesday afternoon, firefighters rescued a man they found standing on top of a car in knee-to-waist-deep water. They said the man drove himself and the

woman into water in an area where the road was closed near U.S. Highway 30 and Lost Creek Road in Clatskanie.

The man, Richard A. Forrest, 82, of Clatskanie was able to get out but lost the woman, Penny Forrest, 72, dead at the scene.

In Portland, a large Douglas fir tree crashed into a home early Wednesday, killing a 60-year-old woman who was in bed.

The tree was uprooted and sliced through the front corner of the house from the back at about 3:30 a.m., pinning the woman underneath.

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Bill Wagner/The Daily News

Cherise Giberson carries one of her family's pets, news she has three dogs, three puppies and a hedgehog, that was rescued from their flooded home in the Swedetown Village mobile home park in Clatskanie, on Wednesday. The water was freezing and the current swift when she was thigh-deep in the rain-swollen river that overflowed its banks and inundated the homes.

