

# Rare turtle washes up in Tolovana

Chances for survival are slim

By DANI PALMER  
EO Media Group

Staff at the Seaside Aquarium rescued an olive ridley sea turtle after it washed ashore south of Tolovana early Monday morning.

The roughly 50-pound turtle was retrieved around 8:30 a.m. and hypothermic — likely a result of being pushed into colder waters by recent strong winds, aquarium Administrative Assistant Tiffany Boothe said. Juvenile olive ridleys travel in warm currents offshore.

“With the weather patterns, we weren’t surprised to find one,” Boothe said.

Last year, five sea turtles were found off the coast. Three were dead upon arrival and one died in transit. The fifth was successfully transported to San Diego.

Monday’s olive ridley turtle was found south of Tolovana near Briar Street around 8 a.m. Tracy Sund with Cannon Beach’s Road and Streets Department placed cones around the animal until volunteers arrived around 8:30 to pick it up.

Aquarium staff wrapped the turtle in blankets and slowly warmed it up to avoid shock while awaiting U.S. Fish and Wildlife Service pickup.



Dani Palmer/EO Media Group

This olive ridley sea turtle, found in Tolovana, is headed for the Seattle Aquarium for a chance at recovery.

Seaside Aquarium Manager Keith Chandler said staff try to make the animals as comfortable and stress-free as possible until Fish and Wildlife arrives.

Laura Todd, Newport Field supervisor for the U.S. Fish and Wildlife Service, said the Seattle Aquarium is “working on her now.”

Live turtles are normally taken to the Oregon Coast Aquarium in Newport, but an aquarium is already rehabilitating one found in Pacific City earlier this month.

If a turtle survives, it is re-

leased in Southern California waters, often after hitching a ride with an agency such as the U.S. Coast Guard during a training trip.

Unfortunately, the chances for survival at this stage are slim, Chandler noted, with a 75 to 90 percent mortality rate. The turtles become hypothermic in colder waters and are often tossed around in the surf.

Todd said Cannon Beach’s turtle was at 50 degrees when it arrived in Seattle. The turtle’s normal temperature is in the low 70s.

“The odds are against them,” Chandler said.

But the faster the turnaround, the better the chances, Todd said.

Sea life rescuers expect to see more turtles beached along the coast with this year’s El Niño. “Usually when we get one, we get a few,” Boothe said.

Todd said the turtles normally remain south of San Diego. However, she added, they do sometimes travel farther north in warm currents searching for food. It’s not unusual to see a turtle beached in Oregon per year.

# Care: Triggers can be hard to pin down

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The class, designed for people taking care of folks with mental illness and developmental disabilities, laid out a game plan for confronting behaviors that can cause physical or emotional harm to the consumer or caregiver.

Beverly’s emotional outbursts are one of several types of challenging behaviors that caregivers deal with daily, along with yelling, cussing, threatening, withdrawing, physical aggression, sexual aggression and leaving home without telling anyone.

For people who have trouble expressing their needs in words, these behaviors are a way to make people listen. That’s why it’s important not to dismiss their behavior as merely “acting out.”

“They’re communicating very clearly, but you’re just not paying attention,” Shelly Edwards, the trainer, said.

## Support plan

So how should caregivers get to the bottom of Beverly’s behavior, which seems to be part of a pattern?

First off, don’t ignore it; ignoring the behavior may only escalate it.

The caregivers should acknowledge the feelings behind Beverly’s behavior. Beverly isn’t just throwing a tantrum for fun, she is distraught. “Most times, they have no control over why it’s coming out,” Edwards said.

Though it would be natural to grow angry with her, it would accomplish nothing. Rather, the caregivers should try to model the calm, respectful behavior they want from Beverly.



Joshua Bessex/The Daily Astorian

Shelly Edwards leads a group discussion with caregivers about patient care during a free training class held Thursday.

Now the caregivers get to play detective. Their case: determine the triggers that predictably set Beverly off. This investigative work is more straightforward with individuals who can speak, but in Beverly’s case it may entail talking with her family or closely monitoring her behavior.

As it turned out, the trigger was her mother and the change in Beverly’s routine. Her mother was taking her out for far too long, overstimulating her and allowing the parent-child dynamic to fall into the same dysfunctional rut that convinced Beverly’s mother to place her in foster care in the first place.

With that information, the caregivers can work out a support plan with Beverly — for example, one in which she doesn’t spend so many hours away from home with her mother.

Even if a person can’t communicate, “for their own well-being and self-worth, you need to involve them in the plan as much as you can,” Edwards said. “You do not want to solve

the problem, you want to help them solve the problem.”

Lastly, the caregivers should evaluate the results and follow up with Beverly, her mother and the rest of the care team.

## First-line interventions

Triggers can be hard to pin down.

When someone withdraws socially, it could mean something untoward happened with another facility resident. Or it could be signs of illness. Or of embarrassment stemming from vision problems or hearing loss.

When someone acts restless or depressed, he or she could be reflecting on a personal loss. Or that person may be experiencing a side-effect of too much medication, too many different medications or the wrong medication.

“Every behavior has a reason,” Edwards said. “All of these things can bother us, so why wouldn’t they cause problems for somebody who can’t communicate in the same way that we do?”

But these triggers have greater impact on people who lack the language skills to assert themselves or control their environment, Edwards said.

Many challenging behaviors, though, can be traced back to four main triggers: the person needs to use the bathroom, is in pain, is hungry or is bored. For first-line interventions, caregivers should keep these in mind, especially because they, more so than the consumer, can change these conditions.

For the most part, she said, “we are the ones who can change, not the person with the mental illness, or the developmental issue, or dementia ... or somebody who’s just sick.”

## No labels

It can be tempting to simply label these individuals “behavior problems.” But that attitude, apart from dehumanizing them, lets their caregivers off the hook.

“One of the things I dislike intensely is labeling people,” said Edwards, who reminded the class that not everyone who exhibits challenging behaviors suffers from a mental illness or disability. “Every single person in this room can have a challenging behavior when they’re in the right mood.”

The trick is to prevent the challenging behavior from arising in the first place. And a good place to start is by engaging them in hobbies and activities that give their lives purpose, that get them out of bed in the morning, like painting classes or trips to a nearby animal shelter.

“You need to help them find a way to connect back with the community,” Edwards said. “Even if it’s just one-on-one.”

# Blueprint: Oregon has fourth lowest graduation rate in the nation

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expand the Office of Small Business Advocate. The office provides assistance to small business owners and helps them cut down time spent mired in bureaucratic red tape. Brown established the office when she served as secretary of state, before an ethics scandal forced Gov. John Kitzhaber to resign and elevated her to the state’s highest office.

Supporting existing businesses is important because 70 percent of job growth stems from expansion of those companies, Brown said. She said government also would assist in boosting the economy by continuing to seek out trade opportunities in growing Asian markets.

The governor suggested the state needs to invest more in education but provided no plan to meet that need. The question grows more difficult to answer as the state faces mounting costs associated with the Public Employees Retirement System, as speakers at the summit pointed out.

## Education innovation officer

Earlier Monday, Brown announced the addition of a new education innovation officer position to her administration to help boost the state’s dismal high school graduation rate.

“The position will assist me, my education team and the Legislature in dedicating resources to increase the number of students who graduate from high school,” Brown said from prepared comments.

“There is no question that our education system must be accountable to better student outcomes, including increasing our high school graduation rate,” Brown said.

“But accountability also means ensuring that, as a state we are empowering the best and most effective practices in our classrooms that support student success,” she said.

The administration has yet to complete a job description for the position and to post the job, said Brown spokeswoman Kristen Granger. She gave no timeline for hiring.

Oregon now has the fourth lowest graduation rate in the nation, up from the country’s worst in 2013. Oregon’s graduation rate is 72 percent, compared to a national average of 81.4 percent.

The graduation rate is 65.6 percent in Astoria, 66.7 percent in Warrenton, 65.9 percent in Knappa and 76.3 percent in Seaside.

John Tapogna of ECONorthwest said Monday the state’s graduation rate mars Oregon’s reputation in the eyes of employers considering relocating to the state.

The graduation rate is perplexing because it doesn’t align with the state’s test scores, Tapogna said.

“It is really damaging to the state’s reputation in a very tangible way,” the public-policy consultant said.

Edward Stratton contributed to this report. The Capital Bureau is a collaboration between EO Media Group and Pamplin Media Group.

# Saranpaa: She remains in custody on \$15,000 bail

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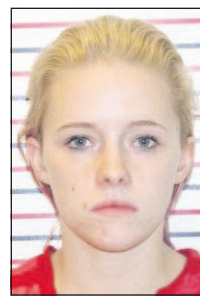
A detective on scene noticed a beer can that had been cut in half in a trash can. The bottom half of the can was missing. Drug users commonly use the bottom of cans to heat up drugs before injecting or inhaling them, according to the detective.

When the detective asked Saranpaa if he could look inside her purse, she pulled out the other half of the beer can and a syringe, which gave probable cause to arrest her. Saranpaa also had

multiple baggies of methamphetamine and a black and white polka dot bag belonging to Shufelt. The bag contained a digital scale, four unused CO2 canisters, two keys on a key ring, a broken marijuana pipe and four small baggies of meth, according to the police report.

Saranpaa is accused of five other drug-related cases dating back to January. She remains in custody on \$15,000 bail.

She is due back in court next month for an early resolution conference.



Lacey Saranpaa



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