



Five one-week-old Nigerian dwarf goat kids huddle under a heat lamp in the barn at the home of Richard and Jeannie Prowse on Wednesday outside Pendleton.

GOATS: Three billies and two does

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delivering quintuplets. "It was total shock and surprise," Jeannie Prowse said. "It's pretty sensational to have five live babies."

All of the kids survived, and on Wednesday they were already prancing and jumping lively around the front of their house. There's Minnie and Benson (who was born back-end first, Mariota (named after the former Oregon Ducks quarterback), Polly and fifth and final: Cinco.

In all, Marigold gave birth to three billies and two does, each one inheriting the striking blue eyes of their father, Picasso. The Prowses say they will likely keep both females for their own herd, which is registered with the American Dairy Goat Association. The rest they will sell the others to families looking for a pet or 4-H animal.

Nigerian dwarf goats are smaller and easier to handle, Jeannie Prowse said, but still deliver a good amount of milk for their size. The Prowses use goat milk to make cheese, yogurt and are venturing into making soap.

It will take two months to wean the quintuplets off their mother. Until then, Jeannie Prowse watches closely over the babies, bottle feeding when they're hungry and setting up a heating lamp in the pen where they huddle up to sleep.

Successful breeding starts with good genetics and ends with good feeding and care, she said.

"We've always worked hard at what we do," Jeannie Prowse said. "And then, when something like this happens, we just feel very blessed."

Contact George Plaven at gplaven@eastoregonian.com or 541-966-0825.



Jeannie Prowse bottle feeds one of her week-old Nigerian dwarf goat kids on Wednesday outside Pendleton.



Five one-week-old Nigerian dwarf goat kids run around in a small pasture with their mother Wednesday at the home of Richard and Jeannie Prowse outside Pendleton.

CPR: Training covers adults, children, infants

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to a life-saving situation. Being able to take care of something like heat stroke or a cut right away cuts down on lost productivity. And Wardwell said first aid training helps give people better judgment about whether an injury is serious enough to need professional medical attention.

Even for those who have been trained in CPR in the past, the American Heart Association frequently updates their recommendations on best practices for the rate of chest compressions (100-120 per minute), number of compressions between rescue breaths (30 compressions then two breaths) and the depth of compressions (2 to 2.4 inches).

Juli Gregory, director of education for Good Shepherd, said it can't get more serious for someone than their heart stopping, so even if bystanders aren't up on the latest standards trying something is always better than doing nothing. However, people tend to panic in an emergency, so training helps ingrain the right steps in people's minds.

"I've heard repeatedly of people in an emergency who couldn't even remember the numbers for 9-1-1," she said. "It sounds ridiculous, but it happens."

She said as AED machines get less expensive and more frequently required by law, more and more businesses have them on hand. She also has seen more local businesses decide to be proactive in making sure their employees know what to do if a coworker or customer collapses.

The training the hospital provides always covers adults, children and infants, even when it is for a workplace where children are not present, because the skills learned could be needed any time, any place.

"The standard I set 16 years ago is we're going to teach it all," Gregory said.

The hospital provides



CPR instructor Tricia Wattenburger demonstrates how to remove an object lodged in the throat of a toddler in an infant CPR dummy on Wednesday at Good Shepherd Medical Center in Hermiston.



Vincente Salazar, left, of Boardman and Mauricio Ledesma of Boardman practice chest compression on infant CPR dummies during a CPR class Wednesday at Good Shepherd Medical Center in Hermiston.

between five and nine classes a month, usually at their center but sometimes at a workplace. Gregory said it's better to do it at the hospital when possible because the instructors don't have to haul their equipment and it cuts down on the number of interruptions.

Cyndelle Wood, education coordinator, said instructors try to address special circumstances that class members might have. For example, Oregon Potato Company employees work around a lot of standing water, so she helped talk them through how to safely

use an automated external defibrillator around water. They also have an employee with a stoma, so the class addressed that.

The first aid portion of the class covers a wide range of ailments. Students get hands-on practice with how to tie a tourniquet, use an epi pen, perform the Heimlich maneuver, stop a nosebleed or create a splint.

If a business is taking the course and has an AED and first aid kit on site, they're asked to bring those so instructors can train them on using their exact model. They also teach the

importance of asking a specific person to call 9-1-1 and/or grab the company's defibrillator so everyone doesn't assume someone else is doing it.

"Make sure you make eye contact so they know they have a job," Wood said.

Good Shepherd's classes are offered in English and Spanish, and businesses bringing in a large group of employees can negotiate a discount. Wardwell said Oregon Potato Company saved a significant amount of money when they switched to using Good Shepherd instead of an outside contractor.

For more information about CPR and first aid certification classes, call 541-667-3509 or email healthinfo@gshealth.org.

Contact Jade McDowell at jmcdowell@eastoregonian.com or 541-564-4536.

BOND: Ciraulo said experience as mayor gives him respect for voters

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the November 2014 ballot because city staff failed to submit a state-mandated legal notice within the seven-day period after it was approved by council.

The city also put a 5-cent gas tax for road maintenance on the November 2015 ballot, which was defeated by a wide margin.

Despite the city's recent tax measure history, Ciraulo said he just wants a chance to pitch voters on how a new fire station would be an asset to taxpayers and worth a tax increase.

"It's not for (fire station staff)," he said. "I don't need to live in the Taj Mahal."

Ciraulo said his experience as the mayor of Battle Ground, Wash. gives him a respect for voters, whether they vote yes or no at the ballot box.

That doesn't mean he won't try to persuade anybody.

"I'll put all of my off-duty time to knocking on doors," he said.

Contact Antonio Sierra at asierra@eastoregonian.com or 541-966-0836.

Resolution in FBI-Apple case prolongs larger legal battle

SAN FRANCISCO (AP) — The FBI's victory in breaking into a San Bernardino killer's iPhone without Apple's help merely prolongs a battle over how far the government can go to examine private messages, photos and other files.

"There's a clash of values and interests that I think will continue," said Ed Black, head of Computer and Communications Industry Association, a trade group whose members include Google, Facebook and Microsoft.

Federal prosecutors have appealed a court ruling that said Apple doesn't have to help them extract data from another iPhone in a New York drug case. Speaking in general, the Justice Department said it will continue seeking digital evidence, "either with cooperation from relevant

parties or through the court system when cooperation fails."

After finding its own way to access files on the San Bernardino iPhone, the Justice Department said it no longer needs a court order to force Apple to remove safeguards against guessing that iPhone's passcode. That means Magistrate Sheri Pym won't be ruling on whether a centuries-old law, known as the All Writs Act, provided legal authority for compelling Apple's assistance.

Some in the tech industry worry that authorities will now try to pursue a smaller company — one without the financial and legal resources that Apple had — to win a favorable legal precedent that authorities could then use to pressure other firms — including heavyweights like Apple.

FDA: Women can take abortion pill later

OKLAHOMA CITY (AP) — Women will be able to take the so-called abortion pill later in a pregnancy and with fewer doctor visits under a new federal label for the drug that undermines several state laws aimed at restricting medical abortions.

The Food and Drug Administration notified the manufacturer of the drug Mifeprex in a letter on Tuesday that the drug is safe and effective for terminating a pregnancy in accordance with the new label. Also known as mifepristone or the abortion pill, the drug manufactured by Danco Laboratories is used in combination with another drug, misoprostol, to end a pregnancy.

While abortion providers in most states already are

using the protocol outlined in the new label, laws in effect in Ohio, North Dakota and Texas prohibited "off-label" uses of the drug and mandated abortion providers adhere to the older protocol approved in 2000. Similar laws in Arkansas and Oklahoma have been on hold pending legal challenges, while a county judge in Arizona ruled in October that state's law was unconstitutional.

Under the new label, a smaller dose of mifepristone can be used up to 70 days after the beginning of the last menstrual period instead of the 49-day limit in effect under the old label. Also, the second drug in the protocol, which follows a day or two later, can be taken by a woman at home and not be

required to be administered at a clinic, reducing the number of office visits a woman must make.

"The FDA's approval of a label reflecting a more updated, evidence-based protocol for medication abortion has the potential to expand women's options for safely ending a pregnancy in the earliest weeks," said Nancy Northup, the president and CEO of the Center for Reproductive Rights. "This label change underscores just how medically unnecessary and politically motivated restrictions on medication abortion in states like Texas and Oklahoma truly are, and demonstrates the lengths politicians will go to single out reproductive health care to restrict women's rights."

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