

CPR: 'Anyone can do it. Anyone can save a life'

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last CPR class. The method involves pumping hard and fast mid-chest and doesn't include rescue breathing.

She compressed Marguerite's chest again and again before yielding to the Hermiston emergency medical responders who sped to the store. Tom stood back, his adrenaline racing.

"I was a basket case," he said.

Paramedics and EMTs used a supercharged version of hands only CPR called high-performance CPR, which Hermiston Fire and Emergency Services responders trained in the method about a year ago. Since then, the survival rate has risen from roughly 10 percent to 50 percent for cardiac arrest victims who have what's considered a "survivable rhythm."

"That's higher than the state or national average," said EMS Director J.W. Roberts. "Our goal is 100 percent."

"It's a new mindset which emphasizes compression speed and eliminates pauses between compressions and keeping compressions steady and continuous," said Dylan Spence, a firefighter/EMT who worked to save Marguerite. "Science shows that

high performance CPR is more effective and has higher survival rates," said Hermiston paramedic Jeff Armstrong. "You don't stop CPR ever for more than six seconds."

It's a pit crew approach with CPR as the main focus. Compressions continue during mouth-to-mouth, intubation or any other intervention, except for use of an automatic external defibrillator.

"Even when we stop to shock someone, we hover over their chest," said Spence. "In less than a second, we're back at it again."

The person doing the compressions changes every two minutes. The firefighters use a CPR feedback device for optimal performance. A readout shows compression rate: The optimal rate is about 100-120 compressions per minute. A disembodied voice keeps them on track, saying, "Push harder" or "push faster" if they ease up.

Most in the business of saving lives know the success story of King County EMS, which now reports a cardiac arrest survival rate of 62 percent. The Seattle-area EMS has also pushed to train a multitude of local residents in CPR.

Rebecca Fancher, American Heart Association

communications director in Oregon, said Seattle has enjoyed so much success that people joke that if a tourist falls down on the sidewalk, CPR ever will likely start CPR.

Many of the bystanders are trained in something called Hands Only CPR, which AHA advocates for rendering aid to teens or adults in cardiac arrest. Unlike traditional CPR, you don't worry about mouth-to-mouth resuscitation — you simply push rhythmically on the center of the person's chest.

"You push hard and you push fast," Fancher said. "Anyone can do it. Anyone can save a life."

First, she said, call 911. Then do CPR compressions to the beat of the disco song "Stayin' Alive" — that's the correct tempo.

Marguerite Darby is on the mend. An internal cardiac defibrillator is now implanted in her chest, in case her heart has another electrical disruption. She feels better every day, though she won't be able to drive or play golf for a while. Both she and Tom feel grateful they weren't home the moment Marguerite's heart stopped. Also, she had been the one driving the car that day, and they shudder to think what would have happened if her

heart had faltered then.

But, mostly, they feel grateful to the emergency responders and especially the pharmacist who initiated the CPR.

"The woman was continuously pumping," Tom said. "She didn't stop."

"I'm grateful she was there," Marguerite said. "They say we have guardian angels everywhere — she was mine."

Armstrong said Schwab likely made a big difference.

"Chances of somebody surviving a cardiac arrest has everything to do with how fast CPR is started," he said. "After six minutes without CPR, the chances of survival just tanks. If she hadn't started CPR, there might have been a different outcome."

Tom had ended pancreatic cancer treatments only a week earlier. The treatment included surgery to remove part of his pancreas, small intestine and his gallbladder. Tom said they are both treasuring every moment.

"Neither of us should really be here," he said.

"The little things that come up," Marguerite said. "They aren't important at all."

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VOTERS: Primary included more than 100,000 new voters

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contest between Barack Obama and Hillary Clinton. Turnout was significantly higher in that primary, at 58.26 percent, and 1,170,526 votes were cast.

Jim Moore, a political science professor and director of the Tom McCall Center for Policy Innovation at Pacific University, said turnout was much higher than in many other states including Kentucky which also held a presidential primary on Tuesday.

Gronke and Moore both said Oregon was likely able to exceed the million-vote mark because of excitement about Democratic presidential politics. The matchup between Hillary Clinton and Bernie Sanders wracked up at least 551,230 votes. Write-in candidates received another 10,229 votes.

But Democrat voters were not as excited with Tuesday's contest as they were in 2008, when Obama, Clinton and the write-ins split 638,790 votes.

Nor were they as excited

about Clinton. Although she lost to Obama in 2008 by 116,000 votes, Clinton received 15,552 more votes than she did Tuesday. She lost to Sanders 306,957 to 244,273 as of early Wednesday afternoon.

Moore said that although Donald Trump is already the presumptive Republican presidential nominee, nearly 35 percent of Republican voters cast their ballots for "anyone but Trump, which is a big issue for him."

There were nearly 2.3 million eligible voters in this year's primary election. That included more than 100,000 new voters registered in 2016, according to the Secretary of State's Office. Many of those voters were registered as a result of the state's new automatic voter registration system, which took effect this year. Under the law, people who are eligible to vote are registered after they obtain or renew their driver's licenses, permits or identification cards. Oregon was the first state to enact an automatic voter registration law.

PRIMARY: Pendleton City Council at-large race will go to Nov. ballot

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no Democrat declared their intent to run for Senate District 29.

In total, Umatilla County Democrats cast 189 write-in votes in the District 29 race and 92 votes in the District 58 race.

Lindell said the identity of the write-ins will be counted in the coming days, with the first count posted sometime next week.

Regardless of whether Hansell can secure cross-nomination, he will face Independent Barbara Dickerson of Milton-Freewater in November.

With no candidate clearing 50 percent in the Pendleton City Council at-large race, it will also go to November.

Councilor Paul Chalmers

received 48.7 percent of the vote, but second-place finisher Jim Swearingen and two other candidates drew away enough votes to force a runoff.

Even though Swearingen previously said he no longer wanted the seat, Lindell said he and Chalmers will go to that November runoff because Swearingen never submitted official withdrawal forms for the May election.

If Swearingen has second thoughts about the November election, Lindell said he has until Sept. 2 to withdraw from the runoff race.

Reached for comment Tuesday night, Swearingen said he will spend the next few days deciding whether or not to campaign for the seat.

TREATMENT: Designed to last nine months, may take years

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The recidivism average in Umatilla County is 20.35 percent — a 10 percent decrease since the program was implemented in 2006, according to Umatilla County Community Justice Director Dale Primmer.

Most participants — 75 percent — do not receive a new conviction in the three-years after they graduate. That 75 percent figure stays relatively consistent at the county, state and national level.

"If you were to pull up the jail roster on any day, 80-90 percent of those are drug-related charges," Temple said. "If you took out everyone in jail who had a drug- or alcohol-related crime, we'd have 10-12 people left."

Not everyone charged with a drug- or alcohol-related crime lands in drug court — it focuses on medium and high-risk offenders. Low-risk offenders who complete probation without re-offending do not enter the program.

The program is designed to last nine months, but may take years.

"A lot of it depends on the support. People who have family support often do better. If you don't have that support structure, it takes longer to get back on your feet," Temple said.

Morgan Johnson, of Pendleton, is one of those cases. After 2 1/2 years in the program, Johnson graduated from Umatilla County Drug Court on Friday. She, like Massingale, said drug court saved her life. Johnson first tried methamphetamine on the night of her high school graduation.

"When I was out there



Staff Photo by Jennifer Colton
Morgan Johnson, of Pendleton, receives a certificate during the Umatilla County Drug Court graduation on Friday. After struggling with a methamphetamine addiction, she credits drug court with saving her life.

using, I didn't think I had a problem — until I got caught," she said. "This showed me a new way to live. I'm really very grateful that I was put into drug court."

The program helps work with users who have lost everything as well as those who may appear to have it together. Massingale, for example, attended college classes and maintained a job while struggling with her addiction. When she committed to the Drug Court program, she suddenly had to struggle with attending hours of meetings, counseling and drug testing each week.

"It's hard. You just set yourself to it," Massingale said. "You tell yourself you can do it and your life will be better. I went to many lengths to get high. I can go many lengths to get sober."

To complete drug court, participants are expected to have a job or be enrolled in school full-time.

"We're really trying to create responsible citizens by the end of the program," Temple said.

During the ceremony,

Temple and state Sen. Bill Hansell, R-Athena, presented graduates with plaques and a yellow rose of recovery. Craig Rodriguez, a Umatilla County Drug Court alumnus, spoke about his experience with the court.

"Without drug court, I probably wouldn't be standing here today," said Rodriguez. "It was a path to salvation for me."

Rodriguez, one of the first graduates of drug court, grew up in a drug environment and became a cocaine dealer — and addict — at the age of 17. It took the death of his mother, the loss of his children and an overdose for him to give rehabilitation a

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chance.

"Drug court is just a name. It's the people that work and keep hope alive," he told current participants during the graduation. "There is hope."

The graduates each had advice to those struggling with addictions: Join drug court and take it seriously, focus on what is important and take the often difficult process one day at a time.

"It would be a really wise decision to join," Johnson said. "You have to be open minded, you have to want to be there, but you can do it."

Contact Jennifer Colton at jcolton@eastoregonian.com or 541-564-4534.

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8th Annual Return to the River Salmon Festival

Saturday, May 21, 2016 • 10am – 1pm
At Walla Walla Community College by the ball fields on Tausick Way

10am - 1pm: Interactive Exhibit Booths
Wildlife Cartoon Drawings
First Foods & Medicinal Plant Display

11:30am: Chinook Salmon Release

11am - 1pm: Wine Country Culinary Institute Food Truck
Sockeye Salmon Tacos, Salmon Chowder, Titus Creek Burger, Mediterranean Chicken Gyro, Garlic Fries
(Prices rang from \$5 - \$9)
Children's Hot Dog Lunch Available

12pm - 1pm: Tribal Dance Performance

Presented by Confederated Tribes of the Umatilla Indian Reservation and Walla Walla Community Colleges Water and Environmental Center.
For info visit www.watereducationcenter.org