

Seniors put pressure on CPR dummies

Blue Mountain Eagle

JOHN DAY – Lifesaving was on the menu at the John Day Senior Center last month.

A crowd of seniors turned out a half-hour early for the June 18 lunch to learn an easy technique for cardiopulmonary resuscitation and also get basic training on the center's new automated external defibrillator, or AED.

Blue Mountain Hospital ambulance services director Kara Kohfield and several other EMTs were on hand to present the AED as a gift to the center. The device is one of five the crew is deploying in the county, including one to Hospice, one to the Blue Mountain Care Center, and two to local law enforcement.

Kohfield said hospital emergency services funds paid for the devices, which



The Eagle/Scotta Callister

EMT Miriam Maddess helps seniors work with dummies to learn the best technique for administering an easy, basic form of cardiopulmonary resuscitation.

can be used by lay people for early defibrillation when someone suffers heart failure. Several people stepped up to try attaching the AED to a cardiac dummy. While that may seem intimidating to some, Kohfield noted that

in the event of an emergency, 911 dispatchers can talk people through the process.

Kohfield and crew also presented a video and instructions on "hands-only CPR" – the latest procedure to encourage bystanders to try the lifesaving

procedure. Hands-only CPR was designed as a simple but effective way for bystanders to offer aid while the ambulance is on the way.

The video gave the steps: Call 911 first – then lace the fingers of one hand over the top of the other, and begin pressing hard on the victim's chest with the base of the palms applying pressure. There's no mouth-to-mouth or other steps that tended to intimidate people in the past.

People were afraid of doing the full CPR wrong, the video noted, "but any CPR is better than no CPR."

The idea, Kohfield said, is that we can all help each other – and it can make a big difference.

"For every one minute we don't do CPR, that person loses 10 percent survivability," she said. "So anything you can do is a help to that person."

OBITUARIES

Carolyn Trujillo

March 12, 1935 – May 3, 2015

Carolyn Trujillo, 80, of Monument, died May 3 at Blue Mountain Care Center in Prairie City. No services are planned at this time.

Mrs. Trujillo was born March 12, 1935, in Huntsville, Ark., to Duke Dotson and Chloe Binam. She attended Mitchell High School and, for a short time, Nicholas State University in Louisiana when she was 50 years old. She retired after working various jobs throughout the years.

She enjoyed horses, herding cattle or just going out for a ride. She was a member of the Monument Senior Center, and wrote the Monument senior weekly news for the Blue Mountain Eagle for many years. She was known for her hard work and being a great story teller. She could sing and dance, loved sewing and was an artist, dancer and singer.

Survivors include her brother, Royce Dotson, of Prairie City; sons, Mike Trujillo of Salem and John Trujillo of Carthage, N.C.; daughters Petra Moser of Acton, Calif., and Barbara Reish of Tucson, Ariz.; five grandchildren and 9 great-grandchildren.

Arrangements were under the care of Driskill Memorial Chapel, 241 S. Canyon Blvd., John Day, OR 97845.

Robert Cary Jr.

A gathering will be held to swap stories, share memories and celebrate the life of Robert Cary, at noon Saturday, July 4, in Ott Meadow, southeast of Prairie City. People are welcome to share their favorite "Bob-ism" with family and friends.

Mr. Cary died Nov. 25, 2014.

From Highway 26 in Prairie City, turn south at City Park, and continue through town to County Road 62. Drive about 23 miles to Summit Prairie. Turn left – east – onto CR 16 at the "Cary Memorial" sign. Drive about 4 miles, and turn right on gravel road USFS Road 1663. Drive about 7 miles, taking a marked left turn down a hill, across a creek to the gathering area.

Daniel 'Bud' Aarstad

July 15, 1923 – June 26, 2015

Daniel "Bud" Aarstad, 91, died June 26, 2015 at his John Day home, surrounded by family. A graveside service was held June 30 at Canyon City Cemetery.

Mr. Aarstad was born July 15, 1923 in Glendive, Mont., to Daniel Aarstad and Della Shibley. He finished eighth grade and took numerous college courses after his military stint ended. He served in the U.S. Army Air Corps from 1943 to 1946. On Sept. 26, 1946, he married Effa Lowry in Spokane, Wash.

He was a truck driver for 20 years.

In 1978, they moved to Grant County, where he managed Forest Service YCC crews until 1982, when he retired.

He enjoyed gardening, fishing, hunting and traveling. He was a member of the Elks, American Legion, and a Teamsters Union. He had a great compassion for people. He and his wife raised five girls in a home with one bathroom – a major accomplishment.

Survivors include his wife of 69 years, Effa Aarstad of John Day; brother, Earl Aarstad of Texas; daughters, Joan (Phil) Ward of Fort Mohave, Ariz., Jeannie (Ed) Ames of Newburg, Julie (Ken) Hippick of Vancouver, Wash., Janice (Jim) Clement of Gresham and Joyce Brooks of Umatilla; stepson, Tom (Ellen) Warren of John Day; niece, Judy Dodge of Mesa, Ariz.; 12 grandchildren, 22 great-grandchildren, seven great-great-grandchildren; and numerous nieces and nephews.

He was preceded in death by two sisters and seven brothers.

Memorial Contributions may be made to Blue Mountain Hospice or the Elks Eye and Speech through Driskill Memorial Chapel, 241 S. Canyon Blvd., John Day, OR 97845.

John Surplus

John Surplus, 80, of John Day, died June 24 at Blue Mountain Hospital in John Day. Per his wishes, no services will be held.

Memorial contributions may be made to the Children's Cancer Foundation through Driskill Memorial Chapel, 241 S. Canyon Blvd., John Day, OR 97845.

EAGLE ON VACATION



Contributed photo

From left, Ed and Pam Uebler, and Tom and Cheryl Berry, all of John Day, took the Eagle on vacation to Denali National Park in June, during a 10-day cruise and tour of Alaska.

Take a photo with the Eagle (print or mobile editions) while on vacation and email it to cheryl@bmeagle.com or bring it to the Eagle office.



BIRTHS



Braeden Michael Webb

James Robert and Haylea Danielle Webb of Mt. Vernon announce the birth of their son, Braeden Michael Webb, at 11 a.m. on June 22, at Blue Mountain Hospital in John Day. He weighed 8 pounds, 4 ounces, and was 20 inches long.

Grandparents are Jerry and Kathleen Webb of Mt. Vernon, and Darra Kemmerer of Damascus.



About Obituaries

News obituaries are a free service of the Blue Mountain Eagle. The paper accepts obituaries from the family or funeral home. Information submitted is subject to editing. Obituaries submitted to the Eagle with incorrect information may be corrected and republished as paid notices. Send obituaries by e-mail, cheryl@bmeagle.com; fax, 541-575-1244; or mail, 195 N. Canyon Blvd., John Day, OR 97845. The deadline to submit an obituary is noon Monday for the Wednesday paper. For more information, or to inquire about a paid memorial, call 541-575-0710.



The parents and Graduates of *Prairie City Class of 2015* would like to thank all of the individuals

and businesses that donated to our Grad Night party. The evening was a huge success because of your generosity.

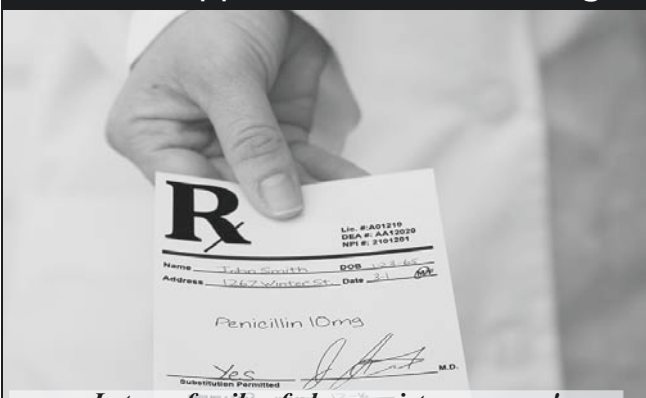
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...Enjoy!

Best wishes from
Marissa, Angel, Cheryl, Kim,
Lindsay and Kristina

WEATHER FORECAST

Sunny, hot		Wednesday 100/58
Sunny, hot		Thursday 102/61
Sunny, hot		Friday 102/59
Sunny, hot		Saturday 101/61
Slight chance of T-storms		Sunday 99/67
Partly cloudy		Monday 88/51
Sunny, hot		Tuesday 92/51

LAST WEEK

	JUNE 23	24	25	26	27	28	29
John Day	85/53	87/54	91/56	99/58	101/71	100/65	94/68

RIVER FLOWS

	Discharge	Last Year	Average	% of Avg.
John Day (Mainstem)	50	116	196	26
Ritter (MF)	38	143	177	21
Monument (NF)	207	841	845	24
Service Creek (Mainstem)	257	1050	1260	20
McDonald Ferry (Mainstem)	248	1010	1460	50

24/7 FORECAST

AUTOMATED: 541-575-1122

ROAD CONDITIONS: 511; WWW.TRIPCHECK.COM

WWW.BLUEMOUNTAINEAGLE.COM/INFO

NOAA WEATHER RADIO FOR JOHN DAY — 162.500 MHZ