

See something, say something

It doesn't take a medical degree to do CPR, and that's the point.

If only surgeons and doctors knew how to help the victim of a heart attack, many more people would die of heart attacks. In the 1970s, Tacoma, Washington led the way in training ordinary U.S. citizens to perform cardiopulmonary resuscitation. Countless lives have been saved as a result of widespread knowledge of CPR.

Because nearly one in five Americans are trained to see the signs of cardiac arrest, resuscitate the victim and call in trained professionals to take over care, everyone around them is safer. Same goes for basic first aid and the Heimlich maneuver.

But when it comes to mental health care, we don't have the same attitude. Too many people feel unprepared to step into someone else's psychotic breakdown or depression or incapable of administering life-saving measures that don't involve chest compressions. And even if they're willing, they may worry they won't have the right words.

But just like in a heart attack, providing aid doesn't mean solving the problem. It means administering the necessary help until the victim can get complete treatment from a professional.

That's the idea behind QPR (question, persuade and refer) training, which some county health departments around Oregon have been offering. If more people take on the role of "gatekeepers," trained to recognize and respond to those suffering a mental health crisis or having suicidal thoughts, we

will create a network of support that will decrease the number of suicides.

It's a three-step process of questioning, persuading and referring.

The first step is to be frank and direct, especially about suicide. One Oregon prevention education specialist recently explained that you can't plant the idea of suicide in someone's mind by talking about it. Either they are or they aren't considering it, and by bringing it to the open you are bringing it out from the dark.

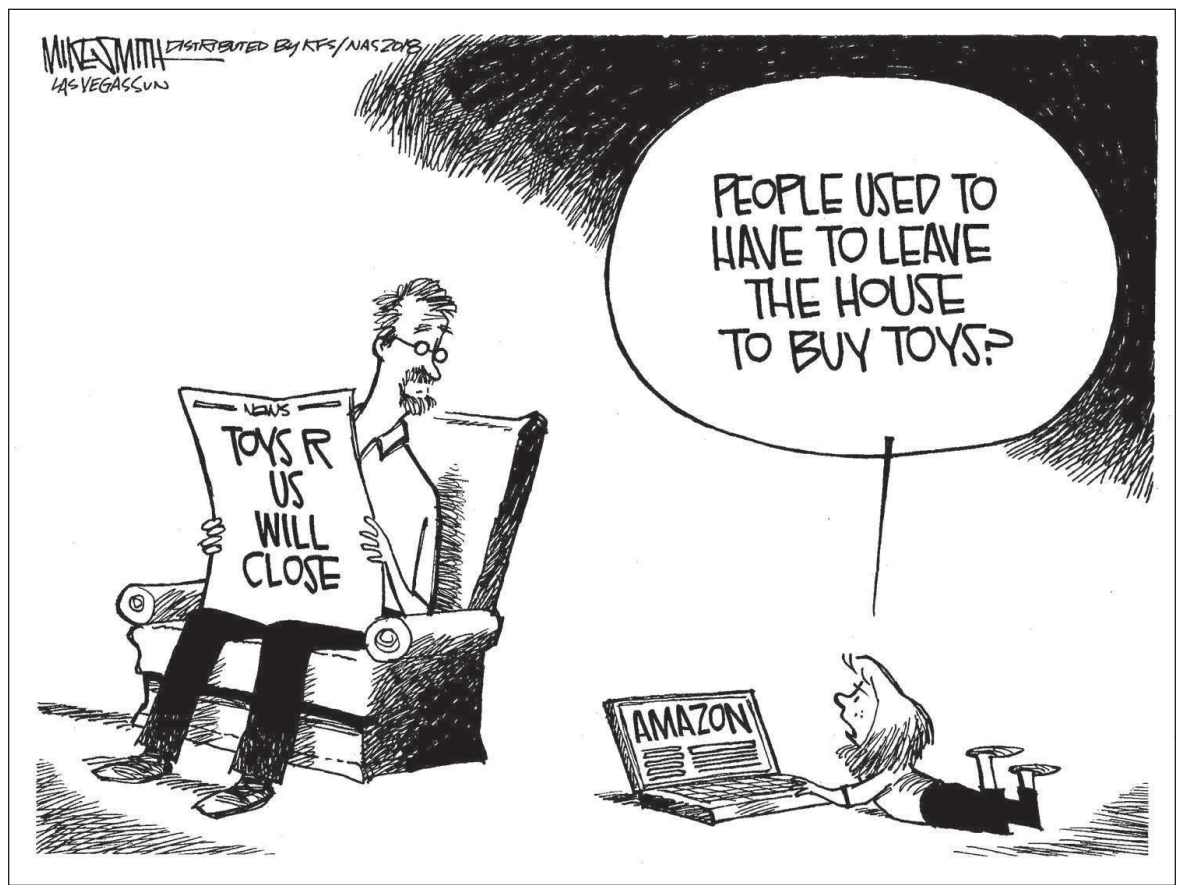
The signs might not be obvious, but if someone exhibits sudden shifts in demeanor or mood, talks about what life would be like if they were gone or shows an interest in getting rid of personal belongings, it's a good time to broach the subject.

The next step is to persuade — to explain that help is available and that their life is important to you and others. It's important to speak in positive terms, and not demean the person for considering suicide.

The last step is refer — knowing where to get the person the help they need. See the "suicide prevention resources" sidebar on the previous page for some numbers to call for immediate help.

For more information on suicide prevention, call Community Counseling Solutions in John Day at 541-575-1466. The National Suicide Prevention Lifeline is 1-800-273-TALK.

Routine QPR training would be an excellent idea in every corner of Oregon.



LETTERS TO THE EDITOR

Liberal reaction absurd and shallow

To the Editor:

Two weeks ago, 10 students walked out of Grant Union in remembrance of school gun-violence victims. Local liberals immediately took to social media to proclaim these students as courageous. There's nothing exemplary about student action that's the equivalent of attending a field trip.

The event was encouraged, planned and scripted. Students and parents had advance notice of the insignificant "punishment" they would face for participating. Involvement under those circumstances indicates little more than those students are typical teenagers trying to figure out their own voices — and good for them.

In contrast, the previous week, two students stood for their own personal beliefs in protesting a teacher who refuses to stand for the Pledge of Allegiance, who consistently interjects personal opinion into her lectures and who has created a hostile learning environment for children who are also exploring their own identities (conservative, in this case).

Those students requested a meeting on their own time and with substantial risk to themselves, to discuss their concerns with that teacher and the principal. Their rational and respectful behavior was met with derision and irrelevant emotion. While the students were commanded to remain quiet, the teacher immediately called these children "self absorbed self righteous little (expletive deleted)" on Facebook and repeated physical threats made by other students towards the two boys. Local liberals rose to her defense and applauded her actions until the post was removed.

Liberal reaction to both events demonstrates the absurdity and shallowness that pervades the current "progressive" movement — which is anything but the tolerant and inclusive crusade it claims. Instead, it has become about forcing social "reform" using its current political and institutional strength to punish anyone who doesn't conform. It's become about changing our community no matter how arbitrarily, destructively or irreversibly.

I refuse to celebrate mediocrity. Instead, I cheer the two young men that stood up for their deeply held, personal convictions in the face of adversity and fear of retaliation. I'm very proud to call both of them my heroes. Thank you for typifying the character and integrity that so many adults in this community cannot seem to find.

Shaun W. Robertson
John Day

Compassion, respect needed today

To the Editor:

We applaud and are proud of the students at Grant Union High School who participated in the

walkout on March 14. Students stood for one minute of silence in remembrance of each human being gunned down at Majory Stoneman Douglas High School in Parkland, Florida. The compassion and respect you demonstrated will remain with you always — and is much needed in today's world.

Sandy and Mark Murray
Prairie City

'We must do better!'

To the Editor:

We must do better! Michael Byrne, running against Greg Walden in Oregon's Second District, comes with strong populist and working man values: \$15 minimum wage, affordable housing now, stop predatory lending practices, credit agencies reform, thoughtful wise use of federal lands that belong to all of us, stop the wasting trillions of dollars on war, instead, rebuild this country's infrastructure. Our children deserve every resource available to grow and thrive. The military industrial complex isn't conspiracy theory. It is a fact, and along with that, net neutrality was repealed with serious help from Greg Walden!

A real, sensible approach will address causes of illegal immigration rather than the side effects, beginning with responsible trade policy that protects workers and the environment and increases the standard of living on both sides of the border.

Corporate America is making their profits off the backs of hard working families. It's time they pay their fair share. Real tax reform is needed because most politicians are bought and paid for by corporate interests. But what about the working families who can't afford to buy politicians?

Michael supports Bernie Sanders' College for All Act, eliminating tuition and fees at public colleges and universities — and paid for by Wall Street speculation taxes. Michael believes Wall Street taxes should cover the whole cost, rather than just 67 percent of it.

With the decline in manufacturing jobs came a decline in union jobs and real wages. The unionization of America's workforce should be a national mandate.

The future is in renewable energy, and we are blessed with wind and solar galore here in Oregon. The design, installation and maintenance of solar arrays and wind turbines are the family wage jobs of the future! The Clean Energy Jobs Bill in 2019 would help retrain workers for these jobs.

By supporting Michael Byrne now, you help turn the tide from the destruction being wrought in D.C. Every dollar helps. Get involved, and make all of our lives better by voting these priorities into office!

Robin Bloomgarden
Medford

County relies on EMS services

To the Editor:

As a former John Day resident, Mt. Vernon resident, Grant County resident and former firefighter, I would like to put in that the residents need updated equipment and a building for the citizens of Grant County. They need the EMS services and continuing education for the EMTs and firefighters that Grant County relies on, so please listen to the citizens.

Wayne Sybert
Sandy

Farm-friendly, pro-biofuels work positive

To the Editor:

The debate surrounding the Renewable Fuel Standard (RFS) has intensified and become much more complex recently. The efforts of a handful of oil refineries to portray the RFS as an unfair law to their bottom lines has attracted political opportunists like Sen. Ted Cruz to fight on their side. In times like these, when the opposition ramps up considerably, we must reflect on how lucky we are to have great biofuel champions in industry, Congress and the White House and encourage them to keep up the fight.

An East Coast oil refiner's downfall was the perfect opportunity for oil lobbyists and Sen. Cruz to exploit. Sen. Cruz has campaigned for months to reform the RIN system and has held the confirmation of Bill Northey to his U.S. Department of Agriculture position hostage until he got what he wanted. He argued on behalf of the oil industry, who only want to see the RFS weakened and their control of the pump strengthened. If their plans ever came to fruition, it would come at the cost of farmers already seeing declining incomes and hard-working employees at over 200 biorefineries across the country.

Thankfully, Sens. Chuck Grassley and Joni Ernst have been there every step of the way to combat these attacks. At a biofuels meeting in the White House last week, they represented farmers and biorefinery workers everywhere in defending the RFS and seeing that Northey was finally confirmed to his USDA position, where he'll join the Iowan senators' fight to promote American biofuels.

With more biofuel meetings with President Trump on the horizon, it's now more critical than ever that our leaders in congress know that this is exactly the kind of farm-friendly, pro-biofuels work we wished of them when we cast our vote for President Trump.

Kraig Hoene
Lebanon



WHERE TO WRITE

GRANT COUNTY

- **Grant County Courthouse** — 201 S. Humbolt St., Suite 280, Canyon City 97820. Phone: 541-575-0059. Fax: 541-575-2248.
- **Canyon City** — P.O. Box 276, Canyon City 97820. Phone: 541-575-0509. Fax: 541-575-0515. Email: tocc1862@centurylink.net.
- **Dayville** — P.O. Box 321, Dayville 97825. Phone: 541-987-2188. Fax: 541-987-2187. Email: dville@ortelco.net
- **John Day** — 450 E. Main St, John Day, 97845. Phone: 541-575-0028. Fax: 541-575-1721. Email: cityjd@centurytel.net.
- **Long Creek** — P.O. Box 489, Long Creek 97856. Phone: 541-421-3601. Fax: 541-421-3075. Email: info@cityoflongcreek.com.
- **Monument** — P.O. Box 426, Monument 97864. Phone and fax: 541-934-2025. Email: cityofmonument@centurytel.net.
- **Mt. Vernon** — P.O. Box 647, Mt. Vernon 97865. Phone: 541-932-4688. Fax:

- 541-932-4222. Email: cmtv@ortelco.net.
- **Prairie City** — P.O. Box 370, Prairie City 97869. Phone: 541-820-3605. Fax: 820-3566. Email: pchall@ortelco.net.
- **Seneca** — P.O. Box 208, Seneca 97873. Phone and fax: 541-542-2161. Email: senecaoregon@gmail.com.

SALEM

- **Gov. Kate Brown, D** — 254 State Capitol, Salem 97310. Phone: 503-378-3111. Fax: 503-378-6827. Website: www.governor.state.or.us/governor.html.
- **Oregon Legislature** — State Capitol, Salem, 97310. Phone: (503) 986-1180. Website: www.leg.state.or.us (includes Oregon Constitution and Oregon Revised Statutes).
- **Oregon Legislative Information** — (For updates on bills, services, capitol or messages for legislators) — 800-332-2313.
- **Sen. Cliff Bentz, R-Ontario** — 900 Court St. NE, S-301, Salem 97301. Phone: 503-986-1730. Website: www.oregonlegislature.gov/Bentz. Email: Sen.CliffBentz@oregonlegislature.gov.



Grant County's Weekly Newspaper

- INTERIM PUBLISHER.....KATHRYN B. BROWN, KBBROWN@EOMEDIAGROUP.COM
- EDITOR & GENERAL MANAGER... SEAN HART, EDITOR@BMEAGLE.COM
- REPORTER.....RICHARD HANNERS, RICK@BMEAGLE.COM
- COMMUNITY NEWS.....ANGEL CARPENTER, ANGEL@BMEAGLE.COM
- SPORTS.....ANGEL CARPENTER, ANGEL@BMEAGLE.COM
- MARKETING REP.....KIM KELL, ADS@BMEAGLE.COM
- OFFICE MANAGER.....LINDSAY BULLOCK, OFFICE@BMEAGLE.COM
- OFFICE ASSISTANT.....ALIXANDRA PERKINS, OFFICE@BMEAGLE.COM

1 YEAR SUBSCRIPTION RATES

- (including online access)
 - Grant County\$40
 - Everywhere else in U.S.....\$51
 - Outside Continental U.S.....\$60
- Subscriptions must be paid prior to delivery

Periodicals Postage Paid at John Day and additional mailing offices.

POSTMASTER send address changes to: Blue Mountain Eagle 195 N. Canyon Blvd. John Day, OR 97845-1187

USPS 226-340

www.facebook.com/MyEagleNews @MyEagleNews

Copyright © 2018 Blue Mountain Eagle. All rights reserved. No part of this publication covered by the copyright hereon may be reproduced or copied in any form or by any means — graphic, electronic or mechanical, including photocopying, taping or information storage and retrieval systems — without written permission of the publisher.