

Cannon Beach is launchpad for Bob Quick's journey



SUBMITTED PHOTO/CANNON BEACH GAZETTE

Troy Easton, Lt. Chris Wilbur, Cannon Beach Police Chief Jason Schermerhorn and Bob Quick.

What a way to make a friend — in the back of an ambulance as you're suffering cardiac failure. Landscaper Bob Quick of Roy, Utah — just west of Ogden — led an unhealthy lifestyle. He paid the price in 2004.

"I could tell he was dying as soon as I saw him, for sure," paramedic Troy Easton said. "Complete cardiac failure, ashen, blood pressure, 80 over nothing, he was real anxious, you know you're dying. He said, 'Please do everything you can to save my life.'"

Easton, first on the scene, said Quick had no pulse and was not breathing when they "let him have it," shocking him with 360 joules from a defibrillator.

For three-and-a-half minutes, Quick's life hung in the balance. As Quick, now 55, entered the "white light," he recounted last week in Cannon Beach, "I said, 'I'll do whatever I can to change,' and I woke up three days later."

"I'm not sure whether I had a choice to save him or not, but he wouldn't have had a very good lifestyle," Easton said. "Not very many people come back."

Quick's survival was a result of Easton's quick action and subsequent medical treatment — stents, bypass surgery, and multiple cardiac procedures, according to Easton. Quick suffered so much damage — the lower third of his heart was dead — he required a pacemaker defibrillator for survival.

San Diego to St. Augustine

Less than a decade later, in 2013, Quick had built himself into shape and proposed a unique thank-you for the emergency responders who came to his assistance. He conceived a plan to bicycle from coast to coast, the first man to embark on a transcontinental ride with 16 heart stents and a defibrillator. Easton and his wife Marla, owners of Easton Health and Safety Solutions in Ogden, sponsored the ride from San Diego, California, to St. Augustine, Florida.

The 91-day journey went through Southern California's Imperial Valley, where temperatures reached 114 degrees on the ride. Quick and his son, Conrad, rode at night when necessary. "It was an appreciation ride and thank-you to public safety for their response," Easton said. "Bob's job was to go shake hands and kiss babies."

"Say hello to your hometown heroes, because that's what they are," Quick said. "The ones that never hear a thank-you."

When they landed back in Salt Lake City, they were greeted by firefighters and emergency personnel lined on the runway in a V-formation.

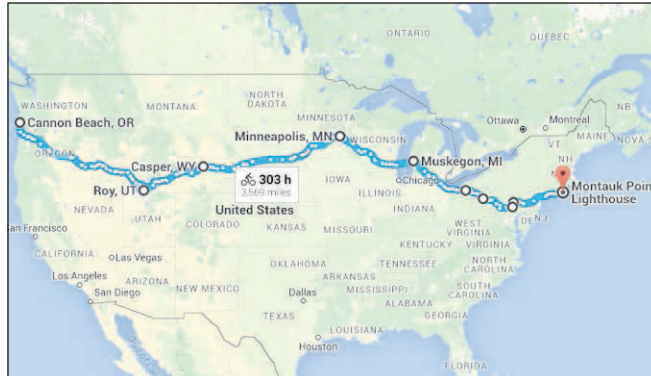
Onward to Cannon Beach

Quick, along with the Eastons and their two daughters, arrived June 7 in Cannon Beach via RV to launch the first leg of Quick's second transcontinental journey, a 3,400-mile trek from Cannon Beach to Fire Island, New York.

This time, Troy Easton will pedal alongside Quick. "Being the first paramedic to save him, I said, 'I'll go with you,'" Easton, 48, said. "I've got to watch him. He's a go-getter, he's done amazing things but I've got to reel him back. It won't be much of an journey if we kill him."

Quick had never been to Oregon, and originally suggested San Francisco as their launch point.

Easton vetoed that. "Bob wanted to take me through Nevada," he said. "We were going to go from San Francisco



CANNON BEACH GAZETTE/SUBMITTED PHOTO

The route Bob Quick and Troy Easton will follow on their ride.

to Nevada from Reno to Salt Lake — 512 miles of sheer hell. Why would you do that? You could cook an egg on the hood of your car."

Easton's daughters had recently vacationed in Cannon Beach, and loved the city and its scenic beauty.

He successfully pitched the idea to Quick: "We're going to Haystack, Jack!"

Quick agreed, and began preparation for the trip, which would conclude 3,400 miles away.

He got a "tune-up" from medical personnel, including another stent, implanted through the groin up the femoral artery. "The key was getting him ready internally, externally, mind for the next ride," Easton said.

The Eastons used the same tests on Quick they use for performance testing of fire and police personnel.

This ride expands the original goals of the 2013 trip. Along with thank-yous to emergency services, Quick and his team hope to raise awareness of physical fitness and health, and they are raising funds to provide iPads to schools service autistic children.

Quick's grandson, Bruce, 6, is autistic.

On the road

Quick and Easton, who took off June 1, were headed for Salem and then to Bend.

The northern route promises cooler weather and scenic beauty, along with the opportunity to participate in a three-day event planned for St. Jude Medical in Minneapolis, Minnesota. They'll then take 250 miles of trail from St. Paul to Milwaukee, Wisconsin.

With food, tents, sleeping bags and stoves, "We've got everything we need," Easton said.

They plan to travel about 50 miles a day. To prevent diarrhea or cramps, they eat glutamates and protein — to maintain their energy, they'll need about 8,700 calories per day.

"We've been training hard the last little while," Easton said.

"But once that heart rate goes up over your threshold and that lactic acid is rocking and you've still got seven miles up that hill still that's so heartbreaking, when you're riding a 140-pound bike. I'm used to a 17-pound bike."

This should be a wakeup call for all of us — you don't have to suffer a heart attack to participate in life, the "full catastrophe." Your crowning moment is right now.

The journey offers inspiration to "seize the day" — before the day seizes you.

An invitation to the purple martin

I have had many wonderful bird adventures this last month including becoming a bird whisperer to purple martins. Here's how it happened!

Just after Mother's Day, some wonderful friends helped me put up a structure for purple martin nesting. (Thank you to Shoab, Kara, John and Scott.) It's a 25-foot tall T-shaped bar with a winch. The crossbars have eight gourds hanging from them. It is about 40 feet from my house on the edge

of Neawanna

Creek, perfect

nesting territory

for the martins.

Each morning

when I woke up

at 5:30 a.m., I

played the purple

martin dawn song on my back porch. This is done to attract

the scouts that are out looking for more purple martin bird

habitat as they migrate and fly around in the area.

Nothing seemed to be happening, no martins in sight. I

thought of another approach. Hearing of a colony of purple

martins in Astoria, I decided to stop by for a talk. Each

morning on my way to work as I crossed the old Young's

Bay Bridge I took a right and stopped at the Yacht Club —

you know, right there where the gillnetters park their boats

and talked to the purple martin colony. I said "Hey, I know

this great new place in Seaside! It's affordable housing,

it's so close to water, in a quiet neighborhood and close to

the beach! Well, it worked! That Saturday, a purple martin

showed up! And on Sunday he landed on the crossbars then

checked out each of the gourds. (so much fun to watch, I

got nothing done that day!) The next day, he brought back a

friend! I haven't witnessed them putting in nesting material

but they do come back and visit the affordable housing

frequently and I hope we soon have purple martins nesting

in Seaside.

Please join us for a special bird walk sponsored by Ecola

Creek Awareness Project, Sunday, June 26, 9 a.m. to noon.

We're going to retrace Mike Patterson's walk around Cannon

Beach that he described during the Friends of Haystack

Rock lecture series last winter. We'll be walking from the

Lagoon Trail across the beach to Haystack Rock through a

neighborhood and back to the Lagoon hopefully in three

hours.

Also our first Sunday bird walks continue to happen.

The next one will be on July 3, so if you're in town, join

us 9 a.m. at the lagoon trail on Second Street. As a group,

we decide where the best birding is and bird until about 11.

Bring binoculars and wear appropriate clothing. Everyone is

welcome!

Susan has spent her life enjoying the great outdoors from

the lakes and woods of Northern Minnesota, Mount Adams

in Washington and now the Oregon beach environs. After

spending many pleasurable hours driving her avid birder

parents around, she has taken up birding as a passion, to

the mixed emotions of her husband Scott. The Boacs reside

on Neawanna Creek in Seaside where their backyard is a

birder's paradise.

BIRD NOTES

SUSAN BOAC



LETTERS

Budget control?

I was dismayed to read about the Cannon Beach budget plans ("Cannon Beach boosts budget by a third," The Daily Astorian, May 6). Acquiring property in the tsunami inundation zone sounds like a horrible idea.

The idea that "as you enter town we want something we can be very proud of" indicates that there will be a massive building project ahead, with associated tax increases. If the city truly wants to beautify, I would suggest spending the money on underground utilities, better maintaining landscaping in parking areas and paving streets.

Also interesting was money budgeted for a "salary survey." Will the taxpayers ever see the results, or will it be like the last expensive survey?

Since this type of survey is commonly used to justify salary increases, if the results show employees are overpaid, will it quietly be filed away? How about some transparency here?

Philip Hall
Cannon Beach

Ways to greatness

We won't pay for eternity if you are "feeling the Bern," according to Thomas Friedman ("Politicians and the lies that matter," The Daily Astorian, June 2).

Here is the truth. The conservatives want you to think that a Bernie Sanders administration will make you pay taxes for eternity, but history (and I lived the history) points out that it's not true. History has been kind to many of the Boomers. I paid \$90 a quarter at Cal State University, Los Angeles in the early 1970s. That's because the top federal tax rates were at 50 percent for earned income, 70 percent for unearned income and 32 percent for capital gains.

Education was subsidized — then came Reagan. The conservatives' goal is to starve government by cutting taxes for the wealthy and businesses so we can't afford to have a functioning democratic society. This has almost been accomplished. That's why there is so much anger.

How will a Bernie administration or a socialistic administration accomplish the great ideas? It's easy:

1. Raise the ceiling on Social Security so the wealthy pay more into the program. No tax increase on everyone, just the wealthy.

2. Charge a .025 fee on high-speed stock transactions to pay for college. No tax increase.

3. Medicare for all is paid for by paying a tax instead of a premium. What's the difference? We already pay into Medicare, so we keep on making the payment and voila, Medicare for all. No tax increase.

4. Break up the banks and large corporations by activating the Sherman Antitrust Act.

5. Bring back Glass-Steagall Act.

So, these are the ways we can make America great again ... more equality.

Pamela Jacobson
Arch Cape

See Letters, Page 5A

'Start moving and grooving'

Cannon Beach Police Chief Jason Schermerhorn and Lt. Chris Wilbur offered a salute to Troy Easton and Bob Quick before their first leg Wednesday morning.

"It's such a good endeavor for a good cause," Schermerhorn said. "He says he's thankful for law enforcement and fire and medical for everything they do because of the battles he's been through with his drug addiction and getting clean. I'm honored to have met him, and just the work he's doing to help others is a great

testament to what he's doing."

The rescue component is one all law enforcement officers must face, whether in Cannon Beach or Chicago. "We've performed CPR countless number of times and it's very hard to bring people back," Schermerhorn said. "When you have that opportunity, it's good to know CPR does work. With him, what a great tribute and that he's now able to change others' lives as well. For all the things he's been through with the stents and the

pacemaker, it's very courageous."

"When we saved Bob he was way down low," Easton said. "He's so inspiring — I was a flight paramedic and had a huge accident a year ago. I got addicted to pain pills, gained a bunch of weight. It's come full circle and now he's saving me. You never know. If you've got coronary artery disease, face overweight and obesity, diabetes, addiction — start moving and grooving, and you can pull yourself out of it."

