

AED and Quick Thinking Save Life of 24 Hour Fitness Client

By Sophie Braccini



Kevin Paulsen and Kiley Yeaman with MOFD responders Photo provided

It was a normal day of early spring at 24 Hour Fitness. In the front of the facility, rows of clients of all ages, led by the gym's optimistic mood music, were expending calories on treadmills and stationary bikes, while in the back a mostly masculine crowd was studiously working on developing their muscle mass.

Then, what no gym manager ever wants to see happen took place — a young man collapsed, struck by a sudden heart attack. Luckily for him, both the manager on the floor and two patrons did not lose their cool and, using an automated external defibrillator (AED), were able to resuscitate him as paramedics got to the scene.

Kiley Yeaman, the club's young operations manager, remembers the high pressure of the situation. When the young patron fell, two club members, Kevin Paulsen and Michael Bellotti, started manual CPR while another called for her assistance. As soon as she got to the weight training area and assessed the situation, she understood what was going on and rushed to get the AED that is installed at the club, and decided to use it on the client. She had never done it before, other than on a mannequin during a CPR certification class.

Under the stress of the situation, Yeaman was not scared, but rather felt the situation was somewhat surreal. She added that she felt lucky afterward to have been able to put her emotions aside and focus on what had to be done. At some point a patron asked her if she really knew what she was doing, but remembering her training, she was confident enough to proceed.

Yeaman grabbed the detachable paddles, put them on the young man, then the machine detected the irregularity and advised her what to do next. She says this was easy enough. The machine told her to shock the patient and she did, twice.

What she later learned is that the survival rate using CPR alone is 10 percent, while it is 60 percent when an AED can be used.

Another worker had called 911 and Moraga-Orinda Fire District paramedics were on the scene as she applied the second shock. The patient was taken to the hospital and completely recovered.

The young man's brother came back to the club to thank everybody, but Yeaman was

not present.

The Moraga Town Council wrote a proclamation to thank Yeaman, Paulsen and Bellotti, for their bravery. At the meeting where they were presented the document, MOFD Capt. Vince Matulich said that it was an excellent example of the community-based approach to heart attacks that helps the emergency responder do their job. AED, and early CPR increase the effectiveness of professional advanced measures.

Yeaman is a fulltime employee of 24 hours Fitness as well as a fulltime biology student at Las Positas College in Livermore. She says that the experience she had has given her the push to declare biology as her major and to study toward a profession in the healthcare sector.

She says she felt humbled by the experience — for her it shows the importance of being trained because anyone can learn it and it can make a difference.

AEDs are portable devices that check the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest. Yeaman says that all the branches of that gym are equipped with AEDs and that the units include pediatric pads. AEDs are found in more and more public places and businesses, including some that were recently installed at Moraga Commons.



Kiley Yeaman at her work at 24 Hour Fitness, next to the AED unit. Photo Sophie Braccini

Venture Forth from Lamorinda for an Adventurous Culinary Tour

By Fran Endicott



Grilled avocado

Photos Fran Endicott

We are lucky to live in one of the most food-centric places in the nation. Our seaside proximity delivers us the freshest fish. The artisanal farms and dairies of West Marin provide us with impossibly delicious cheeses and meats. And the innovations and influence of Silicon Valley seem to have rubbed off on many of the area's top chefs.

In the past couple of years that I've been covering local restaurants, I've encountered several dishes and drinks that elicit oohs and aahs and closed-eye, heavy sigh satisfaction. And thus, I've compiled my first ever "best list" — here below, in no particular order. To experience some of these noteworthy items might require stepping out of a comfort zone, but I guarantee, each bite or sip will be worth it.

Best start to a meal: Philipponnat Reserve Brut Rose, Nico, San Francisco (Pacific Heights). Each night, the Nico staff open a magnum of this gorgeous pink elixir; a civilized start to any meal.

Best beer selection: Sessions at the Presidio, San Francisco (Presidio). More than 100 selections with varying alcohol counts, under categories such as 'fun,' 'exciting,' 'classic,' 'crisp,' and 'big.'

Best Bloody Mary: The Ritz Carlton, San Francisco (Nob Hill). The Ritz's decadent Second Sunday Brunch features a mix-it-yourself Bloody Mary bar with a choice of mixers and garnishes including bacon, cucumber, celery, green beans, olives, or lemon slices.

Best cocktail for a cause: Bluestem Smash, Bluestem Brasserie, San Francisco (SOMA). During happy hour, \$1 from each order of the bar's namesake drink - a refreshing blend of St. Germain, vodka or whiskey, muddled seasonal fruit, mint, lime and sparkling wine - is donated to UCSF cancer research.



Margarita

Best margarita: The Copita Margarita at Copita y Comida, Sausalito. Made with 100% agave blanco tequila, agave nectar, and fresh lime juice, it's shaken at the table and poured over a singular large ice cube. One is likely not enough.

Best martini: Top of the Mark, Mark Hopkins Hotel, San Francisco (Nob Hill). It's not that their version is particularly superior; it's the view. Nowhere else can you experience this skyline vista while deciding if you want yours shaken or stirred.

Best namesake cocktail: The Steph Curry, Dosa, San Francisco (Fillmore District). Inspired by the energy and fortitude of the NBA all-star and made with Four Roses Single Barrel Bourbon, curried nectar, spiced agave, lime juice and Tempranillo.

Best low-octane cocktails: Myriad Gastro Pub, San Francisco (Mission District). You won't miss the hard stuff in Myriad's cleverly named cocktails made with creative, low alcohol ingredients.

Best use of avocado: Grilled avocado, Bird Dog, Palo Alto. One perfect avocado, peeled, sliced in half, and warmed on the grill, served with ponzu and wasabi. So un-

complicated and so good.

Best appetizer: The 'breaking bread' course at Haven, Oakland changes daily. An example: basket of homemade breads and crackers, olive oil drenched burrata, chicken liver mousse, charred scallion hummus, Monterey squid, and Oregon Dungeness crab fritter.

Best pate: Duck Liver Mousse, Hillside Supper Club, San Francisco (Bernal Heights). Incredibly luscious and creamy and served in a small canning jar with a huckleberry gelee glaze.

Best side dish: Carciofo, Poggio Trattoria, Sausalito. Smoky and tender grilled artichoke with lemon vinaigrette and basil pesto aioli.

Best fish dish: Ora King Salmon, Little Gem, San Francisco (Hayes Valley). A large, perfect piece on a bed of quinoa with almonds and Kalamata olives. Simple yet so flavorful.

Best chicken dish: Roasted Mary's Chicken at Delfina, San Francisco (Mission District). This succulent, salt-brined breast and leg served with King Trumpet mushrooms and olive oil mashed potatoes is the definition of soul-satisfying.

Best Swedish meat balls: Köttbullar at Volta, San Francisco (SOMA). If your definition of Swedish meatballs is derived from those at a certain retailer of ready-to-assemble furniture, try Volta's version - small spheres of beef/pork/veal served with potato puree, cream sauce, and fresh lingonberry.

Best pizza: Boot and Shoe Service, Oakland. Perfect fire blistered crust topped with fresh, seasonal ingredients.



Ramen

Best ramen: Any of the choices at Shibu Ramen, Emeryville Public Market, Emeryville. Light or creamy broth with varied ingredients such as bean sprouts, soft-boiled egg, pork chashu, bamboo shoots, green onions, microgreens, grilled kabocha squash, corn and green onions.

Best steaks: Alfred's steakhouse, San Francisco (FiDi). California grass-fed beef, dry-aged and mesquite grilled to order. Choose from Filet Mignon, Ribeye, Porterhouse, or New York cuts.

Best vegetarian dish: Carrot and Red Quinoa Salad, The Keystone, San Francisco (SOMA). Served with cashew cheese, serrano chili, crispy ancient grain and berbere spiced citronette. So delicious that the meats will not be missed.

Best Eggs Benedict: Eggs Benedict 'Carbonara,' Locanda, San Francisco (Mission District). Two perfectly poached eggs and crispy prosciutto cotto on Locanda's signature pizza bianca (a light focaccia), smothered in a light hollandaise 'cacio e pepe.'

Best dessert display: Sunday Q Brunch Club, Quattro Restaurant, Four Seasons Hotel Silicon Valley at East Palo Alto. A dizzying array of all-you-can-eat house-baked pastries including pumpkin cake, peanut butter cake, raspberry chocolate brownies, tiramisu, maple pot de crème, and homemade cookies.

In Memory

Gertrude Elaine Hogg Sonnichsen



Gertrude Elaine Hogg Sonnichsen, beloved wife of Thomas Henry Sonnichsen, died on May 30 at the age of 87. Everyone called her Trudy. She and Tom were residents of Lafayette and prior to that, they lived in Rossmoor.

Trudy was a world traveler and began her life in Pennsylvania. Her relatives from England and Scotland were Quakers; They arrived in the new world at the time of William Penn. They were farmers and involved in the beginnings of our government (at the time of the Indian Head Penny and the Mason Dixon Line).

Trudy left her home in Oxford, Penn-

sylvania for Bucknell University. She married Thomas Henry Sonnichsen, who had just returned to Bucknell after serving in the Ghost Army in WWII. They had three children, Linda Bevard, Jamie Bonetto and Jennifer Robinson.

Because of her husband's job, Trudy and the family moved many times. Their moves included seven years in Europe (France, Holland and Italy). This enabled her to return home and open her own travel agency in Mountain Lakes, NJ.

Due to the success of her travel agency, Boulevard Travel, she was one of the first travel agents to be invited to Mainland China when it opened its doors to the west in the 1970s.

She and her husband were residents in Mountain Lakes for 40 years and married for 68 years. She was well loved and is survived by her husband, Thomas Henry Sonnichsen, age 93, and her two remaining daughters, Jamie Bonetto and Jennifer Robinson; six Grandchildren and 14 great-grandchildren.

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