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A SURVIVOR'S STORY

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EDITOR

Rick Cobie is not a person to share personal details. But his very private life became exceptionally public when the Ackley man collapsed following the 2023 Sauerkraut Days parade. Rick can't recall much about that day, let alone the two days prior to the massive heart attack he fell victim to in that moment. He remembers little about those days just prior. In fact, he doesn't recall anything at all about the parade in which he carried the American Legion Post 252 flag as one of the local Legion's Color Guard.

At the end of the parade, as the Color Guard approached the AGWSR football field, Cobie collapsed.

"I don't remember anything about the parade - I do remember my grandchildren riding rides; I remember making hamburger patties on Friday night, other than those things, I don't remember," Cobie began.

Thomas Craighton, Hardin County Emergency Management Coordinator, was first on the scene. He'd been just a couple parade entries behind the Color Guard, arriving on scene almost immediately. Craighton had begun CPR within seconds, just barely before the Eldora EMS paramedics.

The Eldora EMS crew had decided to take part in the parade as a possible merger between the Eldora and Ackley crews was being considered by the Ackley council. They were just a few parade entries behind Craighton and took over at the scene.

Tanner Wolken, critical care paramedic, has served in that role for 11 years.

"We were four-to-five blocks from Rick, just a minute or two away," Wolken began. "We heard



BECKY SCHIPPER/ACKLEY WORLD JOURNAL

Rick and Darla Cobie have a new outlook on life following Rick's massive heart attack, which took place following the Sauerkraut Days parade this past June. Both are grateful for the response of friends, emergency management director Thomas Craighton and to the Eldora EMS team for their quick actions to save Rick's life.

the call but weren't exactly sure what the problem was. As we approached, we saw Thomas doing CPR."

Others were instrumental in providing care in the minutes before the Eldora crew arrived on scene. Rick credits Doug Boheman and Corey Meints for their quick thinking. The pair worked to move his arm and massage his heart before Craighton arrived on scene.

Wolken explained that there is so much to do in such instances, and such a short time to do it in. His experience provided him the knowledge to immediately ask Hardin County Sheriff's deputies, who also responded, to put the helicopter in the air.

"While we have an ER close, critical care hospitals and cath labs - where tests and procedures including ablation and angiograms are not as close as we'd like," Tanner said. "The ability to transport a patient quickly plays an important role."

Tanner quickly assessed what was taking place. Rick had no pulse, no breath and a non-sustaining heart rhythm. Without quick action, Rick was not going to make it.

"Rick received eight to 10 minutes of CPR, we

got his pulse back but his heart that evening was the angriest I've ever seen," Tanner explained. "Survival of this type of situation, in general, is unusual. Rick was extraordinarily lucky."

Rick received defibrillation, he was intubated - which was difficult in and of itself, and every medication that Wolken and the EMS crew on scene could pull out of their rig was administered.

"In my 11-year career, Rick is only the second individual I've seen with a meaningful outcome," Tanner said. "Everything aligned for him." He adds that the experience was

Cobie Benefit

WHAT? A burger fry
WHEN? Saturday, Oct. 21 - 4 to 8 p.m.
WHERE? Elliot-Keninger Post #252 of the American Legion - 639 Main St., Ackley

happening, but it felt like it was happening to someone else."

Rick was flown to the hospital in Mason City, where it was eventually discovered he had seven blockages in his heart. Those were repaired in a lengthy surgery. Ten days later, he was released from the hospital. Along with his cardiac arrest and the repairs to the blocked arteries, Rick learned that he had two broken ribs from the CPR. They, along with his sternum, were wired back in place and he's feeling no pain at all.

"That was scary," Rick began. "Before the surgery we didn't know if I'd be able to talk, walk anything."

As Rick continues to recuperate - he's feeling the best he has in a long time. He's in his ninth week of cardiac rehab, has more endurance, and walks four days a week, averaging three-to-four miles a day.

The couple is grateful to the community for their wonderful support. Rick is considering his options about returning to work when he's released. Experiences such as the one he went through will do that to a person, he says.

"Many people don't realize what paramedics can do in these situations," Darla said. "Without them, I'm not sure how this would have gone."

Rick is grateful to the council for their recent decision to merge the Eldora and Ackley EMS services and will forever be thankful for the experience of the individuals who saved his life.

The Ackley Sons of the American Legion are planning to raise funds for Rick and Darla through their first burger fry of the season. That event is scheduled for Oct. 21 from 4 to 8 p.m. at the Ackley American Legion. ●

Supers talk proceeds from farm ground sale

Name Hoffman as CICS representative

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Hardin County Supervisors discussed ways interest funds from monies generated from selling farm ground around the County Home (28283 Co. Rd. D41) during their Aug. 21 meeting. The property sold, according to Supervisor Lance Granzow "for about \$1.1 to \$1.2 million."

Minutes from a July 2022 board meeting show a live auction was held and a bid of \$9,500 per acre (115.9 acres) was accepted at that time. A second, adjoining parcel sold in February, for \$1,650 per acre (10.1 acres).

Granzow reported the funding had been invested in a Certificate of Deposit and asked for a discussion on what the funds should be spent on.

"What do we want to do with that interest on that money?" Granzow asked. He suggested the funds be used for economic development or the county fairgrounds.

"I can tell you that we're making more on interest than we were on renting it," Granzow said.

Supervisor Renee McClellan agreed economic development would be a good use providing the funds can continue to be tracked.

"Once we work on a budget, we can see where we are funding-wise and consider then, but I like the economic development idea," McClellan said.

Supervisor BJ Hoffman suggest the funds be used for courthouse maintenance and upkeep - things like tuck-pointing. Hoffman said the group should collect ideas and see where the money could best be spent when the next county budget work begins.

The issue will be revisited at a future meeting.

CICS Representative

Hoffman was appointed as the CICS (Central Iowa Community Services) representative due to his experience on the board previously, including serving as chair of the board.

"The Legislature did a little bit of reorganization within the mental health regions to include law enforcement, juvenile services, juvenile court services, county attorneys and more providers," Hoffman explained.

"The logic is, because the state took overpaying for the mental health services, where it's no longer a local levy, that the state can now dictate the membership and the composition of each mental health region board," Hoffman said. "We're still involved, we're just not voting members. It's just delegating a representative."

Other county representatives include those from Story, Franklin, Hamilton and Jasper counties. In the, past all Iowa counties had been represented.

Tax Statement

Hardin County Treasurer, Machel Eichmeier, explained that tax statements had been mailed out to property owners on Aug. 16, but that many had reported they had still not received them as of Aug. 21. Eichmeier reminded property owners that even if a tax statement had not been received, payment is still required. The final day to pay without penalty is Sept. 30.

In other business:

Supervisors appointed Eichmeier to allocate interest earned on Opioid Settlement Funds from the General Fund to the Opioid Fund.

There will not be a Sept. 4 meeting of the Hardin County Supervisors due to the Labor Day holiday. ●



Flam-tastic!

CREDIT

Henry Harms shares a grin as he and Mom spent time at the Ackley Municipal Pool on a very hot Thursday afternoon. The pool was not overly full despite another 100-degree day. Henry and his flamingo pal enjoyed the warm water for one of the last days of the regular season at the pool. Pool manager Amber Gronewold said Friday was the final day for swimmers.

