

Life Saver

It was a typical soccer practice for Jessica, until she heard the screams.

BY ALEXIS BURLING

Fourteen-year-old Jessica Moncrieff hadn't planned on becoming a hero when she arrived at soccer practice on a Friday afternoon this past May. If anything, she felt less energetic than usual as she walked onto the soccer field in Cole Valley, Idaho. But when she heard frantic screams coming from the **adjacent** baseball field, she snapped to attention. She saw a boy lying face-down in the dirt. And no one seemed to know what to do. Luckily, Jessica did.

She had taken a Red Cross class for babysitters the year before. She had also just finished a CPR refresher course as part of her health class at school. So when Jessica sprinted over and saw that the boy—14-year-old Justin McAfee—wasn't breathing, she sprang into action.

"She took charge," Moncrieff's father said. "She jumped in so fast! I got on her a little because I wanted to make sure she knew what she was doing."

But Jessica's father needn't have worried. Jessica was nervous about doing mouth-to-mouth on a live person rather than the plastic doll she'd practiced on in health class. But she only hesitated for a second. She took Justin's pulse. Then she blew air into his mouth and pumped his chest for almost 10 minutes, supplying him with the oxygen his body needed to survive.



When she finally stopped after the paramedics arrived, Jessica was exhausted—and shaken. She wasn't certain she had done the right thing—but the paramedics were. "She was doing some of the best CPR I've seen," said paramedic Jeremy Schabot. In fact, when Justin was carried into the ambulance, he was breathing again.

By the time Justin was rushed to St. Luke's Meridian Medical Center, his heart was beating, thanks to a skilled paramedics crew—and Jessica. And he was scheduled for surgery that would fix the faulty valve in his heart. As he looked back on that terrifying day from his hospital bed a few weeks later, Justin didn't know when he'd get better. But he was certain about something. "I could have died," he said. "What Jessica did was amazing." ●

No-Sweat BUBBLE TEST

Read the article on page 30. Then fill in the circle next to the best answer for each question below. Next time you take a real bubble test, you'll be a pro!

1. An alternate title for this article could be
 - A. "The World's Best Babysitter"
 - B. "The Hero of Cole Valley"
 - C. "Justin's Bad Day at Baseball"
 - D. "How to Be a Paramedic"

2. According to the article, why did Jessica know how to help Justin?
 - A. She guessed.
 - B. She had seen CPR performed on TV.
 - C. She had learned CPR in Red Cross and health classes.
 - D. She was a paramedic.

3. Which statement best describes Jessica as she performed CPR?
 - A. nervous but capable
 - B. careless and unconcerned
 - C. scared and shaky
 - D. cocky but untrained

4. According to the article, Jessica helped Justin by doing all of the following EXCEPT
 - A. taking his pulse.
 - B. pumping his chest.
 - C. blowing air into his mouth.
 - D. helping him stand up.

5. What does "frantic" mean in the first paragraph?
 - A. lonely
 - B. very quiet
 - C. upset with fear
 - D. happy and laughing

6. Why did the author write this article?
 - A. to persuade people to learn CPR
 - B. to share a story about a brave teenager who helped save a life
 - C. to describe Justin McAfee's heart condition
 - D. to entertain with a story about soccer practice

Critical Thinking

Answer the following questions on a separate piece of paper.

Explain your answers using information and details from the article.

1. How does the reader know that Jessica performed CPR well?
2. How do you think Jessica and Justin felt about the episode during and after?