



## **The Straight and Narrow**

*Dale and Kathy Compton Chapter G2 Educators*



This month I am going to get down off my safety soapbox for a while, and take one knee for the entire Chapter. So if you will please humor me for a short while.

I would like to thank the entire Chapter for the support, participation, encouragement, and direction that you all have given to me, Frank and the REP this year.

We all should be very proud of the major gains that we have made in the program in the short twelve months that we have been at it.

At the beginning of the year we set some pretty lofty goals for the Chapter and everyone stepped right up rolled up their sleeves and did whatever they could to make this chapter as good or better than any chapter in the state. Though we did not meet most of the goals that we set, we made such drastic improvements that there is no way that we can be ashamed of where we are. As I told you at the start we have to have goals otherwise how will we know when we get there. I am very proud to say that whether or not we met our goals, **WE ARE THERE!**

Let us not rest on what we have accomplished, but go at it again in 2008. After this year, in 2008 the sky will be the limit for the RoadRunners.

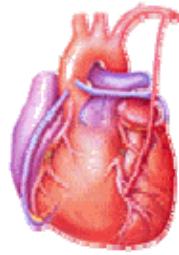
I will continue to give you all the opportunities and tools that I can muster to help you become the rider that you always wanted to be.

Again thanks to you all for all that you have done, with a special thanks to Ron and Sandy for the opportunity to do something that I care about deeply, and have always wanted to do, and to Frank for all his help and mostly his friendship.

Till next time, be safe, take care of your selves and each other.

Dale

# SELF CPR



What are you to do if you have a heart attack while you are alone? If you've already received this, it means people care about you...

The Johnson City Medical Center staff actually discovered this and did an in-depth study on it in our ICU. The two individuals that discovered this then did an article on it... had it published and have even had it incorporated into ACLS and CPR classes.

It is very true and has and does work. It is called cough CPR. A cardiologist says it's the truth ... For your info ...If everyone who gets this sends it to 10 people; you can bet that we'll save at least one life.

Read this...It could save your life! Let's say it's 6:15 p.m. and you're driving home (alone of course), after a usually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course didn't tell you what to do if it happened to yourself.

## HOW TO SURVIVE A HEART ATTACK WHEN YOU ARE ALONE

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this, it **could save their lives!**

(Reprint from the Mended Hearts, Inc. publication, Heart Response)

**BE A FRIEND AND PLEASE SEND THIS ARTICLE TO AS MANY FRIENDS AS POSSIBLE**

**Submitted by Frank Boyd Assistant Educator**