

Tips for surviving a heart attack when no one is around

Most people don't know what to do if they think they may be experiencing a heart attack and there is nobody around. The following article might help keep you alive until help comes:

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually 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 training in cardio pulmonary resuscitation (CPR) but the guy who taught the course neglected to tell you how to perform it on yourself. Since many people are alone when they suffer a heart attack, this article seemed to be in order.

Without help, the person whose heart stops beating properly 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. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. And a cough must be repeated about every 2 second 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!

From Health Cares, Rochester General Hospital via Chapter 240s newsletter And The Beat Goes On (reprint from The Mended Hearts, Inc. publication, Heart.



SPRINGTIME IS AROUND THE CORNER, and with spring in the air comes the birth of new life around us. Alvin Amack's sheep herd is busy with the new arrival of lambs. Herald staff photo by Karen Krien



RECESS TIME! Everyone takes advantage of a break from the school work, including Allyson Northrup, who seems to be enjoying the carefree world of swinging. Herald staff photo by Karen Krien

— Outdoors with Chuck —

By Chuck Kribs

The hunting seasons are pretty much over and it's too cold to fish, so many outdoorsmen are staying warm, reading catalogs and planning next year. I worked as a volunteer at Colorado Department of Wildlife booth at the International Sports Show this year. There were folks from all over the world representing hunting/fishing destinations. A lot of the trips were priced

beyond the average hunter, but a few were outright bargains. We are considering a bird shooting trip to Argentina. Diane thinks that if I stayed away from Cabelas and out of Big Eds for a month, it might cost less than having me at home!



Occasion

Birthday Club

The Birthday Club held their March luncheon at noon on Thursday at Park Hill.

Attending were Sharon Penton,

DeEtta Knorr, Deloris Knorr, Reva Pownell, Dolores Kincheloe, Lois Leydig, Arlene Walz and Betty Jean Winston.

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Rules for reporting failed crop acreage

"New rules make it important to report failed crop acreage to the Farm Service Agency office," said Angie Berens, director of the local Farm Service Agency office.

"This is especially relevant to our county with all the failed wheat activity. If you are going to destroy your wheat, you must report it as failed acreage with our office prior to destruction," she said.

"In addition, if you are prevented from planting any crop, you must notify the Farm Service Agency office within 15 days after the final reporting date. In both instances, you will be asked to fill out a Notice of Loss form."

For additional information, producers should contact the Farm Service Agency at (785) 332-2183.

Good Bye Winter ... Hello Spring!!!
... and it's "that" time again!
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DEADLINE MARCH 31
Calls received after the DEADLINE will need to wait until next fall.

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