

MACKENZIE CARMAN AND JOSHUA SCHWAB placed two fingers on their neck to learn how to find their pulse. Kids at Oberlin Elementary School were taught cardiopulmonary resuscitation last Wednesday for Wellness Day. —Herald staff photos by Kimberly Brandt



SCHOOL NURSE RUTH WOLFRAM helped Jordan McHugh place her hands in the right spot of "Adam's" chest to start compression. Kids learned the ABCs of how to save the life of someone who isn't breathing during a class last Wednesday.

Students learn **A**irway

By **KIMBERLY BRANDT**
It is just like the ABC's: everything is done in a specific order. That's how school nurse Ruth Wolfram described cardiopulmonary resuscitation last Wednesday at Oberlin Elementary School's Wellness Day.

The school has a wellness day every month. For January, it was refreshing kids' memories on what to do when someone is no longer breathing, or choking.

Mrs. Wolfram told the kids the steps for helping someone in an emergency. It's like the first three letters of the alphabet, she said: The A stands for airway, which you have to open by placing one hand on the forehead and the other on the chin and tilting the person's head back. The B stands for breathing, and the C for circulation, which is the person's pulse.

She went through the steps of how to check to see if the person's chest is moving to see if they are breathing, and how to tilt the head and breathe into the mouth, watching their chest expand as their lungs fill. After she breathes into the body, Mrs. Wolfram showed the students how and where to do chest compressions with the palm of their hand, to help the heart pump blood.

Classes sat in the gym in shifts. Above all, Mrs. Wolfram told the kids, they need to call for help. She asked them what number they call in an emergency and most of them said "9-1-1" in unison, but there was one kindergartner who said he wasn't allowed to use the phone.

Mrs. Wolfram asked the students after they call 911, what do they need to tell the person who answers. The kids thought quickly and said they needed to know where they live, what happened, their phone number and who they are. She said that they were correct, but with the address they also need to know how to tell the ambulance crew to get to their house for those who live out in the country and that they all need to know their last names.

The kids also learned what to do for a person who is choking. The universal sign for a choking person is when they place two hands around their neck. She showed students how to do a blind sweep, compressions to try to force the object up and out of the airway and more breathing.

"I think that it is important that they have the information in case they are in an emergency situation," said Mrs. Wolfram. "Their job is to call 911."

Breathing

Circulation

S



Out Back

By Carolyn Sue Kelley-Plotts
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She spent the week studying dinosaurs, running from gas bill

As I sit and think of a way to start this column, I'm also watching *The Today Show*. Jim enters the room and comments, "Lord, I don't think she's working." "Yes, I am!" I quickly defend myself, "I'm thinking; that's work." "You got that right!" he observes. I don't like the way he said that.

—ob—
If we happened to have met you during this past week, we will have, undoubtedly, shared with you our experiences at Dinosaur State Park at Glen Rose, Texas, during our recent "babysitting" trip.

To walk in the steps of dinosaurs was incredible. However, our timing was off and the day we chose to drive down was the day the Creation Research Center, adjoining the park, was closed. It was through the center's efforts that a section of the Paluxy River bed was recently excavated to reveal fossilized human footprints alongside, crossing and in one instance, inside the dinosaur prints. The implications of this are, of course, that man and dinosaurs co-existed, literally shaking the evolutionist theory to its core.

If you're interested, check out this website: www.bible.ca/tracks. But as MacArthur said, "We shall return."

—ob—
We had a serious case of "Gas Bill Shell Shock" when we opened our last statement. For our little house, with one little floor furnace, one little water heater and one little cooking stove, our gas bill was a whopping \$1,024! Our first reaction was to move. South! However, on second glance, we realized there had to be a mistake. Sure enough. Jim went out to read the meter and there had been an obvious misreading. I pity the poor weekend guy at the gas company who had to answer all the irate callers who had just opened their bills. He couldn't help anyone and could only tell you to call back on Monday.

Oh, yeah! You can be sure we'll call back.

—ob—

I watched bits and pieces of the Inaugural Parade on Saturday. Especially the protestors. Expecting, at any moment, to see my oldest daughter, Halley, being hauled off by police for obstructing the parade route. It's not that she doesn't like Republicans, she just doesn't like this particular Republican. I left her a voice-mail message this weekend, encouraging her to look on the bright side and that I think she'll be pleasantly surprised by George W.

—ob—
This weekend marked the anniversary of the Roe vs Wade decision legalizing abortion. Figures quoted for the number of aborted babies in this country since that ruling top 37 million.

As much as I despise abortion, I would like to see as much effort put forth to prevent unwanted conception as is expended to prevent abortion. The best oral contraceptive is still, "No." I'm wearing a pin this week that says, "If it's NOT a baby, then you're NOT pregnant!"


—ob—
My brother, Bill, sends me the funniest e-mails. Here's some reasons "Farm Trucks Are Never Stolen:"

1. They have a range of about 20 miles before they overheat, break down or run out of gas.
2. Only the owner knows how to operate the door to get in or out.
3. It's difficult to drive fast with all the fence tools, grease rags, ropes, chains, buckets, boots and loose papers in the cab.
4. It takes too long to start and the smoke coming up through the rusted-out floorboard clouds your vision.
5. The dog on the toolbox looks mean.
6. The large round bale in the back makes it hard to see if you're being chased.
7. Who wants a truck that needs a year's worth of maintenance, u-joints, \$3,000 in body work, tail-lights and a windshield.
8. It's hard to commit a crime with everyone waving at you.

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