

Safety for Women (continued from page 2)



Vickey Pittillo (left) and Diane Webster prepare training materials for the Rape Prevention Classes.

are held on consecutive days. They are emotionally taxing and that leads to physical exhaustion for the instructors by the end of the day. But, it's all worth while if you've helped just one person. I find leading these classes very rewarding. Our efforts are more than justified by the favorable feed-back we've received. There have been no negatives."

Vickey, commenting on design and objectives, told us the classes are set in environmental surroundings conducive to confidential exchange of ideas. "We try to hold our classes at locations which are comfortable and quiet, where no other activities are going on. It's very similar to going to someone's home, sitting around the living room, having coffee and talking. Attendees are surprised at how freely the discussions are held. Most folks, after attending the Rape Prevention Class, say it was different from, and more than, they expected."

In asking Diane and Vickey about the course, its content and people's reaction to it, this reporter, in all the excitement generated around their replies, actually got lost in determining exactly who said what. There was an effervescent enthusiasm about these instructors as they spoke of the training and the "good" being accomplished. This energy, so obvious in their mannerisms and speech, exhibited the high level of concern for, and belief in, what they are doing. With the instructors so motivated, no wonder there have been only positive comments about the classes.

At the conclusion, each day, participants are asked to do a critique evaluating the class. The following are comments taken from those critiques:

- Very informative, exceeded expectations.
- Excellent instructors, they showed great concern and really care about us. They were very well prepared.
- It really gave me something to think about. Everyone including males should be aware of the effects of rape.
- Very effective with good participation without pressure. It was formal enough, yet informal enough.
- All aspects of the class were valuable.
- This will help all my family and friends. I am going to pass on what I have learned.
- The self defense portion and how to avoid dangerous situations was most valuable.
- Of value to me was finding out it was OK to be assertive, if approached.
- It was good to know we are not alone and we are not to blame.
- I feel there is good support available if I ever need it.

# FITNOTES:

from



Employee Health Improvement Program

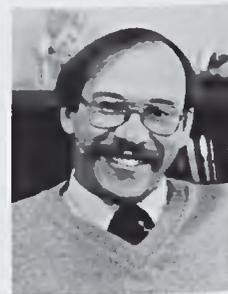
## A BOLT FROM THE BLUE

I was watching the first NFL preseason game in the true "couch potato" form, dreaming of many months of blissful football on TV when the unexpected happened. Lightning hit some poor power line and ended my afternoon plans for the next three hours. After searching in vain for a substitute form of entertainment I finally had lowered myself to a state of cursing the lightning since I now had nothing else to do. This led to more thought and insight which then gave me a subject for this article. I wanted to know just what is lightning, and what effect does it have on the human body besides inducing football withdrawal?

In my search for information, I stumbled across an issue of *JEMS (Journal of Emergency Medical Services)* July, 1988 with an excellent article on the effects of lightning. I learned lightning causes over 1,000 injuries annually in the U.S. and accounts for more deaths than any other weather phenomenon including tornadoes, hurricanes and volcanic eruptions. Also, seventy to eighty percent of persons who are struck by lightning will survive. The majority of lightning related deaths occur between May and September and are more common in the southern and north-eastern United States.

I learned there are over eight million lightning flashes per day in the world, mostly in thunderstorms but they can also occur in sandstorms, snowstorms and on hot days. There are four types of lightning strikes: **cloud-to-ground**, **ground-to-cloud**, **intracloud** and **cloud-to-cloud** with the main cause of lightning injury being the cloud-to-ground strike. Lightning carries a current of up to 200,000 amps — up to 50 million volts and may reach temperatures of 50,000 degrees Fahrenheit. Now I know why a strike can cause so much physical damage.

There are four different strikes. The **direct strike** is a major current flow directly through the victim and is facilitated by metal objects such as golf clubs and umbrellas. With **flashover** the lightning current flashes over the outside of the body, which results in less energy flow through the victim. Wet garments contribute to this phenomenon. **Sideflash** occurs when the current splashes from a primary conductor, such as a building, tree or other person. And, in **strike potential** a ground current occurs when light-



John Nolan, P.A.

ning strikes the ground close to a victim with one foot touching the ground. The lightning then may enter one leg, pass on through the victim's body and exit through the other leg.

Knowing the different ways lightning can get you, I wondered what type of injuries occurs from a strike. I discovered the most common cause of serious injury occurs from disruption of the heart rate, which can cause cardiac arrest. Lightning can also cause unconsciousness, paralysis, seizures, amnesia, bleeding, burns and blunt trauma — caused by being thrown a considerable distance from the strike site, causing serious neck injuries. Ear drum rupture occurs in half of all victims, and another 50% experience permanent loss of vision.

What can you do to help a victim of lightning strike? The best treatment is prevention. By avoiding dangerous situations during rainstorms and electrical storms you can further reduce the already slim chance of being struck by lightning. If someone is struck be prepared to administer CPR and first-aid treatment for burns. Remember, just because lightning may strike in a certain location once, it does not mean it can't strike again in the same location. In other words the saying, "lightning never strikes twice in the same place," is false. Ask the Virginia park ranger that has been struck seven different times over a 30-year time span!

Granted, being struck by lightning is rare but as of this month, I know three people in Transylvania county that have been struck this summer. So play it safe, if the lightning starts to pop, head for your den and couch and turn on the football game. Wait a minute . . . that's what got me into this article in the first place!!

## MILEPOSTS:

### Service Anniversaries,

March 1, 1988 - August 31, 1988

**35 Years**  
Charles W. Waser

**30 Years**  
William A. Arnett  
Bruce J. Blythe  
Frank A. Cogdill  
L.C. Conner

James D. Garren, Sr.  
Erwin R. Hittel  
Charlie Kent Houck  
W. Leon Howard  
Jimmy E. Jacobs  
Malford D. Jeter  
George W. Julian, IV  
Howard K. Kisamore  
Carl G. Lambert, Jr.  
Lucius B. Liner

Jackie H. Mathis  
Robert A. Moody  
Harold M. Mullinax  
Ronnie L. Stewman  
W. Perry Wyatt

**25 Years**  
William G. Bottjer  
Charles V. Burgess  
Clarence Cable  
Charles R. Gant  
Manson Otis Hamilton  
Bruce E. Harris  
James G. Harron, Jr.  
William A. Hill  
George K. Holbert  
Philip A. Holden  
Dennis Z. Honnold

William L. Johnson  
Donald A. Jones  
Donald K. Jones  
Paul E. Justus  
Clyde E. Justus  
Gerald D. Levi  
Gale Mackey  
John M. McDaris  
Bobby J. Metcalf  
David F. Miller  
James A. Monteith  
Leonard J. Moore  
Robert L. Moore, Sr.  
Gary J. Murdock  
Terrell D. Orr  
Ronald J. Pace  
Johnny K. Scott  
Johnny M. Stone  
Kenneth F. Walend  
George W. Williams  
James E. Williams

**20 Years**  
Danny R. Allender  
John H. Ashe

Robert L. Barnes  
Margie R. Cheek  
Raymond C. Deitz  
James F. Dickson  
Tommy E. Franklin  
Harold D. Mason  
Ralph C. McCall  
Rebecca G. McDaris  
Lloyd W. McJunkin  
Joseph M. Mooneyham  
Phillip J. Morgan  
Thomas R. Passmore  
Jerry L. Powell  
Charles R. Roberts  
Wade Sanders  
Ronald C. Shehan  
Charles Edward Sitton  
Jerry H. Stephenson  
Ronald W. Stepp  
David J. Walters  
Dewitt Warren  
Robert L. White

**15 Years**  
Robert F. Allison

Gladys M. Ballard  
Joe Earl Ballard  
John M. Bradley  
Gary L. Burchfield  
Donald B. Camp  
Charles E. Carr  
Aldon R. Childress  
Yvonne W. Collins  
Carl Y. Conley, Sr.  
Donald T. Credille, Jr.  
William G. Fore  
Kenneth W. Frady  
Georgia C. Gardin  
Arthur B. Grant  
James E. Hemphill  
Jack R. Hinkle  
Leonard R. Hooper  
Robert Stephen Hughey  
Charles H. Jackson  
Ronnie L. Jackson  
Larry K. Jenkins  
Max P. Johnson  
Darwin L. Jones  
Luretha Y. Knox

Stanley M. Kumor  
Joseph T. Light  
Troy Mathis  
Marshall R. McCall  
Elaine H. McCall  
Thomas L. McCall  
Nicky C. Monteith  
Myron R. Moore  
Timothy J. Moore  
Donald E. Musser  
Donald A. Nash  
Roger Newton  
Clyde W. Norman, Jr.  
Ronald L. Norton  
J.R. Pitawankwat  
Lois M. Perry  
Larry R. Redden  
Edward G. Saurborn  
Tommy L. Shipman  
Edward D. Smith  
Jackie A. Smith  
Robert Otis Stanley  
Terry W. Stepp  
James S. Tankersley  
Jefferson D. Taylor

Frederick J. Van Itallie  
Francis C. Wilder  
Randall H. Williamson  
Jerry D. Wykle  
Robert E. Young

**10 Years**  
Robert Lynn Bullock  
John T. Chandler, Jr.  
Joseph S. Fisher  
Edward Jackson, Jr.  
Carolyn J. Johnson  
Frank R. Light, Jr.  
Barbara J. Merrill  
Lucy Beth Myers  
Leonard B. Robinson  
William J. Sidebottom  
Elizabeth P. Simpson  
Joe D. Stoneham  
Ella M. Surette  
Pamela Y. Trawick  
Jerry P. Whitmire

**5 Years**  
Charles D. Ellis