

Perquimans People

Mission possible

Cardiopulmonary resuscitation program aims at saving lives through education

You're chewing things over real good at Joe's Country Store when suddenly ole Joe turns kind of pale and just slumps over.

He doesn't seem to be breathing at all. First you panic. Then you call the rescue squad.

But it's a good 10 miles out to Joe's and by the time an ambulance arrives it's too late. If you'd only known CPR, maybe you could have saved Joe's life, you think to yourself.

And maybe you're right. Cardiopulmonary resuscitation is a step by step method of reviving a victim of cardiac arrest. It cannot be applied until the victim's heart has stopped, and it must be applied within 4 to 6 minutes of cardiac arrest to prevent brain damage. After ten minutes, there is no chance of reviving a victim, and in rural areas in particular, a great many calls are more than 10 minutes away from the squad hut.

With this in mind, some 20 persons spent their weekend at the ARPDC building in Hertford training to become instructors in CPR.

Their goal is an ambitious one. Over a two-year period they aim to train 7 per cent of the population of the 10 county region in CPR techniques.

But first they had to get themselves trained to teach.

That meant a whole lot of mouth to mouth, chest impressions and body blows on mannequins. In other words—practice.

"You come out with bruised lips and everything else," said Ralph Barr, Perquimans County Rescue Squad captain.

Each step in a surprisingly complex procedure must be in the proper sequence. So many seconds for each procedure and so much time to complete the cycle.

"They've gone through the instructions as to why it's needed and at what stage," said Durwood Evans, chief instructor of the would-be instructors.

Next came practice, then testing. The mannequins, which cost a cool \$1,000 apiece, provide a print-out tape that makes evaluation of a CPR effort easy. It shows whether or not each step was properly executed, and whether it fell in the proper time sequence.

If they passed written and practical examinations, the students were ready to become teachers. All six of the

Perquimans County residents who participated passed the test and are now certified instructors.

They will work through the school systems and through community and civic organizations to reach their 7 per cent goal.

Courses will consist of nine hours of classroom and practical exercise. Students who pass the course will be certified by the American Heart Association.

Is all the bother really necessary? After all, Barr has never even used his CPR training, and he's on the rescue squad, for heaven's sake.

In addition, a number of victims who die of drowning, electrocution, suffocation, drug intoxication, or automobile accidents could most likely be saved by prompt and proper ap-

plication of CPR, said the report.

The training program is modeled after the successful pilot federal program in Seattle, Washington, which was featured on the popular television program, "60 Minutes."

Participants are convinced that it will help save lives. "You know yourself that it takes 15 or 20 minutes to get down in the boondocks somewhere," said through ARPDC and the Perquimans squad member Annice Peckham. "If you can sustain that life until the squad gets there you might just save it."

The CPR courses for county residents will be sponsored by ARPDC and the College of the Albemarle and will require a \$5 registration fee. Its newly-trained instructors are hoping there will be plenty of folks who want to enroll.



Infant CPR

Margie Nixon listens for breathing in practicing CPR on an infant. Infants require a special, faster technique than do adults.

per cent of the population is trained in CPR doesn't mean that one of that magic 7 per cent will be around when an emergency occurs. It does improve the odds a little, however.

"You've got more of a chance with us because you don't have any chance at all if we don't do it," said Ms. Peckham.

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But just because a per-

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'Almanac' to premiere tonight

Where would you go if you wanted to know what trees make the best firewood, or how to keep your house plants happy during the winter, or what's new in the way of home mortgages?

In November, the UNC Center for Public Television and the North Carolina Agricultural Extension Service will premiere a new weekly series that will answer these questions and countless others.

"Almanac" will air Thursdays at 7:30 p.m. beginning Nov. 13, on Center Channel 2.

Expanding on the most

interesting elements of its predecessors ("The Backyard Gardener" and "Winter Workshops"), "Almanac" utilizes the expertise of over 300 extension specialists and county agents to provide information on topics ranging from horticulture to consumer survival tips.

The difference this year is that the series will be shot entirely outside the studio. "By going on-location we're able to increase greatly the scope of the program," says host Mike Gray. "It was hard to do a feature on chain saw safety under the old format

because you couldn't get a tree into the studio."

Joining Gray is co-host Judy Mock, extension clothing specialist and former Greensboro television personality. Ms. Mock will handle many of the consumer features on the series. "There are a variety of tips that everyone can pick up from "Almanac," Mock says. "For example, we'll be doing stories on the state's apple harvest, showing which varieties are the best for canning and storing and then demonstrating how to preserve them."

Other features planned for the series include a visit to a tractor pull, how to conduct your own soil test, how to spot ginseng in the wild, landscaping and home repair features, and tips on conserving energy.

"Almanac cameras will stop at out-of-the-way sites around the state to capture the unique and unusual aspects of North Carolina," Gray and Mock note. "Almost everyone wants to spend their money wisely and live better for less and that's one of the principle goals of "Almanac"—it's not hard to do, you just need to know how. And we're going to show you how."

"Almanac" repeats Sundays at 6:30 p.m. beginning Nov. 16.

Remove smoke by simple means

A fireplace facing may become stained with soot and smoke. But these stains can be removed by simple cleaning methods.

Charlotte Womble, extension housing specialist, North Carolina State University, says a stained fireplace facing will need to be

scrubbed with strong soap and water. She recommends using a stiff brush for brick or rough textured areas.

After scrubbing, rinse the facing thoroughly with clear water. If area is heavily stained, use a mild acid bleach, such as vinegar or acetic acid. Again, apply the

cleaning agent with a brush and rinse with water.

Very stubborn stains can be scrubbed with a hydrochloric acid and water solution. To prepare, mix one part acid to ten parts of water. Rinse off with water immediately. This treatment will also remove construction stains from mortar.

Wear rubber gloves when using the hydrochloric acid and water solution to protect your hands and never use the acid solution on stonework. It may also discolor some types of brick.

Fields promoted

Hertford native Ervin W. Fields, has been promoted to fossil fuel analysis and performance engineer at headquarters of Carolina Power and Light Company in Raleigh.

Fields is the son of the late Edgar M. Fields and Mrs. Edgar Fields of Hertford.

He is a Vietnam veteran and a graduate of Old Dominion University. He has been with CP&L since 1973.

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Dummy practice

David Peckham, a member of the Perquimans County Rescue Squad, prepares to administer CPR to a mannequin which will record his efforts on tape. He is assisted by squad captain Ralph Barr.

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| | |
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