

CPR

(continued from page 1)

From left, bottom row: Christopher McDermott, Dominick Trombetta. Middle Row: Aaron Bartron, EMT Dan Piccillo, Joshua Pavillo, Jesse Schrader, Robert Welnoski, EMT Donna Bartron. Back Row: David McDermott, Robert Vrabel, Instructor Laura O'Malley, Kyle Baines, Ryan Duffy, Matthew Duffy, Cody Karalunas, Michael Fasulka, Jason Young. Not pictured but completed class - Michael Miller and Chris Young.



learned to recognize the signs of cardiac arrest, respiratory arrest, stroke, and choking in adults, children and infants and how to respond to these life threatening emergencies. The boys, ages 12 through 15, now know exactly when to call 911 and have mastered the use of automated external defibrillators (AEDs), the newest technology available for analyzing and kick-starting a stalled heart. The three weeks of instruction took place at Trucksville Methodist Church and covered everything from the Heimlich maneuver to reducing the risk of sudden infant death syndrome (SIDS) to controlling major lifestyle risk factors for heart disease and

more. The scouts watched videos showing CPR and other techniques, which they then practiced on blue training manikins designed with chests that realistically rise and fall just as a heart attack victim's chest would. Each scout was assigned his own "face," a sanitary barrier placed over the manikin's face. The boys took a skills evaluation and a written exam in the adult, pediatric and AED portions of the course and will receive a course completion card for all their hard work. O'Malley, the school nurse for the Dallas School District, has taught the American Heart Association's Heartsaver CPR in Schools

Program at the Dallas High School for a year. The scouts rewarded O'Malley with flowers for all her hard work at last week's class. Note: The Boy Scouts and the Red Cross were the first organizations to offer certification in mouth-to-mouth resuscitation, as it was known back then.

Troop 155 will be hosting their annual spaghetti dinner on Sat., April 6 from 3-7 p.m. at the Trucksville United Methodist Church. Adults \$6 Children \$3.50. Heimlich maneuvers free of charge!

Text and photos by Elizabeth Anderson

Dining Guide

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Crab Cakes.....	8.25
Crusted Chicken Breast over Penne Pasta.....	8.75
Chicken Broccoli Alfredo.....	8.25
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Chicken Stir Fry.....	8.25
Chicken Francaise.....	8.25
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