The Northern New England Metropolitan Medical Response System held a medical disaster drill for area emergency responders on the Proctor campus on Saturday, October 25. In this photo, Proctor senior Nick Aiken gets prepped with simulated "multiple soft tissue injuries" by John Prickett from the Department of Homeland Security.
Staff photo: Bob Bussey

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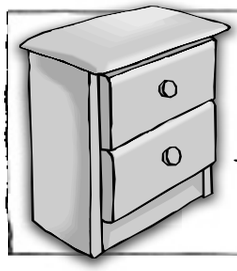

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Andover Rescue Squad

By Greg Stetson
Andover Rescue Squad

As Emergency Medical Technicians (EMTs) we must constantly train and attend classes to maintain our skills, knowledge, and our national and state licensure. In fact, in addition to what we call continuing education, we must attend a bi-annual EMT refresher, which is usually spread out over several days. This can be particularly difficult for those of us who do not make a career out of Emergency Medical Service.

As you probably know, the Andover Rescue Squad is comprised of all volunteer members, as are the Andover and East Andover Fire Departments. Therefore many of our EMTs must take time off from work to attend the necessary classes.

You probably also know that the squad is run strictly on donations, not tax money, or billing. These donations are used for supplies and equipment, as well as training costs.

Anyway, to get back on track, some of us recently attended a Refresher Training Program at a neighboring fire station. The crisp autumn temperatures had begun to set in on this particular day, and as we discovered, the boiler in the fire station was not working.

Ironically enough, the lecture topic that day was heat and cold emergencies. As we sat shivering in the classroom, the instructor spoke about hypothermia, a condition that is defined per our protocol as a core body temperature of 97 degrees Farenheit or less. He advised us that hypothermia can occur even in a heated home under the right conditions.

My mind wandered (as it sometimes does) and I immediately thought of the cost of home heating fuel this season and those of us who may keep the thermostat down in order to keep the cost down. This fire station was pretty cool with no heat in early October, so I can imagine that an older home with poor insulation and low heat in mid-January would be much colder.

The other consideration is who is most susceptible to hypothermia? The answer: young children and elderly adults have a harder time regulating body temperature because of either lowered metabolism or lack of body fat.

Hypothermia will start with a chilled feeling and some shivering, perhaps a loss of dexterity. It can progress to intense shivering, lack of coordination, and mild confusion. These are some symptoms of mild to moderate hypothermia. As the body's temperature drops, the symptoms worsen. You get the idea … hypothermia can lead to death.

What's the point to all of this? Please be aware that as heating fuel prices rise (and the stock market drops), it is tempting to keep your house at a cool temperature. Typically young, healthy adults are the last to experience the symptoms of hypothermia. If you live with young children or senior citizens, please be aware that they will be more sensitive to the cold than most young, healthy adults.

Gary Nedeau Dies In County Jail

By Annmarie Timmins
***Concord Monitor* staff**

Reprinted from the October 2 Monitor

A 53-year-old Andover man who was arrested at his home in July after a 3½-hour standoff with the police died yesterday [October 1] after being found nonresponsive in his cell at the Merrimack County jail, according to jail Superintendent Ron White.

The cause of Gary A. Nedeau's death was not immediately determined and is under investigation.

Nedeau had been at the jail since July 9 on charges of false public alarm, disorderly conduct, and breach of peace, White said. He was arrested in early July after calling the police from his Flaghole Road home to say he had barricaded himself in a garage with explosives. The police talked with Nedeau for about three hours by telephone before he surrendered to the police around 12:45 AM.

Nedeau told the police that night that he had been drinking and taking pills and didn't want to hurt anyone but himself, the police said.

Since his arrest, Nedeau was being held at the jail on $10,000 cash or corporate surety bail. When jail officers found Nedeau in his cell about 3 AM, he was not responding, White said. Officers initiated lifesaving measures until paramedics arrived.

The Merrimack County Sheriff's office and the state medical examiner are investigating the death. Crisis counseling was offered to staff and inmates.

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