

# East Andover Fire Department

By Rene Lefebvre  
Chief, East Andover Fire Department

This week I was wandering around the station looking at all the equipment sitting on tables, waiting to begin the 20-year journey of carrying fire fighters and life saving equipment to what only the good Lord knows. I must admit that I became a bit reflective, thinking about our old machine.

The old engine sitting at the ready in full-service knows that her biggest fires are behind her. The all-night mill fires that saw more than 20 engines laboring to move enough water to save a doomed building are part of the history of this old friend and are reflected in her dinged paint and wear. We have taken her to countless house fires, auto accidents and rescues. She always worked well and made us proud.

Now, what lies ahead for the new machine? A new engine is like a clean sheet of paper, and the future will fill in her logbook with the emergencies and unique incidents

that are the standard of our business.

Soon we will have all the equipment carefully placed on the truck, and we will conduct extensive training so we fully understand this complicated machine. We expect to be in full service in early July. As for the unknown future, we're firemen ... bring it on!

## Fourth Of July

We will have our tent set up at the midway for the Fourth of July celebration. We will have snow cones to sell, and this year we will be raffling a very nice canoe, complete with life vests and paddles.

Depending on the weather, our most valuable offering may be shade. Chairs will be set up, and you are welcome to sit and rest with us anytime. We will have our Gator ready with two EMTs and medical equipment on board, should the need arise.

I expect that the team will want to have the new truck in the parade. As to who will drive it and ride in it, I plan to be staying out of that mess.

The Swap Shop will be open on July 10 from 8 AM to 2 PM and welcomes (before 1 PM) reusable items in working condition like toys, clothing, books, bicycles, and kitchenware. Please, no upholstered furniture, tires, windows, doors, electronics, or porcelain fixtures.



# Andover EMS To Hand Out Disaster Kits

By Heather Makechnie  
Andover EMS

Disasters, by their very nature, are unpredictable. From President Obama to Governor Lynch, officials are warning New Hampshire residents to be prepared to take care of themselves for at least the first 72 hours of any emergency. Help rarely comes from the outside before that time window elapses.

Andover Emergency Medical Services (EMS) wants to help you prepare yourselves and family to be comfortably prepared. Please stop by the ambulance on the Village Green on the Fourth of July to pick up some free literature about making your own family safer and ready.

The US Department of Homeland Security's Ready campaign offers three simple steps to ensure the safety and well-being of you and your loved ones:

**Get a kit:** Have some basic supplies on hand in order to survive for at least three days if an emergency occurs. At the ambulance we will have lists available to help you with this task.

**Make a plan:** Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations. Again, we will have information available to help you, including information on the Red Cross's Safe and Well registry.

**Be informed:** Watch or listen to

news reports about emergencies. Have a battery-operated radio (and spare batteries) and a NOAA weather radio. Keep your cell phones charged. There will be coloring books at the ambulance to teach your children about what they can do to make themselves more resilient in an emergency.

## Beat The Heat

The ambulance will be stationed at the Andover Fire Station all day on the Fourth of July. Please visit for a free blood pressure check and to learn about the American Red Cross "Safe and Well" disaster program.

July traditionally starts the hotter weather, and that's when we need to be aware of the possibility of heat stroke. If you are physically active in hot weather, drink plenty of water, but don't rely on alcohol, coffee, or tea, which may actually lead to dehydration. The medical profession currently discourages sports drinks. Wear hats and light-colored, lightweight, loose clothes.

When we exercise too hard and don't put enough fluid back into our system (or simply get too hot for longer than we can handle), our inward temperature gauge gets out of whack because we cannot sweat enough or radiate heat back to the environment. "We're cooking!" This places stress on body systems that can fail rapidly.

Signs of heat stroke may include some or all of the following:

- high body temperature
- absence of sweating, with hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- nausea or vomiting
- weakness or headache
- muscle cramps
- dizziness
- confusion or agitation
- seizure or coma

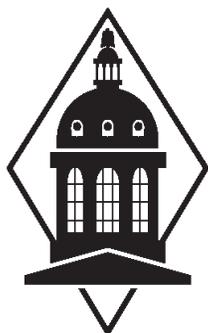
Obviously, heat stroke is a true medical emergency that can be fatal if not promptly and properly treated. A victim of heat stroke must receive immediate treatment to avoid permanent organ damage. Get them cooled down.

Children and the elderly fail very quickly. Call for help immediately! Don't hesitate to call 911.

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