

EMS from page 25

She is shivering violently and struggling for breath. At about 12 minutes, first responders arrive. The toddler has gone through the shivering stage and is now blue and still, barely breathing. The father's life is saved, but the child, never able to regain core temperature, and despite great efforts to save her, succumbs a few hours later in the emergency room.

Folks, we live in New Hampshire.

Cold is only one of our known hazards, which range from Nor'easters to earthquakes. Yes, we have poisonous snakes and venomous insects. The succession of "Hundred Year Floods" in the past few years has made people at the State Emergency Operations Center scratch their heads in puzzlement. Ice storms have brought our stately trees crashing down on our power lines and we even had ourselves a nice little tornado. We are not immune to the whims of Mother Nature, much less to the threats of inhumanity from man toward his fellow men.

Government officials from President Obama at the top, down through Department of Homeland Security and FEMA, and continuing on through Governor Lynch and the State's Emergency Management Bureau are urging all

Americans to recognize that we are each vulnerable to disasters of many sorts. They are strongly encouraging us to "Be Prepared." We should all be aware that in a significant disaster, we may be on our own for many hours and even days before help can arrive. We need to be able to protect and sustain ourselves, our family members, and neighbors.

ReadyNH is our state's organized effort to get its citizens to do just that. In that plan, we are encouraged to take some steps now that may have a huge impact on our safety and welfare in the first three days of an emergency. In some emergencies we may need to stay at home for several days.

Plan ahead (now is a good time) to have three gallons of water per person per day stored in your home. Store enough food for each person to be well nourished without cooking. Take into consideration the special needs of babies, elderly, and pets. Keep one of the old phones with a cord. These work when the electricity is out and cell phone batteries cannot be recharged.

Have copies of all your important documents in a sealed plastic bag, ready to take with you at a moment's notice. Of course, flashlights and batteries are much safer than candles. If you want water

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Every citizen should have a Go Kit ready for the next winter storm or natural disaster.

EAFD from page 25

like that spooky hole; although, I am very sure we have people who would go and would be excited by the challenge.

What we do is not normal. It takes a special person to work in emergency services. Please don't ask me to define "special."

Stow Your Gear

Remember Newton's law of motion that states an object in motion tends to stay in motion? Who cares, right?

Now think about a wrench or a flashlight sitting in your car or pickup truck. This is New Hampshire, after all. You're driving at, say, 40 miles per hour, and for some reason you have to stop very quickly – for a moose perhaps. You feel your seat belt strain against your chest to hold you back as the car slows.

But what's holding your flashlight, that is now traveling toward you at 40 miles per hour? Now that's going to leave a mark!

Just so you know, I am completely guilty, too. The fire car is loaded with books – thick ones – axes, and all manner of tools one may need in an emergency. The first thing I plan to do in a quick stop is duck and pray. The second is to install a cage between me and the toys.

As most of you know, I also drive

a pickup truck and will put that up for safety display. My flashlight and other equipment are safely stowed away.

I can't risk scrambling my gray matter with a hit from a flying object, and you shouldn't either. Do a safety check of your car: Stuff gathers over time, and that stuff can make a bad situation worse. You never know what treasures you may find.

Fire Danger Reduced

A quick update on our wildland fire situation shows that the fall rain season has been kind to us. The danger is very much reduced. Thank you all for being so careful. Though we were very busy helping our neighbors, Andover has been quiet.

Speaking of trees (boy, was that sneaky!) we will be selling Christmas trees in December. Please mark your calendars for Saturday, December 4. I know it's early for the announcement, but it is important to get on a busy person's calendar early.

I, like most EMTs, am proud to wear the Star of Life on my uniform. There are many hours of training and a National Registry test that must be passed to be eligible to display that symbol. The EMTs in Chile, well, they have raised the bar for all of us. From us who were watching, thank you for a very good job. 

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