

EDITORIAL

with Frances Niblock

Staying Alive

We'd all like to think that faced with an emergency, like finding someone unconscious and unresponsive, that we would not panic, but would be able to render effective help.

Cognizant of the fact that many people don't step forward to help because they don't know CPR (cardiopulmonary resuscitation) or they are worried they will make a bad situation worse, they don't begin chest compressions or mouth-to-mouth resuscitation.

To mark CPR Month, officials with the Heart and Stroke Foundation are offering simplified instructions so bystanders can help save lives. Instead of checking to see if the person is breathing or has a pulse – don't delay, but begin chest compressions immediately and call for help.

An even chest compression by a person with no first aid training is better than doing nothing and improves the chance of a good outcome. Halton officials note that last year, just fewer than 40 per cent of cardiac arrest cases

received bystander CPR that kept them alive until advanced help arrived.

From May to September last year, there were seven cases in Halton where a person in cardiac arrest received CPR and defibrillation from a bystander – six of those seven victims survived. Without CPR or defibrillation, fewer than five people who suffer a cardiac arrest outside a hospital survive.

The latest emergency care advice is to push fast and hard on the chest of a victim – and never mind counting how many compressions and/or breaths – push hard on the chest to the beat of – how appropriate – the Bee gee's hit *Staying Alive*.

Halton Region, the Canadian Red Cross and St. John Ambulance offer life-saving CPR, defibrillator and first aid training that can more than double the chances of a cardiac arrest victim surviving. Since four of five cardiac arrests occur in the home or in a public place, everyone should know the basics of emergency care.



BOUNTIFUL HALLOWE'EN: Instead of collecting candy on Hallowe'en, these Acton High School students collected cans of non-perishable food which they delivered to the ActonShare food bank on Tuesday morning. FoodShare chair Arlene Humphreys gratefully accepted 442 pounds of food from, (left) Liny Lamberink, Amanda Van Heldon, Jessika Costa and Carly Hammond. – Frances Niblock photo

Giving makes the body feel good

The warm and fuzzy feeling that arises when helping others is what drives many to donate money or do good for others. Studies show that altruism may actually have profound physiological effects.

Scientists have determined that the feelings of happiness associated with doing good can be traced to a particular pleasure center of the brain that can be viewed and measured with brain scans. There are physical components to doing thoughtful or charitable things.

This bodes well for donations as the recession continues to hit the country in a big way. Individuals who are facing layoffs or pay cuts may still dig deep into their pockets for charitable donations because they seek the high that donating provides.

And it isn't just financial donations that make a person happy. Any type of goodwill toward others is a way to generate the endorphins and mood-boosting properties of altruism. That means there are plenty of opportunities that can boost feelings of happiness.

- During the holiday season, write a "Letter from Santa" to a less fortunate child and include a gift card to a toy store so that he or she can get a treat.

- Visit seniors in a retirement community or assisted living facility and sit and chat for a while.

- Knock on an elderly neighbour's door and find out if you can help out with any chores around the house.

- Bring a friend breakfast or lunch simply because you were thinking of them and wanted to surprise them.

- Take in the garbage cans and recycling bins for your entire street, especially if the weather is nasty.

- Tell a fast-food employee or another hard worker that they're doing a good job. Complaints come easy in the service industry, but praise is often hard to get.

- Volunteer to watch neighbourhood children so

other mothers and fathers can get a much-needed break.

- Don't ignore a phone solicitation from a charity organization. Get more information and do your best to donate.

- If you practice a religion, go to your house of worship and participate in community togetherness.

- Hold a door, smile at someone or offer to get something down from a tall shelf in a store. It's the little things that can bring pleasure.

- Share something you have with another person who doesn't. That may mean generator-supplied electric power during a power outage, a special snack at school lunch, a tool, a piece of clothing or whatever you can think of.

- There are so many ways to give to others, and one of the biggest benefits is the smiles and positive feelings giving provides.

Looking Back



Ten Years Ago

- The return of GO Train service to Acton is reportedly at least a decade and \$1-million away, but preliminary talks were held to investigate how to improve GO Bus service with more connections of Acton buses with Georgetown trains.
- Medical staff in Third World countries will wear the old burgundy-coloured uniforms worn by Tim Horton's staff in Acton – when Tim's received new uniforms; they donated the old ones to be shipped overseas for nurses and care workers to wear.
- Acton brothers Eric and Kyle Pinkerton earned a number of medals at the North American Tae Kwon Do championships in Quebec.

Five Years Ago

- Town officials hope for a better turnout at the last of three advance polls for the municipal election which will cost approximately \$106,000 to stage.
- Students at Robert Little School gathered 515 pounds of food during a Hallowe'en food drive for FoodShare where officials reported the food bank is in "reasonable" shape heading into winter.
- Acton veteran Dave Crook was featured in a TV documentary movie about the Korean War shown on History Channel. Crook, who served with the Princess Patricia's Canadian Light Infantry, revisited Korea several times at the behest of the Korean government.

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