

# DUNBARTON NEWS

By Nora LeDuc



**OLD HOME DAY** which took place on August 17th was a great success. The Food Tent, organized by the Old Home Day Committee and managed by volunteers, sold 210 Hamburgers, 300 Hot Dogs, 160 Bottled Water, 200 Chips, and about 200 Drinks all at the "Old Home Day" prices! A big THANK YOU to all the volunteers for your hard work.

**SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH!** If you or anyone in your family needs a card hurry down to the Dunbarton Public Library. While there, check out the exhibit presented by Bob Jamback's Fine Art.

**BRAIN FLAKES**—At the library for the kids in September. All Maker Toys are borrowed from the NH State Library's Maker Play Toy Lending Library. These toys spark imagination and help children learn through doing! Toys are for use in library only. Also they have a fabulous makerspace library in memory of Nancy Lang.

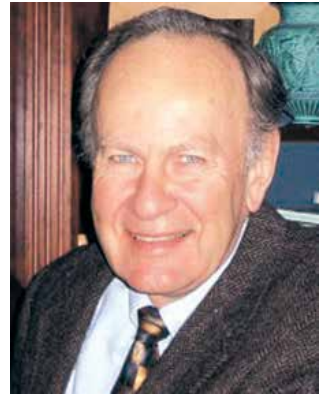
**SEPTEMBER 19** – Opioid Education, Awareness and Narcan Training is scheduled for Thursday, at 6:30 PM. Presented by Sgt. Chris Remillard, Dunbarton Police Dept. and Lt. Paramedic Brandon Skoglund, Dunbarton Volunteer Fire Dept. Learn to recognize risk factors and signs of overdose. Participants will be trained to administer a dose of Narcan, and provide hands-only CPR. Information and local resources will be shared. This presentation is made possible by the First Responders Initiating Recovery, Support and Treatment (FR-CARA) Grant. Please register by calling the library, 774-3546.

**SEPTEMBER 21** – Coffee House at the Spireside starts at 7:00 PM in the Vestry in the Dunbarton Center. Donation of \$5 suggested. Snacks and drinks available. It'll be an Open Mic night. Doors open at 6:30 for signups.

**SEPTEMBER 25** – "Living Mindfully," will be presented at the library by Judy Caron. This is a 90-minute Brown Bag Lunch Session on Wednesday, at noon to 1:30 PM. Learn what Mindfulness is and what the benefits are. Judy will teach mindful breathing, techniques for practice, postures and preparation for practice, practicing mindfulness in daily life activities, accepting what is and letting go. Journaling and walking meditation will be covered.

**OCTOBER 3** –The Dunbarton Congregational Church Book Club will be reading Saving Paradise by Rebecca Ann Parker during September, Book Discussion will be Thursday from 7:00 to 8:30 PM at the Vestry. Eleanor Kimball will host. All are welcome.

**OCTOBER 7** – Dunbarton Elementary school will have a PTO meeting Monday, October 7, at 6:00 PM, at the elementary school. Friday, October 11, NO SCHOOL on NEA Day.



## STOP THE BLEED

At one time or another we have all either heard or said that the person "bled to death." It could have been from an accident or an intentional injury. The bottom line was that the person lost enough blood to cause their death. True, there are many ways to 'bleed to death'—rupture of an aneurysm, gastro-intestinal bleeding, blunt abdominal trauma and rupture of liver or spleen are examples of blood loss that are not obvious to the bystander. In this article I want to address bleeding that is visible and might be stopped, thus saving a person's life.

In the Nov 2013 Journal of Emergency Medical Services Dr. Alison Kabaroff wrote: "Approximately 5 million people die every year around the world from accidental and non-accidental trauma. Exsanguination accounts for 1/3 of these deaths and the majority die within the first 48 hours. In the US, death due to isolated extremity (arm or leg) hemorrhage is rare, but it is estimated that 50% of those deaths were potentially preventable with tourniquets. Since the mid 1990s the military has taught the massive hemorrhage, airway, respirations, circulation and hypothermia (MARCH) concept. Combat experience over the last few years has shown that stopping major bleeding first reduces the need for massive transfusion and prevents complications from hemorrhagic shock."

A national awareness campaign and call to action was begun in 2015 with the American College of Surgeons Committee on Trauma leading the effort to save lives by teaching ordinary people how to provide the initial emergency response to stop bleeding. Stop the Bleed classes prepare people on how to apply pressure, pack a wound or use a tourniquet. These are simple skills that can be done by anyone. No matter how quickly "first responders" arrive, there will always be someone who is actually first on the scene, and it is that person who can act quickly and save a life. The goal of the Stop the Bleed initiative is to turn civilians into "immediate responders." That would be you.

According to Dr. Jacobs, Medical Director of the Stop the Bleed program, "The goal of Stop the Bleed training is simple: to keep the blood inside of the body. A person who is seriously injured can bleed to death in 5 – 10 minutes, before professional emergency care arrives." The average adult who weights between 150 – 180 pounds has about 4.5 to 5.7 liters (that is about 1.2 to 1.5 gallons) of blood in their body. Your blood pressure and heart rate will stay close to normal even if you have lost 30% of your blood volume. After that, your blood pressure will drop, your heart rate will be higher than 120 beats per minute and your breathing rate will go up to 30-40 breaths per minute. If you lose more than 40% of your blood, you will die. That is about 2 liters (1/2 gallon).

I encourage you contact your local EMS or Trauma Center and ask for them to offer a training in your community or for your organization. Take the course, and then purchase a kit that has supplies for stopping the hemorrhage. They range from \$40 to \$100 and are available from many suppliers. You can also make your own emergency kit with gauze, gloves and tourniquet (the basic tourniquet is a loop of rope or belt and a stick for twisting and tightening). The key is to know what to do and have your supplies immediately available. In that emergent situation, when it is only you and no supplies... simply compress the bleeding wound with your hand and don't let go until help arrives.

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