



# THE BOW TIMES TaleSpinner

## LOVE/HATE RELATIONSHIPS

by Bow Resident Paul Pomeroy

It began as a torrid love affair...

When I began teaching Physics in 1968 my first three or four lessons dealt with the use of "*The Slide Rule.*" You see in 1968, the slide rule was the only device available if one wanted to perform complicated mathematical calculations. The slide rule *was* an amazing device. But I don't think anyone would call it simplistic or self-intuitive. Then, in the seventies, the electronic calculator came onto the scene. It was large and expensive but I didn't care. I fell in love. And my love flourished through the years as the electronic devices grew in their usefulness and availability.

But as happens with so many such affairs, the passion was replaced with a feeling of familiarity and comfort. I loved my calculator and my flip phone and my computer and my automobile's rear view camera. I really loved my TV remote that enabled me to watch a football game, a movie, a talk show, and the news report all at the same time. I was happy.

But then, as they say, the blush began to fade from the rose.

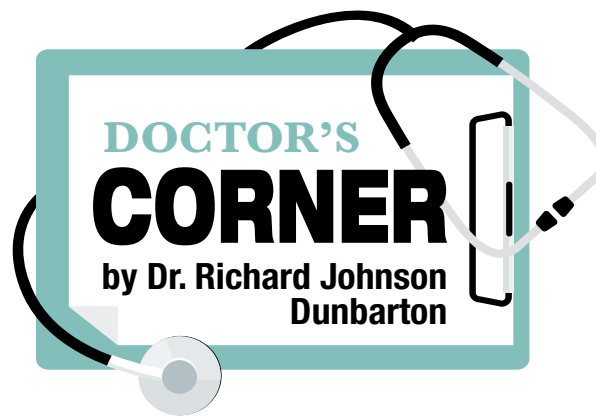
I began needing three remotes to operate the TV and accompanying devices. My computer began sending me nasty messages. "Your software no longer supports this operating system – you idiot! Go to the master heading, click on applications, scroll down the options for blah blah blah, choose the option for hunya hunya hunya, upload the yada yada yada and follow the instructions to... godknowswhere." But my relationship with technology slipped from love to familiarity and now approaches hate—thanks almost entirely to my cell phone. You see my flip phone wasn't good enough. So my wife bought me an i-phone. And each time I eventually got the hang of it—well sort of—it seemed I needed a higher number. I think I am on a "6." The phones are now over a "10" if I understand correctly. (I think they jumped a few spaces while I write this.) Now in all honesty I do use my phone regularly. I even "text" now. Something I swore I wouldn't do. But I had to learn because you see my kids and grandkids are so busy and so important that they can't actually TAKE my calls. I need to text a 15 minute conversation that would take only two minutes with a personal conversation. And get this. My cell phone is a "Smart Phone." Now I quickly came to realize that my smart phone isn't really all that smart. Any more than a calculus book is a "Smart Book." It seems that the smartness of the phone—and the calculus book for that matter—depends on the user. So in fairness I think they should have a sliding scale for phones. My phone for example would be a "Slightly Below Average Phone." I came to this rating by judging how often my 12-year-old granddaughter rolls her eyes as she watches me navigate the settings.

I used to feel sheepish about my inadequacies with technology. But not any more. For I have come to a conclusion. I'm good right here. I don't need or want any new technology stuff. My brain is all filled up. In fact lots of stuff that I USED to know has leaked out. Keep those higher number phones to yourself. Tell that creepy Alexa that I am perfectly capable of turning the lights, the radio and the oven on myself. I'll never use two-thirds of the gizmos in my automobile. And dammitall I don't care if I CAN report my problem on line!! I want to TALK with a representative. A real live one!

Went to purchase a new TV the other day. Guy asked me if I wanted to buy a "Smart TV."

"No" I said. "Just a slightly below average one."

The Bow Times *TaleSpinner*, is a forum for local authors to submit anecdotal short stories and poetry. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannion1@comcast.net.



## THE AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Do you know what the AED is and how it works? Do you know where they are located? Do you know how to use an AED? Let's try to answer some of these questions.

The AED is a medical device which analyzes the rhythm of the heart, and if necessary, it can deliver an electrical shock to help the heart establish a regular rhythm. Sudden cardiac arrest is a leading cause of death in the US, and during an arrest an AED is the only way to restore a normal rhythm. The sooner this can be accomplished, the better the chance of survival. If you suspect that someone has had a cardiac arrest, first ascertain if the person is unresponsive. If they are, immediately call 911. But don't stand around waiting for the EMT's to arrive... it could take them a good ten minutes to get there. If the AED is not readily available, start CPR. It is important to know where the AED machine is located at your place of work, your school, or the businesses and events you frequent.



"What do I do?" you ask. The first thing is simply to go online and watch a couple of you-tube videos on how to use an AED. The instructions that come when the machine is opened are both written and verbal. The machine tells you where to place the electrode pads, it tells you that it is evaluating if there is a rhythm and if it is abnormal and needs to be shocked.

It tells you when to press the clearly marked button to deliver a shock to the heart. Then the cycle is repeated until a normal rhythm is obtained. It could not be more simple.

"Does it work?" you ask. If a patient is defibrillated within the first 3 minutes of a cardiac arrest the survival rate can be as high as 95%. Dr. Weisfeldt of Johns Hopkins says, "We estimate that about 1,700 lives are saved in the US per year by bystanders using an AED". (1)

The American Heart Association believes that the survival rate of cardiac arrest victims nearly doubles when an AED is used together with CPR. The AED delivers between 120-200 joules per shock, and it will automatically increase it as needed. What is a joule? It is the amount of energy needed to warm up 1/4 of a gram of water by 1 degree C. You can thank the British scientist James Prescott Joule (1818-1889) for that insight! A 12-volt battery provides 12 joules of energy per charge.

An AED machine costs between \$1200 and \$2800. The battery needs to be checked periodically and if deficient, replaced. They should be placed in well-marked prominent locations which ideally are within 3 minutes of anywhere in the building. Check out the places you work, the school you attend, and the public and private facilities that you frequent and encourage them to have adequate AED coverage.

<https://newsinhealth.nih.gov/2018/05/bystanders-can-save-lives-during-cardiac-arrest#:~:text=After%20you%20apply%20two%20electrode,an%20AED%2C%E2%80%9D%20says%20Dr>



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