

Hiles News  
August 7, 2023

By: Margaret McCarthy

This past Saturday, the American Red Cross came to the Hiles Town Hall to do Hands Only CPR and AED instruction as the Hiles Fire Department recently purchased 4 AED's for area businesses and signage with the plan to purchase two more either later this year or early next year. This was a goal of our past Chief, Victor Burkey. While only a few people showed up, it was a great time of education for those of us who were there. The instructor from the American Red Cross brought up why CPR is often not started, even when people are trained, and that's because of doing both the breaths and compressions as I think the majority of us were taught in the past. Hands Only CPR will circulate the blood until more help arrives, and the breaths, statistically wise, only give about 17% oxygen. And doing the Hands Only CPR to the beat of a song helps as well. Think Bee Gees Staying Alive or even the dreaded Baby Shark! He also went over how to use the AED's and the nice part of these is that they walk you through it verbally. If you're interested in signing up, either as a refresher or learning for the first time, you can go to the American Red Cross website to find a local training. Red Cross also has a great app now that goes over how to respond to various situations like insect bites or injuries, and much more. It will be a great resource on your phone. Thank you to the Fire Department and the American Red Cross for this beneficial training. We hope to never use it, but honestly, as our population grows older, you never know. Be prepared is the motto of the day.

Coming up on Monday August 14th at 8am is Coffee with Friends along with a special friend. Steve Watson, who is the Forest County Digital Navigator will be there to answer all of your tech questions. Bring your phones, tablets, and laptops and come to the Hiles Town Hall and get your questions answered.

Coming up on Saturday August 26th will be the 1st Annual Hiles Fire Department Fun Day at the Hiles Trap Range beginning at 11am. Food, games, dunk tank, music and much more will be available to all. Bring your families and friends and come and enjoy yourselves as we say goodbye to August. Let's start a new tradition off with a bang!

And while summer is flying by and families are getting ready to send kiddos back to school, there's still plenty of time to get out and hike or fish or kayak.

Some of the trees are already starting to change, that's early but with our crazy summer, it fits. Just get out there and enjoy!

Keep in your prayers those in our community that are suffering from illnesses or losses, especially Ray Nery, Jesse Houle and their families, and the family of Mary Houle.

Have a great week, don't forget that Argonne Days is this weekend if you're looking for something to do on Saturday, August 12th.