

# AHA Updates CPR Guidelines

BY SARAH WETZEL  
For the Plain Talk

Those who haven't taken a CPR class for awhile might want to consider a refresher course, as the guidelines are periodically changed as the American Heart Association has done recently.

"AHA changes their guidelines every five years and everything kind of bases off the AHA," said John Wetherington, CPR/AED Administrator for Vermillion Fire/EMS. "People hear about American Red Cross. The classes are basically the same because the Red Cross bases their classes off the AHA. So Red Cross is probably going to be changing their guidelines too."

According to Wetherington, doctors meet together and come up with the new guidelines based on recent research.

Though many of the changes are minor, they are still good to know.

"The biggest one is that the compression rate is going from 100 beats per minute to 100-120 beats per minute," Wetherington said. "So they put a top cap on it. Basically they want people to compress just a little bit faster to get the blood flowing but they find that if people are pushing faster than 120 that the quality of compressions goes down because people get fatigued faster and they're not letting the chest completely recoil so the heart isn't filling up with blood. So we'd suggest that they're pushing at least 100 beats per minute up to 120, somewhere in that gap."

For those who might be unfamiliar with those specific beats per minute, popular music is one way to remember.

Both 'Staying Alive' by Bee Gees and 'Another One Bites the Dust' by Queen are both at 100 beats per minute which is the bottom recommended rate of compression.

Popular songs at the top cap of 120 beats per minute include 'Don't Stop Believing' by Journey and 'Call Me Maybe' by Carly Rae Jepsen.

"Another thing that changed is it went from compressing 2 inches to 2.5," Wetherington said. "They put a top cap on it because one minor study showed that if people push too deep then they could cause injury to the



COURTESY PHOTO  
CPR classes are offered monthly at the Vermillion Fire/EMS. Pictured are students from a recent class.

patient."

Since no one is sitting next to a fallen friend in cardiac arrest with a ruler, Wetherington said better to aim for deeper compression.

"This minor study showed that it could cause minor non-life-threatening injuries," he said. "In my professional opinion it doesn't make much sense to put a top cap on it if it causes non-life-threatening injuries. Ribs are going to break, bones are going to break but you're in lifesaving mode at that point. In my opinion a minor non-threatening life injury is irrelevant. People should

not be afraid to push hard. I like to tell people push through your patient not on top of your patient. We want to pump as much blood out of the heart as possible to get it circulating. Also with the decompressions you want to let the chest completely recoil so you want to make sure the chest fully comes back up before you press down again."

Even for children, Wetherington recommends deeper as well.

"With infants and children people

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## ROBOTIC SUCCESS



COURTESY PHOTO

**Middle School Robotics Team Front row: Ariana Georgescu (Jolley), Jon Rolfes, Henry Anderson (St. Agnes), and Will Hackemer Back row: Alex Georgescu, Jackson Graham, Jacob Rettig (Missouri Valley Christian), Roger Rolfes and Owen Olson.**



COURTESY PHOTO

**High School Robotics Team: Ross Dahlhoff, Stian Olson, Dr. Lewis Brown, Dean, SDSU College of Engineering, Emily Rolfes and Owen Dudley.**

## VHS, VMS Robotics Teams Place At Jackrabbit Best Robotics Competition

Twenty-three teams from South Dakota and Minnesota were registered to compete in the SDSU Jackrabbit BEST Boosting Engineering, Science, and Technology) Robotics Competition recently. Of those teams, 23 teams were registered in the robotics portion of the competition and 16 in the BEST category (robot performance, engineering notebook, marketing presentation, spirit and sportsmanship). Both the Vermillion Middle and High School teams had an amazing

day and all their hard work paid off.

The middle school youth team won the following 5 awards:

- Founder's Award (Awarded to the team that makes best use of the engineering process in consideration of offensive and defensive capabilities in machine design. Awarded in recognition of BEST founders Steve Marum and Ted Mahler.)
- 1st Place BEST (Awarded to the team that embodies the concept

of Boosting Engineering, Science, and Technology. Winning the BEST Award is considered the highest achievement any team in the competition can accomplish.)

- 1st Place Robotic competition (Robot performance)
- The Software Design and Simulation Award
- BEST Project Engineering Notebook

The high school team won the following 2 awards:

- 3rd place BEST (Awarded to the team that embodies the concept of Boosting

Engineering, Science, and Technology. Winning the BEST Award is considered the highest achievement any team in the competition can accomplish.)

- 4th Place Robotic competition (Robot performance)
- Both teams will be headed to the 2015 Northern Plains BEST Regional Championship in Fargo, North Dakota, from Dec. 3-5, where they will compete against teams from North Dakota, Pennsylvania, Ohio, South Dakota and Minnesota BEST hubs.

## City

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able to put back into their budget."

Grimmond said that because it is expected that the interest rates may be raised in December, if the city is interested they need to begin the process now, as it is a six-week process to refinance the bonds.

"This just sets the wheels in motion," he said. "You can decide to break off after a resolution is given to move forward."

At the evening meeting on Monday, City Council agreed with moving forward

with the advance refunding, administration recommends the adoption of the resolution authorizing professional services for preparation of documents necessary for the advance refunding of city hall certificates of participation for consideration at the November 16th meeting.

Other business Monday evening included:

- Approving a special daily malt beverage and wine license for the Vermillion Area Arts Council for their Chili Blues Celebration on November 14, 2015 at 202 Washington Street.
- Approving the lease for approximately 232 acres of farmland east of Vermillion. The last lease was entered into in November 2012 with

lease payment of \$70,000 in 2013, \$71,000 in 2014 and \$72,000 in 2015. Prior to that the lease was \$50,001.


Following the public hearing Monday the City Council authorized the farmland lease to the high bidder Brent Beaulieu for the annual lease payments due April 1st of the respective years are \$66,251 in 2016, \$66,251 in 2017 and \$66,251 in 2018.

• Held the first reading of Ordinance 1333 amending Chapter 90, Trees, Plants,


and Shrubs, Section 90.75 and adding Section 90.86 clarifying the right-of-way area between the curb and sidewalk for planting a tree, and allow the City Tree Specialist to make exceptions when necessary.

• Adjusted the curbside recycling fee from \$3.30 per month plus sales tax by A 20 cent increase per qualifying residence per month. It is estimated to generate an additional \$6,200 per year for the curbside recycling fund.

**When Life Changes, Review**



**Curt Robinson**  
23 Market Street  
Vermillion, SD 57069  
605-624-2028



**Patrick M Higgins**  
23 Market Street  
Vermillion, SD 57069  
605-624-2028

**Edward Jones**  
MAKING SENSE OF INVESTING

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## Curbside Collection Change Set

Vermillion Curbside Recycling will not be collecting on Wednesday, November 11th due to City Offices being closed in observance of Veteran's Day. Residents on the Wednesday collection route will instead be picked up the following Monday, November 16th. If you have questions please call City Hall at 677-7050.

## City Hall Offices Closed Nov. 11

City Hall offices will be closed on Wednesday, November 11, 2015 in observance of Veteran's Day.

## Seasonal Parking Dates Released

The City of Vermillion would like to remind residents that seasonal odd/even parking will be in effect from November 1 - March 15. A map showing the odd/even area, highlighted in green, can be viewed <http://tinyurl.com/VSnowRemoval>

## Snow Event Parking Reminder

With the winter season approaching, the City of Vermillion would like to remind residents to be aware of winter parking regulations. A map of emergency snow routes and parking restricted areas can be viewed at <http://tinyurl.com/VSnowRemoval>

## Ribbon Cutting Ceremony Set

The Vermillion High School will be having a Ribbon Cutting Ceremony on Mon., Nov. 16 at 5:15 pm in the Commons area to celebrate the completion of the High School's \$5.2 million renovation. They will also be having an Open House from 5-7 p.m. Tours will be given and refreshments and appetizers will be available.

## Short Story Contest Tomorrow

The Vermillion Literacy Project will hold its annual Short Story Contest on Saturday, Nov. 7, in room 101 of the McKusick Technology Center on the USD campus. The winning writer wins \$100 cash and publication of the story in the 2016 VLP journal. The contest is open to anyone, including USD students, staff, faculty and the general public.

Participants will be given a prompt at the beginning of the session and must write their entire story at the contest within three hours, with the prompt figuring prominently in the story. The contest is held in a computer lab, and computers will be set up with blank Word documents for participants to use. Participants may also hand-write their stories.

The VLP is an award-winning literary and creative writing student organization at the University of South Dakota and annually publishes USD's only student-produced literary journal.

## Decorating Contest Announced

Dakota Hospital Foundation (DHF) is pleased to announce the 2015 Wreath and Holiday Decorating Contest. Community members are invited to share your creative side and support an amazing cause!

DHF is pleased to expand our annual wreath contest with the ALL NEW Free Style Category. You are invited to submit a wreath or holiday décor item decorated to your personal style or theme of choice. This new category provides for other fun items to be considered; such as center pieces, sprays, gift items, etc.

Decorated items must be submitted with a completed Contest registration form on Monday, Nov. 16 from 8 a.m. - 5 p.m. Participants may bring their holiday item to the Administration entrance at Sanford Vermillion - 102 S Plum Street. Special arrangements may be made for an earlier drop off if needed.

All holiday décor will be judged on several criteria including originality/creativity, arrangement, theme, and "WOW" factor. Prizes will be awarded in three categories: Best Individual entry, Best Business/ Organization entry and Best of Show. Due to the variety and uniqueness of entries as well as the new category, judges will also have the option to award additional prizes.

All contest entries will be auctioned at the Dakota Hospital Foundation Wreath and Holiday Décor Auction on Tuesday, Nov. 17 at the Vermillion Event Center. Join us from 5-7 p.m. for a lovely evening with delectable hors d'oeuvres, refreshments and socializing. The evening will include new ways for participants to purchase holiday creations followed by a live auction at 6 p.m. All proceeds from this event will support the Sanford Arts Program in Vermillion.

"This is a wonderful event for Dakota Hospital Foundation and the community. The new options this year will add another level of creativity and buying opportunities for all those in attendance," comments Linda Kogel, Vice President, DHF Board of Directors.

"DHF is committed to continue its support of Sanford Arts Vermillion. This annual contest and auction provides a wonderful setting for us to share the impact of this incredible program," concluded Kogel.

For more information, visit us at [sanfordvermillion.org/foundation](http://sanfordvermillion.org/foundation).

## Annual Luncheon Planned

Vermillion NOW! annual Luncheon will be held Wednesday, Nov. 18 at the Bluffs Golf Course located at 2021 E. Main Street from noon-1 p.m.

Please join us for an update on the Vermillion NOW! progress and the current economic development efforts in and around Vermillion.

A short program and question and answer session will take place at 12:30 p.m. Lunch will be served.

Please RSVP to [annb@vermillionchamber.com](mailto:annb@vermillionchamber.com) or call 624-5571 by Friday, Nov. 13. If you are unable to make it, but would like an update, reach out to the VCDC office anytime.

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