

VERNONIA RURAL FIRE PROTECTION DISTRICT February is American Heart Month

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities. The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health.

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease.



You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol.

Limiting salt or sodium in your diet also can lower your blood pressure.

- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat.

- **Exercise regularly.** Physical activity can help you maintain a healthy weight

and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.

- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.

- **Manage your diabetes.** If you have diabetes, monitor your blood sugar



levels closely, and talk with your doctor about treatment options.

- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

Heart attack symptoms

The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.
- If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

Buchan is Special Guest

"I really want to take this opportunity to thank the first responders that were there that played such a major role in saving my life!" Adam Buchan

It was an honor to have Adam join us at our banquet this year and have him share his miraculous



story with us. Such a special privilege for our firefighters to meet the young man that was once barely clinging to life before their eyes. Now so strong, standing before them, expressing his gratitude for saving him. This is why we do what we do, for moments like this.

Each year we award our Vernonia Fire Commemorative Challenge Coin to a community member or volunteer who acquires great achievements. This year, we chose Adam to receive our coin, for his devotion to perseverance and determination.

Thank you Adam for coming back and spending time with us! You truly are an inspiration to us all!

To view the 2013 Slideshow and banquet videos, please visit our Facebook page @ <https://www.facebook.com/pages/Vernonia-Rural-Fire-Protection-District>.

Harness Buckle Recall

Manufacturer: Graco Children's Products Inc.

Graco Children's Products, Inc. (Graco) is recalling model year 2009 through 2013 toddler and booster child restraints. Models affected: Toddler Convertible Car Seats: Cozy Cline, Comfort Sport, Classic Ride 50, My Ride 65, My Ride 70, My Ride 65 with Safety Surround, Size4Me 70, My Size 70, Head Wise 70, Smart Seat. Harnessed Booster Seats: Nautilus 3-in-1, Nautilus Elite and Argos.

The alleged defect involves difficulty in unlatching the harness buckle. In some cases, the buckle becomes stuck in a latched condition so that it cannot be opened by depressing the buckle's release button. It may be difficult to remove the child from the restraint, increasing the risk of injury in the event of a vehicle crash, fire, or other emergency, in which a prompt exit from the vehicle is required.

Graco offers a new and improved replacement harness

buckle to affected consumers at no cost. Contact Graco customer service team at 800-345-4109 (Monday through Friday from 9:00 AM until 5:00 PM) or consumerservices@gracobaby.com.

Owners may also contact the National Highway Traffic Safety Administration Vehicle Safety Hotline at 1-888-327-4236 (TTY 1-800-424-9153), or go to www.safercar.gov.

The 1.8 million additional seats the safety agency wants recalled are rear-facing models used for infants. They are the Snugride, Snugride 30, Snugride 32, Infant Safe Seat-Step 1, Snugride 35, Tuetonia 35 and Snugride Click Connect 40.

Calls responded to January 1-31

Fire	3
Emergency Medical Service	27
Hazardous Condition	4
Service Call	3
Total	37

Congratulations to our 2013 award winners!



Firefighter of the Year:
Jason Smith



Rookie of the Year:
Jake Bringman



Volunteer of the Year:
Randy Carlton



Officer of the Year:
Loren Loomis

FF Bringman left Vernonia RFPD last summer for an internship program at Netarts Oceanside, where he also received their 2013 Rookie of the Year award.

Special thanks to the following businesses for donating prizes for our banquet raffle: Mini Mart, Napa, Cedar Side, True Value, LaCabana, Mariolino's, Black Bear, Sentry, Subway, All In Pub, New Hong Kong and Vernonia Hardware.