

# Firefighter, paramedic graduates honored, Feb. 2



**Left:** Firefighter trainee graduates from Tri-Lakes Fire Protection District Fire Academy Class 01-2013 are, from left, William Vogl, Brian Olmos, Cristian Guerra, Adam Wakefield, Padraic Atkinson, and Ryan Grafmiller.



**Right:** (l-r) Tri-Lakes Monument Fire Protection District Fire Academy Paramedic Class 01-2013 graduates are, from left, Jennifer Catanach, Nathan Snyder, Michael Webster, Aaron Wood, and Michele Bumgarner. *Photos by Bernard Minetti.*

# AARP promotes stroke, heart attack awareness, Feb. 13



*By Stanley Beckner*

How individuals can detect, and should respond to, potential stroke and heart attack situations involving friends and family was the featured subject at the Feb. 13 meeting of the Black Forest AARP Chapter.

Lts. Kathy Russell and Jim Rebitski and firefighter Al Glock from the Black Forest Fire and Rescue presented a free two-hour instruction and discussion of stroke and heart attack symptoms.

Emphasis was placed on the time-critical identification and responses by family or friends and the medical responders to minimizing the negative aspects of these all too common types of medical emergencies.

The presentation also identified risk factors and corrective measures that individuals must consider if they desire to reduce the possibility of a heart attack or stroke.

The use of Automated External Defibrillators and various types of personal home medical alert devices was a special addition to the program.

Anyone interested in AARP activities should contact the chapter President Chuck Karlstrum at (719) 749-9227. Chapter membership is open to everyone.

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# Monument Academy Sertoma Essay Award winners honored

Gov. John Hickenlooper recently designated the week of Feb. 18-22 as Sertoma Freedom Week, and Legacy Sertoma club sponsored an eighth-grade essay competition on the subject "What Freedom Means to Me."

The club hosted the top three winners from Monument Academy, their families, and teacher, Leanne Althouse, at a dinner meeting Jan. 24 where the selectees were honored.

The winners were: first place, Katie Gienapp; second place, Alexandra Holt; and third place, Emily Homoki.

First-place winners from district schools advanced to further competition within the Sertoma Pikes Peak District.

On Feb. 20, the winners from 14 area schools were recognized, and Gienapp again took top honors, for which she received a trophy, a check, and an American flag.

This is the second year that Monument Academy students have entered the competition, and both years they have taken the highest award at the district level.

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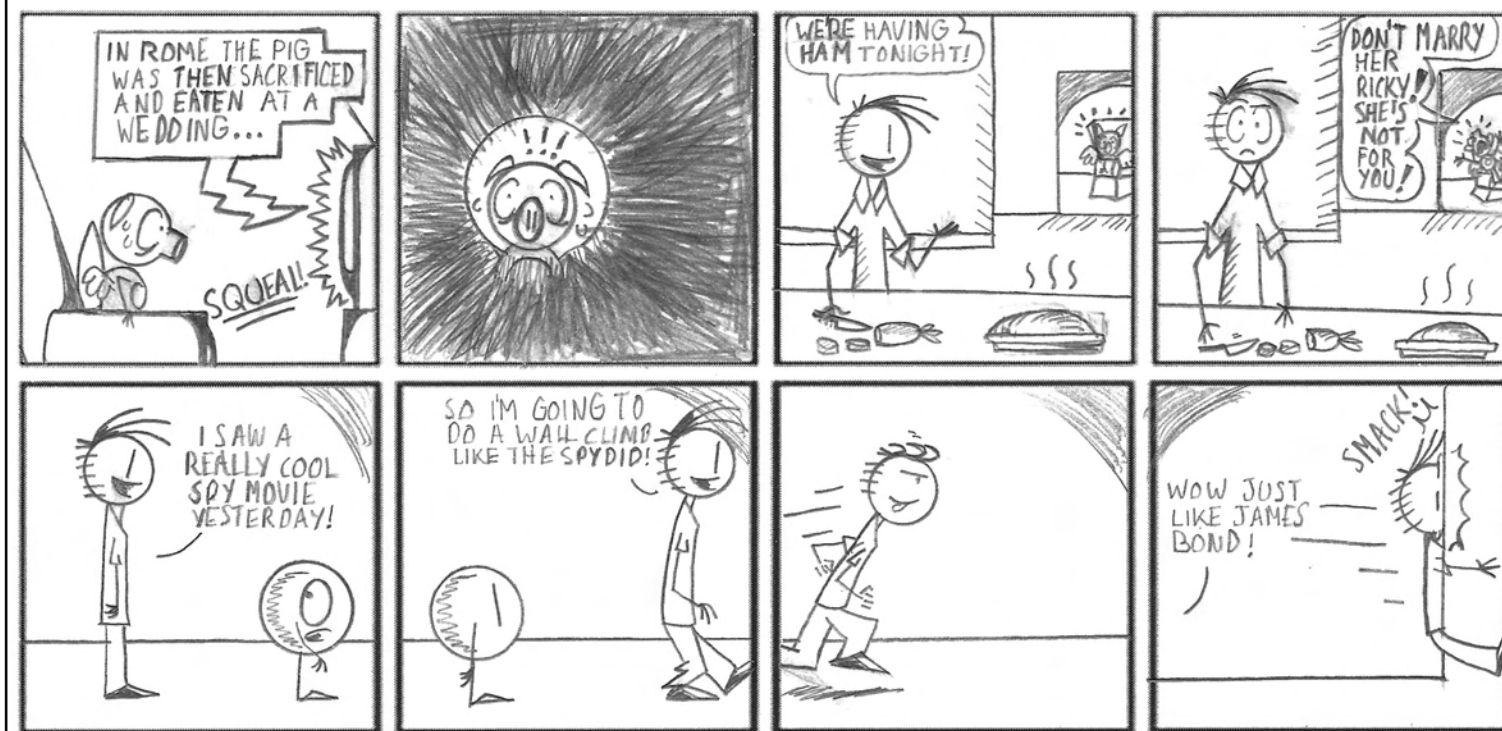
Legacy Sertoma meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month. New members and visitors welcome. For information contact Ed Kinney at 481-2750.

**Right:** Essay winners are pictured at the Legacy Sertoma meeting. From left are Leanne Althouse, teacher; Alexandra Holt, second-place winner; Emily Homoki, third place; and Katie Gienapp, first place. Gienapp advanced to the Sertoma Pikes Peak District level and won top honors there also. *Photo by Denny Myers.*



## Gray Matter

OCN is pleased to include some of the work of budding cartoonist Levi Pennison. Levi is 12-years old and lives in Palmer Lake. Please let us know what you think at [editor@ocn.me](mailto:editor@ocn.me).



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