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‘Help’s farther away’



Experts encourage rural communities to learn life-saving skills

Use of “hands-only” CPR can make a life-or-death difference for someone who has suffered cardiac arrest. GETTY IMAGES

Susan Szuch Springfield News-Leader | USA TODAY NETWORK

In the 1960s, doctors believed heart muscle died instantly during a heart attack, like throwing a light switch, according to the American Heart Association. Dr. Eugene Braunwald’s research proposed a heart attack was more like a dimmer – the damage happened gradually, and fast action could limit the extent of the loss.

This wisdom, summed up by the phrase “time is muscle,” changed how heart attacks – and later other injuries – are treated. In strokes, which cause blood loss to the brain: Time is brain. In trauma situations like a car accident or shooting: Time is blood. In sudden cardiac arrest, where the heart stops pumping blood due to an electrical issue: Time is brain, lungs and other organs.

Fast intervention is the key to saving lives for many conditions, and in urban and metropolitan areas, help from emergency medical services can be a phone call and 5 to 10 minutes away. But in rural areas, it can take almost 20 minutes longer than the national average for EMS to respond, according to research from the Baylor College of Medicine in Houston, Texas.

When time is life, waiting for an ambulance can be deadly.

“Help’s farther away” in rural communities, said Dr. Dustin Smoot, a trauma surgeon in Sioux Falls, South Dakota. “We know help’s farther away. We know from Medicare data that we’re 25% more likely to die from injuries in a rural community because you’re so far from help.”

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“Because of our response times just due to location, time to a hospital, the community’s knowledge to start aid in a situation will aid us as an ambulance in helping make sure a good outcome is a possibility.”

Tyler Weir, emergency medical technician

Lawmaker sues Trump, Kennedy Center board

Bethany Bruner

Columbus Dispatch
USA TODAY NETWORK

An Ohio lawmaker is suing President Donald J. Trump and his administration, saying they violated the law by renaming the John F. Kennedy Center for the Performing Arts.

Congresswoman Joyce Beatty filed the lawsuit on Dec. 22 in the U.S. District Court for the District of Columbia. The filing comes days after members of the Kennedy Center board, of which Beatty is a member, voted to rename the center.

Shortly after that vote, workers could be seen putting up new giant lettering outside the DC landmark that

says: The Donald J. Trump and The John F. Kennedy Center for the Performing Arts. “In scenes more reminiscent of authoritarian regimes than the American republic – the sitting President

and his handpicked loyalists renamed this storied center,” the lawsuit says. “This is a flagrant violation of the rule of law, and it flies in the face of our constitutional order.”

Beatty is asking the federal court to step in and find the renaming of the center unlawful, and to issue an order requiring the new signage that added Trump’s name to be removed.

The lawsuit says Congress intended the arts center, which was named after President John F. Kennedy in the months following his November 1963 assassination, to be a “living memorial” and a “crown jewel of the arts for all Americans, irrespective of party.”

In addition to Trump, the lawsuit names Richard Grenell, the president of the Kennedy Center, and the other members of the center’s board. Those members include Attorney General Pam Bondi, Health and Human Services Director Robert F. Kennedy Jr., and Secretary of State Marco Rubio.

“Under our constitutional system, only Congress can modify a statute,

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