

Walking with heart

NEMO Heart Health Corporation hosts first Heart and Sole Walk

BY CHRIS BROWN
Staff Reporter

Northeast Missouri Heart Health Corporation encouraged the local community to support heart disease survivors and raise awareness by participating in the inaugural Heart and Sole Walk fundraising event Saturday.

NEMO Heart Health is a non-profit organization attempting to create a healthy community by placing automated external defibrillators, according to the NEMO Heart Health website AEDs are devices that send an electrical current to a person's heart if it has stopped beating. The goal of the Heart and Sole Walk is to raise enough money to purchase an AED and dedicate it to a local business on behalf of everyone who participated in the walk, said Marilyn Blickhan, NEMO Heart and Sole walk chair.

The organization also works towards educating Kirksville residents about cardiovascular health issues by offering awareness events such as the Heart and Sole Walk, she said.

The NEMO Heart Health Corporation was formed in response to an incident at the A.T. Still University campus, when a patient suffering from cardiac arrest was taken to the wrong building and passed away because there were no AEDs available, said Lisa Archer, NEMO Heart Health Corporation board member. By the time the patient was rushed to the E.R., it was too late, Archer said.

"We felt like, at that time, that we needed to prevent that from ever happening again," Archer said. "Our goal initially was 50 AEDs in five years, and we put 54 in 29 months. So, it's

really been embraced by the community."

The event itself was inspired by the American Heart Association "Heart Walk," which the Northeast Regional Medical Center used to participate in, Blickhan said.

Although the original Heart Walk stopped being held in Kirksville during 2007, NEMO Heart Health Corporation decided to start the Heart and Sole Walk to encourage everyone in the community to maintain a healthy environment, and to help raise money for AEDs, Blickhan said.

NEMO Heart Health also works with students at the Truman State health science department, such as senior Hannah Williams, to coordinate programs for heart disease patients, Archer said.

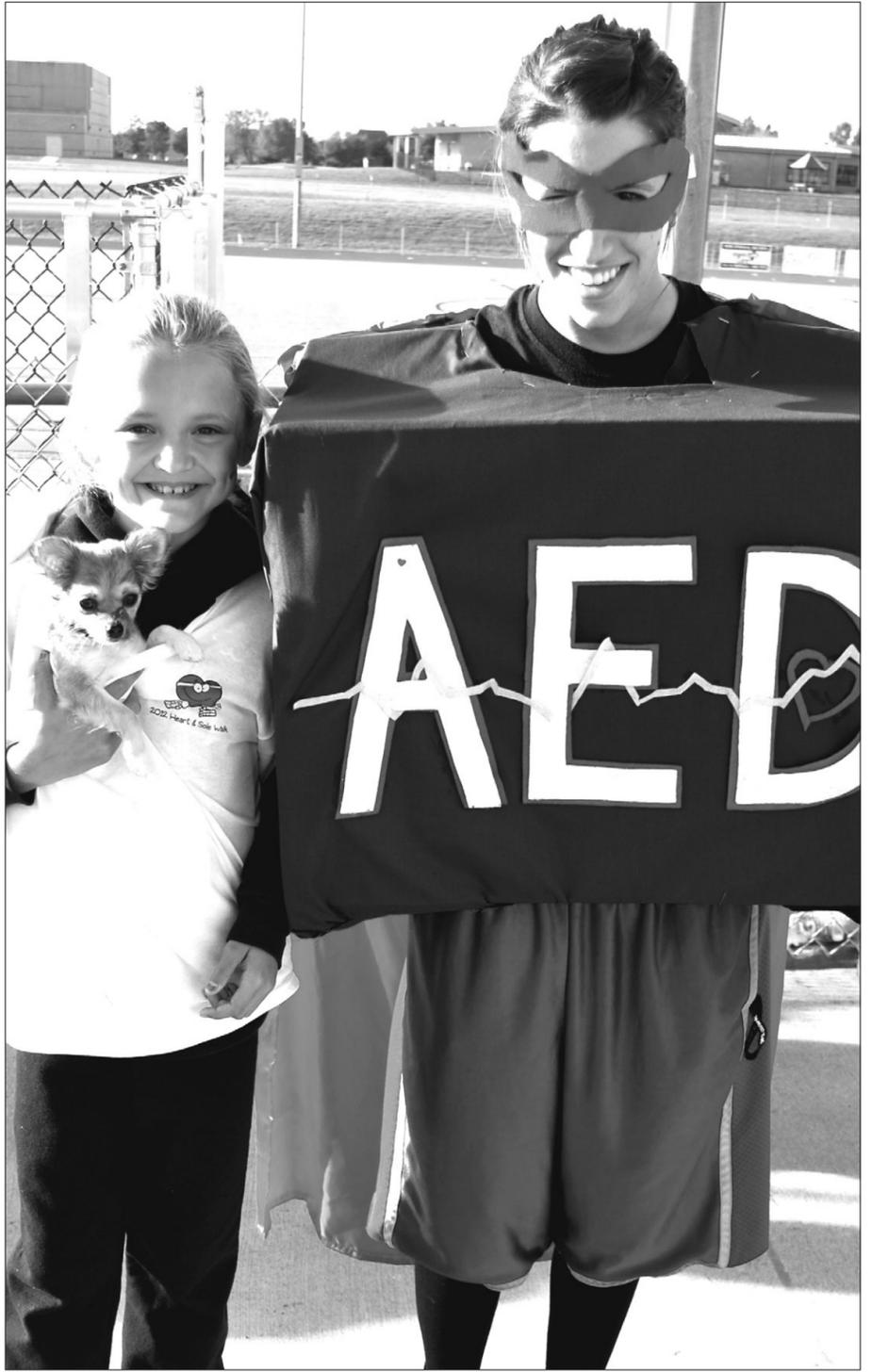
"The point is to involve everyone," Williams said. "Anyone can walk ... there's no registration fee so it doesn't exclude any part of the population."

In addition to promoting heart cardiovascular health and raising money to place AEDs in the community, NEMO Heart Health is starting to focus on several new projects to combat chronic heart disease and chronic conditions that contribute to heart disease, Archer said.

"What we're moving now toward is an initiative in childhood obesity," Archer said. "The Heart Walk ... was our first big event for that initiative."

In addition to the educational aspect of the walk, NEMO Heart Health issues prizes to the top fundraising group and individual. Prizes include 10 free personal training sessions for the top fundraising individual and \$100 Visa gift cards for the top fundraising team, Williams said.

"We just want people to come out and walk and just demonstrate activity," Archer said.



Submitted Photo

A volunteer dressed as an automated external defibrillator poses with a participant at the first NEMO Heart and Sole Walk Saturday. NEMO Heart Health Corporation sought to raise awareness and educate participants while raising money for AEDs that would be placed around the region.



Sereno Adams/Index

ROTC cadets practice grid mapping Sept. 13, which allows soldiers to navigate terrain by pinpointing destinations on a map and figuring out a route to reach the destinations. The ROTC program prepares students for future leadership roles in the military as well as in civilian aspects, including business management.

ROTC students prepare for future

BY JOHN BROOKS
Staff Reporter

For Truman State students in the ROTC program, the path to graduation — and the future afterwards — is different than the one taken by many other college students.

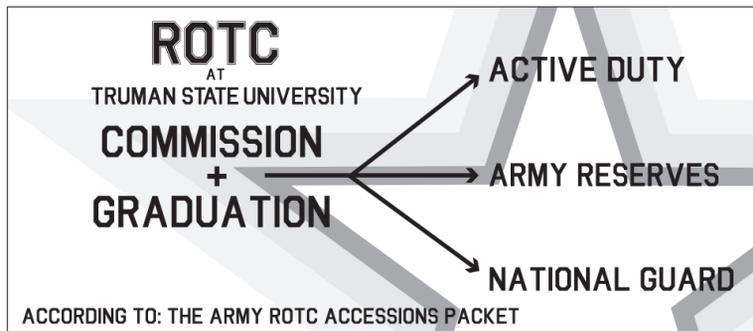
Senior Cadet Miranda Martin joined ROTC after taking a freshman military science class.

"Something just clicked, and I knew it was right for me," Martin said.

When students graduate, there are three options for them. They can pursue active duty, reserves or National Guard. Although they apply for positions which interest them, this year's class has yet to find out where they will be assigned. Martin hopes to do active duty and enter the medical service corps, where she'll have a chance to pursue her interests in the medical field, she said.

Martin is interested in attending the Army medical school. It comes at no monetary cost to her, but going to the Army's medical school would tack seven years on to the eight-year commitment required by the Army as a condition of her military financial aid.

Senior Cadet Battalion Commander Warren Galloway, an education master's student, also hopes to go into active duty after he graduates. Like Martin, Galloway didn't plan to join ROTC when he came to Truman, but after growing up with a military family and taking a class which gave him the opportunity to go on the rappel



tower, he started talking to officers and became interested in the program, he said.

"It goes back to when I was a kid," Galloway said. "My dad was in the military, and he continued to live the values he learned there after he got out. I wanted to serve my country, do my part and make the world a better place."

Galloway plans to work in the Army for a career. This would mean serving 20 years, after which he plans to use his Exercise Science degree by coaching wrestling.

As a part of the ROTC program, students who complete the program will be commissioned as Second Lieutenants in the U.S. Army. For students like Galloway, who hopes to work in the infantry after he finishes his master's degree, this means he would be responsible for leading 30-40

soldiers as a platoon leader. It also would mean he would be responsible for several million dollars worth of equipment, Lt. Col. Jim Tenpenny said.

If students do earn a commission as an active duty officer, they would draw a salary between \$45,000 to \$55,000 a year, Tenpenny said. But he thinks the students benefit more than just monetarily by going through the program.

"I like to instill in my cadets that they're going to be leaders in the organization, in the Army and wherever else they choose to work," Tenpenny said.

Former junior military officers who complete four years of active duty and earn the rank of Captain will find their services in high demand in corporate America, Tenpenny said. They have spent years learning

leadership and management skills, dealing with expensive equipment and many different kinds of people, and that's something corporate America wants and needs, Tenpenny said.

Although the training and experience students gain during their time with the program offers benefits for students considering management work, it also offers possibilities for students whose interests are similar to those of senior Cadet Jack Follis. He was interested in joining the Army for as long as he could remember, and intended to apply to West Point, but came to visit Truman and said he enjoyed the college atmosphere.

"I've spoken with a lot of West Point cadets, and I've found that college teaches you way more than what you learn in class," Follis said.

It also has given Follis the chance to practice his leadership skills many different ways. Like Galloway, Follis plans to seek infantry active duty after he graduates this December.

For ROTC cadets, there are many different possibilities for the future. Tenpenny said it's no secret that it might be dangerous, but the students go through a rigorous program to ensure they are ready.

"I'm extremely excited, but at the same time I'm nervous about leading America's sons and daughters," Galloway said. "If you go into something like this and you're not nervous, there's probably something wrong with you."