



Cartoon: Mitchell Holford

## CPR in a nutshell: it can save your life

### EDITORIAL

By **EVE OXENHAM** and **MAKENZI HARVEY**

CPR (Cardiopulmonary Resuscitation) could change somebody's life but the problem is, some people are too afraid to administer it.

Australia is well-known for its beautiful and popular beaches, but what some may not know is the danger they can hold.

The annual drowning report by the Royal Life Saving Society states shocking statistics within Australia – 266 people drowned in Australia, between July 1, 2013 and June 30, 2014. Thirty of these deaths were children aged between zero and 15. Australia's drowning rates are increasing, but the amount of people who know how to administer emergency resuscitation is decreasing.

In order to keep Australia's waterways safe, people need to learn to administer CPR and know that even if the idea is frightening, it could potentially save someone's life. Many drowning deaths could be prevented if CPR is administered, so it is important that every person has the ability to provide first aid.

It is time for the average Australia

lian to understand that CPR isn't just for lifeguards. The only way people are going to learn is through the publication of CPR and its benefits. Resuscitation is slowly becoming common knowledge, which is the first step towards the reduction of water-related deaths.

Students at Floraville Public School are learning CPR in an interactive way that involves hands-on activities. We also learnt that CPR can often lead to physical exhaustion so when performing CPR your fitness and your own health can play a major part in whether CPR is a success.

Australia very popular with tourists, many of whom are unfamiliar with the concept of water safety. This means many people may come across a situation where CPR is needed.

The Floraville community strongly believes CPR could potentially be the difference between life and death and that learning it could greatly reduce the risk of drowning. CPR can also treat heart attacks and people who are choking, so its importance cannot be ignored.

It is essential that CPR, along with other methods, such as DRSABCD, is taught at all schools within Australia so that we are all safe, happy and healthy.

# Lyme disease is a ticking time bomb

By **REEGAN GLOVER, LILLY HIBBERD** and **LUCAS HANCOCK**

COREENA Haylen has Lyme disease which she believes she contracted from a tick near her home in Dudley. However, according to Australian medical chiefs there is no evidence that ticks in Australia are carrying the borrelia bacteria that causes Lyme.

Lyme disease is a tick borne ailment caused by a parasite bringing bacteria into the body. Ms Haylen and other local sufferers are fighting to raise awareness about the presence of Lyme disease in Australia.

Lyme disease is mostly found in NSW, QLD and SA. Ms Haylen says, "It's similar to malaria, as they both come from bites to the skin which inject poison."

Lyme disease can go to any part of the body and has the ability to multiply itself and mimic other diseases such as lung cancer. Ms Haylen says "I was paralysed and in hospital for 18 weeks and my condition was unknown for three years. I sent blood samples to America and got them tested. They identified it as Lyme disease."

Lyme disease has had a huge impact on Ms Haylen's quality of life. She has had to use a walking stick, buy a lot of medication and have a series of treatments to bring her back to full health. Ms Haylen was also originally receiving treatment



Coreena Haylen with medication to combat Lyme disease.

Picture: Reagan Glover and Lucas Hancock

undergoing an anaesthetic and their body being heated to a temperature of 42 degrees celsius. The borrelia bacteria dies at 41.5 degrees celsius. The cost of this specialised treatment runs into the many thousands of dollars. However Ms Haylen believes the cost was worth it as she is now enjoying good health for the first time in several years.

To prevent contracting Lyme disease you can wear protective clothing such as long sleeved shirts, trousers and

insect repellent. Lyme disease can be very harmful. that was not helpful. Treating Lyme disease can be very expensive. One of the most effective but most expensive treatments was travelling to a clinic in Germany. The treatment there involves the patient

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## The garden that is alive with meaning

By **ISABELLA HALPIN, EMILY MAGRI** and **ESTHER KIM**

FLORAVILLE Public School's new Aboriginal garden has been raised from the dust and dirt of a neglected playground. After 12 months of planning and hard work, the garden is finally in action.

Featuring a double yarning circle for students to sit and connect with each other, native Australian plants, a mural painted by students and its very own frog pond, this garden could be the key to

inspiring pupils to learn more about the culture of Indigenous Australians.

"I wanted to create a relaxing atmosphere in the garden, where students can gather around the yarning circle and have a conversation or just sit and think," Gemma Hadden said. Mrs Hadden was one of the main driving forces behind the establishment of the garden. It has taken over 1500 hours of work to cre-



Gemma Hadden in the new Aboriginal garden.

Picture: Krystal Toll

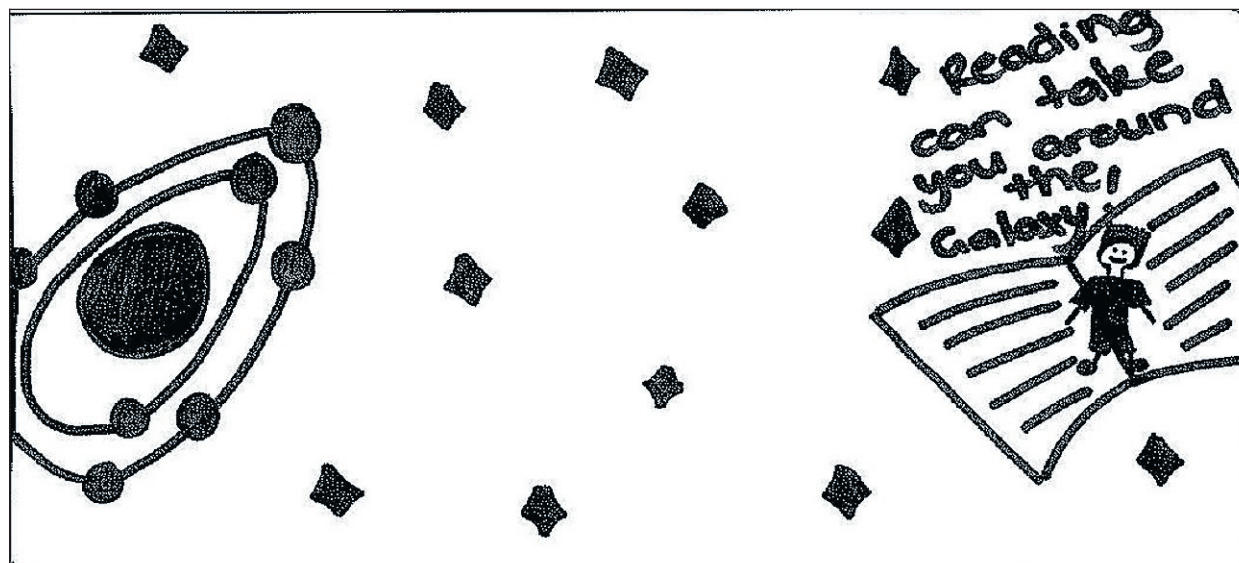
ate it. The garden was officially opened on August 5, coinciding with NAIDOC Day celebrations. Although it may seem like

a bunch of rocks, sticks and logs, it's a significant structure that represents the importance of Indigenous Australian culture.

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