

The Scoop

MSET-TX
Board of
Directors:

Dan Ogilvie, 301
President

Jerry Henry, 316
Vice President

Mike Sunderman,
101 Treasurer

BB Bourroughs,
105
Communications
Officer

Ray Hulley, 103
Secretary
Newsletter Editor

Inside this edition of the Scoop:

What is Aspirin?...2
CTSS News 2
Volunteer 2
Corrections 3
I'm Safe..... 5
Travis County
REACT..... 5
Collarbone
(clavicle) Injuries 7
Cardiac Anatomy
Quiz..... 8

Motorcycle Special Events Team of Texas

STAR Flight Landing Zone Safety Class

The next Landing Zone class will be at the

Shoreline Christian Center

15201 Burnet Rd.

Austin, TX 78728

(512) 310-2244

on Saturday, February 14th, 9:00 a.m. to Noon

Event Info:

- * **6th Annual LZ Training Class**
- * **FREE** and open to the public
- * **CE credits 2 hours**

Please pre-register so we will

have enough handouts

ray@mset-tx.org

- * Walk-ins accepted
- * Coffee and doughnuts will be provided, donations accepted
- * Helos expected if available:
- * Austin STAR Flight 2
- * KXAN 36
- * Austin Police
- * Scott and White, STAT
- * Critical Air

and more

(Continued on page 6)

Skywarn 2004

During the first three months of 2004 there will be a number of Sky Warn classes conducted throughout the State of Texas. The class for the Austin area is scheduled to be conducted on Saturday February 28th, 2004. It will begin at 8 a.m. and one should plan to stay until about 5 p.m. A BBQ lunch will be available and participants are expected to go "Dutch". This class has often been the largest and most comprehensive introductory and advanced Sky Warn training presented anywhere in Texas. Speakers will include representatives from local Television station's meteorological team as well as the National Weather Service from New Braunfels Texas. The

L.C.R.A.'s meteorological staff will give a presentation on the history of flooding in the Colorado River Basin. A new and welcomed addition to the list of speakers is expected to be the Northern section coordinator for the Central Texas Storm Spotters, Warren Rowe, KM5EW. Warren will be talking about the mission of the CTSS group and a brief history of its evolvment. Jeff Drapper, N5SSI, founder of the Texas Severe Storm Interceptors, is the Southern Section Coordinator.

Special Monthly Meeting

MSET-TX will meet at the Austin Red Cross bldg A Jan.21st, @19:00hrs

What is aspirin?

“Chewing the tablet, rather than swallowing it whole, helps release the medication into the bloodstream faster”

For more than 100 years, aspirin has been used as a pain reliever for headaches and other minor aches and pains. According to the United States Food and Drug Administration (FDA), Americans consume over 20 billion tablets a year. More recently, aspirin has been widely studied in terms of both preventing **cardiovascular disease** and in managing the conditions of people who have already have **heart disease** or a history of **heart attack**. Some of these research findings

include the following:

- * Aspirin therapy in heart attack patients significantly reduces the risk of damage from the ongoing attack, as well as the overall risk of having another one.
- * Chewing the tablet, rather than swallowing it whole, helps release the medication into the bloodstream faster.
- * Men are more likely than women to take or to be given aspirin.

(continued on page 7)

Central Texas Storm Spotter News

Warren Rowe, KM5EW, The Northern Coordinator for Central Texas Storm Spotters, KD5ZDO, and the moderator, of the Central Texas Storm Spotters Yahoo Groups announced on Dec. 29th, 2003: A new CTSS Southern Coordinator has been named. He is Jeff Draper, N5SSI, and founder of Texas Severe Storms Intercept (TSSI), based in Austin.

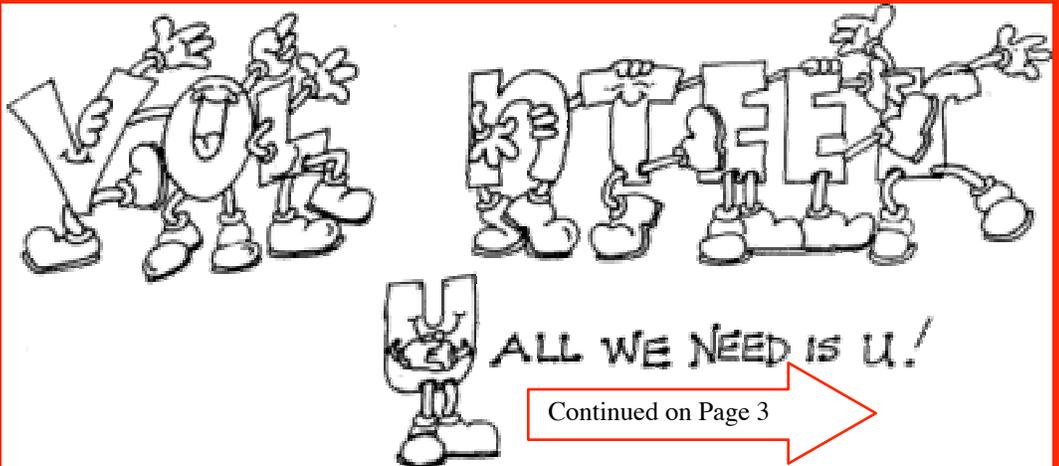
Jeff is very knowledgeable concerning weather in Central Texas, and knows what it takes to work with the proper authorities concerning severe weather reporting and other concerns.

Jeff's appointment comes because I realized that I needed some help in getting the word out about CTSS, and I can't be everywhere at once. Jeff will be able to grow into his new position, and I will help him in every way possible to ensure his success. Members who live along the Upper Texas Gulf Coast will coordinate with Jeff, and his email address is n5ssi@yahoo.com. Please congratulate Jeff on this appointment; he certainly deserves it, and he needs your support. And, thank you for your support...and tell others about CTSS and its mission.

Made On a Mac

Emergency Services Projects

The **Central Texas Chapter of the American Red Cross** is a humanitarian organization led by volunteers. Our chapter relies on volunteers to help us save lives; resolve crises and emergencies; maintain health and prevent disease; and help people help themselves.



Continued on Page 3

Emergency Services Projects

(Continued from Page 2)

Facility Survey Team Challenge: Who can get their county Facility Survey's completed first? On your mark----Get set---Go! A surprise awaits the winning team!

Some NOT So Heavy Lifting! The more help we have the faster this one goes. Moving training material from point A ...2.....B! A one time project! Hurry this one will go fast.

Bill Gates Buddies? So you know ALL of the Microsoft Products huh? Prove it on "Volunteer" Saturday! Call Paul Williams, 699-3765 or pwilliams@centex.redcross.org for time and dates.

Brochure CAZAR! How many brochures can one organization have? Come help us keep them organized and filled. You pick the day & time once a month.

Artistic or just draw a straight line? We have charts for your talents; your time is our time, a one time fun project! Call fast...this one will be gone soon!

Map Pin Heaven...? Is Map Quest or MS Maps on your Favorites menu? You are perfect to help us map our DAT Volunteers.

One ringy dingy.....two ringy dingy? Call and schedule volunteers for projects. Can be done anywhere, any time (midnight is not good?)

Care about the Environment? Help us eliminate unnecessary paper in the DSHR files. Contact Laurie Crittenden for details.

PROSPECTIVE/NEW VOLUNTEERS: TO BECOME A VOLUNTEER:

1. Please contact **Vinh Nguyen** via e-mail or by telephone, **(512)929-1225**, for more information, and to set up an interview.
2. Attend the **New Volunteer Orientation session**.

More about volunteer Opportunities on page 4

TX Rollergirls 2004

Their First Bout of the 2004 Season has been confirmed for February 22nd, at Playland Skate Center. Doors open at 6:00 p.m.

SPECIAL EVENTS

First Thursday in February!

Musical Chairs with "The White Ghost Shivers" at Rock N Roll Rentals, South Congress Avenue.

We'll have rounds of musical chairs at the top of every hour -- that's 7, 8, and 9 p.m. It's just \$1 for a raffle ticket that gets you the chance to take on the Rollergirls in rough-n-tumble musical chairs action. Prizes include bout tickets, koozies, t-shirts, and more.

Corrections to December 2003.

The Austin Radio Roundup item on page 12 has Bill Pittman as N5NKE and he is actually KC5NKE. John Suchyta, AARC President whom I have listed as W5GO is actually KG5O. While Jeff Schmidt is N5MNW and I have that much correct I am also going to take this opportunity to mention that he is the President of the ARO. My apologies to all.

VOLUNTEER OPPORTUNITIES (continued from page 3)

1. **Disaster Services:** As a member of a Red Cross Disaster Action Team, you'll be among the first to arrive at the scene of a local disaster -- typically a house or apartment fire. You'll bring comfort to people affected by the disaster, assess the damage to their homes and help meet their immediate needs for food, clothing, shelter, health services and mental health counselling.

2. **Health and Safety:** As a certified Red Cross Instructor, help us save lives in the community with CPR, First Aid, Water Safety or HIV/AIDS prevention education.

3. **Administrative:** We need volunteers to help organize projects, manage volunteers, assist in implementing new technology and handle general office tasks.

4. **State of Texas Employees:** Are you a state employee? If so, do you want to help others while getting paid by your job? With supervisor support and a few training classes by the Red Cross, you can take time off to serve as a disaster relief worker without losing vacation or compensation time at work.

5. **Groups:** The American Red Cross of Central Texas has year round special events for group volunteers. Please contact Volunteer Services at (512) 929-1225 or contact [Vinh Nguyen](#) for more information.

6. **Interns:** The American Red Cross is looking for unpaid college interns to fill various positions. With an emphasis on community involvement, these positions give interns the opportunities to network and learn valuable marketing skills. Flexible hours and a friendly work environment are just a couple of the features offered to Red Cross interns.

7. **Youth (25 and under):** The American Red Cross of Central Texas has various opportunities for young volunteers. Please contact Volunteer Services at (512) 929-1225 or contact [Vinh Nguyen](#) for more information.

**American Red Cross
Central Texas Chapter
2218 Pershing Drive
Austin, TX 78723
Phone- (512) 928-4271
Fax- (512) 928-2816**



Together, we can save a life

www.centex.redcross.org

I'm Safe by Jackie Vaughan

Many people use a checklist to prepare for a trip. It might include gas, tire pressure, first aid kit, et cetera. One item often missing is the condition of the rider himself. Yet the rider's condition is at least as important as the condition of the bike.

There is a checklist, which allows the rider to check out himself before every trip. Easy to remember, the list is called **I'm Safe**. It stands for illness, medication, stress, alcohol, fatigue and emotion. Let's take a look at how each of these factors affects us.

Illness: Many illnesses such as diarrhea, headache or fever can blunt our senses and affect our ability to scan aggressively for hazards or our ability to react to these hazards quickly. Recovering from an illness can do the same.

Medication: Medication such as sleeping pills, even taken the night

before, or antihistamines can make us drowsy. Antibiotics do a good job of fighting infections but also leave us fatigued for several days.

Stress: Just before a trip is not the best time to air our problems. We will be in a much better mood after a good trip. Take time to relax before starting. Another thing to remember: don't bring the kids.

Alcohol: Alcohol can be summed up in a single phrase—one drink per hour. Make sure there is no alcohol in your system before you ride.

Fatigue: Working long hours at physical labor before a trip is a sure way to start the trip with fatigue.

Emotion: We are all aware that being angry or sad at can keep our mind off our riding, but we should know that being very happy can do the same. We need to take time to think things out before we start.

The Next regular
MSET-TX Team
meeting will be
Wed. Jan. 28th,
2004 7 p.m. at the
**American Red
Cross of Central
Texas**
2218 Pershing Dr
Building B
Austin, TX 78723

Travis County REACT

Travis County REACT is a nonprofit, volunteer community service organization that provides communications and other support services for a variety of community events and nonprofit agencies.

Our Community event services usually involve one or more of the three areas:

- **Communications**
- **Crowd Management**
- **Traffic Control**

Planning Is The Key!

Advance planning of your event is essential to ensure that it is successful for everyone. As early as possible in the planning process, contact Travis County REACT and let us help make your event a success!

What Does It Cost?

REACT members provide services for the benefit of the community and because it's fun! For nonprofit events that are free to the public, there is no fee. For fund-raisers, commercially-sponsored events, and events for which admission fees are charged, we ask for a tax-deductible contribution to help with our expenses and support our community services.

Travis County REACT has provided communications and related services to the following events and organizations in recent years:

Capitol 10K, Special Olympics Texas, Winedale Arts & Crafts Fair, Ride For The Roses, Yulefest Trail of Lights, Summerfest and Austin Radio RoundUp.

*For More information
contact:*

Travis County REACT
P.O. Box 180922
Austin, TX 78718

www.texasreact.org/travis

Email:

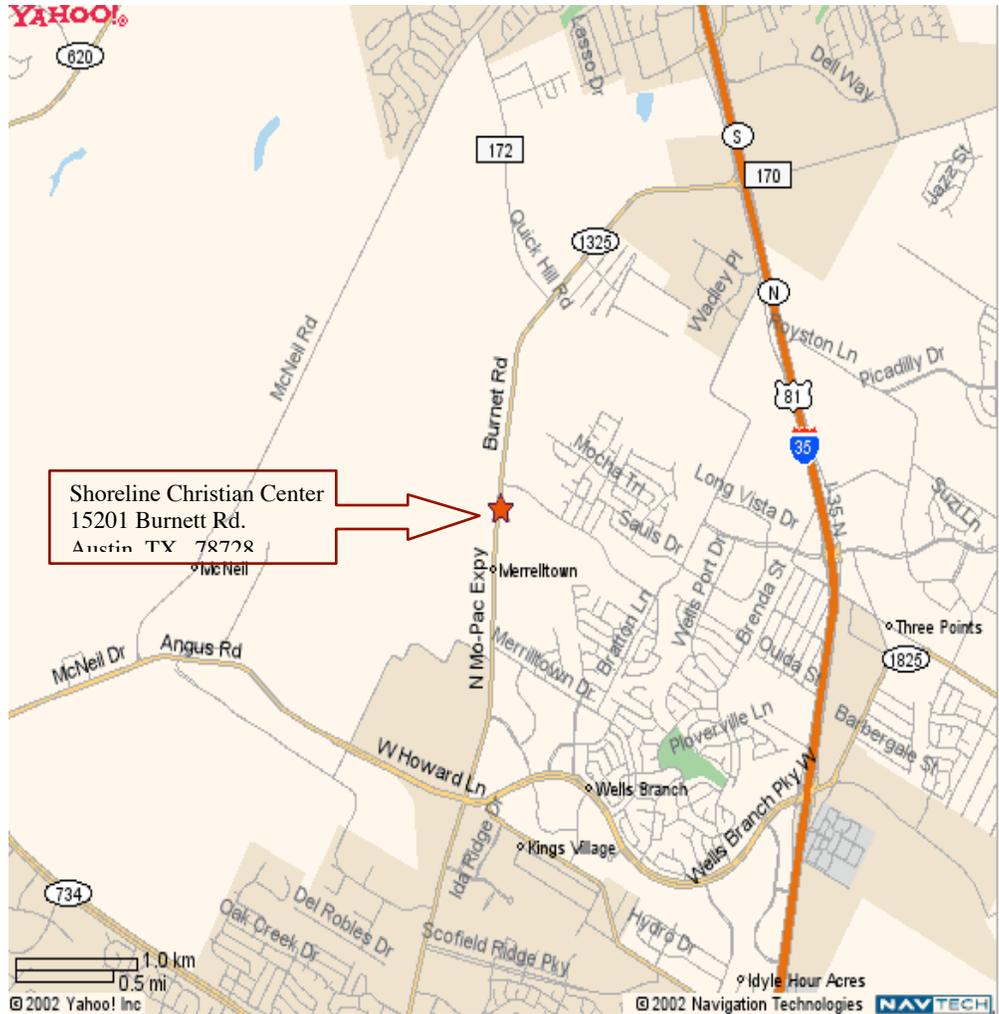
travis@texasreact.org

1-866-REACTTX

Travis County REACT is a nonprofit charitable organization under IRS sec. 501 C 3. Contributions are tax-deductible to the extent permitted by law.

STAR Flight Landing Zone Safety Class

(continued from cover)
For more information
contact: Dan Ogilvie
MSET 301
Home (512) 892-0875
Pager (512) 307-8301
Email: dan@mset-
tx.org Web:
www.mset-tx.org
Radio monitored for
directions day of event:
Intercity 154.95 direct
& Ham radio 146.88.
Mutual Aid and
Helicopter frequency
154.28 direct



Shoreline Christian Center
15201 Burnett Rd.
Austin, TX 78778

Jerry's
Home Appliance Service
30 Years Experience
Servicing Home, Laundry &
Kitchen Appliances
415-7304
Jerry Henry - Owner

Directions

North on IH-35 from Austin: Exit 250 go left under the Hwy on Wells Branch Pkwy West to 1325. Right on 1325 North 1.4 mi. to Shoreline Dr. Turn right into parking lot.
Mopac North to end of expressway. Becomes 1325 2.6 mi. to Shoreline Dr. Turn right into parking lot.
IH 35 South from Williamson Cnty and all points North: Exit 247 turn right onto

SH45 West for .7 mi. to 1325 turn left onto 1325 South for 1.5 mi. to Shoreline Dr. Turn left into parking lot.

Sponsored by:
Austin/Travis County Emergency Medical Services STAR Flight.
www.starflightrescue.org
The Motorcycle Special Events Team of Texas. www.mset-tx.org
Travis County REACT
www.texasreact.org/travis/

MILLER UNIFORMS & EMBLEMS, INC.
650 CANION ST.
AUSTIN, TX 78752
KEITH M.MILLER
(512) 302-5541 (512) 302-5516 FAX
E-MAIL:
millersuniforms@austin.rr.com

Collarbone (clavicle) injuries

The clavicle is one of the main bones of the shoulder joint. The clavicle and acromioclavicular joint (ACJ) help increase the range of motion of the shoulder joint and increases the strength of the shoulder for movements above shoulder level. The clavicle also protects nerves and blood vessels from the neck to the shoulder and gives the neck structure. Injuries to the clavicle and ACJ are common and occur in sports activities that involve falls or direct contact, such as football or wrestling. Males age 13 to 20 years old have the most clavicle injuries. Younger children are also at risk for clavicular fractures during play. Symptoms of an injured clavicle or ACJ may include:

- * Immediate pain, tenderness, and swelling.
- * Pain when lifting objects or raising the affected arm.
- * Inability to raise the affected arm.
- * Affected arm appears to have moved forward and down onto the chest. Most people will have to support the affected arm to keep it from hanging

down and causing pain.

Fractures most commonly (80% of the time) occur in the middle of the clavicle bone. Fractures can also pinch nerves or blood vessels and cause the arm to be pale and cool or have numbness or tingling.

Mild injuries, such as sprains, are usually treated with rest, ice, and medications to reduce pain and swelling, and a sling to immobilize the shoulder. Gentle stretching exercises and range-of-motion exercises may be done after 3 to 4 weeks. Children usually heal in less than 4 weeks and most adults heal within 4 to 6 weeks. Treatment for more severe injuries depends on the your age, work, and activity level. Occasionally, surgery may be recommended for more severe injuries.

A fractured clavicle usually is not a serious injury. Rarely, the broken clavicle bone can injure a lung or rib and cause more serious symptoms.

"Symptoms of an injured clavicle or ACJ may include:

- * Immediate pain, tenderness, and swelling.
- * Pain when lifting objects or raising the affected arm.
- * Inability to raise the affected arm.
- * Affected arm appears to have moved forward and down onto the chest."

What is aspirin?

(continued from page 2)

Patients over 80 are less likely than others to be prescribed aspirin as a preventive medicine. Aspirin seems to protect against **strokes** and **transient ischemic attacks** (TIAs) caused by blockages in **blood vessels** in the brain, but can also cause a slight increase in the risk of another kind of stroke (*hemorrhagic*) caused by bleeding in the brain. Before anyone goes on a regime of taking daily aspirin, even in small doses, they should be sure to discuss such treatment with their physician.

Different studies have found different dosages to be beneficial. Many studies suggest a low daily dose of aspirin (81 milligrams [mg]) to be effective in the prevention of heart attack and stroke. Other studies have used regular doses of aspirin (325 mg). Generally, there is no additional benefit in taking more than 325 mg per day. Aspirin can be taken orally in tablets or capsules with an *enteric coating*, which is gentler to the stomach. Aspirin may also be taken in chewing gum form or as suppositories.

This could be
your Tax
Deductible Ad
Contact:
ray@mset-tx.com

"Aspirin seems to protect against strokes and transient ischemic attacks (TIAs) caused by blockages in blood vessels in the brain."

Cardiac

Anatomy Quiz

Your score on this self-test is not as important as the fact that it could help solidify your knowledge of cardiac anatomy and maybe even teach you something you didn't know about this very important topic. To complete the self-test, simply click on the most correct answer for each question and then click "OK." You will immediately be given the correct answer and additional information about that topic. Your final score will be given at the end of the self-test, along with some links to additional information. After reading that additional information, we recommend that you re-take the quiz. Good luck!

Q1. How many chambers are in the human heart?

- a) 8
- b) 6
- c) 4
- d) 2

Q2. Which of the following blood vessels is a "great artery" that travels from the heart down the length of the chest and abdomen?

- a) Aorta
- b) Carotid artery
- c) Cerebral artery
- d) Femoral artery

Q3. In general, arteries carry oxygen-rich blood and veins carry oxygen-poor blood.

- a) True
- b) False

Q4. What are the two main arteries that supply oxygen-rich blood to the heart?

- a) The left and right bundle branches
- b) The left and right coronary arteries
- c) The upper and lower mammary arteries
- d) The superior vena cava and the inferior vena cava

Q5. How many valves are in the human heart?

- a) 8
- b) 6
- c) 4
- d) 2

Q6. Which of the following terms is another word for the breastbone?

- a) Pericardium
- b) Cerebellum
- c) Sternum
- d) None of the above

Q7. When a cardiologist performs a cardiac catheterization, he or she often inserts the catheter through a very small incision in the femoral artery (in the upper thigh/groin area).

- a) True
- b) False

Q8. The goal of coronary artery bypass surgery (CABG) is not to repair or remove any blocked arteries, but to detour blood around a blockage in a coronary artery. To create the detour, a segment is taken from which of the following blood vessels?

- a) A vein from the leg (the saphenous vein)
- b) An artery from the arm (the radial artery)
- c) An artery from the chest (the mammary artery)
- d) Any of the above

Q9. Smaller than the arteries and veins are the capillaries, which are the smallest blood vessels in the body.

- a) True
- b) False

Q10. A *carotid artery ultrasound* is a painless test that helps doctors determine the extent of blockage in the carotid arteries. This test helps to determine a patient's risk of:

- a) A ruptured aneurysm
- b) A heart attack
- c) A stroke
- d) Cardiac arrest

(Continued on Page 9)

Cardiac Anatomy Quiz Answers

(Continued from Page 8)

A1. The correct answer is **4**

There are four chambers in the human heart. The two upper chambers of the heart are the right atrium and the left atrium. The two lower chambers of the heart are the right ventricle and the left ventricle.

A2. The correct answer is **Aorta**

The aorta carries oxygen-rich blood from the heart down the length of the chest and abdomen. If a bulging, weakened area of the aorta (aneurysm) develops in the chest area, it is called a *thoracic aortic aneurysm*. If an aneurysm develops in the abdominal area, it is called an *abdominal aortic aneurysm* (AAA). The carotid artery is in the neck, the cerebral artery is in the head and the femoral artery is in the thigh.

A3. The correct answer is **True**

Arteries carry oxygen-rich blood toward the body's tissues in order to nourish them. Once the body's tissues have been nourished with oxygen-rich blood, the blood (now oxygen-poor) is transported through veins back to the heart, which pumps the blood to the lungs for fresh oxygen. The exceptions to this rule are the pulmonary artery, which carries oxygen-poor blood to the lungs, and the pulmonary vein, which carries oxygen-rich blood to the heart.

A4. The correct answer is **The left and right coronary arteries**

Oxygen-rich blood travels through the right coronary artery and the left coronary artery, to the heart. The left coronary artery divides into the left anterior descending (LAD) artery and the left circumflex artery before reaching the heart. The left and right bundle branches are part of the heart's electrical system or conduction system. The mammary arteries supply blood to the mammary glands in the chest. The superior vena cava

and the inferior vena cava transport oxygen-poor blood from the body to the heart, which pumps it to the lungs.

A5. The correct answer is **4**

There are four valves in the human heart: the mitral valve, the aortic valve, the tricuspid valve and the pulmonic valve. If one of these valves is closed at birth, the condition is known as *atresia*. If a valve is narrowed, it is called *stenosis*. If a valve is leaking, it is called *regurgitation*.

A6. The correct answer is **Sternum**

The breastbone is also known as the "sternum," which must be cut during open-heart surgery. The pericardium is a sac around the heart, and the cerebellum is part of the brain.

A7. The correct answer is **True**

The cardiologist usually uses the groin/upper thigh area (the femoral artery) as the place where the catheter will enter the body on its way to the heart, but some cardiologists may choose to use the arm or wrist.

A8. The correct answer is **Any of the above**

To perform bypass surgery, a segment may be taken from the saphenous vein in the leg, the radial artery in the arm or the mammary artery in the chest. Arteries in the stomach could also be used, too.

A9. The correct answer is **True**

Capillaries serve a vital function in helping to nourish all of the body's tissues, but they are the smallest blood vessels in the body. There are more than a billion capillaries in the body, with a total surface area of about 1,000 square miles.

A10. The correct answer is **A stroke**

The carotid arteries supply oxygen-rich blood to the brain, so a blockage increases the risk of the brain not getting enough oxygen, possibly leading to a "warning stroke" (TIA) or a full stroke.

The Scoop

Motorcycle Special Events Team of Texas

**P.O. Box 40452
Austin, TX.
78704**

**PHONE:
336-8233
HOME**

**307-0763
DIGITAL PAGER**

**E-MAIL:
ray@mset-tx.org**

We're on the Web!

See us at:
www.mset-tx.org

MSET-TX is a volunteer organization of motorcycle riders and support personnel specifically organized to provide radio communications and mobile medical support for a variety of events.

MSET-TX is a registered Corporate First Responder (CFR) group with Austin/Travis County EMS (A/TCEMS). **MSET-TX** is the only mobile CFR in Travis County. We are viewed by one Commander of A/TCEMS as his favorite because of our mobility, level of training, and communications skills. We also maintain a very close relationship with Austin Police Department, and Travis County Sheriff's Department.

MSET-TX has both, medical certified and non-medical members. All non-medical personnel have passed Basic Life Support training and are used as support of medically certified staff in treatment of more critical medical situations. Nearly all of our members are Landing Zone (LZ) qualified, meaning we know how to select and prepare a helicopter LZ if **STARFLIGHT** or another similar helicopter service is needed.

All **MSET-TX** members are licensed Amateur Radio Operators. **MSET-TX** is the only CFR authorized to contact A/TCEMS directly via radio.

MSET-TX boasts nearly 20 full and associate members. Nearly all of them ride a motorcycle. Those not on motorcycles provide valuable support by relaying communications between our motorcycle riders and whoever they need to communicate with; EMS, Police, Event Coordinator(s) or other Volunteers. They also serve to carry extra equipment and supplies for the motorcycle team.

MSET-TX has provided communications and medical support for various events around the State of Texas for a number of years. Events include the MS150 Houston to Austin bike ride, Shine! BASH (Bike Austin, San Antonio, Houston), Lance Armstrong Foundation, Juvenile Diabetes Foundation, and many others. A more complete list can be seen on our web site <http://www.mset-tx.org>

MOTORCYCLE SPECIAL EVENTS TEAM OF TEXAS

**P.O. Box 40452
Austin, TX. 78704**

**COMPANY NAME
STREET ADDRESS
CITY, STATE
00000**

