



The Thomas Connection

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Building Bridges, Finding Solutions

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The Newsletter of Ward 5 Councilmember Harry "Tommy" Thomas, Jr.

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THOMAS PROMOTES CPR AND AED AWARENESS

On June 2, 2011, Ward 5 Councilmember Harry "Tommy" Thomas, Jr. held a press conference on the steps of the Wilson Building with representatives from the American Heart Association to recognize National CPR and AED Awareness Week. The purpose of the event was to highlight the critical importance of learning CPR and the placement of AEDs in public facilities. The event also honored three women who, while at work, saved the life of a client experiencing sudden cardiac arrest.

"Cardiac arrests are more common than people think, and they can happen to anyone at any time," said Thomas, who authored the AED Installation for Safe Recreation and Exercise Amendment Act of 2008, which required the installation of AEDs in all Department of Parks and Recreation facilities. Nearly 300,000 out-of-hospital sudden cardiac arrests occur annually, and 80 percent of cardiac arrests occur at home. Many victims appear healthy, with no known heart disease or other risk factors. Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating. Heart attacks can trigger sudden cardiac arrest.



Councilmember Thomas held a press conference with the American Heart Association on June 2, 2011 to promote National CPR and AED Awareness Week.

CPR/AED Facts

- For every minute that cardiac arrest passes without CPR and defibrillation, the chances of survival decreases by 7 to 10 percent.
- Cardiac arrest occurs twice as frequently in men compared to women.
- There has never been a case of HIV transmitted by mouth-to-mouth CPR.
- At least 20,000 lives could be saved annually by prompt use of AEDs.
- Less than one-third of out-of-hospital sudden cardiac arrest victims receive bystander CPR.
- Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a victim's chance of survival.
- The American Heart Association trains more than 12 million people in CPR annually.
- The most effective rate for chest compressions is greater than 100 compressions per minute—the same rhythm as the beat of the BeeGee's song, "Stayin' Alive."

Source: American Heart Association



COUNCILMEMBER'S UPCOMING EVENTS

Friday, July 1	Starts and Strikes Baseball Tournament (through July 3)
Monday, August 22	Back-to-School Day
Saturday, August 27	Harry Thomas, Sr. Day

THOMAS MEETS WITH UNIVERSITY PRESIDENTS

Councilmember Thomas met with the presidents of Washington area universities at the Wilson Building on June 2, 2011. The Consortium of Universities of the Washington Metropolitan Area includes 14 postsecondary institutions located in the District of Columbia, Maryland, and Virginia. Collectively, these schools add \$11.3 billion to the regional economy each year, and directly or indirectly support nearly 200,000 jobs. Together, the universities are the largest private employer of the District of Columbia.

"Without doubt, our universities contribute to the economic, cultural, and community health of the greater Washington region," stated Councilmember Thomas. According to a recent study by Stephen Fuller, Director of the Center for Regional Analysis at George Mason University, local college campuses boast 10,000 seats in venues that host live theater performances, are home to 11 art galleries, and have received more than \$21 billion in federal research dollars.

The Consortium's District-based members include American University, The Catholic University of America, The Corcoran College of Art and Design, Gallaudet University, Georgetown University, The George Washington University, Howard University, Trinity Washington University, and the University of the District of Columbia.

University spending represented roughly 2 percent of the District's gross city product in 2010, demonstrating their significant role in the city's economy. "I look forward to working with the Consortium and its member universities as we seek to capitalize on the ongoing and evolving contributions that postsecondary institutions can make to securing the Washington area's future in an increasingly global and competitive economy."



Councilmember Thomas met with the presidents of the region's universities on June 2, 2011.

PILOT TELEVISION SHOW FEATURES THOMAS AS PANELIST

On June 2, 2011, Councilmember Thomas participated in the student-led production of the pilot episode of "It's Great Doing Business in Ward 8." The show is funded with a grant from the DC Arts and Humanities Commission and was produced at the Multi-Media Training Institute (MMTI), a non-profit media training facility located in Ward 5. The show's format was a round table discussion that featured Councilmember Thomas, Council Chairman Kwame Brown, Congress Heights Main Street Chairman Kames Bunn, and Ward 8 Business Council Director Michael Rioux. Social media, sound bites, and links to video clips from the show are currently under development for distribution on Facebook, YouTube, and Twitter so that the show can be accessible to the general public.

Former TV veteran journalist Del Walters and a student host moderated the half hour show. Topics of discussion included opportunities coming to Ward 8 resulting from the St. Elizabeth's project, the largest federal construction job since the Pentagon in the 1940's. The \$3.4 billion consolidation of Homeland Security's far-flung agencies into one campus is slated to create 16,000 direct construction jobs, involving at least 100 contractors over the next six years.

"MMTI provides a great learning environment and does an outstanding job of exposing our young people to media production," said Councilmember Thomas. "It was incredibly inspiring to participate in a television show produced by young people in which they operated the cameras, prepared the questions, and moderated the discussion."



Councilmember Thomas participated in the pilot episode of "It's Great Doing Business in Ward 8," a student-produced television show filmed at MMTI in Ward 5.

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