



DISPATCH

2026 • Volume 24 • Issue 1



See Round Barns, page 4

Creating Life Savers A Look at UES' CPR/First Aid/AED Training

Sometimes a near tragedy can spark real change. So it was in the summer of 2021 when an F&S team member suffered a coronary event on campus. They survived because a colleague was there who happened to know CPR (cardiopulmonary resuscitation).

After the incident, Adam Uppinghouse, pipefitter foreperson, wondered why this training was not available widely at F&S. It was required for some, but it seemed to him that it would be beneficial for more people to have the knowledge. He posed that question and found like-minded people in Utilities & Energy Services (UES) leadership: Frank Colacicco, Robbie Bauer, and Brian Finet. Things came together quickly after that, and by December of that same year, they had contracted with Vital Education to offer their first groupwide CPR, First Aid, and AED (Automated External Defibrillator) Training. That initial year, they trained 100 people. The program has repeated every two years since, growing each time. In December, 141 UES staff members completed the training.

bad.” She added, “Be sure to check for wetness; it could indicate an open wound.” Then later, she said, “Look at the torso, and fingers and toes, too!” The class wondered aloud about internal bleeding. “That could be indicated by tenderness or swelling,” she replied.

If you find bleeding, your objective is to stop it. To help, she explained that there is both a general first aid kit and a Stop the Bleed kit in every AED box on campus. She also noted that locally the PulsePoint app can help you find where these boxes are located, both on campus and in the community. Each Stop the Bleed kit is labeled and in a bright red bag. It contains gloves, a tourniquet, pressure dressing, wound packing material, scissors, a disposable blanket, and a permanent marker. The kit is purposely designed to contain materials that do not expire, so it is always ready to use.



AED Box

Stop the Bleed Kit



Contents of BASIC Individual Bleeding Control Kit

This year's program covered several first aid skills: CPR, choking, and the use of AEDs, Narcan, and EpiPens, as well as how to stop bleeding. The latter part—Stop the Bleed—explains how to control severe bleeding until professionals arrive to help. Doing so can be critical to saving the patient. If you need to help someone who is injured, Vital Education Trainer Jen Wilson explained, “always look for life-threatening bleeding, which presents as pooling or spurting blood and/or bleeding that accumulates to 6 ounces or more.”

Wilson offered encouragement and reminders as the class practiced their new skills. “On the skull,” Wilson said, “squish is

Visit <https://www.pulsepoint.org/pulsepoint-aed> for more information or download the app from the app store.



Creating Life Savers

A Look at UES' CPR/First Aid/AED Training (continued)

The exact order in which you would address any bleeding depends on the wound itself:

- Light bleeding can usually be controlled with items in the general first aid kit.
- For moderate bleeding caused by a smaller wound, simply apply pressure. Use the sterile pressure dressing to cover the area and press on it; the more bleeding there is, the more pressure you'll need to apply. Wilson warned the class, "It will be uncomfortable for the patient." Once bleeding has slowed or stopped, a dressing can be firmly secured in place with many items in the standard first aid kit, including a roll of gauze or tape or a triangle bandage (a gauzy, three-sided cloth). To add more pressure if needed, Wilson suggested twisting the bandaging material over the bleeding area before tying it off.
- Pack the wound. If the wound is large, you may need to use a lot of gauze to fill up the wound before applying pressure. Folded wound packing gauze is available in the Stop the Bleed kit, but Wilson noted you can also remove roll gauze from the wrappers and pack them in whole. Once you've done that, add pressure.
- Add a tourniquet. If the wound won't stop bleeding and it's on an arm or leg, you can slip the kit's tourniquet over the limb. ("Remember to remove bulky clothing first!" Wilson encouraged.) Place it 2 to 3 inches above the wound (but never on a joint like an elbow or knee). Use the Velcro to tighten the tourniquet around the limb; then increase the tension by twisting the windlass (the rod) until the bleeding stops. Once it has, secure the windlass and write down the time the tourniquet was applied. Once applied, you should never loosen or remove the tourniquet; leave that for the medical experts. "Tourniquets cannot be used on groins or armpits. And never use them on babies or toddlers!" she reminded the class as they practiced.

Wilson also offered instructions for penetrating wounds ("Never pull the object out, but you may need to stabilize it using items in the kit."), stump care after an amputation ("Put pressure on the stump to stop the bleeding."), and care for amputated parts that could be reattached. ("Don't toss the body part directly onto ice. Instead, rinse it with saline solution or clean water, wrap it in moist gauze, place it in a bag or glove, and then ice it. Be sure to send it with the patient for further treatment.")

Wilson's class was very hands-on, with participants using the materials to practice the different skills on each other or on the fake body parts she brought to help the students visualize some of the more traumatic injuries they might encounter. Each person tried placing the tourniquet, practiced packing a deep wound cut into foam, and assisted each other. The muscle memory may come in handy if they ever need to do it in real time in an emergency.

And that was exactly the point. Asked why UES continues to offer the training every other year, Colacicco replied it was all in service of one goal: "Make sure team members go home the way they came in."



Send your stories and photos to fscustomerrelations@illinois.edu

Upcoming Calendar Dates

March 14 to 22
Spring Break

March 17
Midterm Primary Election

March 25
Big Breakfast

March 26
Big Breakfast for Dinner

April 18
Boneyard Creek
Community Day

A Stop the Bleed video explains this portion of the training in detail and is available for free at <https://www.stopthebleed.org/get-trained/online-course/>.



More Winter? Snow Thanks...

In Central Illinois, we've already received more snow this winter (so far) than fell during the entire 2024–25 winter season, according to National Weather Service (NWS) data. Many local cities had their second snowiest starts to winter since record keeping began. In mid-January, weather radios across Central Illinois actually alerted for a snow squall warning. It was the first such warning—ever—from the NWS at Lincoln. A snow squall is an intense sudden onset of plunging temperatures, high winds, and snow, which when combined can cause abrupt whiteout conditions and flash freezing of roadways. With such a wild start to winter, we may continue to see sleet, snow, and ice—even into March. F&S teams do a great job clearing campus, but you should still be cautious when walking or driving on the white stuff.

Walking on Sleet, Snow, and Ice

- 1. Choose shoes with good traction.** If your footwear does not, consider adding traction to your shoes with a removable traction device. Be sure to take these off when entering buildings.
- 2. Slow down and take smaller steps.** Think like a penguin: Lower your center of gravity by bending your knees slightly, turning your feet out to the sides, spreading them a little apart, and walking flat-footed.
- 3. Be careful getting in and out of vehicles, especially in parking lots.** The area between parked cars is harder to treat than open expanses of roadways or sidewalks.
- 4. Keep your hands free.**
 - If possible, avoid carrying anything in front of you. Your center of gravity shifts when you do, which can make it easier to slip and fall on snow and ice.
 - Wear gloves so you can keep your hands OUT of your pockets. If you do fall, you will likely do less harm to yourself if you are able to catch yourself with your free hands.
- 5. Stay on the cleared paths** whenever possible.
- 6. Be careful on steps and ramps.** Use available handrails.

For more information, see this tip sheet from Alberta, Canada <https://myhealth.alberta.ca/alberta/Pages/winter-walking-tips.aspx>.

Driving on Sleet, Snow, and Ice

The Illinois Department of Transportation offers tips for winter driving, including the following:

- 1. Consider whether travel can wait.** Check <https://GettingAroundIllinois.com> for updates to the Illinois road conditions.
- 2. When in a moving car, always wear your seatbelt, and never use a handheld device when driving.** These are Illinois laws!
- 3. Slow down and allow more distance between your vehicle and other drivers.** Slower speeds, acceleration, steering, and braking are all necessary on icy or snowy roads. You'll also need to start braking sooner, so you don't slide into an intersection or another vehicle.
- 4. Watch out for black ice.** Be especially cautious at intersections, ramps, bridges, and in areas that don't get a lot of sun.
- 5. Never use cruise control on icy or snowy roads.**
- 6. Carry an emergency kit with you.** Among other things, include an ice scraper, traction material (e.g., sand or kitty litter), blankets, and jumper cables.

For more tips, visit <https://idot.illinois.gov/travel-and-maps/roadways/winter-driving-tips.html>. To report snow or ice issues, go to <https://go.fs.illinois.edu/SnowIceRemovalRequest>.

Enough Is Enough A MLK Jr. Day Celebration Recap



The documentary, *Enough Is Enough*, examines Dr. Martin Luther King, Jr.'s life and work through his words and historical footage. The film was shown by the F&S Diversity and Inclusion Committee to commemorate the federal holiday in King's honor.

First quoting from the "I Have a Dream" speech given at the National Mall, in Washington, DC (1963), King referenced the Emancipation Proclamation and the post-Civil War period, when Black people were freed from their enslaved status. "But," King noted, "one hundred years later, the Negro still is not free. . . One hundred years later, the Negro is still languished in the corners of American society and finds himself in exile in his own land." Another 63 years on from King's speech, there is still work to do. The documentary looks at how King laid the foundation and raised the scaffolding that we're still building upon.

King was born into a segregated society on January 15, 1929. The documentary notes, this was only 64 years after the end of slavery. His father and maternal grandfather were both Baptist preachers, and King followed their path. He began attending Morehouse College in Atlanta at age 15. After graduation, he spent three years at Crozer Theological Seminary in Pennsylvania and earned a PhD from Boston University in 1955. It was in Boston that he met and married Coretta Scott.

After graduation, the couple moved to Montgomery, Alabama, where King became the pastor of the Dexter Avenue Baptist Church. He was asked to lead the Montgomery Improvement Association, which spearheaded the Montgomery Bus Boycott—a protest against segregation on city buses. It was meant to last a day, but the boycott took more than a year and required a ruling by the US Supreme Court that segregation laws for buses were unconstitutional. King's leadership attracted attention, and he was asked to speak out against other injustices elsewhere.

This became a recurring theme, with King often noting in speeches and writings that "Injustice anywhere is a threat to justice everywhere." (See, for example, his *Letter from a Birmingham Jail* [April 16, 1963], which he wrote in solitary confinement after he had been arrested for leading a "racial protest" in defiance of an injunction prohibiting them.) The documentary highlighted other civil rights-era events, including King's "I Have a Dream" speech; the passing of the Civil Rights Act (1964); King's Nobel Peace Prize (also 1964); his leadership during the Selma to Montgomery March, which targeted voting rights (1965); and his speaking out against the violence of the Vietnam War. The documentary also covered his last speech, "I Have Been to the Mountaintop," which he delivered the day before he was assassinated (April 4, 1968).

King's words did not end with his death, however, and they continue to resonate and be relevant to this day. A gifted orator and writer, King is quoted liberally throughout the documentary. To hear him speak in his own words allows viewers to reflect both on how far we've come, and how far we still must go. It is both inspiring and a bit daunting. If you would like to watch, you can view it at https://www.youtube.com/watch?v=CxhAX_NdZ-s.

Toys for Tots Recap

Thank you to all F&S team members who participated in the Toys for Tot drive in December, either at F&S or through a community drop box. At F&S, Santa's elves collected nearly 100 toys, which contributed to the greater Champaign County drive. Countywide, 2,870 local children were assisted through your efforts, and 19,468 toys were distributed. We recognize there are many ways to support the community, and we see and appreciate you—at the holidays and all year round.

Rainwater Management Program Wins 2026 Engineering Excellence Award



Congratulations to everyone who has contributed to the [Rainwater Management Program](#) at the university. The project was recently recognized with a Special Achievement Award by the American Council of Engineering Companies in the category of Studies, Research and Consulting. “Engineering Excellence Awards recognize the year’s most outstanding engineering achievements and celebrate the amazing work you provide your clients and promote your understanding efforts.” The

project was submitted for consideration by project partner Farnsworth Group, Inc. Learn more and see the full list of winners at <https://www.acecil.org/engineering-excellence-project-awards>.

Fire Extinguisher Training

Did you know a rudimentary fire extinguisher was invented in 1723 or that equipment closer to modern portable fire extinguishers has been around for more than 200 years? The design has changed over time, but the principle of a tool to quickly put out a small fire was a game changer. At the university, these devices are regularly maintained in good working order by F&S and are located all over campus.

The question is this: If you had to use a fire extinguisher, would you know how to do it quickly, safely, and effectively? If you're not sure, consider signing up for the Fire Extinguisher Training offered by F&S and the Champaign and Urbana Fire Departments. Multiple opportunities remain throughout the spring semester. See dates, times, and locations at <https://fs.illinois.edu/News/spring-fire-extinguisher-training/>. This training is a university-approved event.

Round Barns to Be Preserved

Sometimes landforms or a certain type of building call to a person. Illinois Alum Leah Wightman was drawn to an iconic, particularly Midwestern, type of building: round barns. First constructed by Shakers in New Hampshire in 1826, they quickly became popular in the Midwest. Not only were they efficient to build and appropriate for dairy farming, but their shape also seemed particularly suited to weather the intense summer storms that often popped up here.

Wightman had grown up near Arcola, Illinois, and there was a round barn not too far from her childhood home. She was delighted, then, to find the local round barns when she enrolled at the University of Illinois in the late 1950s. But circumstances intervened before she could graduate, and she paused her studies after three years; Wightman stayed in the area, however, working at the U. of I. bookstore. Later she was hired to create and manage the bookstore at the newly established Parkland College. Along the way, she also completed her U. of I. degree in 1977.



Throughout, she remained interested in the university's historic round barns along St. Mary's Road that were built between 1907 and 1913: the Twenty Acre Dairy Barn (the one furthest east), the Dairy Horse Barn, and the Dairy Experiment Barn (the one furthest west). So much so, that upon her death, she bequeathed her estate (estimated at \$10 million) to the preservation of the trio.

All three barns have fallen into disuse and disrepair over the years. With the Wightman gift, the College of Veterinary Medicine (Vet Med) will restore the barns and the adjacent farmhouse. Structural repairs and updates will be made to ensure they are safe and can remain standing.

F&S crews will be involved in this work, which, once completed, will allow Vet Med to move its farrier practice into the middle barn. (Farriers care for horses' hooves, trimming and shaping them, as well as providing shoes to protect them.) Wightman's love of the round barns will ensure that they will remain part of the U. of I. campus for years to come. This is excellent news for other round barn enthusiasts, as only 60 such barns remain in the United States. Read more about Wightman and the round barns at <https://vetmed.illinois.edu/2025/08/25/wightman-gift-illinois-round-barns/>.

Doris Kelley Christopher Illinois Extension Center

Work is continuing at the new center that will be a “mission-centered gathering place for the University of Illinois Extension.” A February photo shows some of the progress.

