



**American
Red Cross**
of the National Capital Area

News Release

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For Immediate Release

Cheryl was Ready...Michael and Rachel are Getting Ready.... Are You Ready to Help Save a Life?

Fairfax, Va. (June 13, 2008) – After a week-long trip to Arizona, Cheryl Kravitz’s husband Michael and 14-year-old daughter Rachel picked her up at Baltimore-Washington International Airport on Thursday. On the way home, they stopped for a quick dinner at a Baltimore County restaurant to wait for the traffic cool down a bit.

As they caught up on their week, Cheryl heard a woman gasp, and the restaurant dining room just froze. Cheryl says, “I flew from the table to help her the minute I heard the sound. I heard two gasps and I was up and over there.”

The woman had reached the bathroom and was gasping. Cheryl told her, ‘Don’t worry, I have Red Cross training.’ She got her over the sink and did abdominal thrusts and back blows and was able to dislodge the food. Cheryl then stayed with the woman to make sure she didn’t go into shock.

People were frozen, not knowing what to do. “I am glad that I knew what to do without panicking or holding back,” Cheryl said.

Michael and Rachel sat stunned as they watched Cheryl, mild-mannered wife and mother by day, become a hero before their eyes. All evening, they talked and processed the incident.

Rachel kept reflecting on what could have happened. “Mom, what if you hadn’t been there? That woman would have died.”

“I told her that’s why the Red Cross is so important,” Cheryl says. “You get training and then you run toward the trouble to help, not away from it.”

“I can’t imagine what would have happened if we hadn’t been there,” Michael says. “There were a bunch of waiters standing around the woman offering her water, but other than that no one was doing anything.”

Michael and Rachel are now motivated to take a First Aid/CPR course so they can be prepared to help that person in need. “Rachel and I thought, we’d better be well versed in this so we can help someone in trouble,” he said. “If either of us has a chance to save a life and actually does it, it will be time very well spent.”

About the American Red Cross

The **American Red Cross of the National Capital Area**, with a ratio of 55 volunteers to each paid staff member, provides relief to victims of disaster and empowers people in the D.C. Metropolitan Area to prevent, prepare for and respond to disasters and other life-threatening emergencies. Financially supported by the generosity of the local community, your National Capital Area Chapter responds 2-3 times a day to local disasters—553 in 2007 alone—while continuing to build its capacity to effectively prepare for and respond to the next major disaster to strike our community. The National Capital Area jurisdiction includes the counties of Prince George’s, Montgomery and Fairfax; the District of Columbia; and the cities of Fairfax and Falls

Church. The chapter maintains a field office on Fort Belvoir, and a presence at Walter Reed Army Medical Center and Andrews Air Force Base. The American Red Cross of the National Capital Area is the premier local resource empowering individuals and mobilizing our community to survive the unexpected and save lives.

For details on the services offered by the American Red Cross of the National Capital Area, contact Kathy Thompson, director of communications and media relations, 703-584-8412, or e-mail thompsonk@redcrossnca.org.

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