

# Lifesaving Awards



**American Red Cross**  
Training Services

**NOMINATE NOW**

## Inspiring Stories by Region

### Nurse from the Kansas and Oklahoma Region of the Red Cross Revives Woman During Hurricane Helene

Cindy Pennie, a nurse from Stillwater, Oklahoma, has been a dedicated Red Cross disaster relief volunteer for many years. Recently, she traveled to Florida to assist before, during and after Hurricane Helene. While she was stationed at a Florida evacuation shelter, a woman suffered cardiac arrest. Cindy immediately grabbed the AED and began CPR. After a few tense minutes, she successfully revived the woman. She then provided lifesaving care for 20 more minutes while the ambulance navigated downed trees, power lines, torrential rains and hurricane-force winds. The full details of this incredible story, for which Cindy received the Certificate of Extraordinary Personal Action, can be found on the Red Cross [news page](#), with additional praise on the region's [Facebook page](#).



Cindy Pennie with an AED at the Florida shelter where she helped save a life.

### Teen Hero Saves Boy's Life During Family Vacation in the South Carolina Region

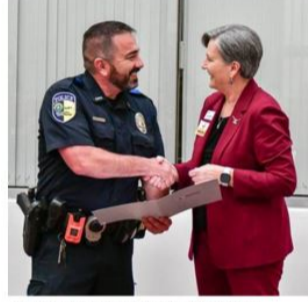
While on a family vacation, 16-year-old Champ Harris saved a 13-year-old boy who was having a seizure. Despite being certified in Red Cross Lifeguarding with CPR/AED for Professional Rescuers, First Aid and Administering Emergency Oxygen for less than a month, Champ quickly jumped into action when he heard screaming from park-goers. He immediately assessed the situation, placed the boy in a recovery position and treated his bleeding head injury with direct pressure. He continued to monitor the situation, regulating the boy's body temperature, talking to him and managing his injuries until EMS arrived. Champ's calm and effective response was crucial. For his lifesaving actions, Champ received the Certificate of Merit. Before the awards ceremony, Champ was interviewed – hear his inspiring words in this [video](#). Then read the full story on the region's [news page](#).



Champ Harris received the Certificate of Merit just one month after being trained.

### Heroic DART Officer Saves Life on Train Platform in the North Texas Region

On a seemingly ordinary Saturday, Dallas Area Rapid Transit (DART) Officer Lee Cannon was on a routine patrol. He scanned the train platform and saw a motionless figure lying on the concrete. The individual was unresponsive to his urgent calls and had no detectable pulse. Officer Cannon, also a Red Cross First Aid/CPR/AED Instructor, sprang into action. He immediately called for medical assistance and began CPR until a faint heartbeat emerged. Officer Cannon then administered NARCAN, a lifesaving drug, to counteract a potential overdose. He continued administering care until EMS arrived and took over. Read more about the ceremony where Officer Cannon was honored with the Lifesaving Award for Professional Responders on [Facebook](#) and the region's [news page](#).



DART Police Officer Lee Cannon receives his lifesaving award from American Red Cross North Texas Region CEO Linda Braddy.

## Instructor Spotlight

### Andrew Azan

Each month we highlight an Instructor whose student(s) have used their lifesaving training to save or sustain a life. This month we recognize Andrew Azan, whose student Ella Daubert helped save the life of a drowning woman. While on duty, Ella, trained in Red Cross Lifeguarding with CPR/AED for the Professional Rescuer and First Aid, noticed a woman in the pool who did not respond to her verbal call. She immediately entered the water to perform a rescue. With the assistance of another lifeguard, Ella safely removed the woman from the pool, placed her in a recovery position and called for an AED as EMS arrived. We extend our thanks to Andrew for providing the quality training that allowed his student to save a life. See a photo of Ella and Andrew together on the Greater Pennsylvania region's [Facebook page](#).



## Lifesaving Awards Vault

### From the vault of the Knoxville News-Sentinel (Knoxville, TN), January 4, 1995

Lifesaving training between spouses leads wife to save choking husband

On this date in history, Nancy Via received the Certificate of Merit for saving her husband, who was choking while eating dinner. Nancy, who ironically had been trained by her husband in a first aid course, performed just one abdominal thrust when the food was dislodged. Her husband expressed his gratitude toward her, saying, "If it wasn't for her, I wouldn't be talking to anyone ever again."



Nominate.



Recognize.

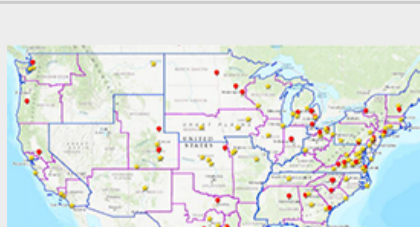


Inspire.

### Saving Lives Starts Here

If you or someone you know has used **skills** and **knowledge** learned in a Red Cross Training Services course to help save or sustain the life of another individual, visit [LifesavingAwards.org](#) to nominate them.

Want to know if you have a local hero in your area? Take a look at our [map](#).



### Get Inspired!

Are you thinking about making a New Year's resolution for 2025? Why not choose one that could save lives? Red Cross First Aid, CPR and AED training provides trusted, science-based skills to help you respond effectively. Make a resolution to [be ready](#) and make 2025 a year of positive impact!