

Joseph E. Cangas, M.D.

From: "Jonathan B. Andrus" <jonathanbandrus@affshc.net>
To: <Brian@windschurch.org>; <drcangas@hotmail.com>
Sent: Friday, November 30, 2007 11:15 AM
Subject: Re: Fwd: RE: Helmet story

Dr. Cangas,

Thanks so much for providing Bridge of Hope with the helmets from Helmets First. This Wednesday night I was riding my bike home from work, trying to catch a bus. I was riding in top gear about as fast as I can when I either hit a patch of wet leaves or a crack in the pavement. The front tire of my bike jerked right, throwing me off the left hand side of the bike along the trajectory I was initially traveling. Due to the turning of the bike, I twisted in midair and landed on the upper part of my back and the back of my head simultaneously.

I was immediately able to get up, pick up my bike, check myself for injuries and continue on my way. Two passers-by saw the wreck and immediately rushed over. One commented that I was lucky to be wearing a helmet. I later checked the helmet and found that the part covering the back of my head had been crushed significantly. Two days later, my neck, back, tailbone, thigh, and knee are still very sore from what has to be the hardest fall I've ever taken. But my head is fine, I never suffered any ill effects from head trauma.

I called Brian about 30 minutes after the wreck to thank him for saving my life. He gave me both the bike and the helmet as a wedding present from him and several others affiliated with Bridge of Hope. From the force of the wreck and the residual soreness I'm fairly certain that without a helmet I'd probably be in the hospital right now, at best.

Brian has already informed me I can pick up another Helmets First helmet from him for \$10, which is perfect for our budget as newlyweds. Thank you very much for making this possible. I'm sure my new wife is even more thankful than I am!

Thanks again!

Jonathan B. Andrus†

P.S. I noted you asked Brian if you could post this on the website. Please feel free. Anything that will help raise awareness and support for Helmets First is a good thing in my book!