

FRONT LINES

Fairfax County Fire and Rescue Department

June 2016



38th Annual Valor Award Recipients Recognized by the Chamber of Commerce





Richard R. Bowers, Jr.

From The Fire Chief

“As we move forward please continue to be positive and focus on our 2016 priorities: wellness, safety and health, customer service, and technical competencies to include sets and reps!”

This year to date has proven to be challenging for our members. However, there are a number of outstanding things that have also occurred. It is hard to believe that it was less than a year ago that Fairfax County hosted the highly successful 2015 World Police and Fire Games! Please always keep in your daily thoughts and prayers Officer Silva, who unfortunately lost his life during a cycling race.

The women and men of this department have weathered a brutal late winter surge with frigid temperatures and a mountain of snow. Everyone trudged through the winter conditions and served the residents during very dangerous conditions. I appreciate the incredible hard work and efforts by the troops, command staff, Office of Emergency Management staffing, and our DPSC, Sheriff, and Police brother and sisters!

We have had two recruit classes in session with over 80 recruits being trained by our basic EMS and fire staff. Thirty plus recruits graduated from Recruit Class 139 in April 2016 and the remaining Recruit Class 140 will graduate on September 2.

On the horizon, we have a major project that is underway with a total replacement and transition of the 4.5 SCOTT SCBA units to 5.5 capacity. The new 5.5 SCBA units have light weight and lower profile cylinders, enhanced firefighter safety features, new air compressors, new Thermal Imaging Cameras and RIT paks. A comprehensive training program has been established and implemented with a target date to fully transition and implement the SCBA units in August 2016.

There are lots of new initiatives on the landscape to support the personnel on the front lines. We are going to order

FIRE CHIEF EXPECTATIONS

- Be ready, be safe, be fit and healthy
- Be kind and respectful
- Embrace diversity
- Execute the basics perfectly
- Train, train, train
- Work together
- Community outreach

Richard R. Bowers, Jr., *Fire Chief*
Ashley Hildebrandt, *Editor*
Cathy Jo Richards, *Layout and Design*

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Fire and Rescue Department
4100 Chain Bridge Road
Fairfax, Virginia 22030
703-246-3801

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The Mayor of Ofunato City, Japan, visited our department today to express their sincere gratitude for the aid of our VA-TF1 team during the 2011 tsunami that devastated Japan. (Certificate of Appreciation Presentation Photo (on right) from left to right: Ashley Hildebrandt, Eddie Thurston, Robert Shoenberger, Battalion Chief Chris Schaff, Assistant Chief Reggie Johnson, Mayor Kimiaki Toda of Ofunato City, Japan, Bruce Neuhaus, Michael DiAmico, Scott Schermerhorn)

a new "urban type" pumper that will match the resource to the response environment and will be placed in service at Fire Station 10. Additionally, we are examining the possibility of transitioning our current EMS unit platform to possibly an F550 chassis.

I ask that everyone continues to remember and respect Firefighter/Paramedic Nicole Mittendorff and her family. Her loss is huge and we will always remember Nicole.

As we move forward please continue to be positive and focus on our 2016 priorities: wellness, safety and health, customer service, and technical competencies to include sets and reps!

Respectfully,

Fire Chief Richard R. Bowers



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38th Annual Northern Virginia Chamber of Commerce Valor Awards



Technician
Ryland W. Chapman



Lieutenant
Lawrence G. Mullin

Gold Medal of Valor

Incident: Nepal Earthquake

Technician Chapman and Lieutenant Mullin were working as part of a team that had been deployed to Nepal following a devastating earthquake. On May 12, 2015, while the team was in the capital city of Kathmandu, another earthquake struck the region. The team received numerous reports of people trapped in collapsed structures within the city and major damage in the towns and villages in the mountains surrounding

the Kathmandu valley. Chapman and Mullin raced to a collapsed building to search for signs of life. They finally found a survivor in the building. A woman was sandwiched between the ground floor of the building and part of the building that had flipped over on top of her. Throughout the entire operation, significant aftershocks occurred every few minutes causing further damage and landslides. The rescue operation took over three and a half hours and they were forced to use a sparse assortment of tools to perform a complex rescue in a very unstable situation. Both Technician Chapman and Lieutenant Mullin acted without regard to their personal safety under extremely hazardous conditions to save two lives. Without their efforts to rescue the victims, the outcome may not have ended successfully.

Silver Medal of Valor

Incident: Nepal Earthquake

The USA-1 /VA-TF1 Urban Search and Rescue Team had been deployed to Nepal following a devastating magnitude 7.8 earthquake on April 25, 2015. While there, the team responded to numerous reports of damage and devastation. USA-1 of Fairfax County was transported by US Marine Corps aircraft to towns and villages that were inaccessible by vehicle due to landslides. All of the towns and villages in the Kathmandu valley are located in extremely steep mountains; nearly all buildings and roadways are on steeply terraced terrain. Veteran military officials describe it as among the roughest terrain in the world. USA-1 worked to investigate collapsed buildings, landslides, and other devastation in the area. Additionally, due to the harsh terrain, they had limited success contacting US air controllers for assistance. To compound their difficulties, the aftershocks of the earthquakes were triggering landslides that the team members could hear but could not see due to the darkness. The members of USA-1 acted without regard to their personal safety under extremely hazardous conditions. They demonstrated courage, dedication, and determination.



Captain I
Carlos R. Carrillo



Lieutenant
Daniel P. Gajewski



Master Technician
Rolando E. Contreras



Master Technician
Timothy J. Pais

Incident: Apartment Fire

Captain I Carrillo, Lieutenant Gajewski, Master Technician Contreras, and Master Technician Pais responded to a house fire at a two-story, single-family dwelling and were immediately confronted by a frantic occupant who had escaped. She stated there was another occupant trapped inside. After attempting to enter from the ground, the crew made a critical decision to enter the second floor from a ladder. Under high heat, zero visibility, and without the protection of a hose line, they searched for the victim. They located the victim and quickly removed him from the home. The team acted without regard to their personal safety under extremely hazardous conditions to save this person's life. Without their efforts to rescue the patient, the outcome may have not ended successfully. They demonstrated courage, dedication, and determination.

Bronze Medal of Valor

Incident: House Fire



Master Technician
Glenn W. Dressler

Master Technician Dressler was dispatched with his company to a fire in a local garden apartment building. Upon arrival, the team spotted victims on a top floor balcony. After setting up a ladder to attempt to reach the victims, Master Technician Dressler climbed to the top and began assisting the victims including the family's dog and young victim. Instantly the second victim collapsed from smoke inhalation. Without hesitation, Master Technician Dressler then removed his breathing mask face piece and placed it on the victim reviving her enough that she could assist in her own rescue.

Master Technician Dressler acted without regard to his personal safety under extremely hazardous conditions to save this person's life. Without his efforts to rescue the patient, the outcome may not have ended successfully. Master Technician Dressler demonstrated courage, dedication, and determination.





Captain I
Reginald L. Wadley



Technician
Travis L. Franks



Technician
Jorge M. Martinez



Firefighter/Medic
R.L. Radam, III

Incident: House Fire

Captain I Wadley, Technician Franks, Technician Martinez, and Firefighter/Medic Radam responded to a house fire at a two-story, single-family dwelling and were immediately confronted by a frantic occupant who had escaped. She stated there was another occupant trapped inside. After attempting to enter from the ground, the crew made a critical decision to enter the second floor from a ladder. Under high heat, zero visibility, and without the protection of a hose line, they searched for the victim. They located the victim and quickly removed him from the home. The team acted without regard to their personal safety under extremely hazardous conditions to save this person's life. Without their efforts to rescue the patient, the outcome may have not ended successfully. They demonstrated courage, dedication, and determination.



Lieutenant
Joshua T. Allison



Master Technician
Robert G. Ritchie



Master Technician
Beverly L. Studds



Firefighter
Delfin Reyes

Incident: Townhouse Fire

Lieutenant Allison, Master Technician Ritchie, Master Technician Studds, and Firefighter Reyes were dispatched to a townhouse fire where two occupants were possibly trapped inside. Upon arrival, part of the team ascended a ground ladder on the front of the townhouse to a closed second floor window to enter and search for victims. Other team members entered through the front door. Both victims were found unconscious and unresponsive but breathing and were quickly removed for treatment. The crews of Rescue 439 and Truck 425 acted without regard to their personal safety under extremely hazardous conditions to save two lives. Without the combined efforts to rescue the victims, the outcome may not have ended successfully. They demonstrated courage, dedication, and determination.

Certificate of Valor

Lifesaving Award



Lieutenant
David E. Myers



Lieutenant
Scott F. Primrose



Public Safety Communicator
Robert McGhee



Technician
Eric C. Villman

February 3, 2016

To the Men and Women of The McLean Volunteer Fire Department:

I want to extend my sincerest appreciation and gratitude for the remarkable job you all did in attending to my medical emergency on Saturday afternoon, January 23, 2016. In the midst of one of the worst blizzards this area had ever experienced, I was stricken with severe abdominal pain, and my wife was advised on the telephone by a triage nurse that I should get to a hospital ASAP. The roads were impassible for regular vehicles, and she called 911.

Shortly thereafter, one of your firetrucks broke the way for a 4-wheel drive rescue vehicle to get through our only partially cleared street (Beacon Lane in Falls Church), allowing EMT's to come into our home and assist me first to the 4-wheel drive vehicle, which transported me to the ambulance waiting at the end of our street (where Beacon Lane runs into Westmoreland Street). From there I was attended to by a most capable woman paramedic, who did all she could to make me as comfortable as possible while gathering data to provide to hospital ER staff. With most roads and ramps impassible, the ambulance driver had to creatively navigate a maze of roadblocks, downed trees, blocked roads and ramps, snow drifts, and even enlisted snow plow escorts. My wife and I were delivered safely to Fairfax Inova Hospital.

Throughout the adventurous hour-long trip, all the emergency personnel remained calm, attentive to my medical needs, good-humored and gracious. Although I was experiencing a lot of pain, it was so comforting to have these professionals in charge of my care. An amazing thing was the fact that these personnel were volunteers putting themselves at risk in extremely bad weather conditions!

For their information, I was diagnosed at the ER with a lodged kidney stone, which was surgically removed, and I am now recovering at home. I am feeling much better, and I am tremendously grateful to those emergency personnel who so capably attended to my emergency and who got me and my wife safely to the hospital under the most challenging driving conditions that could be imagined.

Sincerely and very gratefull yours,

P. David F.



139TH RECRUIT SCHOOL



Firefighter/Medic
Joshua D. Adams



Firefighter/Medic
Bradley J. Badali



Firefighter
Ondra J. Berry II



Firefighter
Erin L. Bond



Firefighter/Medic
Tyler S. Brady



Firefighter
Conrad A. Colby



Firefighter
Joshua B. Collins



Firefighter
Shon T. Daniels



Firefighter/Medic
James D. Daugherty



Firefighter/Medic
Kyle T. Gregg



Firefighter/Medic
Jacob J. Hartka



Firefighter/Medic
Jeremy K. Heck



Firefighter
Michael D. Higgins



Firefighter
Brittany A. Horak



Firefighter
Loren R. Jewell



Firefighter/Medic
Nels K. Jorgenson



Firefighter/Medic
William K. Kelley



Firefighter
Melanie P. Kemery



Firefighter/Medic
Casey C. Kipe



Firefighter/Medic
James K. McClave



Firefighter/Medic
Scott A. Murphy



Firefighter/Medic
Bao Vinh Nguyen



Firefighter
Sergio D. Quinn



Firefighter/Medic
John Renslow III



Firefighter/Medic
Matthew R. Resh



Firefighter
Blake W. Riggleman



Firefighter
Mariana Rodriguez
Pisciottano



Firefighter
Robert F. Stahl III



Firefighter
Clarence V. Tombo



Firefighter/Medic
Thomas G. Walk



Firefighter/Medic
John M. Winstead



Front Lines Deadlines

The remaining deadlines for the 2016 Front Lines issues are August 15, and November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov) or Cathy Richards (cathy.richards@fairfaxcounty.gov).

Fire Prevention: A Vital Component of Preventing the 911 Call

By Battalion Chief John Walser
Fire Prevention Division

Triangle Shirtwaist, Our Lady of Angel's School, Kentucky Supper Club, and Cocanut Grove were all tragedies that deeply affected the fire service. In those tragedies, combustible furnishings, locked, blocked or concealed exits, inadequate exits, lack of suppression systems, and overcrowding were to blame.

Fast forward to the Station Nightclub fire in 2003. Who would ever believe that over 100 people could die in the United States in a nightclub? What caused so many people to lose their lives in this instance? Blocked exits, combustible wallcoverings, and overcrowding – the same issues that caused people to die in those earlier tragedies over the past 100 years.

Engineering, Education, and Enforcement are Key

Building and fire codes have changed dramatically in 100 years to protect lives and property, yet the same results still occur. Do the written words or armloads of codebooks prevent tragedy? It is people who work in fire prevention and enforcement that prevent tragedy as they convert words into action.

In Fairfax County, nearly 90 uniformed and civilian personnel assigned to the Fire Prevention Services Section protect lives and property through plans review, life-safety inspections and witnessed testing of fire protection systems.

A common misconception of field personnel is that fire prevention is for the citizens that occupy a building. While this is critical, firefighter safety is an absolute priority for the Office of the Fire Marshal. When a fire does occur, how the building reacts can save firefighters' lives.

The Impact of Codes on Firefighter Lives

Building and fire codes are sets of regulations governing the design, construction, alteration and maintenance of structures. They specify the minimum standards to adequately safeguard the health, safety and welfare of building occupants. They help to reduce the economic losses from natural disasters and other hazards, such as fire. They also provide safety measures when disaster strikes, recognizing that firefighters will be operating inside the building. Participation in the code development process at the national and state level ensures that the voice of Fairfax County Firefighters is heard in protecting our way of life.

At the local level, our four branches strive to apply and uphold building and fire codes regulations while recognizing the advancements in technology, economic development, and building materials.

Engineering and Plans Review

Within the Engineering and Plans Review Branch, a team of 13 engineers and 1 chief engineer first reviews a building's design. These engineers review the building, fire alarm, sprinkler, tank, site and numerous other plans to ensure they conform to:

- Virginia Construction Code,
- Statewide Fire Prevention Code (SFPC), and
- Fairfax County Fire Prevention Code.

Plans Review staff interpret these construction and fire prevention Codes for building developers and the general public. In FY 2016, the team of 13 engineers and 1 chief engineer reviewed more than 11,000 plans. Four of these engineers work closely with the Building Division plan reviewers at the Herrity Building.



In their plan review decisions, the Engineering and Plans Review staff also considers how easy it is for firefighters in the field to operate the fire protection systems. Unfortunately, it is not unusual to find fire protection systems that are really complex and would take a lot of time for someone to learn. A firefighter under stress and urgency needs to act quickly during fire conditions and doesn't have time to learn or remember how a sophisticated fire protection or mechanical system works, or to even hunt down important system components. Ensuring that firefighters can easily use the systems they will need during emergencies always remains foremost in the reviewers' minds.

Fire Protection Systems Branch

Once a building is constructed, Fire Protection Systems Branch inspectors verify that the building and its systems conform to the performance criteria agreed to during building design. These inspectors witness nearly 10,000 state-mandated acceptance tests and re-tests of fire protection systems each year.

Every system in Fairfax County that a firefighter would encounter during an emergency undergoes witnessed acceptance testing by our inspectors. These systems include:

- Sprinklers,
- Fire alarms,
- Smoke detectors,
- Elevator operations, and
- Other life safety systems.

This testing helps protect the safety of the public and firefighters. Take for example, the water flow from a fire pump and standpipe system. The inspectors test this flow to verify that the output meets design criteria and firefighting needs.

Over time, like any mechanical system, the components and their power sources break down. Our inspectors verify that systems still work and continue to meet performance criteria. For example, fire alarm testing is done regularly and more often for buildings where the life hazard is higher, such as those with high occupancy or those with hazardous materials. With this retesting, the team can make sure that a non-working fire alarm is caught and fixed before there's an actual fire or emergency situation. Re-testing unit inspectors witness this periodic testing of all components to ensure they are maintained and will continue to perform over the life of the building.

Inspections Branch

The Inspections Branch conducts more than 20,000 inspections of buildings and various uses (or activities) to ensure compliance with the SFPC. Our inspectors conduct both pre-occupancy and occupancy inspections to:

- Ensure safety of people,
- Reduce the chance of a fire occurring, and
- Provide safety for the firefighters who will operate in that building if a fire does occur.

Before individuals and groups can conduct activities or processes that involve handling, storage, or use of substances, materials, or devices regulated by the Fire Prevention Code, they must get a Fire Prevention Code Permit (FPCP). Our inspectors check the activities, processes, and occupancies for compliance with the Fire Prevention Code. Once issued, the FPCP allows the permit holder to operate.

During the inspections, our staff checks for hundreds of things that range in complexity, from verifying that:

- Rubbish isn't accumulating
- Exits are not blocked and signs are visible
- Change of use hasn't occurred, such as a warehouse being switched from storing materials to serving as a place of assembly

Since this branch deals most closely with the end users – permit applicants, permit holders, and the general public – the inspectors spend time educating them on the benefits of proper safety practices and identifying and eliminating hazardous conditions that pose a threat to life and property.

Within this branch are several specialized units:

- The Special Projects Unit inspects warehouses and home daycares whose occupancies are governed by the Office of Children.
- The Code Enforcement Unit provides specialized inspections that involve difficult solutions, court remediation and after-hour inspections of nightclubs.
- Fire lanes are approved and monitored for the entire county in this office.

This branch also inspects and issues use permits for tank installations, fairs and festivals, tents, fireworks, and hot work.

Revenue and Records Branch

The Revenue and Records Branch oversees the processing of all permit applications, invoicing, collection of fees, and Freedom of Information Act (FOIA) request processing. The intake counter at the Burkholder Building is usually the first point of contact the office has with customers and



has nearly 1,000 visits each month. This branch is ultimately responsible for all inspection and financial records of the Office of the Fire Marshal. Over \$6 million was invoiced last year for the work that division employees completed.

Preventing the 911 Call is Our Ultimate Goal

The Fire Prevention Division focuses on educating the community about the benefits of proper safety practices and identifying and eliminating all types of hazardous conditions, which pose a threat to life and property. The ultimate goal is to prevent any fire from occurring. Our men and woman work towards that goal every day. We recognize this goal is not always achievable. When a fire does occur, the fire protection systems that have been designed and built must work properly. Citizens must be able to safely evacuate. Fire spread must be limited and not overwhelm the active fire protection systems. Ensuring structures and operations are safe for civilians and firefighters alike is the focus of all personnel who serve in the Fire Prevention Division.

Nutrition Action Highlights

By Nicole V. Brown, MS, RDN, LD ACSM EP-C
Fairfax County PSOHC Nutrition Consultant
Registered Dietitian Nutritionist
American College of Sports Medicine Certified Exercise Physiologist

Nutrition Primers were delivered to all Fairfax County Fire Stations, PSOHC, the Massey Building and other locations in April thanks to the coordination by Captain II Dennis Kotecki. The following highlights information in each of the *Nutrition Action* issues that can be found in the Nutrition Primers. Check out Tabs 5-9 (December 2015-May 2016). If you haven't had a chance to review these issues, please find your station's Nutrition Primer and read about a topic of interest to you. If you prefer the digital version, go to www.nutritionaction.com, log in using nutrition.fitness@verizon.net and the password: NuTriTiOn0316. Please let me know if you have any difficulty.

On a daily basis, we are receive what I refer to as "sound byte (or bite!) nutrition and health information." By this I mean, a reporter may take a study result and present only part of the story or won't ask the opinion of a variety of experts on the topic to comment on the information. The public is overwhelmed and confused and many end up adopting recommendations that aren't helpful in achieving their health promotion goals. In some cases, people end up delaying using evidence-based information that could definitely help them with their health promotion efforts such as lowering blood pressure, reducing LDL ("bad") cholesterol, increasing lean body mass, and managing their weight. A lot of time and money are wasted on supplements and approaches that have no sound research behind them. Using credible resources that have no industry ties such as *Nutrition Action*, the *Harvard Health Letter*, and the *Berkeley Wellness Letter*, can help us navigate the overwhelming amount of information (and misinformation) we encounter each day related to health.

December 2015:

A. *Big Fat Myths: Why advice to cut meat & dairy is under attack.* 10 Myths are presented. Here are a few of them:

1. *Experts now say that saturated fat is harmless.* . . . **bottom line:** actually, most experts agree that we should replace saturated fats with foods rich in unsaturated fats like seafood, nuts, salad dressing, mayo, and oils like soy, canola, and olive. Please note that fats are calorie dense options, so if you are trying to manage your weight, using smaller amounts of added fats and using a spray oil instead of pouring oil into a pan are helpful strategies around weight management.
7. *The saturated fat in dairy doesn't raise cholesterol.* **Bottom line:** the best studies don't justify a switch from low-fat to high-fat dairy.
9. *The real enemy is carbs, not saturated fat.* **Bottom line:** we eat too many refined carbs (mostly sugars and white flour), but a low-carb diet is no magic bullet.

- B. *Vitamin D from A to Z* page 7
- C. *Roasted Carrot-Ginger Soup* page 12
- D. *M'm! M'm! Good? What's Hot in the Soup Aisle* pages 13-14
- E. *Taking Stock Brand Name Rating on packaged soups* page 15
- E. *Right Stuff Plant Strong Ancient Grains Blend from Engine 2* page 16
- F. *Food Porn Massive Hog Attack Applebee's Triple Hog Dare Ya* page 16
- G. *Dish of the Month: Beets with Mustard Vinaigrette* page 16

January/February 2016

- A. *Scaling Back: Scientists search for keys to weight*

loss Is insulin a villain? Do low carb diets provide a metabolic advantage? **Bottom Line:** look to the National Weight Control Registry www.nwcr.ws for information about “successful losers”: people who lose at least 30 pounds and maintain that weight loss for at least a year. The range of weight loss is 30-300 lbs.

- B. *Restaurant Roulette* pages 8-9 Researchers analyzed main dishes at independent and small chain restaurants: **Bottom Line:** the average entrée with sides had roughly 1300 calories and that’s with no drink, appetizer, or dessert. Butter Chicken (Indian) clocks in at 1470 calories; Chicken Pad Thai (Thai) clocks in at 1480 calories; Lasagna (Italian) clocks in at 1530 calories, Chicken Fajitas (Mexican) clocks in at 1320 calories.
- C. *Lowering Cholesterol: Can supplements help?* **Bottom Line:** Red Yeast Extract (effective, but dosages unpredictable), Chromium (ineffective), Niacin (effective, but under medical care), Phytosterols (effective), Policosanols (ineffective) Psyllium (effective). Page 10.
- D. *Bar Hopping: How to find the better bars* A bar could work in a pinch, but read this article to see if you are getting a decent snack or a glorified cookie.
- E. *Passing the Bar* Brand name rating of granola, breakfast, fiber, blended fruit & nut, and protein bars page 15.
- F. *Right Stuff—Mann’s Power Blend* page 16
- G. *Food Porn* Duncan Hines Perfect Size page 16
- H. *Dish of the Month: Roast Butternut Squash* page 16

March 2016

- A. *Under the Radar: What made you buy (and eat that)?* Pages 3-5
- B. *Servings on Steroids* pages 6-7
- C. *Blood pressure basics* page 8
- D. *Under Pressure: Have hypertension? Supplements may not help* page 9
- E. *How to Succeed in the Supplement Business Without Really Trying* pages 10-11
- F. *Peas Keepers* add protein and fiber to your meal using peas: snap, snow, frozen, fresh, or dried three recipes on page 13



- G. *Reading the Fine Print: Foods that sound healthier than they are* pages 14-15
- H. *Right Stuff—Fairlife Fat Free Ultra-Filtered Milk* 50% more protein 30% more calcium page 16
- I. *Food Porn—Buffalot: Romano’s Macaroni Grill’s Parmigiana Plates Chicken and Eggplant Parmesan*(1300-1600 calories), Buffalo Chicken Parmesan (2170 calories and 4640 mg sodium, 63 grams saturated fat).
- J. *Dish of the Month: Green Pea Guacamole* page 16

April 2016

A. *Sensational Studies: Ten studies that got blown out of proportion by the media.* For example: “Cheese is really crack. Study reveals cheese is as addictive as drugs” “Here’s How Sugar Might Fuel the Growth of Cancer” “Diet heavy on olive oil cuts breast cancer risk by 62%, study says” “Junk food, soda aren’t to blame for obesity, researchers say” “The Scary Mental Health Risks of Going Meatless” “Average U.S. Diet May Kill Prostate Cancer Survivors” **Bottom Line:** check on the following to see which studies are worth it: a) industry funding can skew the results, b) big news breakthroughs: look at a juicy headline and (possible) caveats that *might* be included in the article, c) animal studies might not apply to humans; and d) “expert” opinions may be quoted from people not familiar with other evidence on the topic.

- B. *April Fools: Food labels fool people year round.* Glutino Gluten Free Multigrain Bread has more oil and eggs than brown rice flour; Coffee-Mate and International Delight creamers have fewer calories (35) than half and

half (40) because serving sizes of the creamers is 1 Tablespoon and half and half it’s 2 Tablespoons; Ritz Toasted Chips has 40% less fat than the leading regular potato chip. An ounce of Ritz has 140 calories and 290 mg sodium; an ounce of potato chips has 150 calories and 150 mg sodium. Saving 150 mg sodium is more important than saving 10 calories even if the fat is higher.

- C. *A Dip in the Gene Pool What you can—and can’t—learn about your DNA* Read this article if you want to learn more about peeking at the secrets in your DNA pages 9-11
- D. *Going Bowling: dinner in a bowl—3 cup portions!* Mideast Chickpea Bowl, Tex-Mex Chicken Bowl, Teriyaki Salmon Bowl page 12. Note, the calories in the Tex-Mex Bowl are 440 not 40!!!
- E. *On the Move: yogurt ventures beyond greek* pages 13-14
- F. *Cultured Pearls: Brand Name Ratings of yogurts* page 15
- G. *Right Stuff: Modern Artichokes* page 16
- H. *Food Porn: Uno Pizzeria & Grill’s Shroom Pizza* 1900 calories, 33 grams saturated fat, and 2540 mg sodium. page 16
- I. *Dish of the Month Tahini Roasted Broccoli* page 16

May 2016

- A. *Brain Gain: News for Your Noggin:* read eight recent findings on the latest on staying sharp. Here are a few: 1) Dementia rates are dropping; 2) There are two tracks to brain drain Alzheimer’s and Vascular dementia; 3) Blood pressure matters; 8) Hearing loss may lead to memory loss; **Bottom Line:** Eat a DASH-like diet (page 6), do aerobic exercise two to five times a week and strength

training one to three times a week, Use a computer 10-15 minutes three times a week to do tasks designed to improve memory, mental speed, and executive function. Don’t expect much from: vitamin supplementation, DHA, and other supplements. pages 3-6

- B. *Walnuts: Healthy but Not Magic* page 7
- C. *What’s in it? Decoding Food Ingredients* in Weight Watcher’s Dark Chocolate Raspberry Ice Cream bars are deciphered as an example. page 8 For ingredient/additive ratings “safe, cut back, caution, certain people should avoid, and avoid” see www.chemicalcuisine.org
- D. *The Eyes Have It: Can supplements protect your peepers?* pages 9-11
- E. *Spring Forward: Mushroom Leek Fried Rice, Asparagus Salad, Spanish Style Snap Peas* page 12
- F. *Cookies:* read this article for a discussion on a whole range of cookies some are more wholesome than others and work as a nutritious snack pages 13-14
- G. *How they Crumble: Brand Name Rating* page 15
- H. *Right Stuff: Hummus Heaven* page 16
- I. *Food Porn: TGI Fridays’ Sicilian Stacked Burger* 1650 calories, 36 grams saturated fat, 3720 mg sodium (equal to three Big Macs or three Rib-Eye Steaks at Fridays) page 16
- J. *Dish of the Month: Greek Green Beans* page 16

Please let me know what you think about **Nutrition Action** and how you/your station is using the Nutrition Primers. I can be reached at nutrition.fitness@verizon.net or 703-969-6114. Please consider joining the Well-Fit of Fairfax County Fire and Rescue’s FaceBook page.



Hot Shots



Firefighters worked diligently to free a trapped person from a vehicle crash on April 12. The two vehicle crash shut down Burke Centre Parkway and Roberts Parkway. (Photos by Captain I Reginald L. Wadley)



This Centreville townhouse fire on May 17, 2016 was caused by improperly discarded smoking materials in the deck area. The fire caused approximately \$30,000 in damages. (Photos by Captain II Ray Griffin)



Improperly disposed of fireplace ashes left in the garage area caused this accidental house fire in the Vienna area on March 27, 2016. Damages to the home were estimated at \$291,000. (Photos by Deputy Chief Rick Roatch.)



This accidental house fire in the Oakton area on March 30, 2016, was started by rags that were soaked with linseed oil that were left in a pile outside of the home. The rags spontaneously combusted and caused the fire to spread to the home. The home sustained approximately \$652,500 in damages. (Top two and bottom left photos provided by Dereck Welsh, Northern Virginia Fire Buffs. Bottom right photo by Battalion Chief Willie Bailey.)



This accidental house fire in the Fairfax Station area on March 9, 2016, was caused by improperly disposed of smoking materials. Damages were estimated at \$242,075. (Photos provided by Captain I Andrew Devlin and Lieutenant Bruce Ruggeri)



March 1, 2016

Dear Chief Bowers,

Dear Richie,

On behalf of my entire family, I'd like to thank you, your staff, and all of the men and women of the Fairfax County Fire and Rescue Department for the beautiful tribute you gave in honor of my husband Glenn. We were overcome with grief when Glenn passed, but were soon overwhelmed with the outpouring of love and support we received in the following weeks.

We were shocked and heartbroken by Glenn's sudden death—and Chief Ron Mastin was by our family's side within hours, assuring us that we did not need to concern ourselves with next steps. The next morning, Captain Buck Best and Maia Dalton-Theodore were at our home to guide us every step of the way. Every day leading up to the funeral, one or both of them was at our home.

Captain Best and Ms. Dalton accompanied us to the funeral home and the cemetery appointments, crafted the service with us, and arranged every detail of the visitation, service, procession, and interment on our behalf. They even arranged meals for us. I really don't know what we would have done without them.

From the venue to the honor guard, to the pipe and drum corps...it was a greater tribute than I could have envisioned. I would also like to express my deepest appreciation for all of the firefighters who lined the streets throughout Fairfax County to salute my husband.

Glenn always felt honored to have been a member of the Fairfax County Fire and Rescue Department, and he was always so proud of all of you. I can't tell you how many times he called me into his home office to share something he was reading on his computer about the Fairfax County Fire and Rescue.

I also would like to thank you for honoring Glenn during the World Police and Fire Games by having a tribute patch made in his honor. He was so looking forward to the games, and we feel as though he was able to participate through each athlete who wore his number, 99, on their uniform while they participated in the competitions.

Again, I and my family cannot thank you enough for taking care of us during such a sad and difficult time. I will always cherish your warm generosity and kindness as a reflection of Glenn and how much Fairfax County Fire and Rescue meant to him.

With warmest thanks and the utmost regard,

Linda

Linda Gaines



In Memoriam



Firefighter/Paramedic NICOLE K. MITTENDORFF
November 21, 1984 - April 21, 2016

Fire Station 28 Engine Housing Ceremony



On Saturday April 2nd, 2016 over 100 people gathered as the members of Fire Station 28 dedicated their new Pierce Velocity Engine to retired members Captain Tom Wealand and Technician Jack Biller. Members, past and present, along with Fire Chief Richie Bowers and Supervisor Penny Gross participated in "Pushing In" the new rig after the dedication. The members of firehouse #28 decided on retirees Wealand and Biller as honorees of the dedication because of their many years of selfless dedication and service to "The House on the Hill". The high standard of performance and level of dedication these men gave set the bar to which the current members, and those to come, strive to uphold daily. (Photos by Debi Gerald, Northern Virginia Fire Buffs)

How Did The Fairfax County Fire and Rescue Department Treat You?

Please take a moment to fill out this comment card so that we may improve our services. Circle the appropriate responses and provide comments as needed. Thank you.

	Poor	Marginal	Satisfactory	Good	Excellent	
911 operator	P	M	S	G	<u>E</u>	N/A
Our response time	P	M	S	G	<u>E</u>	N/A
Fire suppression	P	M	S	G	<u>E</u>	N/A
Medical treatment	P	M	S	G	<u>E</u>	<u>N/A</u>
Other service	P	M	S	G	<u>E</u>	N/A
Specify: _____						
Performed jobs efficiently	P	M	S	G	<u>E</u>	N/A
Communicated clearly	P	M	S	G	<u>E</u>	N/A
Answered questions	P	M	S	G	<u>E</u>	N/A
Anticipated needs	P	M	S	G	<u>E</u>	N/A
Took special care of you	P	M	S	G	<u>E</u>	N/A
Were enthusiastic about their jobs	P	M	S	G	<u>E</u>	N/A
Overall service	P	M	S	G	<u>E</u>	N/A

Comments: ALL FIREFIGHTERS WERE EXTREMELY COURTEOUS AND HELPFUL IN ANY CONCERNS WE HAD PERTAINING TO THE FIRE AND THE DAMAGE (PLenty) IT CAUSED TO OUR HOME. WE THANKED AS MANY FIRE FIGHTING PERSONNEL AS WE COULD YESTER. HOWEVER PLEASE CONVEY OUR THANKS TO ALL.

Comment Card

Front Lines Deadlines

The remaining deadlines for the 2016 Front Lines issues are August 15, and November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov) or Cathy Richards (cathy.richards@fairfaxcounty.gov).

Community Outreach Highlights



Spring 2016 Citizens Fire and Rescue Academy



International Search & Rescue Advisory Group (INSARAG) Exercise



To be reclassified, Virginia Task Force 1 (VATF-1) had to successfully complete a series of intense drills simulating very life-like disasters. See the task force in action as they earn reclassification. Congratulations VATF-1. (INSARAG is a global network of more than 80 countries and organizations under the United Nations umbrella. INSARAG deals with urban search and rescue (USAR) related issues, aiming to establish minimum international standards for USAR teams and methodology for international coordination in earthquake response based on INSARAG guidelines endorsed by the United Nations General Assembly Resolution 57/150 of 2002, on "Strengthening the Effectiveness and Coordination of International Urban Search and Rescue Assistance." (Photos by Elliott Rubino)

BACKSTEP KUDOS

To: The entire Logistics Distribution Center. Out of sight but not out of mind. They did not rescue a cat from a tree, perform a public service, save someone from a fatal ACCIF or even get up at 2:13 AM to slay the dragon wherever it may strike, but they do help to make all of it possible. Thanks for the uniforms, gear, chainsaws, tire chains, water, stickers, patches, shovels, face piece repairs, SCBA's, meters and every other thing you can think of. One fantastic group of people. Captain Cory Key, Herbert Jr., Brian B., Brian P, Mike, Tim, Kevin, Kirk, Evan, Omar, Laurie, Allen, Ms. Kim, Lavanda, Svenja, John, Hugo, Gilberto, Maribel, Rosa, Delsa, Evelin, Aida, Luci. **From: Lieutenant Richard David.**

To: John Wehr, Wes Sloan, Howard Capon, Bob Pope, John Linhart, MaryKate Costello, Dale Shord, and Tom Ferguson. Thank you all for stepping up and working for Jenna Jackson. Your selfless assistance is a testimony to the fire department

brotherhood! **From: Jim Martin**

To: Lieutenant Shellhammer, FS401-B, Melissa Davis and the payroll folks. While on my most recent absence from the department for Military duty, Lieutenant Schellhammer took care of my home/property weekly for a period of 3 months! Thank You! Melissa Davis and the payroll folks yet again took care of my pay and benefits while absent and allowed for a smooth transition back to the Department. Thank You! **From: Lieutenant Nicholson, FS430-B.**

To: Fire & Rescue Academy. For assisting with the Field Reentry Program. Much appreciation and many thanks to Captain II Rex Strickland, Captain II George Gonzales, Lt. Ryan Fletcher, Lt. James Kenny, Lt. Michael Hendershot and FF Corey Diamond for their shared technical expertise while assisting with my Field Reentry Program process. Not only was my time spent at the Academy enjoyable and enlightening, it

was also refreshing to experience the high quality of instruction delivered by extremely talented folks. Thanks again!!! **From: Captain II Victor M. Miller, Jr.**

To: Firefighter Diego Ramirez-Grast of FS10, B-Shift. Thank you for your translation assistance on countless emergency incidents. You are an invaluable resource to the Spanish speaking community. **From: Arlington Police and Co. 10-B.**

To: Technician Mckendree. For persevering through the treacherous tornadoes in Tappahannock and always coming to work with a positive attitude. **From: FS09, A-Shift.**

Please send submissions to backstepkudos@gmail.com. Each submission should be one or two sentences and contain three items of information: "To," "For," and "From."

Please Share Your Pics with Us!

We are always looking for interesting action and event photos to include in *Front Lines*. Please share with us and we will make sure you get recognized for your photos! Please submit to Ashley Hildebrandt at ashley.hildebrandt@fairfaxcounty.gov or Cathy Richards at cathy.richards@fairfaxcounty.gov. Please include all photo information such as date, location, event type, etc.

MEMORIAL DAY 2016



Station 414 crews (left) and Logistics personnel (right) honoring those who gave the ultimate sacrifice.

bring Your Child To Work Day





At the end of May, ten students graduated from the VCU Paramedic Program. The program trains and educates students so they can function as competent entry level paramedics and become Nationally Registered Paramedics. Since its founding in 1980, more than 1000 students have graduated from the VCU Paramedic Program.



Life Safety Education staff taught kids about fire safety at Belvedere Elementary in April. The kids were also treated to a show and tell from Fire Station 8.

Top 10 Activity Report

January - March 2016

Ambulance		Engine Company		Rescues	
Unit	Calls	Unit	Calls	Unit	Calls
A 410 E	118	E 410	893	R 401	401
A 413 E	82	E 409	878	R 426	373
A 414 E	36	E 411	797	R 411	342
A 421 E	35	E 422	778	R 401	326
A 422 E	28	E 429	765	R 418	315
A 401 E	26	E 430	764	R 414	257
A 438 E	26	E 408	722	R 419	229
A 402 E	25	E 417	672	R 439	211
A 402	24	E 404	654	R 414 B	1
A 408 E	16	E 415	645		

Medic		Ladder Company		Battalion Chiefs & EMS Captains	
Unit	Calls	Unit	Calls	Unit	Calls
M 422	712	T/TL425	553	EMS404	404
M 430	669	T/TL429	514	EMS405	387
M 405	609	T/TL430	476	EMS403	326
M 426	593	T/TL411	470	BC404	303
M 425	574	T/TL410	463	EMS406	287
M 410 B	570	T/TL436	422	EMS401	282
M 413	570	T/TL422	396	EMS402	264
M 410	561	T/TL408	383	EMS407	216
M 409	558	T/TL401	344	BC403	180
M 404	557	T/TL440	336	BC406	169

Unit activity is compiled from the event history file. A unit must be dispatched to a call or added on to be counted. Mutual aid dispatches are included in the activity report.

Birth Announcements

FS425 A-Shift would like to congratulate shift mate Felix Truong and his wife, Mia, on the birth of their first child. Evangeline Truong was born Wednesday, April 27, 2016.

Congratulations to Lieutenant Salman Khan, Fire Prevention Division, on the birth of his son, Sameer Khan. Sameer was born Tuesday, June 7, 2016, and weighed in at 7 lbs. 14 ounces.

Front Lines Deadlines

The remaining deadlines for the 2016 Front Lines issues are August 15, and November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov) or Cathy Richards (cathy.richards@fairfaxcounty.gov).

Large Loss Fire Investigations

Date: 2/18/2016 **Box:** 42500 **Address:** 11674 Mediterranean Ct. **Type:** Residential
Cause: Under Inv. **Value:** \$346,570 **Loss:** \$83,450 **Status:** Open

Date: 3/9/2016 **Box:** 43201 **Address:** 10920 Paynes Church Dr. **Type:** Residential
Cause: Accidental **Value:** \$340,715 **Loss:** \$213,325 **Status:** Closed

Date: 3/11/2016 **Box:** 41100 **Address:** 2704 Groveton St. **Type:** Residential
Cause: Accidental **Value:** \$154,540 **Loss:** \$52,500 **Status:** Closed

Date: 3/18/2016 **Box:** 42890 **Address:** 6633 Costner Dr. **Type:** Residential
Cause: Accidental **Value:** \$164,520 **Loss:** \$78,750 **Status:** Closed

Date: 3/20/2016 **Box:** 42701 **Address:** 5924 Veranda Dr. **Type:** Residential
Cause: Accidental **Value:** 316,860 **Loss:** \$135,000 **Status:** Closed

Date: 3/26/2016 **Box:** 40111 **Address:** 1931 Anderson Rd. **Type:** Residential
Cause: Accidental **Value:** \$487,660 **Loss:** \$70,000 **Status:** Closed

Date: 3/27/2016 **Box:** 43514 **Address:** 9735 South Park Ci. **Type:** Residential
Cause: Accidental **Value:** \$483,320 **Loss:** \$110,000 **Status:** Closed

Date: 3/27/2016 **Box:** 44215 **Address:** 1804 Brooktrail Ct. **Type:** Residential
Cause: Under Inv. **Value:** \$706,800 **Loss:** \$250,850 **Status:** Open

Date: 3/29/29016 **Box:** 43401 **Address:** 3140 Windsong Dr. **Type:** Residential
Cause: Accidental **Value:** \$733,720 **Loss:** \$502,500 **Status:** Open

Date: 3/30/2016 **Box:** 41092 **Address:** 5505 Seminary Rd., #1107 **Type:** Residential
Cause: Accidental **Value:** \$147,330 **Loss:** \$75,000 **Status:** Closed

Date: 4/3/2016 **Box:** 41205 **Address:** 10630 Runaway Ln. **Type:** Residential
Cause: Accidental **Value:** \$268,230 **Loss:** \$145,000 **Status:** Open

Date: 4/11/2016 **Box:** 40814 **Address:** 4917 Casimir St. **Type:** Residential
Cause: Under Inv. **Value:** \$269,080 **Loss:** \$100,000 **Status:** Open

Date: 4/12/2016 **Box:** 41196 **Address:** 6641 Wakefield Dr. **Type:** Mobile Property
Cause: Accidental **Value:** \$65,000 **Loss:** \$65,000 **Status:** Closed

Date: 4/20/2016 **Box:** 41716 **Address:** 6810 Farrahs Calvary Rd. **Type:** Residential
Cause: Accidental **Value:** \$681,780 **Loss:** \$250,700 **Status:** Open

Front Lines can be viewed at www.fairfaxcounty.gov/fr

Awards & Presentations

Unit Citation Awards

Escalator Entanglement

Captain I Mark D. Ebersole
 Captain I Cory A. Key
 Lieutenant David E. Myers
 Master Technician Angel M. Melendez
 Master Technician Wade H. Watson
 Firefighter/Medic Timothy J. Moore
 Firefighter Spencer D. Bryant
 Firefighter Thomas Y. Chong
 Firefighter Brian L. Kennedy
 Firefighter Angelo J. Scarola

Mercer Lake Dam Sledding Accident

Captain II Carlton G. Burkhammer
 Captain I Hugh C. Clarke
 Captain I Troy H. Dean
 Technician Philip J. Brown
 Technician Kurtis S. Reakoff
 Acting Technician Bryan L. Vaughn
 Firefighter/Medic Ian A. Antons
 Firefighter Dustin A. Green

Prince George's County Vehicle Accident

Lieutenant Jon Stern
 Master Technician Laurie E. Peverill
 Technician Mark C. Killion
 Technician Jeffrey M. Williams

Rock Drill Incident

Lieutenant James P. Korb
 Lieutenant Edward L. Payne III
 Lieutenant Jarrod A. Schmidt
 Master Technician Thomas A. Ferguson

Sunoco Burn Patient

Battalion Chief Patrick T. Kelly
 Technician Brian J. Bonkoski
 Acting Technician Seth A. Bowie
 Acting Technician Nathaniel T. Corl
 Firefighter Danielle N. Kuhn
 Firefighter Ken T. Savittiere



Herndon Teen, Roberto Morales Castillo, was recognized for saving his family and other citizens in the apartment building where they lived on January 24, 2016. Snow had blocked the exhaust and high levels of carbon monoxide entered the apartment building. Mr. Morales received a citizen lifesaving award on March 8, 2016. (Photo by Elliott Rubino)

Vehicle Accident With Light Pole

Captain II Wayne P. Wentzel
 Captain I Natalie D. Robb
 Lieutenant Stacie L. Galatis
 Lieutenant Janet T. Norko
 Lieutenant Matthew E. Phillips
 Lieutenant John W. Rogers
 Master Technician Rolando E. Contreras Chicas
 Master Technician Joseph P. Kieler
 Master Technician Kevin W. Petty
 Master Technician Jeffrey M. Repine
 Master Technician Clemente R. Rivera
 Technician Juan D. DiMartino
 Master Technician Kevin J. Steinhilber
 Firefighter Rachel A. Defibaugh
 Firefighter Daniel M. Morrison
 Firefighter Christopher G. Puzanghero
 Firefighter Diego F. Ramirez Grast

Fire Chief's Commendations

Fire and Hazardous Materials

Investigative Services
 Captain II Rocco Alvaro
 Captain II George Robbins
 Captain I Terrance L. Fayson
 Captain I Wayne A. Richardson II
 Lieutenant Jeffrey H. Carney, Jr.
 Lieutenant John Chabal

Lieutenant Richard D. Gundert
 Lieutenant Haywood P. Marshall
 Lieutenant Timothy W. Palmer
 Lieutenant Eddie L. Price
 Wayne T. Burgess, Jr., Code Specialist II
 Barry J. Hall, Code Specialist II
 Terry W. Hall, Code Specialist II

Career Achievement Awards

Deputy Chief Robert P. Ruwe
 Captain II Bill C. Betz
 Lieutenant Raymond E. Foster

Safe Driving Career Achievement Awards

10-Year Safe Driving

Master Technician Angel M. Melendez

Other Noteworthy Awards

Length of Service Awards

Captain II Kendall Thompson
 Captain I Leroy L. Butler, Jr.
 Captain I Michael J. Marks
 Captain I Bruce A. Neuhaus



Congratulations to Technician Victor Popovich (FS22-C) who received a Veterans of Foreign Wars Certificate of Commendation on March 17, 2016 for his bravery and selflessness during a call in 2014 involving an unstable individual.

West Point Leadership Graduates - March 2016

Captain II Calvin M. Alexander, Jr.
 Captain II Matthew C. Barnhart
 Captain II Kimberly A. Hood
 Captain II Dennis M. Kotecki
 Captain II William D. Vannoy
 Captain I Timothy O. Barb
 Captain I David G. Bentley
 Captain I Derrick O. Colden
 Captain I Lawrence L. Ellison
 Captain I John D. Evans, Jr.
 Captain I Jared B. Goff
 Captain I Jennifer L. Svites
 Captain I Jevon K. Wilson
 Lieutenant Ryan S. Fletcher
 Lieutenant Daniel P. Gajewski
 Lieutenant Matthew R. Guillaume
 Lieutenant Kristopher W. Johnson III
 Lieutenant Michael E. Klump
 Lieutenant Frederick T. Luong
 Lieutenant John C. Macinyak
 Lieutenant Christopher W. Ouellette
 Lieutenant Johnny Price
 Lieutenant Ronald W. Swarthout, Jr.
 Lieutenant Todd M. Young

Timothy J. Gosart, Financial Specialist II
 Ian P. Gregoire, Emergency Management Specialist III
 Christina A. Morrison, Human Resources Generalist II





CHARLES R. HAWKINS
Battalion Chief

Entry Date: July 26, 1982

Retirement Date: March 4, 2016

Assignments: 12, 1, 2, 1, 34, 29, 1, Academy, 8, Battalion 4-C, Battalion 7-C, Battalion 3-C

“Taking Up”

Recruit School Number: 57th

Likes about the Fire Department: Making a positive difference in people’s lives when things go badly for them.

Will miss about the Fire Department: The closeness of a second family that always has your back.

Plans for the future: To do some consulting work. RV travel and make up lost time with my family.

Words of Wisdom: Be safe. Be Nice. Take care of each other. If you strive to leave the department better than you found it, then you will find success.

What got you interested in the fire service: Volunteer Chief Tom Knott, Co. 18.

Who or what made an influence in your career: Bob Lanning, T. Mike Morrison, John Loss, Steve Hartman, Rick Roatch.



Rope Rescue Training on May 17, 2016, brought personnel from Fire Stations 18, 33, and 39 together, challenging the cliffs of Great Falls Park. (Photos by Technician Trisha Danula and Ray Johnson)

Anniversaries

36 Years

Lieutenant David M. Lauler

33 Years

Deputy Chief Daniel V. Gray
Technician John C. Guy, Jr.

32 Year

Captain I Clyde M. Buchanan
Captain II George O. Gonzalez, Jr.
Firefighter Kimberly A. Kuranda
Lieutenant James T. Morris
Captain I Wayne A. Richardson II

31 Years

Assistant Chief John J. Caussin, Jr.
Lieutenant John Chabal
Technician Michael W. Conover
Captain II George A. Hollingsworth
Lieutenant James R. Low
Captain II James J. Masiello
Captain I Timothy J. Miscovich
Battalion Chief James J. Walsh

30 Years

Firefighter James A. Breisch
Master Technician Philip C. Devereaux
Technician James T. Franklin
Lieutenant Eugene L. George
Lieutenant Glenn C. Jackson
Captain I Peter B. Masters
Technician David A. Neilan
Cathy J. Richards,
Administrative Assistant IV

25 Years

Battalion Chief Willie F. Bailey
Technician Smith T. Banks II
Technician Victoria R. Callow
Master Technician Kevin Campbell
Master Technician Michael B. Crowder
Captain II Eric F. Cunningham
Technician Mike C. Day
Captain I Samuel T. Devera
Lieutenant Sean E. Ferguson
Lieutenant Michael D. Hendershot
Lieutenant Lloyd B. Jackson
Lieutenant Ji Y. Lee
Captain II Francis O. Mensah
Captain II Stephen E. Miller
Technician Michael D. Moore
Lieutenant John T. Pizzo
Captain I Richard H. Schaub
Captain II David K. Sellers
Captain I Kenneth A. Wildman
Master Technician Jill F. Young

10 Years

Technician Joseph A. Breslin
Firefighter Kalyan A. Bruce
Master Technician Marc G. Campet
Firefighter Marlon K. Charles
Technician Carlos E. Contreras, Jr.
Firefighter Charles J. Cox
Lieutenant Kenneth C. Dobbs
Firefighter Scott M. Dobson
Lieutenant Philippa S. Durham
Master Technician Christopher R. Gay
Lieutenant Stephen C. Hartman II
Firefighter Joseph Herrera
Master Technician Laura B. Huggins
Master Technician Jermaine L. Jones
Technician Patrick I. Kairouz
Lieutenant Salman F. Khan
Technician Eugene N. Lartey
Firefighter Irene A. Lawrence
Lieutenant Frederick T. Luong
Technician Langston K. Malin
Lieutenant Nelson R. Mascarenhas
Firefighter Brian K. McNew
Technician Cheryl L. McWilliams
Master Technician Anthony S. Mills
Firefighter Christopher P. Murray
Master Technician Justin P. Parrock
Master Technician Kevin W. Petty
Master Technician Jessica T. Pickett
Master Technician Bob W. Pope, Jr.
Technician Tara D. Richards
Master Technician Brian C. Roberts
Technician Craig L. Robertson
Technician Dominic S. Runfola
Narinder K. Singh, Engineering Tech. I
Technician Christopher M. Welch
Firefighter Marcus C. Whitfield
Firefighter Crystal L. Zorich

5 Years

Brian C. Bundy,
Administrative Assistant III
Timothy J. Cannon, Fire Inspector II
Elizabeth A. Dame,
Administrative Assistant III
Firefighter Matthew B. Duckwitz
John P. Jones, Vehicle Coordinator
Michael B. Long, Engineer III
Christine M. Malone, Fire Inspector II
George G. Martin, Jr., Inspector II
William J. Mueller, Fire Inspector II
Ricky D. Pray, Fire Inspector II
Lisa D. Reddington, Fire Inspector II
Kim Renfro, Materials Mgmt. Specialist I
Kathy S. Thompson,
Administrative Assistant III
Brenda G. Townsend,
Administrative Assistant III
An D. Trinh, Administrative Assistant IV
Louis A. Vitela Escobar, Fire Inspector II

Retirements

Leonard C. Allen, Assistant Supervisor
September 27, 1997 - April 15, 2016

Firefighter Jorge F. Arias
January 22, 1996 - January 22, 2016

Master Technician Allen O. Comer
February 29, 1988 - May 3, 2016

Captain I Steven D. Clark
April 29, 1985 - February 6, 2016

Lieutenant Kristin A. Gaulard
February 29, 1988 - March 3, 2016

Francis G. Hall, Inspector II
May 17, 2004 - March 4, 2016

Battalion Chief Charles R. Hawkins
July 26, 1982 - March 4, 2016

Lieutenant Glenn C. Jackson
May 27, 1986 - May 17, 2016

Master Technician Mark F. Lucas
June 3, 1991 - January 24, 2016

Timothy B. Middleton, Inventory Manager
November 14, 1983 - May 3, 2016

Lieutenant Edmond D. Monseur
May 27, 1986 - February 22, 2016

Technician Jeffrey W. Murray
November 13, 1995 - March 3, 2016

Captain II Scott M. Smith
August 4, 1986 - February 8, 2016

Lieutenant Jon W. Snyder
August 15, 1988 - February 1, 2016

Jacqueline W. Tinsley,
Administrative Assistant IV
February 28, 2011 - March 4, 2016

Master Technician Gregory D. Washenko
October 13, 1986 - April 19, 2016

New Hires

Delonte L. Brown,
Materials Management. Assistant
Logistics

Ashley N. Hildebrandt, PSIO IV
Public Affairs & Life Safety Education

Brody H. Long, Financial Specialist I
Fiscal Services

Fairfax County Fire & Rescue Department

Attn: Public Affairs and Life Safety Education
4100 Chain Bridge Road
Fairfax, Virginia 22030



A publication of Fairfax County, Virginia



Station Profile West Centreville Fire and Rescue Station 38

Captain II
John W. Morris
Station Commander



Station constructed: 1995

Station specialty: Community involvement with numerous civic groups and organizations in the Centreville area.

Square miles in first due area: 18

Specific hazardous/target areas: Forest Glen Retirement Apartment complex, Luck Stone Quarry, natural and liquefied gas transcontinental pipelines, rural non-hydrant areas with large equestrian centers, and Fairfax National Country Club and Fairfax National Estates.

Equipment assigned to station: Engine, Truck, Medic, Mobile Command Post.

Total calls in 2015: 4,693

Station personnel: **A-Shift: Captain II John W. Morris**, Lieutenant Jeffrey F. Klopp, Lieutenant Kenneth M. Laverock, Master Technician Mark G. Briskey, Master Technician Michael E. Duffy, Technician Brent M. Schnupp, Technician John M. Smith III, Firefighter Matthew G. Gambino, Firefighter Joshua D. Imlay, Firefighter Julie C. Sehnal **B-Shift: Captain I Kenneth A. Wildman**, Lieutenant James A. Flynn, Master Technician Philip C. Devereaux, Master Technician Linda J. Post, Master Technician John M. Stetter, Technician Jason C. Menifee, Firefighter Gary J. Butler, Firefighter Steven T. Ellis, Firefighter Danielle N. Kuhn, Firefighter Curtis J. Majors, Firefighter Alexander H. McKenna **C-Shift: Captain I Jennifer L. Svites**, Lieutenant Jeffrey R. Allen, Master Technician Reid V. Lottchea, Technician Holly M. Melendez, Technician Hao T. Sevener, Firefighter Wayne R. Champagne, Jr., Firefighter Ha S. Chon, Firefighter Adam M. Ellis, Firefighter Merneptah V. Funn, Firefighter Richard C. Jones, Firefighter Jordan M. Linhart

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