



Courier

Volume 40, No. 16

Aug. 1, 2008

A Celebration of Outstanding Performance and Teamwork

Fairfax County celebrated the outstanding performances of more than 90 employees at an awards presentation held in the Government Center Forum on Friday, July 25. Hundreds of employees were on hand to applaud the recipients of the Employee Suggestion Award, Outstanding Performance Award and Team Excellence Award. County Executive **Anthony H. Griffin** and Deputy County Executive **David Molchany** presented the awards and



Manju Arora, Department of Tax Administration, with Molchany (left) and Griffin (right) at the awards ceremony.

congratulated each of the recipients during the ceremony, hosted by **Susan Woodruff**, acting director, Department of Human Resources.

▶ For more information on employee awards, visit <http://infoweb/hr/relate/awards.htm>.

▶ Look for the photo gallery of the awards on the Courier home page at <http://infoweb/courier>.

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Station 40 Featured in Emeril Lagasse Cooking Show

*By Erica Satten
Office of Public Affairs*

Firefighters from Fairfax Center Fire and Rescue Station 40 tackled an unexpected challenge in June that landed them on a TV show airing this summer. Rather than putting out a fire, they turned on several burners and ovens to participate in an episode of "Emeril Green," a new environmental cooking show hosted by well-known chef Emeril Lagasse.

Unlike most participants who write letters to get on the show, members of

Station 40 were approached by the show's crew while getting lunch at the nearby Whole Foods Market in Fairfax. "I don't know why they picked us," said Captain **James Perkins**. "It was a complete surprise to me."

The episode featured technician **Laura Pollard** along with Lt. **Sean O'Connor** and technician **Elton Short**, although the entire crew from their shift enjoyed the dinner.

"I was nervous and don't like being in the spotlight," explained Pollard. "But when they came, we just had fun with it."



Chef Emeril Lagasse with his cooking partner Station 40 technician Laura Pollard. Photo by Scotty Boatright.

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Courier is available online at <http://infoweb/courier>

Employee Suggestion Awards

Public Works and Environmental Services

Walter Clayton, shift supervisor, Wastewater Treatment
Roger Silverio, engineer, Wastewater Treatment

Outstanding Performance Awards

Community and Recreation Services

Lisa Woolfrey, administrative assistant

Community Services Board

Infant and Toddler Connection
Catherine 'Cathie' Cummins, physical therapist
Meribeth Fannin, specialist
Mental Health Services
John F. Dobricky, mental health supervisor specialist

County Executive

Ann Sheard, management analyst

Family Services

Shanise S. Allen, management analyst
Aimee Brobst, human service worker
Olivia L. Garrett, human service worker
Margaret Harter, administrative assistant

Fire and Rescue

Brenda K. Bauman, administrative assistant
Anthony 'Paul' Bull, fire lieutenant
Carlos R. Carrillo, lieutenant
Edward Dodson, fire lieutenant
Eric D. Forbach, lieutenant
Charles H. Hile, captain
Jason R. Jenkins, fire captain
Ryland B. Kendrick, fire captain
Kelly J. Lehman, program and procedures coordinator
M. 'Katie' Mangione, program and procedures coordinator
Kimberly A. Panzer, management analyst
Cathi Schultz Rinehart, management analyst

Health

Sharon L. Staubs, administrative assistant

Human Resources

Tomika Harris, administrative assistant
Agetta Palacios, administrative assistant
Teresa (Traci) Vaughan, HR Analyst

Juvenile and Domestic Relations

District Court

Dorothy B. Bock, probation counselor
Maurine Houser, probation officer
Paula M. Palmer-King, probation officer
Gregory Washington, probation counselor

Library

Pat Bangs, communications specialist
Robert Harvey, administrative assistant

Park Authority

Ricardo Cabellos-Reyes, park/recreation assistant
Shashi Dua, accountant
Yen Lin, accountant
Charles E. Smith, naturalist
Robert Studholme, park management specialist

Planning and Zoning

Matthew M. Ladd, planner
William "Chip" Moncure, senior zoning inspector

Police

Peter A. Davila, master police officer
David B. Goldberg, 2nd lieutenant
Theresa Lawrence, police citizen aide
Jonathan D. Lowery, police officer

Public Safety Communications

Erin Tracy, public safety communicator

Patricia "Tricia" Brock, management analyst

JoAnn Capewell, public safety communicator

Michelle Kerhart, administrative assistant

John Korman, public safety communications assistant supervisor

Public Works and Environmental Services

Capital Facilities

Matthew J. Doyle, engineer
Lienhuong Vu, accountant
Solid Waste Management
Ben Boxer, communications specialist
Sharon Grooms, maintenance worker
Amarjit Riat, engineer

Stormwater Management

Ron W. Tuttle, landscape architect
Danielle Wynne, ecologist
Wastewater Management
Nasser Batoy, IT technician
Jonathan Okafor, manager
Thomas J. Russell, manager

Purchasing and Supply Management

Delores T. Duffin, administrative assistant
Frances B. Simpson, administrative assistant

Tax Administration

Manju Arora, management analyst
Heike A. Burke, management analyst
Barbara A. Good, administrative assistant
Donna May, management analyst



The Countywide Balanced Scorecard Team was recognized for its outstanding work.



Members of the Team Excellence Award-winning Health Promotion and Wellness Task Force.

Team Excellence Awards

Countywide Balanced Scorecard Team

- Community and Recreation Services*
- Kristen Cigler, management analyst
- Family Services*
- Allison Lowry, quality assurance manager
- Human Resources*
- Barbara Emerson, HR Analyst
- Judith Lynch, senior HR consultant
- Management and Budget*
- William Yake, program and procedures coordinator
- Park Authority*
- Elisa Lueck, management analyst
- Police*
- John Kapinos, management analyst
- Public Works and Environmental Services*
- Carol Lamborn, management analyst
- Systems Management for Human Services*
- Kristin Custode, management analyst

- Sarah Goldman, fire technician/EAC representative
- Health*
- Dr. Raja Satouri, asst. director for medical services
- Human Resources*
- Sharon Boelcskev, HR analyst
- Terry Kellogg, HR analyst
- Information Technology*
- Matthew Miller, geographic information spatial analyst
- Management and Budget*
- Christina Jackson, budget analyst
- Park Authority*
- Steve Baker, asst. supervisor facilities support/EAC representative
- Monica Phillips, park management specialist

Public Safety Communications Interoperability

- (800 MHz Radio Re-banding)
- County Attorney*
- Gail Langham, assistant county attorney
- Michael Long, senior assistant county attorney
- Erin Ward, assistant county attorney
- Information Technology*
- David 'Duff' Barney, tech program manager
- Walter 'Skip' Munster, program director
- Jack Anderson, radio technology analyst (contractor)
- Purchasing and Supply Management*
- Casey Sheehan, purchasing supervisor

Health Promotion and Wellness Task Force

- Community and Recreation Services*
- Patricia Frankewitz, director
- County Executive*
- Sharon Arndt, health promotion and privacy coordinator
- Family Services*
- Matthew Vaughan, team operations manager/EAC representative
- Finance*
- Teri Flynn, risk manager
- Fire and Rescue Department*



The award-winning Public Safety Communications Interoperability team.

Pollard cooked a shrimp boil, a spinach salad with goat cheese, garlic bread and a trifle dessert. The challenge was to make a meal that was healthy and would suit the tastes of 18 firefighters.

"The meal also had to keep well so that we could eat it later if we had to go on call," said Pollard.

In addition to filming the cooking segment, the "Emeril Green" crew came to the fire station for a full day to capture the everyday routine of the firefighters.

Although the firefighters from Station 40 were randomly selected for the episode, this fire station complements the show's eco-lifestyle theme. Opened in 2006, the station was designed to meet Leadership in Energy and Environmental Design (LEED) standards, which are nationally recognized benchmarks for green buildings. Some of the building's green features include the use of natural lighting, an energy-efficient air and heating system, recycled and non-toxic materials, reflective roofing materials and a biological retention pond.



Chef Emeril Lagasse (center) with Fire and Rescue Department staff (front row, l-r) Dan Schmidt, Sharron Cayere, Britt Lauler, Lillie Allen-Peyton, Laura Pollard, (Lagasse), Edith Eshleman, John Chesek, Aleksandra Kazmar, (back row, l-r) Christopher Quелlette, Timothy Fowler, Justin Childs, Scott Fickes, Elton Short, Kenneth Laverock, Stephen Painter, Christopher Zach, James Perkins, Sean O'Connor, Thomas Zirkle and Kyung Ha. Photo by Scotty Boatright.

"Emeril Green" airs on Discovery Communication's new eco-lifestyle channel, Planet Green, and features challenges to cook healthy and eco-friendly food in different scenarios.

▶ Employees living in Fairfax County can look for the episode featuring Station

40 on the channels listed below. If you live outside the county, check your local listings, or visit <http://planetgreen.discovery.com/tv/emeral-green>.

- Cox Communications - Channel 151
- Verizon FiOS - Channel 148
- DIRECTV - Channel 286 ■

Register For Live Well Workshops

Register for two Live Well workshops scheduled for locations throughout the county with Oak Marr RECenter Fitness Director **Kwame Brown**.

The two workshops are:

- ▶ Fitness for the family – strategies to engage youth in physical activity.
- ▶ Stress management techniques.

Employees can self-register for Live Well workshops through the Employee University at <http://infoweb/employeeu>.

Note - Employees need informal supervisory approval if the workshop conflicts with normal work duties.

▶ For more information, e-mail **Sharon Arndt**, health promotion and privacy coordinator, at LiveWell@fairfaxcounty.gov.

- ▶ Visit <http://infoweb/LiveWell>.



Fitness for the Family

Code: LIVWELL201

- ▶ Aug. 21 – 11 a.m.-noon
South County Center, Suite 217
- ▶ Sept. 3 – 12:30-1:30 p.m.
Government Center, Room 8
- ▶ Sept. 24 – 11 a.m.-noon
Falls Church Center, Conf. Room A
- ▶ Sept. 25 – 9:30-10:30 a.m.
Government Center, Rooms 2-3
- ▶ Sept. 30 – 11 a.m.-noon
Massey Building, Room A

Stress Management

Code: LIVWELL301

- ▶ Aug. 13 – 1-2 p.m.
Government Center, Rooms 2-3
- ▶ Aug. 19 – 11 a.m.-noon
Falls Church Center, Conf. Room A
- ▶ Aug. 20 – noon-1 p.m.
North County Center, Room 600-A
- ▶ Aug. 27 – 12:30-1:30 p.m.
South County Center, Suite 217
- ▶ Sept. 10 – 11 a.m.-noon
Massey Building, Room A
- ▶ Sept. 16 – noon-1 p.m.
Government Center, Room 8 ■

TAC Award Presented to Jeanmarie Roberson



TAC award winner Jeanmarie Roberson (center) at the Board of Supervisors meeting presentation with (l-r) daughter Laura; husband, Alan; Janyce Hedetniemi; and Board of Supervisors Chairman Gerald E. Connolly. Standing behind them is the Board of Supervisors. Not pictured are Roberson's children Michael and Elizabeth.

The Transportation Advisory Commission (TAC) presented its annual Transportation Achievement Award to **Jeanmarie Roberson** at the Board of Supervisors' July 21 meeting. Roberson is an engineer in the Department of

Public Works and Environmental Services (DPWES).

"This year, TAC is honoring Ms. Roberson for her contribution to the objectives of the County Transportation Plan," said Janyce Hedetniemi, chair of the commission. "She was selected because of her exceptional management of complex transportation projects. She is particularly commended for her ability to minimize community disruption in the execution of these projects and for her attention to the reduction of adverse environmental impacts."

Roberson works for the Transportation Design Branch of DPWES and has managed several large, complex transportation projects, including the widening of Guinea Road and sections of the Franconia-Springfield Parkway.

► TAC provides advice, information and recommendations to the Board of Supervisors on major county transportation issues, planning and programming. For more information visit www.fairfaxcounty.gov/fcdot/tac. ■

Technician Michael L. Frames Is Firefighter of the Year

Technician **Michael L. Frames**, North Point Fire and Rescue Station 39, has been named the 2008 Career Firefighter of the Year, announced Fire and Rescue Department Chief **Ronald L. Mastin**. Frames will be honored at a ceremony on Aug. 7 at the Massey Building.

A 26-year veteran of the department, Frames has been an invaluable asset to his fellow crew members and the Fairfax County Fire and Rescue Department throughout his career, according to Mastin.

He is the battalion training officer for Battalion 401; serves on the Swift Water Training Committee; has been certified as an ice rescue instructor; and last year he completed Technical Rescue Operations

Team training.

Frames also has represented the department with distinction off-duty, participating in several community events and activities including volunteering to be "Sparky" for the Independence Day parade in the City of Fairfax for many years.

"Technician Frames has performed to the highest standard of excellence and epitomizes selfless service across the board. His attitude, dedication and enthusiasm are second to none," noted Mastin.

The Firefighter of the Year Award is the department's highest award and was established in 1985 to provide special recognition for outstanding service. ■



Michael L. Frames
Photo provided by the Fire and Rescue Department.

County Expanding Disease Management Programs

To enhance health and wellness opportunities for employees, effective Sept. 1, the county is adding disease management programs covering the following conditions to the CIGNA Open Access Plus (OAP), and the CareFirst Point of Service (POS) and Preferred Provider Option (PPO) plans:

- ▶ Osteoporosis.
- ▶ Osteoarthritis.
- ▶ Hepatitis C.
- ▶ Urinary incontinence.
- ▶ Decubitus (pressure) ulcers.
- ▶ Atrial fibrillation.
- ▶ Inflammatory bowel.
- ▶ Irritable bowel syndrome.
- ▶ Fibromyalgia.
- ▶ Acid-related stomach disorders.

In addition, the CareFirst POS and PPO plans also will add disease management programs for depression and low back pain.

The current CareFirst and CIGNA disease management programs cover the following conditions:

CareFirst:

- ▶ Diabetes.
- ▶ Congestive heart failure.
- ▶ Coronary artery disease.
- ▶ Chronic obstructive pulmonary disease.
- ▶ Asthma.

CIGNA:

- ▶ Diabetes.
- ▶ Chronic obstructive pulmonary disease.
- ▶ Heart disease.
- ▶ Asthma.
- ▶ Low back pain.

What the Programs Include:

The CIGNA and CareFirst disease management programs provide:

- ▶ A toll-free number to reach a registered nurse 24/7 with questions.

- ▶ Quarterly newsletters and educational materials.

- ▶ Reminders and tools to help manage your condition(s).

Why You Should Participate:

Being diagnosed and living with a chronic condition can sometimes be overwhelming. Disease management programs are designed to help you take charge of your condition by offering support, education and information. The goal is to provide the information and tools needed to enjoy a healthier quality of life. The disease management programs also will work with your doctor, providing an individualized program that supports your doctor's treatment plan.

Program Enrollment:

Participation in the disease management programs is free, completely confidential and automatic for plan members who are identified with a history of the covered medical conditions.

If you have been identified as having a medical history of any of the covered conditions, the plan will contact you that you have been automatically enrolled in the disease management program and encourage your participation. Since the program is voluntary, members who do not wish to participate can opt out when they are contacted.

Kaiser Permanente HMO Disease Management Program:

Employees participating in the Kaiser Permanente HMO also have access to disease management support and resources. The Kaiser Permanente Complete Care Program, an existing program available to members, manages ongoing health conditions, such as:

- ▶ Adult and pediatric asthma.
- ▶ Diabetes.

HR Central

HR Central has benefit information.

- ▶ Call 703-324-4900
- TTY 703-222-7314
- ▶ Visit <http://infoweb/hr/benefits>

- ▶ Depression.
- ▶ Chronic kidney disease.
- ▶ Chronic pain management.
- ▶ Coronary artery disease.
- ▶ End-stage renal disease.
- ▶ High-risk pregnancy.
- ▶ Hypertension.

The Complete Care Program provides healthy living classes, online health information, health care reminders and personalized care management. Enrollment is free and automatic based on your medical history (you may opt out of the program anytime).

Kaiser will send you information about managing your condition, and a dedicated health care team will work with you to personalize your healthy living plan.

- ▶ Employees should contact their health care plan directly with questions about the disease management programs at these numbers (all are TTY 711):

CareFirst: 800-783-4582.

CIGNA: 866-797-5833.

Kaiser: 301-468-6000. ■

Briefs

Free Business Counseling Services

The Fairfax County Economic Development Authority (EDA) promotes Fairfax County as a business location and offers free and confidential services to entrepreneurs and to businesses of any size. An EDA representative is now in several Board of Supervisors' offices once a month to talk with anyone who wants to start a business in Fairfax County, expand an existing business in the county or learn about other business services.

Information on this service is available at www.fairfaxcountyeda.org/services_and_resources.htm or by contacting Jatinder Kaur, EDA, at 703-790-0600, TTY 711, or jkaur@fceda.org.

► More information about EDA can be found at www.fairfaxcountyeda.org.

Affinity Group for People with Disabilities

The Office of Equity Programs in conjunction with the Fairfax Area Disability Services Board invites employees who have a disability, work with people with disabilities or have experience regarding the rights and needs of people with disabilities to a meeting to discuss building a network to provide helpful information on employment and services to people with disabilities. The meeting will be held on Wednesday, Aug. 6, from 12:30 - 2:30 p.m. in Government Center Conference Rooms 9/10.

► For questions and to request reasonable ADA accommodations, contact the Office of Equity Programs at 703-324-2207, TTY 703-222-5494.

Revised Courier Publication Dates

Courier will publish a special supplement, A Practical Guide to Being Green, in place of the second August issue. Courier will return to its regular publication schedule on Sept. 12. The

deadline for the Sept. 12 issue is Aug. 21. Articles are included space permitting.

► For questions about Courier, contact Courier Editor **Lisa Connors** at 703-324-3197, TTY 711, or lisa.connors@fairfaxcounty.gov.

Retirement Benefit Statements Mailed Aug. 1

The Retirement Administration Agency has mailed the annual retirement benefit statements to all active members of the Fairfax County Employees, Police Officers and Uniformed Retirement Systems.

Retirement benefit statements show a monthly average salary based on historical pay records and years of service as of June 30, 2008. Benefit statements exclude sick leave service credit and do not include salary adjustments after June 30, 2008.

The 2008 annual benefit statements provide detailed information including total contributions, total benefit service credit, interest earned and estimates of when the employee is eligible to retire. Statements also include estimates of benefits payable to employees for early and deferred vested retirement if applicable. The beneficiary information included on the statements provides information to the member on their choice of both primary and alternate or secondary designations, if this has been provided.

► Questions concerning the benefit statements should be e-mailed to retirementquestions@fairfaxcounty.gov. Allow plenty of time for your statement to arrive in the mail. Reprint requests cannot be fulfilled until the end of August.

New Parental Leave Benefit Approved By Board of Supervisors

On July 21, the Board of Supervisors approved a new parental leave program for employees effective the pay period that begins Sept. 13.

Similar to volunteer and bereavement leave, the new parental leave benefit will supplement current annual and sick leave benefits. Employees may receive up to 80 hours of paid leave (prorated based on scheduled work hours) to be taken within 12 months following the birth, adoption or foster care placement of a child.



The new benefit is part of the Board of Supervisors' commitment to providing and enhancing work-life balance for county employees.

► More information about the new parental leave program can be found at <http://infoweb/hr/relate/parentleave.htm>, or by contacting the Employee Relations Division, Department of Human Resources, at 703-324-3311, TTY 711. ■

Keep Bicycles Safe From Theft

By MPO Wellford M. Brock
Police Department, Sully District Station.

Gas prices are soaring and bicycles have become a good way to save money. With the increased use of bicycles, the Police Department is noticing a rise in bicycle thefts. By taking a few precautions, you can reduce the risk of your bicycle being stolen.

These tips can also be applied to scooters and mopeds.

► **Lock it up.** A bicycle lock is an inexpensive investment compared to the cost of a bicycle. Use a U-type lock for maximum security. By locking it up, you are creating a roadblock for a would-be thief.

► **Use two locks.** Having two different style locks (chain and U-type) will slow a thief even more. The thief will need two sets of tools.

► **Do not leave a bicycle unattended, even in your own yard.**

Many thefts occur right in the owner's yard. Bicycles should be locked to a stationary object or locked in a shed or garage.

► **Away from home, choose a parking location visible to passersby.** A bicycle is more likely to be a target if it is parked in a remote/hidden location.

► **Do not park outside overnight.** Try to bring the bicycle inside, as darkness and isolation may make a bicycle a target, even if it is locked to a stationary object.

► **For bicycles with quick-release wheels, lock both wheels and the frame to a secure structure.** This does two things; it slows a thief down and it prevents parts from being stolen from the bicycle.

► **Remove easily detached items,** such as packs, pumps and lights, before leaving a bicycle unattended.

► **Record the serial number for your bicycle.** Keep it in a safe place.

► For more information about crime prevention, contact the crime prevention officer in your district station. Locations and contact information are available at www.fairfaxcounty.gov/police/contacts_stations.htm.

► For information about bicycling in Fairfax County, including a bicycle route map, visit www.fairfaxcounty.gov/fcdot/bike. ■

National Night Out Is Aug. 5

A kickoff event for National Night Out will be held on Tuesday, Aug. 5, from noon to 2 p.m. in the Government Center Forum. Police Chief Col. **David M. Rohrer** and other police officers will be on hand to answer questions, and there will be special displays and light refreshments.

The Police Department is inviting county employees to be a part of its 25th annual National Night Out Team on Aug. 5. County employees have been among the biggest supporters of National Night Out in Fairfax County.

The purpose of National Night Out is to:

► Heighten crime and drug prevention awareness.

► Generate support for, and participation in, local anti-crime programs.

► Strengthen neighborhood spirit and police-community partnerships.

► Send a message to criminals that neighborhoods are organized.

Last year, from about 6 to 10 p.m., residents in neighborhoods throughout Fairfax County and across the nation, turned on outside lights and spent time outside with neighbors and police.

► For more information about coordinating a National

Night Out gathering in your neighborhood or to register your neighborhood, contact your district station's crime prevention officer at the station's non-emergency number available at www.fairfaxcounty.gov/police/contacts_stations.htm. ■



Courier is a Fairfax County publication distributed most payday Fridays. The deadline for articles and information, space permitting, is two weeks before publication.



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