

FRONT LINES



Fairfax County Fire and Rescue

April 2018

Unprecedented Winds Create
Record Breaking Calls on March 2



FROM THE FIRE CHIEF

Richard R. Bowers, Jr.

In the fire and EMS drive through many decades there has been transition that has occurred. Our department is not immune to transition as the change of leadership begins.

Transition can be challenging because with it comes change. Embracing change and moving forward are two critical factors in a successful transition. In our own lives we go through many transitions, and we adapt and are able to overcome any challenges faced. It is no different for everyone in the Fairfax County Fire and Rescue Department!

We stay focused, we stay committed, we stay united, and we continue to work together for the greater good of the department!

You are all tremendous people and I appreciate and respect each and every one of you! Now go forward and continue being dedicated and professional public servants.

Respectfully,



Richard R. Bowers, Jr.

Fire Chief



Fire Chief Richard Bowers Announces Retirement

Fire Chief Richard Bowers announced his upcoming retirement on February 16 to the men and women of the Fairfax County Fire and Rescue Department. Following his announcement, he sent the message below to all personnel:

Good afternoon Fairfax County Fire and Rescue personnel!

I have proudly and honorably served in the Fire and Rescue profession for almost 41 years. Of those 41 years, 10 of those years have been as a Fire Chief for Metropolitan Fire and Rescue Departments.

I want all the men and women of the Fairfax County Fire and Rescue Service, career, volunteer and civilian staff to know you are outstanding people and I respect each and every one of you. You are hard workers and I am so proud of everyone and of this department! I thank you for the opportunity to be your Fire Chief and serve you and the residents of Fairfax County. We have built a strong foundation and achieved so much by working together.

I have informed County Executive Hill and Deputy County Executive Rohrer that effective April 30, 2018, I will retire as Fire Chief of the Fairfax County Fire and Rescue Department. I will be pursuing other personal and professional endeavors and opportunities.

I have made a commitment to County Executive Hill,



Fire Chief Richard Bowers announcing his retirement to HQ staff and to field personnel via conference call.

Deputy County Executive Rohrer, and Chairman Bulova that there will be a complete and thorough leadership transition between now and April 30, 2018. I need everyone to keep focused on the mission and in making sure we take care of each other and the residents who we serve. I need you to respond to the needs of our residents and in turn, I will always support and take care of everyone in the department.

We move forward! I will always stand up for and behind the men and women of this department!

Respectfully,
Fire Chief Richie Bowers

FIRE CHIEF'S EXPECTATIONS

**BE READY, BE SAFE
BE FIT AND HEALTHY**

**BE KIND
AND RESPECTFUL**

**EMBRACE DIVERSITY
AND MENTOR**

**EXECUTE THE BASICS
PERFECTLY**

TRAIN, TRAIN, TRAIN

**WORK
TOGETHER**

**COMMUNITY
OUTREACH**



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

FRONT LINES is the newsletter of the Fairfax County Fire and Rescue Department. Questions should be addressed to Ashley Hildebrandt. All submissions should be sent to Public Affairs and Life Safety Education, marked "Attn: Editor, FRONT LINES."

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Fire and Rescue Department
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40th

ANNUAL NORTHERN VIRGINIA CHAMBER OF COMMERCE VALOR AWARDS

GOLD MEDAL OF HONOR



Fairfax County's Urban Search & Rescue team, Virginia Task Force 1 (VA-TF1) was awarded the Gold Medal of Valor. In the effort to save lives and alleviate suffering, Fairfax County's Urban Search and Rescue team, VA-TF1 was deployed to San Juan, Puerto Rico which had sustained extensive damage from Hurricane Irma only days prior to the arrival of Hurricane Maria. Upon arrival, the team immediately established a base of operations and

conducted search and rescue operations in the Virgin Islands. While conducting lifesaving and humanitarian aid missions in Puerto Rico, Hurricane Maria formed as a Category 5 hurricane taking direct aim at San Juan. Even with the threat of the oncoming hurricane, the team continued their search and rescue operations on the Virgin Islands without thought of their own personal well-being. The team endured the assault of Hurricane Maria for 24 hours only to continue the search and rescue after the storm had passed. The members of VA-TF1 acted without regard to their personal safety under extremely hazardous conditions. They demonstrated courage, dedication, and determination.



SILVER MEDAL OF HONOR

Lieutenant Jay Smith and retired Battalion Chief Tyrone Harrington were awarded the Silver Medal of Valor for their courageous response to a house fire of a neighbor. They began to utilize a garden hose to attack the fire in the garage and both personnel entered the home multiple times in an effort to rescue a trapped child. Lieutenant Smith and Chief Harrington operated without the benefit of a fire hose, breathing apparatus, or protective equipment, putting the rescue of the child before their own personal safety. As fire and rescue units arrived, Lieutenant Smith and Battalion Chief Harrington continued to provide direct assistance and information to the arriving units. Lieutenant Smith and retired Battalion Chief Harrington exhibited extreme courage while drawing upon extensive training and experience to assist their neighbors.



**Lieutenant
Jay Smith**



**Battalion Chief (Retired)
Tyrone Harrington**

BRONZE MEDAL OF HONOR



**Lieutenant
Scott Kraut**



**Master Technician
Daniel R. Thompson**

Lieutenant Scott Kraut and Master Technician Daniel Thompson were awarded the Bronze Medal of Valor for their brave actions in response to a suicide attempt. The victim was quickly removed from the home and transported to the hospital. The patient arrived at the hospital breathing and with a pulse but succumbed days later as a result of poison. Lieutenant Kraut and Master Technician Thompson assumed great

personal risk to rescue the victim. The scene was unstable, the status of the victim unknown, the hazardous material was undetermined. Without hesitation and performing under great duress, they provided the patient with best possible opportunity for survival.

Captain Rathbone and Firefighter Jeffrey Cockey were awarded the Bronze Medal of Valor for their acts of bravery involving a water rescue at Burke Lake Park. Two people had been rescued but a third occupant of the boat, an elderly male, was still missing. Knowing the water conditions were rough, Captain Rathbone and Firefighter Jeffrey Cockey entered the water and began their search. Eventually, they removed their personal floatation devices and began to free dive into the water to cover as much area as possible. They acted without regard to their personal safety under extremely hazardous conditions in an attempt to save another life. They demonstrated professionalism, heroism, and dedication to serve and protect.



**Captain I
Barry J. Rathbone**



**Firefighter
Jeffrey W. Cockey**

CERTIFICATES OF VALOR



Master Technician
David J. Higgins



Firefighter
Jacob C. Brendel



Firefighter
David P. Eimers



Firefighter / Medic
James A. Welling



LaTycia Tanks
Fire Inspector



Raymond Figueroa
Fire Inspector



Timothy Nicholson
Investigator

TAKING *Up*



Joseph Cox
Master Technician

Entry Date: January 21, 1995

Retirement Date: February 13, 2018

Recruit School: 88th

Assignments: 25, 17, 42

Likes About the Fire Department: Running calls, shift mates, and retirement.

Will Miss About the Fire Department: Running calls, messing with shift mates, target solutions, uploading certificates.

Plans for the Future: Travel with the boss lady. Spend more time hunting and fishing.

Words of Wisdom: It's a great job, don't let petty things wear you down. Save as much as you can afford in 457.

What Got You Interested in the Fire Service? Jackie Smith, Bart Wheatley.

Who or What Made an Influence in your Career? Jackie Smith, James Heider, C.A. Martin in addition to most of the people I've worked with.

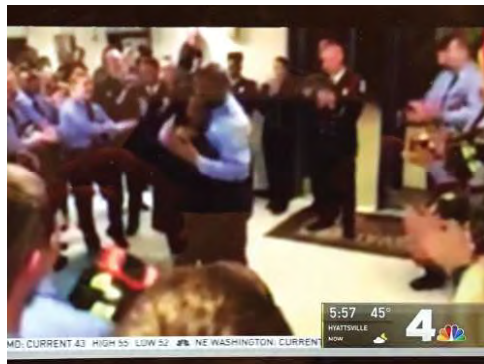
FCFRD NEWS & UPDATES



Firefighter Jonathan Hughes (Fire and Rescue Station 10, Bailey's Crossroads, C-Shift) was recognized by the Virginia Department of Education as a Career Success Star. He was featured in a video highlighting his achievements.



On April 4, Fire and Rescue Station 27, West Springfield, and EMS Training were at Springfield Town Center with the American Heart Association to show support for National Walking Day. Firefighters shared information on hands only CPR and other healthy heart tips.



Recruit School 143 graduation on March 30 was extra special for Probationary Firefighter Richard Burton. She said "YES!" The proposal was featured on NBC4 the next day.

Welcome Back



In March, FCFRD was thrilled to welcome Firefighter Loren Jewell (Fire and Rescue Station 15, B-Shift, Chantilly) as she returned to full duty after beating a brain tumor. Moved by her story, Reporter Elina Shirazi of WDVMTV featured Firefighter Jewell's story on WDVMTV. You are an inspiration Firefighter Jewell!



There was a special celebration at the Fire and Rescue Academy on April 4. Academy staff gathered to congratulate Technician Matt Buschur on battling Stage 4 Hodgkin's Lymphoma successfully into remission! Technician Buschur is currently assigned to the Academy and will be going back to full-duty soon. Way to go Technician Buschur!

143rd RECRUIT SCHOOL



Firefighter
Melissa A. Berkowitz



Firefighter
Richard N. Burton



Firefighter
Jasper R. Cooper



Firefighter/Medic
Megan E. Field



Firefighter
Heather A. Funkhouser



Firefighter
Danny E. Gallardo



Firefighter/Medic
Graham K. Gilbert



Firefighter/Medic
Matthew C. Harris



Firefighter/Medic
Shawn M. Jaret



Firefighter
Jacob W. Johnson



Firefighter/Medic
Aria Khodabakhchian



Firefighter
Juan D. Lopez



Firefighter
Daniel J. Mechling



Firefighter/Medic
Andrew L. Mullinax



Firefighter/Medic
Sarah M. Murphy



Firefighter
Luke F. Nuar



Firefighter
Christian S. Perdue



Firefighter
Natalie J. Potell



Firefighter
Jose L. Ramos Castro



Firefighter/Medic
Sean J. Sack



Firefighter/Medic
Jessica L. Salpini



Firefighter
Tyler T. Sevener



Firefighter
Matthew R. Sherwood



Firefighter
Corey J. Smith



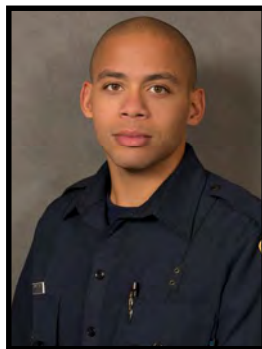
Firefighter
Armando T. Solano



Firefighter/Medic
Thien H. Tran



Firefighter
Katherine L. Tripp



Firefighter
William H. Turk



Firefighter
William A. Wagner IV



Firefighter
Jonathan L. Wallace



Firefighter/Medic
Stephen M. Williams



Firefighter/Medic
Andrew T. Wycheck

The 143rd Recruit Class graduated on March 30, 2018, after six months of extensive training. Firefighters were trained to respond to fires, hazardous materials incidents, vehicle crashes, and extrications, swift water rescue, confined space rescue, and emergency medical incidents.



IN THE COMMUNITY



IT'S A GIRL!

A Special Delivery For FS39 Personnel

The evening of Wednesday, March 14 was one that the crew from Fire and Rescue Station 39, North Point, B-Shift will remember for a long time. It was also a night to remember for a local family!

At approximately 10:50 p.m., the crew from FS39, B-Shift, helped to deliver a bouncing baby girl at a local home! The surprised parents were not planning to invite a bunch of paramedics and firefighters to share their big day. However,

the healthy baby girl had other ideas and decided she was ready to meet Mom, Dad, and big sister – right then and there! After the birth, mother and baby were transported to an area hospital.

On March 16, the crew was back to work. They decided to visit the family at the maternity ward and brought some gifts for the family. Congratulations and job well done to Master Technician Brian Roberts, Technician Sue Varholy Tomczak, Technician Israel Lopez, Firefighter/EMT Kyler Rodgers, Firefighter/Paramedic Nels Jorgenson, and Captain II Randy Bittinger.



On April 12, Engine 404, Herndon (B-Shift) had the honor and privilege to meet U.S. Army Captain Gavin White and his wife, Karissa. Along with Fairfax County Police, Engine 404 escorted the Whites to their newly renovated home in Herndon.

While serving in Afghanistan, Captain White sustained significant injuries, including losing both legs, due to an IED explosion while on patrol. He spent two years at Walter Reed Medical Center and had over 60 surgeries as part of his recovery.



On March 6, crews from Fire Station 22, Springfield, assisted with a fire safety education program at First Baptist Day School. The firefighters showed the children how a firefighter is dressed when they respond to emergency calls. This type of demonstration aims to teach children not to be afraid of firefighters in an emergency.

Tunnel to Towers Foundation completed renovations of the home. The Tunnel to Towers Foundation was started in honor of fallen FDNY Firefighter Stephen Siller who died on 9/11 in the south tower collapse of the World Trade Centers. The foundation builds "smart homes" all over the country for the most catastrophically injured veterans. Captain White and his wife were presented with their new home in a homecoming ceremony. The home was remodeled to accommodate Captain White's needs.



On Friday, April 13, members of Fairfax County Fire and Rescue gathered with the Belleview Elementary School community to honor five individuals who helped to save the life of a faculty member at the school. On February 6, the faculty member collapsed while tending to the Kiss and Ride area. It was quickly determined that he had no pulse. CPR was started while the Automatic External Defibrillator (AED) was retrieved from the school. The AED indicated "shock advised," and a trained staff member applied the shock.

At that point, Medic Unit and Truck 411, Penn Daw, arrived and took over patient care. Once moved to the medic unit, another shock was delivered. The patient began to regain consciousness as the unit arrived at a local emergency room.

Due to the fast actions of parents and teachers, the

faculty member walked out of the hospital six days later!

Fire and Rescue personnel were honored to recognize the following individuals for their quick actions: Kerry Kaminski (parent) who called 911, Lindsey Ahart (parent) who was sent to retrieve the AED, Lisa Demmel (PE Teacher) who brought the AED and used it properly, as trained, Elaine Hourigan (parent and nurse) who performed chest compressions, and Katie Pluntke (Assistant Principal) who performed rescue breathing.

The quick actions of parents and staff, along with the availability of an AED, greatly enhanced the faculty member's chance of survival. This was a wonderful example of community members, knowing CPR and how to use an AED, working in concert with our paramedics and firefighters to help save a life!

FCFRD Captain Promoted To Master Sergeant In U.S. Marine Corps Reserve

Congratulations Captain I Cory Key, Uniformed Logistics Supervisor, on his recent promotion to Master Sergeant in the United States Marine Corps (USMC) Reserve.

Captain/Master Sergeant Key is a 17-year veteran of the Fairfax County Fire and Rescue Department and has served 15 years in the USMC Reserve. He has been deployed in support of Operation Iraqi Freedom in 2005-2006 and has been on shorter deployments throughout the world over the years. Currently, he is assigned to Quantico.

Captain/Master Sergeant Key was joined at the ceremony by members of his family. Also in attendance was Captain If Jared Goff, who represented the department to offer support and congratulate Captain Key on this impressive milestone. The Fairfax County Fire and Rescue Department is proud to support all paramedics and firefighters who are serving our great nation as reservists.



Hot Shots

A BUSY DAY: Unprecedented Winds Create Record Breaking Calls For Help For Fairfax County Fire And Rescue

Friday, March 2 was one for the record books at the Fairfax County Fire and Rescue Department. The area experienced unprecedented, prolonged winds that heralded one of the busiest days the department has experienced. From 8 p.m. Thursday to 8 p.m. Friday, Fire and Rescue personnel responded to over 1,100 calls for help, almost three times the average number of calls during a 24-hour period.

Firefighters responded to 255 calls for downed power lines. There were approximately 56 calls for a tree falling into or onto a home, seven calls for house fires, eleven calls for building fires, and 210 outside fires. Additionally, throughout the day Fire and Rescue personnel responded to many noteworthy calls:

TWO-ALARM HOUSE FIRE ON CHERRY ORCHARD COURT

COURT: At 3:23 p.m., on Friday, March 2, units were dispatched for reports of a house fire in the 7800 block of Cherry Orchard Court. The home was unoccupied at the time of the fire. A neighbor discovered the fire and called 911. Three family pets perished in the fire. The fire originated on the outside of the home. The fire was accidental in nature. The cause involved a gasoline powered generator.



HUNTINGTON AVENUE HIGH RISE FIRE:

At 5:40 p.m., units responded to the 2000 block of Huntington Avenue for reports of smoke showing from the fifth floor of a high rise apartment building. Crews quickly located and extinguished the fire.



OCCUPANT RESCUED AFTER TREE FALLS INTO LAKE BARCROFT HOME:

At 3:47 a.m., units responded to a reported tree into a house in the 3500 block of Highview Place in the Lake Barcroft section. Crews determined that a tree had fallen into a bedroom trapping one occupant. Crews stabilized the tree and removed the section pinning the occupant to his bed. After 30-minutes, the occupant was transported to the hospital and treated for minor injuries.



On February 2, at 2:47 p.m., Fairfax County Fire and Rescue and Fort Belvoir Fire and Emergency Services were dispatched for a townhouse fire in the 6200 block of Les Dorson Lane in the Kingstowne section of Fairfax County. Fire Investigators determined the fire started in the garage and was accidental. The fire was caused by unattended incense, which ignited ordinary combustibles in the garage. Damage as a result of the fire is estimated to be \$73,870.



On February 9, at 2:26 a.m., units were dispatched for a report of a single-family house fire in the 5500 block of Heming Avenue in the North Springfield section of Fairfax County. The cause was determined to be from an electric oven that had been left on and ignited nearby combustibles. Damage was estimated at \$80,000.



On Saturday, February 10, at 7:23 p.m., units from Fairfax County Fire and Rescue and the Arlington County Fire Department were dispatched for a reported building fire in the 6100 block of Arlington Boulevard in the Seven Corners area. Units arrived on scene and reported fire showing from the first floor of a two-story, strip shopping center. Crews were able to quickly extinguish the fire. Fire Investigators determined that the fire started in the front area of the store behind the counter and was accidental in nature. The exact cause of the fire is under investigation. Damage as a result of the fire is approximately \$60,000.



On Sunday, March 11, at 7:48 a.m., units from Fairfax County Fire and Rescue, Fort Belvoir Fire and Emergency Services, and the City of Alexandria Fire Department were dispatched for a reported house fire in the 1900 block of Mallinson Way, located in the Fort Hunt area. Units arrived to find a large, three-story single family home with a heavy volume of smoke showing from the front. Crews quickly determined that there was a fire in the basement that had extended upward to the top floor and attic. A second alarm was requested. Firefighters deployed multiple fire hose lines and brought the fire under control. Fire Investigators determined that the fire was accidental in nature and started in the basement. The cause of the fire was the result of an electrical failure within the wiring pertaining to the whole house humidifier. Damages as a result of the fire were estimated at approximately \$280,000



On Monday, March 26, around 1:42 p.m., units from Fairfax County Fire and Rescue and the City of Fairfax Fire Department were dispatched for a reported townhouse fire in the 13800 block of Wakley Court in the Centreville section of Fairfax County. Units arrived on scene to find fire showing from the rear of a two-story, middle unit townhouse. A second alarm was immediately requested. Firefighters quickly went to work extinguishing the fire. Crews also worked to limit the spread of fire to the adjoining town homes. Fire Investigators determined that the fire started on the wood deck and was accidental in nature. The fire was caused by improperly discarded smoking materials. Damages as a result of the fire were estimated to be \$222,500. This estimate includes the two adjacent town houses.

GO FURTHER *with* FOOD



Learn to Do Common Things Uncommonly Well! Go Further With Food!

Nicole V. Brown, MS, RDN, LD ACSM EP-C, PSOHC Nutrition Consultant

Whether it's starting the day off with a healthful breakfast or fueling before an athletic event, the foods we choose can make a real difference. Preparing foods to go further, by planning meals and snacks in advance, can also help to reduce food waste. Let's achieve the numerous benefits healthful eating habits offer, while also finding ways to cut down on food waste. Learning how to manage food resources at home and at the station will help us "Go Further with Food," saving both time and money.

Key Messages:

1. Include a variety of healthful foods from all of the food groups on a regular basis.

Did you know that the DASH Diet (Dietary Approaches to Stop Hypertension) is the most healthful way to eat? Check out this report that rates diets. <http://www.health.usnews.com/best-diet> If you would like a copy of a handout called "A Day's Worth of Food" that represents both the DASH Diet and the Omni Heart Diet, please email me. It includes foods from all food groups, it is heart healthy, and by taking time (weeks and months) to slowly master all of the recommendations, you will be investing in your health. There is a neat saying, "Learn to do common things uncommonly well," George Washington Carver. One of the most common things done on a daily basis is eating. Let's do it uncommonly well and promote our health to the best of our ability!

2. Consider the foods we have on hand before buying more at the store.

Creating a meal plan (at least for dinners and some snacks) achieves many things: helps us eat healthfully, reduces food waste (we tend to use up ingredients/leftovers when we have a plan for them), promotes a varied intake, and saves money (we decrease eating out/ordering in). To get started, check the pantry, refrigerator, and freezer when setting up a meal plan/shopping list.

At the store, buy the amount of perishable items that can be eaten or frozen within a few days and plan ways to use leftovers later in the week. If there's a mantra to wasting less food, it would be "eat what we buy." This involves being mindful of leftovers and ingredients that have a short shelf life. It sounds simple, but we all know how easy it is to lose track of that last serving of lasagna or some fresh produce we had good intentions of eating.

Designating a specific area in the refrigerator to keep foods with a short shelf life is something worth considering. Use this downloadable "Eat Me First" sign to label a bin or shelf in the fridge. That way, everyone will know where to look first when it's time to cook or eat those items. Another resource "Storing Fresh Fruits and Vegetable for Better Taste" from UC Davis provides guidance on where to store fresh produce: on the counter, in the refrigerator or a combination of both.

- <http://ivaluefood.com/resources/food-storage/eat->
- <http://ucce.ucdavis.edu/files/datastore/234-1920.pdf>

3. Be mindful of portion sizes.

Eat and drink the amount that's right for us, as www.MyPlate.gov encourages us to do. The saying, "package size is portion size" is important to keep in mind: a package of cookies or chips will have several servings in it, but people tend to eat the entire package, hence the saying. If it helps to break down the large package into smaller servings, let's take the extra few minutes to do that when we get home from the store.

4. Continue to use good food safety practices.

My master's research was on Salmonella, (specifically, malnutrition and susceptibility to food-borne illness) so this tip is close to my heart. Refrigerate leftovers very soon after the meal (if not before the

start of the meal)—no need to wait til a hot item “cools down.” Get a thermometer and check the temperature of meat that is being cooked. Basic components of food safety include:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Don't cross-contaminate.
- **Cook**—Cook to proper temperatures, checking with a food thermometer.
- **Chill**—Refrigerate promptly.

Use resources such as <https://www.fsis.usda.gov> for specific guidance.

5. Meal prepping involves four basic steps: a. chop; b. pre-cook; c. freeze; and d. batch cook.

Preparing several meals on the weekends can provide balanced meals that can easily be reheated throughout the week. It's also a great way to eat healthfully, save time during the week and reduce food waste. Four steps: a. chop; b. pre-cook; c. freeze; d. batch cook.

a. Chop

Clean and chop produce once you get home and store it in clear, airtight containers so you know what is available for cooking. Label containers, especially any opaque or solid-colored ones, with the contents and date.

b. Pre-cook

Pre-cooking proteins, either by browning ground beef or marinating chicken before putting it away can save valuable time during the week. It also increases the likelihood that we will incorporate them into meals. We can even hard boil eggs and keep them in the fridge for later.

c. Freeze

Freezing foods can significantly increase longevity and preserves food that we do not have time to prepare or eat from being wasted. Most thawed frozen foods taste just as delicious as they do when fresh, but there are a few exceptions including milk-based products, fried foods and vegetables with a high water content such as lettuce, cabbage or cucumbers. The National Center for Home Food Preservation has a guide to other foods to avoid freezing.

d. Batch cook

Batch cooking meals that require a lengthy prep time can save us in the long run. Spend part of an off day making dinner entrées such as lasagna, soups and casseroles, then freeze them in portions

to be served later in the week when there isn't time to cook. Even side items such as beans, rice and vegetables do well when cooked in batches and frozen in portions for later. Cook up extra vegetables to freeze and save for a soup.

After you choose a day to prepare meals, decide which recipes you want to use and create a shopping list. When possible, choose meals made with ingredients already on hand to get the most out of your food budget. Sharing some food prep is another smart move if you can find a like-minded friend.

Cooking in bulk saves money and allows us to portion and freeze meals for later. Instead of reheating an entire dish, only reheat a single meal or two servings. After reheating food in the microwave or the oven, use a thermometer to ensure leftovers reach a safe internal temperature of 165 degrees Fahrenheit.

6. Shopping locally can be a great way to add healthful foods to our diet while conserving natural resources.

Food purchased at farmers markets often is more affordable and tastes better than at commercial grocery stores because it is locally grown and naturally ripened. Buying locally grown food can help conserve natural resources and has a minimal effect on the environment. Supporting local farmers markets enables us to produce healthful food today and for generations to come. Fairfax County publishes a list of farmers' markets. Go to:

- <https://www.fairfaxcounty.gov/parks/farmersmarkets>

Plan ahead when you shop locally. Bring a shopping list and purchase foods you know how to prepare. But, leave a little room for spontaneity: you might find an unusual produce item and you can talk to the farmer/vendor about how to prepare it or consult the internet while shopping.

Be sure to purchase ingredients for salads and produce for side dishes that go well with fish, chicken or meat entrées. To prevent fruit from rotting in the fridge, estimate how many pieces you'll need for your lunches and snacks for the week.

Please contact me with questions and feedback!

Nicole V. Brown, MS, RDN, LD ACSM EP-C
Registered Dietitian Nutritionist, American College of Sports Medicine Certified Exercise Physiologist
Nutrition Consultant Fairfax County Public Safety Occupational Health Center
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The Alternative Accountability Program

A CASE STUDY

Lieutenant Jeffrey Carney, Fire and Hazardous Materials Investigative Services

The Fire and Hazardous Materials Investigative Services Section (FHMIS) works closely with the court systems in Fairfax County.

Historically, the Commonwealth of Virginia Juvenile Justice System treated all juveniles as they would adults. Juveniles convicted of lesser crimes were housed with juveniles who had committed more egregious crimes such as drug distribution or violent crimes. As time progressed, statistics were examined, understanding of the juvenile brain increased, and new methodologies were introduced to reduce recidivism. These methodologies include providing appropriate programs and alternatives for the juveniles committing lesser crimes, such as trespassing and alcohol possession.

One of these programs is the Alternative Accountability Program (AAP). This is a partnership between law enforcement, the Fairfax County Public Schools, Court Services Unit, Neighborhood and Community Services, and the Northern Virginia Mediation Services. AAP utilizes a Restorative Justice approach, and law enforcement directly refers cases to the program. The purpose of AAP is to hold first-time juvenile offenders accountable for their actions, but keeps them outside of the formal juvenile justice system; they never see the court yet the court is informed of the outcome. The Fairfax AAP boasts a 6% recidivism rate, a measure of the program's success. Failure of the offender to meet the conditions of the program results in the offender being referred to the juvenile intake process.

Restorative Justice involves all parties affected by the crime – victim, offender, and key supporters – to meet face-to-face and develop a written agreement that repairs the harm and decreases the likelihood of re-offending.

In February 2018, a student at a Fairfax County high school intentionally activated a fire alarm system pull station. FCFRD responded and reset the alarm without incident and reported the alarm via FRD-231, per departmental Standard Operating Procedure (SOP). The FCPD School Resource Officer (SRO) and the school's administration examined security camera footage and determined the student responsible for the alarm activation. When confronted, the student admitted to the act and provided the reason for the activation, based on a dare from a friend. The student immediately received a five-day suspension from the school administration.

The SRO reported the incident to the on-duty FHMIS investigators. Investigators conducted interviews with school administration, the student, and the student's parents. The student was charged with one count of violating the Virginia Statewide Fire Protection Code, Section 908.1, tampering with a fire alarm system. This charge is Class 1 misdemeanor punishable by up to one year in jail and a fine of not more than \$2,500.00. The charge was filed with Juvenile Intake and the student was simultaneously referred to the AAP.

The Restorative Justice meeting was conducted in early March 2018 during normal school hours at the student's high school. During this meeting, the student relayed the events that occurred and the reasons behind the action. The student then listened to the impact that action had on the student's family, the impact to the fire department, including the restitution costs, the cost of removing fire suppression and ALS resources from the community, and the danger of the emergency response to the firefighters. The student was visibly moved by the interaction and provided a written apology to school administration, to students and parents of the high

school, and to the fire department. The student agreed to allow the letter to be published to the Fairfax County Fire and Rescue Department. The student's name and school have been deleted.

March 3, 2018

"Ms. Lowder, Fire Marshal Carney, HS students and Parents,

I didn't think before I took the dare to pull the fire alarm. And I didn't know it would affect so many people. But I did learn some things.

I learned that I need to think long and hard how what I do will affect other people before I do anything. That taking dares, any dares, have consequences. I hurt my friends, family and everyone in my school. I had the fire department rush to the school concerned about the safety of all of us. I could have taken them away from going to a real fire where they were needed.

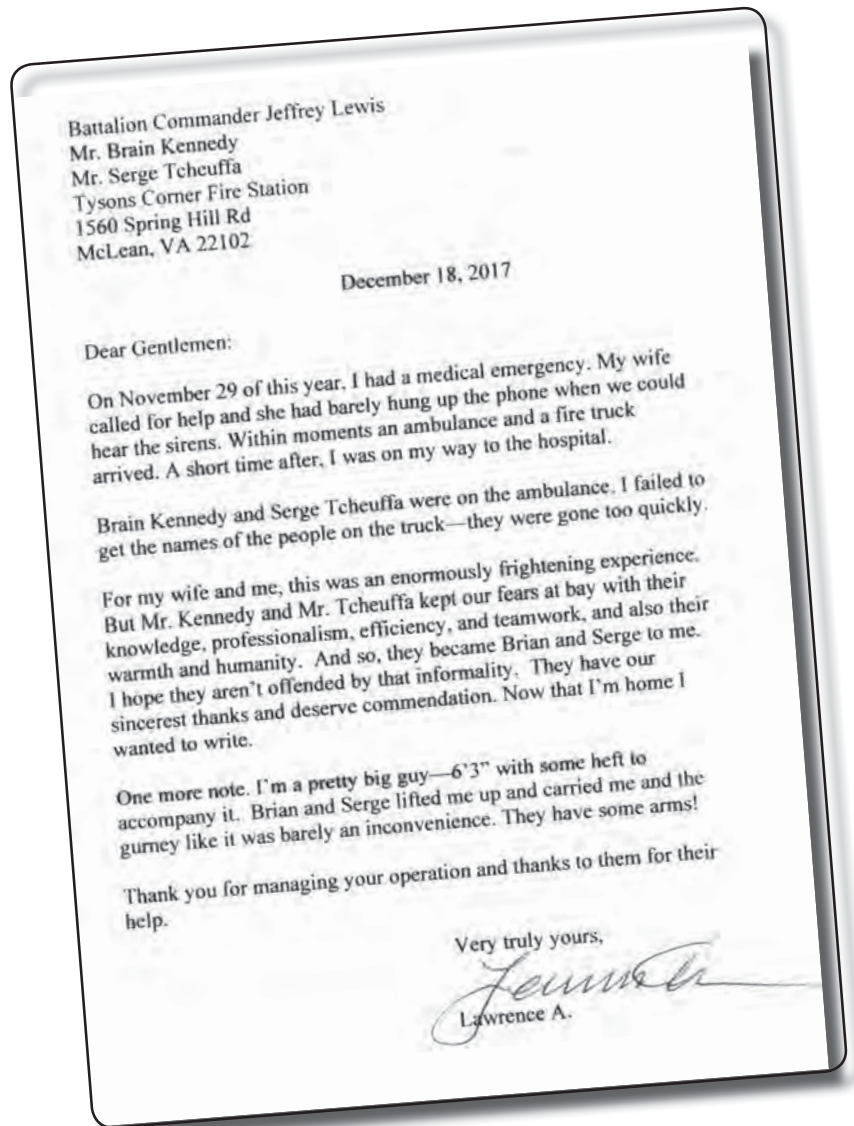
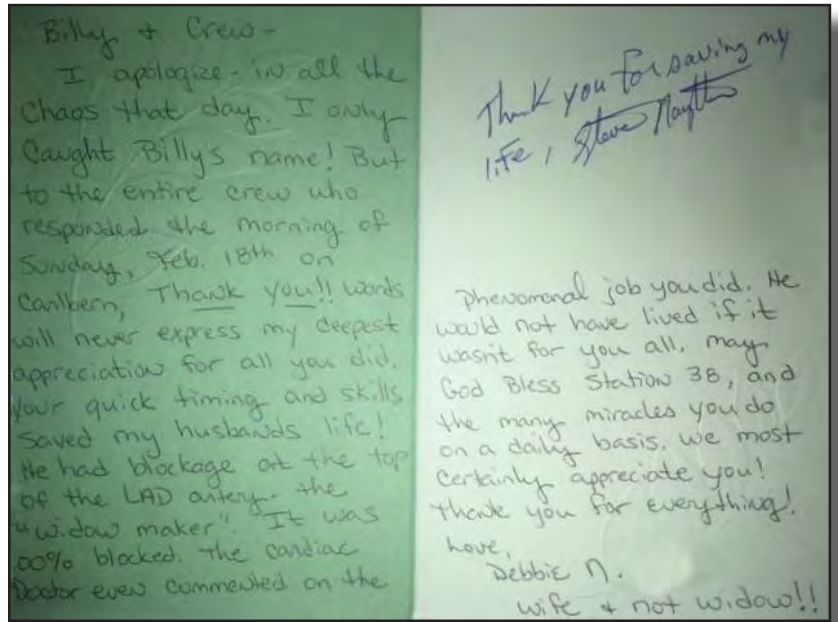
Fire Marshal Carney asked me to research Our Lady of Angels School in Chicago. In 1958 there was a fire in that school that started in the basement just before the end of the day. No one knew until it was too late. There were 92 children killed in that fire. If they had a fire alarm they could have been saved.

In the 1600s New York Police would walk around the city with buckets and ladders looking for fires. If they saw one they rang a bell to notify the community and started putting the fire out. Then in the 1800s bell towers were placed around cities. Throughout the years fire alarms have improved.

Today there are automated systems in public buildings to protect us and ensure the fire department is notified. Along with education and fire drills lives are saved.

I want to thank the Fairfax County Fire department for continuing to protect us. I am very sorry for what I did and will not do it again."

FHMIS is satisfied with the outcome of this event, as well as others we have referred to this program. Investigators will continue to work closely with the Fairfax County Courts to ensure the best possible outcomes for offenders.



FIRE AND RESCUE STATION 25, RESTON, IN PLANS TO BE REPLACED



Plans to replace the outdated Reston Fire and Rescue Station located at 1820 Wiehle Avenue are in-the-works in order to meet increasing demands fueled by population growth in Reston.

The \$13 million project calls for replacing Reston Fire and Rescue Station 25, which was built in 1972 and last upgraded in 1986, with a two-story station more than double the size of the current site. The new 17,150-square-foot station will include four bays with a “contemporary look to compliment the urban feel of Reston Town Center,” according to plans submitted to the county this month.

The current 7,750 square-foot fire and rescue station is “grossly undersized” with only two-and-a-half bays, leaving little room for storing equipment and managing additional responders and units. Service demands are also expected to increase as construction and residential development rapidly expands in the immediate area, according to the plans. If approved by the county, construction is expected to begin in the summer of 2019 and be completed by early spring of 2021.

Lisa Goddard, a project manager for the Fairfax County Department of Public Works and Environmental Service, said the transition from a one-story to two-story building was well-received by the community at a Reston Planning and Zoning Committee meeting earlier this week.

The new station will also include space for programming on the second floor, along with administrative offices, a dayroom, kitchen, storage and bunk rooms.

Expected construction costs are not available because the project is still in the design phase, Goddard said. Roughly \$13 million has been allocated. The fire station is one of five stations slated for upgrades under a bond referendum in 2015.

During the course of the project, the fire station's operations will temporarily move to 1800 Cameron Glen Drive.



FRONT LINES DEADLINES

The remaining deadlines for the 2018 Front Lines issues are May 15, August 15, and November 15. Please submit articles or text to Ashley Hildebrandt (ashley.hildebrandt@fairfaxcounty.gov) or Cathy Richards (cathy.richards@fairfaxcounty.gov).

OAKTON BAPTIST CHURCH OF CHANTILLY, INC.

14001 Sullyfield Circle
Chantilly VA, 20151
703-631-1799

M. Ray Brock, Pastor

Mary Cramer
Public Affairs and Life Safety Education
Fairfax County Fire & Rescue Department
12099 Government Center Parkway
Fairfax, VA 22035

Ms. Cramer,

The presentation you gave at Oakton Baptist Church on Saturday, February 17th, on the File of Life and Fire Prevention was very well received.

The comments I heard, you were very knowledgeable, answered the questions we had, your presentation was short and to the point. The File of Life was well received and the questions and answers concerning the smoke alarms have made several of us take a look at what we now have.

We are fortunate that Fairfax County has these programs to share with the residents of Fairfax County.

Thank you for coming, especially on a Saturday and sharing this wealth of information.

Oakton Baptist Church of Chantilly, Inc.

Bethel Gherardini
Secretary/Clerk

Mr. Richard Bowers, Jr., Fire Chief
Fairfax County Fire Department
12099 Government Center Parkway
Fifth Floor
Fairfax VA. 22035

Dear Mr. Bowers,

I would like to express my sincere appreciation to the Greater Springfield Volunteer Fire Department on 7011 Backlick Road for the help they gave me on Wednesday January 3.

I was driving on the Franconia Springfield Parkway and had a sudden flat tire. Since it was bitter cold that day, I kept driving, going towards Backlick Road. When the car became unstable, I pulled into the fire station. I hoped they would let me stay in a warm place while I called for help from GEICO's emergency road assistance. However, they offered to change the tire themselves. I gratefully accepted their offer. They went far above the call of duty in helping me.

It was especially helpful, since I am a senior citizen (age 84) and the weather was well below freezing.

Once again, I want to thank the firefighters at the Greater Springfield Volunteer Fire Department for their assistance. I really appreciate it.

Sincerely,

Arlene W.

Woodburn Homes Civic Association
Kristin Haynes, President
3525 A Woodburn Road
Annandale, Va 22003

Battalion Chief Bailey
Public Affairs and Life Safety Education
12099 Government Center Parkway
Fairfax VA 22035

February 4,

Dear Chief Bailey,

The Woodburn Homes Civic Association (WHCA) would like to extend a sincere thank you to Ms. Wylene Liew for her excellent presentation at our January 29, 2018 civic association meeting.

We had an excellent turnout at our meeting and everyone said how much they appreciated your terrific and informative presentation.

We had asked Ms. Liew for specific issues to cover within a fairly short time frame, 100 percent prepared for our meeting, providing thorough answers to all of our questions, also giving us additional helpful information.

Ms. Liew is extremely knowledgeable, articulate, and above all, helpful to our command of the fire prevention and fire safety facts is just what we had hoped for.

Ms. Liew also provided us with very useful handouts and information about additional services and materials available from the Fire Department.

Our entire neighborhood association is grateful that the Fire Department offers services such as Ms. Liew's presentation. We appreciate her coming out on a cold evening to meet with us and give such a terrific talk.

Please extend our gratitude to her.

Sincerely,

Kristin Haynes, President, Woodburn Homes Civic Association



To: FS429 A-Shift, B-Shift, and C-Shift.

Thanks to all personnel at FS429 for their hard work, dedication, and outstanding effort in preparing the station for our station inspection.

From: Captain II Wayne Whetsell, FS29.

Please send submissions to: backstepkudos@gmail.com.

LARGE LOSS FIRE INVESTIGATIONS

Date: 1/1/2018 **Box:** 42600 **Address:** 4904 Columbia Rd. **Type:** Residential
Cause: Accidental **Value:** \$358,030 **Loss:** \$270,000 **Status:** Closed

Date: 1/5/2018 **Box:** 42808 **Address:** 6352 Cavalier Corr. **Type:** Residential
Cause: Accidental **Value:** \$309,310 **Loss:** \$110,000 **Status:** Closed

Date: 1/17/2018 **Box:** 41304 **Address:** 1804 Wilson Ln., Unit 302 **Type:** Residential
Cause: Accidental **Value:** \$323,100 **Loss:** \$390,592 **Status:** Closed

Date: 1/22/2018 **Box:** 43803 **Address:** 15619 Jillians Forest Way **Type:** Residential
Cause: Undetermined **Value:** \$300,000 **Loss:** \$300,000 **Status:** Inactive

Date: 2/2/2018 **Box:** 40529 **Address:** 6228 Les Dorson Ln. **Type:** Residential
Cause: Accidental **Value:** \$452,880 **Loss:** \$57,500 **Status:** Closed

Date: 2/9/2018 **Box:** 40819 **Address:** 5515 Heming Ave. **Type:** Residential
Cause: Accidental **Value:** \$239,060 **Loss:** \$65,000 **Status:** Closed

Date: 2/10/2018 **Box:** 42807 **Address:** 6178 Arlington Blvd. **Type:** Commercial
Cause: Accidental **Value:** \$20,519,580 **Loss:** \$50,000 **Status:** Closed

Date: 2/13/2018 **Box:** 42911 **Address:** 8504 Jeffersonian Ct. **Type:** Residential
Cause: Accidental **Value:** \$421,920 **Loss:** \$75,000 **Status:** Closed

Date: 2/25/2018 **Box:** 44005 **Address:** 11911 Braddock Rd. **Type:** Assembly
Cause: Accidental **Value:** \$1,175,910 **Loss:** \$75,000 **Status:** Closed

Date: 3/2/2018 **Box:** 43504 **Address:** 7810 Cherry Orchard Ct. **Type:** Residential
Cause: Accidental **Value:** \$685,560 **Loss:** \$369,070 **Status:** Open

Date: 3/3/2018 **Box:** 42505 **Address:** 2010 Swans Neck Way **Type:** Residential
Cause: Accidental **Value:** \$342,070 **Loss:** \$65,000 **Status:** Closed

Date: 3/4/2018 **Box:** 43514 **Address:** 9508 Yardarm Ln. **Type:** Residential
Cause: Accidental **Value:** \$423,770 **Loss:** \$135,000 **Status:** Open

Date: 3/4/2018 **Box:** 41617 **Address:** 13301 Johnny Moore Ln. **Type:** Residential
Cause: Accidental **Value:** \$193,060 **Loss:** \$185,820 **Status:** Closed

Date: 3/9/2018 **Box:** 40205 **Address:** 511 Highland St., NW **Type:** Residential
Cause: Accidental **Value:** \$231,710 **Loss:** \$75,000 **Status:** Open

Date: 3/11/2018 **Box:** 40939 **Address:** 1901 Mallinson Way **Type:** Residential
Cause: Accidental **Value:** \$539,110 **Loss:** \$75,000 **Status:** Open

IN MEMORIAM



LIEUTENANT J. MARTIN HARTMAN (Retired)
 October 9, 1939 - January 25, 2018



ROBERT S. BROWN (Retired)
 Date of Entry: September 11, 1972
 Date of Passing: March 6, 2018

TOP 10 ACTIVITY REPORT

January - December 2017

Medic

Unit	Calls
M422	2,866
M430	2,678
M405	2,449
M426	2,438
M408	2,347
M411B	2,320
M408B	2,311
M404	2,295
M429	2,279
M409B	2,278

Engine

Unit	Calls
E409	3,546
E410	3,475
E411	3,438
E408	3,410
E430	3,172
E422	3,154
E429	3,129
E404	2,798
E417	2,752
E405	2,698

Rescues

Unit	Calls
R426	1,628
R421	1,623
R411	1,540
R418	1,447
R401	1,431
R414	1,182
R419	1,154
R439	1,014

Ambulance

Unit	Calls
A410E	334
A402E	265
A413E	250
A421E	233
A422E	183
A401E	153
A414E	143
A438E	89
A402	45
A405E	33

Ladder Company

Unit	Calls
T429	2,515
T425	2,235
T411	2,128
T410	1,962
T436	1,953
T408	1,830
T422	1,689
T405	1,619
T440	1,604
T430	1,489

Battalion Chiefs & EMS Captains

Unit	Calls
EMS404	1,736
EMS405	1,424
EMS403	1,380
EMS402	1,243
EMS406	1,189
BC404	1,181
EMS401	1,159
EMS407	758
BC403	688
BC402	670

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.

AWARDS AND PRESENTATIONS



Congratulations to Lieutenant Raymond Foster, Fire Station 29, Tysons Corner, C-Shift for being awarded the Sons of the American Revolution (SAR), 2017 Fire Safety Commendation Medal for the Commonwealth of Virginia. Lieutenant Foster received the medal in a ceremony on Saturday, February 10 at the Virginia State Capitol building with his family on hand.



Congratulations Captain Tom Connolly, Fire Station 23, West Annandale, C-Shift on recently being recognized for 30 years of service.



Recently Deputy Chief William Garrett (Operations Deputy, B-Shift) stopped by Station 32, Fairview, to recognize Battalion Chief Steve McFarland (BC407, B-Shift) for 25 years of service to the residents of Fairfax County. DC Garrett presented BC McFarland with his 25-year Length of Service Award. Congratulations BC McFarland!



The Fairfax County Fire and Rescue Department is pleased to announce that Lieutenant Marc Davidson, Fire and Rescue Academy, has been selected as recipient of the 2017 Governor's Fire Service Award for Firefighter of the Year. The Governor's Fire Service Awards were established as a formal recognition of excellence in Virginia's Fire Services

ANNIVERSARIES

41 Years

Captain I Robert M. Mohler

38 Years

Captain II Robert A. Konczal

36 Years

Captain II Mark Guditus
 Captain II James J. Istvan
 Captain II Michael A. Istvan
 Captain I David P. Conrad
 Captain I Gerard J. Morrison

35 Years

Master Technician David J. May
 Technician Leo T. Sullivan

32 Years

Captain I Leroy L. Butler, Jr.
 Captain I Bruce A. Neuhaus

31 Years

Battalion Chief Edith M. Eshleman
 Lieutenant Leslie C. Smith
 Lieutenant Jeffrey T. Wharton
 Master Technician Robert L. Upchurch

30 Years

Captain II Wayne P. Wentzel
 Technician John D. Leary, Jr.
 Maria J. Teel, Business Analyst I

15 Years

Captain I Dustin J. Cramer
 Lieutenant Michael S. Eddy
 Lieutenant Brian A. Gallamore
 Lieutenant Brian P. Gillingham
 Lieutenant Rudy Iturrino
 Lieutenant Mark C. Killion
 Lieutenant Lawrence G. Mullin
 Lieutenant Justin B. Murray
 Lieutenant Dustin Q. Reynolds
 Lieutenant Jason D. Schmidt
 Lieutenant Jon Stern
 Master Technician Brian M. Chinn
 Master Technician Laurie E. Peverill
 Master Technician John S. Wehr
 Technician Edwin E. Flores
 Technician Jason P. Kelly
 Technician Kris W. Tollok
 Firefighter Antione R. Allen
 Firefighter Paul P. Fraraccio
 Eric K. Fisher, GIS Analyst III

10 Years

Lieutenant Robert D. Anderson, Jr.
 Lieutenant Elizabeth K. Planchak
 Lieutenant Timothy A. Fairchild
 Lieutenant Matthew R. Guillaume
 Lieutenant Clyde B. Monroe III
 Master Technician Charles G. Arntson
 Master Technician Matthew C. Helmuth
 Master Technician Joshua M. Morrison
 Master Technician Gregory W. Wood
 Technician Anis Belhadj Mohamed
 Technician Jason L. Branham
 Technician Erin J. Corbin

Technician
 Akilah N. Hughley-Howdeshell
 Technician Israel Lopez-Velez
 Technician Andres F. Martinez
 Technician Kevin T. Ngo
 Technician Brian D. Passmore
 Technician Ryan E. Scanlan
 Technician Adam D. Scheetz
 Acting Technician
 Katherine S. Loughnane
 Firefighter Joel N. Atagwe
 Firefighter Fidel A. Blanco
 Firefighter Roberto M. Da Silva
 Firefighter Brian D. Foster
 Firefighter Andrew J. Neuhaus
 Firefighter Jason A. Reisch
 Firefighter Facundo M. Silva
 Firefighter Rodney D. Washington
 Antemira C. Elliott,
 Materials Management Specialist III
 Luis A. Rosales, NT Analyst III

5 Years

William C. Aceto, Engineer IV
 Timothy J. Gosart, Financial Specialist II
 James L. Hedrick,
 Management Analyst III

RETIREMENTS

Master Technician Joseph K. Cox

January 23, 1995 - February 13, 2018

Firefighter Marlon J. Crockett

November 30, 1992 - January 14, 2018

Firefighter Ferris A. Hayward

October 21, 2002 - January 29, 2018

Captain I Joseph Kiser

January 10, 1989 - January 5, 2018

Master Technician Carol A. Laymon

November 28, 1992 - February 2, 2018

Lieutenant Evan J. Lewis

June 14, 1993 - March 20, 2018

Captain II John R. Niemiec

August 4, 1986 - February 3, 2018

Master Technician Piers C. Osborne

June 6, 1998 - March 16, 2018

Captain I Natalie D. Robb

January 16, 1990 - February 19, 2018

Captain I Jeffrey A. Tolle

January 16, 1990 - March 3, 2018

Lieutenant Antonia P. Williams

February 5, 2005 - January 31, 2018

Master Technician Jill F. Young

June 3, 1991 - March 30, 2018

NEW HIRES

Robert C. Elrod, Fire Inspector I
 Fire Prevention

Margaret A. Gehlert,
 Administrative Assistant IV
 Human Resources

Denise Harman, Business Analyst II
 Fire Prevention

Monica Hazelwood, HR Generalist IV
 Human Resources

Jack B. Kellum, Fire Inspector I
 Fire Prevention

Malikah E. Paysour,
 Management Analyst I
 Resource Management

Jon Treichel, N/T Analyst
 Information Technology

Fairfax County Fire & Rescue Department

Attn: Public Affairs and Life Safety Education

12099 Government Center Parkway

Fairfax, VA 22035



A publication of
Fairfax County, VA



Captain II
Robert W. Kitchen

STATION PROFILE

HERNDON

Fire and Rescue
Station 4



Station constructed: 2017

Station specialty: Company 4 responds to just under 5,000 calls per year. The area consists of 16 fire boxes that encompasses 7.89 square miles. The population as of 2015 was approximately 25,000

Square miles in first due area: 7.89

Specific hazardous/target areas: The residential side of Herndon is home to a 120-unit retirement community, nine different hotels, multiple garden apartment complexes and an extensive array of single family residences. The commercial district includes the 230,000 square-foot Worldgate Center, the Reston police station, Reston Hospital and Inova's Access of Reston to name a few. The station also covers a section of the W&OD walking trail and will have two new metro stations in the area within the next year. Washington Gas also has transmission lines running through the area and multiple odorant stations.

Equipment assigned to station: E404 – 2013 Pierce Velocity, M404 – 2016 International Ambulance

Total Calls in 2017: 5,107

Station personnel: **A-Shift:** **Captain I David S. Gaertner**, Lieutenant Scott F. Primrose, Technician Ryland W. Chapman, Technician Vicki Swain, Technician A. Michael Garcia, Firefighter/Medic Adam T. Hall, Firefighter Sidney B. Boyd, Firefighter Daniel J. Davis. **B-Shift:** **Captain I Timothy D. James**, Lieutenant Loi M. Thai, Master Technician Kevin W. Petty, Acting Technician Arthur M. Bruck, Firefighter/Medic Joshua A. Eimers, Firefighter Manuel J. Castellon, Jr., Firefighter Karl A. Goza. **C-Shift:** **Captain II Robert W. Kitchen**, Technician Brian J. Bonkoski, Acting Technician David C. Bulman, Acting Technician Matthew V. Buschur, Firefighter David J. Feder, Firefighter Nikki L. Gruver, Firefighter Nicholas J. Stricklen, Firefighter John A. Tschann.

GET CONNECTED. STAY INFORMED.



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