



Captain Kim Beck

**INSIDE
THIS ISSUE:**

Rope & Con- fined Space	2
Wellness Program	3
Pre-plan	4
Birthday / Call Totals	5
Intern Update	6
Calendar	8

New Ambulance

As many of you have heard Lei Fire has a new ambulance. The purchasing committee chose to go with the ambulance made by AEV. This new addition will be housed at Station 81, it will replace the older Ambulance 81.

The box is made by AEV and it is mounted on a Ford F-450 4X4 chassis. The committee was impressed with the safety features AEV has included in the ambulance compartment. We designed the box as close to the other two units as we could, to keep continuity between the units.

The new ambulance is now in Salt Lake having the finishing touches put on it, and then it will be placed into service at Station 81.

One of the safety tests done by AEV is the side impact test. In this test, two automobiles at a speed of 42 mph each hit the ambulance module, one from the curb side and one from the street side. After the crash, all exterior doors remained operable. The inside of the module where the patient and attendants are located received very little damage; all cabinets remained attached to the wall. With the use of the 6 point harnesses on both the patient and attendants no injury was reported.



Rope & Confined Space Rescue Technician

Last month we had the opportunity to send individuals to the Metro Fire Agency Rope Rescue & Confined Space Rescue Technician courses. Ryan Kimball & Brett Fraser attended this two week long class that was put on at the Maverick Center in West Valley and at Salt Lake City Fire Department's training tower. The class was taught by technicians from fire departments from all across the Salt Lake Valley and Lehi. Lehi's own Kurt Walker and Jeff Smith assisted in teaching the courses. After completing the testing process Ryan & Brett will be certified to the technician level in both disciplines.



Firefighter Dan Harris

New Opportunities

Dan Harris was hired by Lehi Fire Department in January 2007. He is a great Paramedic and served the citizens of Lehi well. Dan has accepted a full-time job with Classic Helicopter as their new base manager in Steamboat Springs, Colorado. We wish him and his family well as they embark on this new adventure of life.

Welcome aboard!

We introduce to you, Paramedic John Hammond as our newest fulltime firefighter. John has worked with us as a part-time firefighter since October 2010. He is currently working with Captain Kim Beck's crew on A platoon up at station 82. Welcome aboard John!



Firefighter John Hammond

Wellness Program

Why Eat Carbs? Why Eat Whole Grains?

For the last 10 years or so, the mantra for a healthy body has been “low carb diets.” Some diets have gone as far as to attempt to eliminate carbohydrates completely by suggesting to its clients to never eat things like bread. While many studies and points of view on this subject have changed in the last 10 years, one thing has remained constant: lower intake of carbohydrates has been shown to improve weight loss and reduce chronic disease. So they were right! This, so far has stood the test of time. However, should we avoid carbohydrates all together?

Carbohydrates are necessary nutrients for our bodies. They are made up of glucose and are the primary source of energy for our cells. Without carbohydrates in your diet, your muscles will be slower to respond and your brain will die completely. The conclusion is that we need carbs. The problem is that we eat the wrong amount and the wrong kinds of carbohydrates.

A good average is that you should be getting anywhere between 100-200 net carbs (carbohydrates – fiber) everyday. If you are serious about losing some weight, stay near the 100 range. If you are a serious athlete that runs multiple miles or does crossfit daily, eat more in the 200 net carb range. You simply need to read nutrition labels to be aware of how you are doing with this.

The right kind of carbohydrates can simply be put as whole grains. I think we started very well with this as a department, but have recently forgotten about it. Brown rice, whole wheat bread, whole wheat tortillas, whole wheat pasta. Consuming these kinds of whole grains allows our body to slowly absorb its glucose into our blood stream. This, in turn, leads to a slow release of insulin from our pancreas. This, in turn, allows our fat storage to be burned more frequently throughout the day. When white carbs are consumed, it absorbs its glucose all at once into the bloodstream. High levels of insulin are then dumped into the bloodstream, and when high levels of insulin are in the blood stream, our fat storage will stay put and we will never burn it throughout the day. Lastly, bowel movements. Whole grains provide fiber that is great for our bodies. White carbs do not. You can imagine that it is hard to lose weight when you are retaining all the waste products in your body that should be coming out! How often should you have a bowel movements? The ideal is with every meal (I would assume this is about 3 times a day). You will notice it. You will feel trim and much more light and energized if you do.

A simple trick that will quickly provide results...Eat more whole grains.



**Firefighter
Brady Cragun**



Engineer Jeff Smith

Pre-Plan - Jordan River Parkway Trail

The Jordan River Parkway is a 40 mile trail that runs alongside the Jordan River. It begins at Utah Lake, continues through Salt Lake County, and ends at the Great Salt Lake in Davis County. It is considered a mixed use trail accommodating runners, bikers, and horseback riders. From my personal experience, I have also witnessed motorized scooters, roller skaters, and skateboarders on the trail. With the trail being adjacent to the river, you may also witness people fishing or hunting in the area. With the information that I have just given, you know on a nice day it will be a busy trail in our city. An emergency could occur on or near the trail that we would need to respond to. In fact, we are responsible for nearly ¼ of the total trail. With the warm season months approaching I would like to discuss the access points to the trail for our response vehicles. The trail is wide enough for the ranger that is located at Station 82 and is wide enough for access with an ambulance in both responding areas if necessary. The trail is marked with mile posts every half mile. Our city could respond from mile 1 to mile 10 on the trail. The following mile markers listed with detail access points for emergency response. Remember to always be aware of height restrictions along the trail and to use spotters.



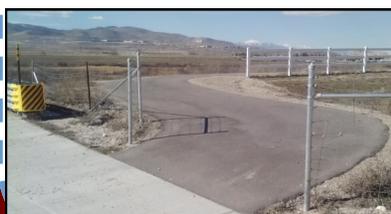
Mile 1 is in the response area of Saratoga Springs Fire at the Utah County Radio Controlled Park off of Saratoga Road, but does serve as an access point for any response on the trail between the park and Pioneer Crossing. Access can be gained through a gate blocking vehicle access on the trail.

Mile 1 ½ to 2 has an access point of Pioneer Crossing, westbound route, North side of the road. It is a sidewalk that can be driven on to gain access on the trail. The ambulance can clear the tunnel created by Pioneer Crossing (still use spotters) if responding toward mile 1.



Mile 3 can be accessed off Olive Place in the Jordan Willows area. It is trail that will lead to Jordan River Parkway trail. A metal pylon is at both ends of the short adjoining trail, but can be removed from the pavement.

Mile 3.5 is just south of Main Street and can be accessed through Willow Park. The tunnel has height restrictions depending on which apparatus is responding. Our newer ambulance may be restricted whereas the older models could clear. Access points are located on both sides of the tunnel. Willow Park covers about a half mile of the trail. On the North end of the park the trail continues with mile marker 4.



Mile 4-6 access can be gained by a gate at the North end of the park. No other access point is on the trail from Willow Park and 1500 N. The area is farm land and marsh.

Mile 6-7 has three access points. The first is off of 1500 North and access can be gained through a gate. The second access can be made off of 2100 North,



westbound, north side of the road. The final access in mile six is at Thanksgiving Point Trailhead Park (which is the staging park for ice rescue training).

Mile 7-9 only has one access point. This access trail is off of Crooked Stick Drive and serves as the final access point for vehicles on the parkway trail. After the seventh mile, the surrounding area is owned by Thanksgiving Golf Course and has no vehicle access.



Mile 9-10 has a key landmark. An iron bridge serves as a common area for people to fish from. The trail continues towards Camp Williams and eventually towards metro Salt Lake.

March Birthdays

- Trevor Dorton 3/4
- Rick Howard 3/15
- Jared Carlson 3/20
- Tee Hover 3/25

Call Totals for the Month of February...

Station 81

Fire: 20
Medical: 82
Total: 102



Station 82

Fire: 29
Medical: 46
Total: 75



Engineer Randy Harding

Getting to Know our Interns

I am excited to introduce our current group of interns. We have had the good fortune of meeting some great people through this program.

I would also like to thank those who have made an effort to mentor these firefighters and make them a part of your crews. I've asked our new interns to introduce themselves so that we can get to know them better.

Aaron Fuller

My name is Aaron Fuller and am from Salt Lake City. I am the youngest in my family of five, and have recently married my beautiful wife Katelyn this last June. We are both in our final semesters in college, and I will graduate with a Bachelor's in Emergency Services Administration.

I have a lot of fun when I get to spend time in the outdoors. My family and I enjoy camping, hiking, skiing, and pretty much anything else that gets us out and moving. Oh and by the way I am a huge 49ers fan. My background comes from wildland firefighting, and have been through the RCA, class 60. I am very grateful for this internship, and really enjoy the work that we do. I have been very impressed by the Lehi Fire Department by the way that it's firefighters carry themselves.

Bryan Riggs

I grew up in Payson, Utah, one of 4 kids. My wife Melanie and I have been married 11 years this upcoming April and have 3 boys, ages 6, 4, and 3 months.

I volunteer for the Salem fire department and work part time for Springville Fire and Rescue. I received my fire training through the UFRA's RCA program and have obtained my Paramedic certification.

My hobbies include most anything that I can do outdoors with my boys, from fishing to loading up the UTV and seeing where the trails take us.

I have spent the past several years in the microbiology industry, most recently managing the microbiology lab at Neways. However, my wife and I recently started a bakery in Orem that we pin all our future endeavors and financial stability on, no pressure...

While in paramedic school, I had the opportunity to do some rides with station 81A shift, which for me was the highlight of the program. I look forward to being a part of the Lehi Fire Department and making a positive contribution.

Sam Ashman

My name is Sam Ashman and I'm from Orem. I've been a Utah County native my whole life and love all the great things about living in the area. I'm the son of Todd and Deanna Ashman. I have two older sister's that are both married with kids as well as a younger brother. I enjoy spending time with each one of them, especially my nieces and

nephews, in which I'm their favorite uncle.

Growing up I loved sports and was involved in all of them that didn't require height as prerequisite. After graduating from Timpanogos High School in 2007, I received a football scholarship to Dixie State College as a running back. Following some injuries and a change in educational ambitions, I transferred to Utah Valley University to become a firefighter/paramedic.

I have thoroughly enjoyed my experience that Utah Valley University in studying Emergency Services Administration. I'm a graduate of the Utah Fire and Rescue Academy's class 55 fire recruit class and paramedic class 27. This last fall I completed my bachelor's degree.

Over the course of receiving my education, I spent 3 years on a Wildland fire hand-crew with the State of Utah. Through 2010-2012, I've been on some of the largest wildfire incidents throughout the west and responded to fires all over the US. I enjoyed my time and experience there but left to finish my degree by completing paramedic school in 2013.

Last summer I began interning at Lone Peak Fire District and have recently been hired full-time starting in March. At LPPFD, I work as a firefighter/paramedic out of Highland as well as function as the department's Wildland fire coordinator.

I enjoy the outdoors, spending time with my family and friends, any type of live music, and most of all, being a firefighter. I'm looking forward to progressing as a firefighter with Lehi Fire Department and learning from the extensive experience and the tradition involved.

Jordan Schouten

I grew up in Riverton, Utah. I have been married for almost nine years to my beautiful and understanding wife Cali. We have two wild and energetic boys, Tanner is 4 and Colton will be 2 in July. They are a lot of fun but keep us busy.

I enjoy hunting, fishing, camping, and race cars. Growing up my family ran an electrical company. I started working at a young age. I attended electrical school, became a master electrician and eventually started my own business. I have a few good friends that are firefighters and they really sparked my interest into the career of being a firefighter. After a few ride along's, I was sold.

I received RCA training at UVU and Paramedic certification from Mt. Nebo. During Paramedic school I started an internship at Lone Peak Fire who I currently work full time for.

I have a few good friends who work for Lehi Fire. When they told me that Lehi was doing an internship I was excited for the opportunity to apply. I am a true believer in internships in the fire service. I spent the first session on my internship with Captain Jake Beck on 82-C. I was very impressed with everyone on the crew. They were genuine, professional, and a lot of fun to work with. I have learned and enjoyed every day of my internship. I am thankful to Lehi Fire Department for the opportunity's and experiences.



March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Bountiful Baskets Food Co-op - station 82 CERT CLASS
2	3 Payroll	4 Intern Orientation	5 Intern Practical Skills Day	6	7	8 Bountiful Baskets Food Co-op - station 81 & 82 CERT CLASS
9	10	11	12	13 Officer's Meeting Station 82 @ 8am	14	15 Bountiful Baskets Food Co-op - station 81 & 82 CERT CLASS
16	17  Payroll Billing Training Webinar - ST82	18 Billing Training Webinar - ST82	19	20 Billing Training Webinar - ST82	21	22 Bountiful Baskets Food Co-op - station 81 & 82
23	24	25	26	27	28	29
30	31					