

# ON SCENE

FOR AND ABOUT THE EMPLOYEES OF THE JACKSONVILLE FIRE AND RESCUE DEPARTMENT

October 2010



**Enoch Skidmore Drops 75 Pounds**  
**And He's Not Alone**



## DEAR FELLOW EMPLOYEE

Hastings Williams was recently appointed Division Chief of Fire Prevention, and we welcome him to JFRD's executive leadership team. We also offer our best wishes to Division Chief Anthony Roseberry who retired Oct. 1 from the top spot in Prevention. Williams has gained plenty of experi-

ence in the division during his 27-year career with JFRD, and you can read more about him on page nine.

It's important to appreciate the value of the Prevention Division. One of the first issues of **ON SCENE** covered the responsibilities of Prevention. In that story, Roseberry said that "Most of what we do is so behind-the-scenes that people fail to appreciate it." The province of Prevention impacts our daily operations. For example, Prevention ensures that water pumps in commercial structures can deliver the proper pressure. Prevention reviews building plans to enforce compliance with fire codes, such as ensuring that stairwells are wide enough and that fans are installed to pressurize them. Prevention also monitors the maintenance of the city's nearly 18,000 fire hydrants. When these matters are in check, firefighters' responses can be more effective.

Some of Prevention's accomplishments are highly visible. Each year, the division's Public Education staff reaches thousands of children with safety messages, including an extra effort during Fire Prevention Week in early October. They also routinely deliver safety presentations to businesses, civic clubs and non-profits. And fire investigations have yielded valuable evidence in the tough-to-prove crime of arson.

It's tough to measure problems that don't materialize or disasters that are averted. Sometimes, this makes it tough to understand how important Prevention is. The 2006 Tri-Data Study says that "the best fire and rescue departments embrace prevention as a core value and treat it as a high departmental priority." I believe that we are continuing along our journey to becoming one of the best fire and rescue departments in America, and I welcome Chief Williams to his role in helping us realize the goal.

Sincerely,

Dan Kleman  
Director



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**Former Fire Museum Curator Sparky Williams says hello to fellow JFRD retirees John Davidson and C.C. Roberts during the dedication of a memorial wall at the museum which recognizes JFRD's fallen firefighters. See page 7 for more.**

**Cover shot: These days, Enoch Skidmore is a much leaner Lieutenant. How'd he lose 75 pounds? Read his story on the next page.**

**ON SCENE is now distributed exclusively by e-mail.**

# LESS IS MORE for Skidmore

Times are lean for **Enoch Skidmore**. He's dropped to a new low. Yet he feels like he's climbed to the peak of a mountain.

The Lieutenant on Engine 32-B has lost 75 pounds and transformed himself from nearly 30 percent body fat to about 14 percent. In August 2009, he had a 44-inch waist and weighed 275 pounds (*photo below*). Since March, he's put on size 34s everyday.



"It wasn't easy," Skidmore said, explaining how he changed his eating habits and incorporated exercise into his life.

"Ultimately, you have to be ready to do it."

His motivation was rooted in his family's health history, which includes diabetes and heart disease.

"I decided I wasn't going to be that way," he said.

"I want to be around when my children have children."

Not only was the father of two ready to lose weight, he crossed paths with the right people. While in paramedic school, Skidmore consulted with classmate Capt. **Jason Tidwell** (Safety I), who is a regular to good nutrition and exercise.

"He would pick me for little bits of information. All I did was point him in the right direction," said Tidwell. "He did all the work."

Tidwell also introduced Skidmore to a few friends who are nutrition experts. Mike Steiert and Nancy Southerland of Jacksonville Sports Nutrition (formerly Max Muscle) developed a healthy eating plan for Skidmore that offered a variety of foods with a focus on smaller meals and reducing carbohydrates after 3 p.m. Skidmore began eating cereal with skim milk instead of eggs and sausage; lunch was no longer fast food but tuna or turkey on wheat; and come dinnertime, he was baking red potatoes, not white. Then there are the protein shakes in between meals. He's partial to the cookies and cream flavor.

"It's the best tasting protein I've ever had," Skidmore said.

Protein helps curb cravings between meals, and it helps the body build muscle and reduce fat, Steiert said. Skidmore has maintained his weight goal of 200 pounds since March because he's stuck with the plan, which includes cardiovascular and resistance training five to six days per week. He's even learned to adapt in certain situations where temptation enters the fray. At a friend's wedding, he was faced with cake. He ate just a small portion. On another occasion, he was out of town and entered a fast-food restaurant. He opted for grilled chicken on wheat and forsook the French fries.

Southerland believes that Skidmore's sustained success is linked to the eating plan's flexibility. "This teaches you a healthy lifestyle change," she said. "You're not starving all the time, so it's easier to maintain. Enoch just knows what to do now. He knows his serving sizes. I think Enoch was ready for the change, and he was committed."



**Engine 32's Lt. Enoch Skidmore is 75 pounds lighter. He also lost 10 inches in his waist, gone from nearly 30 percent body fat to 14 percent and has maintained his weight at approximate 200 pounds since March.**



# Lean Times are Good Times for Station 18's A-Shifters

## *The Eating Club is Eating Healthier*

Eating together in the fire station is about as traditional as fire service tradition can be.

Sometimes, that tradition produces a meal that's easy on the taste buds but tough on the body. Station 18's A-shift is employing good nutrition at dinner and around the clock. Since June, the results include approximately 100 pounds of fat eliminated from crews on the engine and ladder.

They are not only doing this together, their pursuit has an element of accountability.

"Just making it a competition motivated me," said Eng. **Steve Cooney**, whose body fat percentage has already dropped by 4 percent. "I could eat a whole loaf of bread in one sitting."

Portion control is certainly part of the program, but so is goal-setting. Each firefighter on A-shift has set his own fitness aspirations, and about every three weeks the crew gets a visit from Mike Steiert, a nutrition expert and personal trainer from Jacksonville Sports Nutrition (formerly Max Muscle) who assesses their progress. The crew is following Steiert's recommendations of smaller portions, reducing carbohydrates after 3 p.m. and eating more protein, often in the form of protein shakes. Steiert rewards the crew member with the best progress with a container of protein powder.

"You're not giving up what you like," Steiert said. "The extra protein helps you keep the muscle and lose the fat. The protein shakes do fill you up, so you don't crave carbs as much."

Firefighter **Alan Hopper** is the program's poster child at 18-A. Hopper weighed more than 300 pounds in early June, and now he's about to dip below 280. Even more important, his body fat percentage has decreased by 7 percent.

"Instead of getting a second plate at dinner, I'll just stick with one," said Hopper, whose goal is not tied to a particular number. "I'm going to a point where I'll feel better and look better. I've already got more energy."



Engine 18's Firefighter Alan Hopper has lost nearly 30 pounds since early June by joining his colleagues on the A-Shift in eating healthier and committing to regular exercise.



Ladder 18's Firefighter Mark Narcho prepares dinner at Station 18 A-shift. The crew has focused on good nutrition since early June. Each firefighter has individual goals, but there's also a sense of competition that motivates them. As a group, they've lost 100 pounds.

There's plenty of exercise in the picture, too. In fact, the crew was one of the first to volunteer for a Fitness Assessment with Tom Fonger at the Training Academy last year. Exercise combined with sound dietary changes has accelerated their progress. Hopper and the others also said they took notice of the commitment to exercise and nutrition exhibited by their new Chief, Fire 7's **Mike Allen**.

Eng. **Clarence Jones**, who's lost about 20 pounds, credits Allen as his motivation.

Allen, who has known Steiert for several years, refuses to take any credit for 18-A's fat loss/muscle gain, saying each member of his crew has decided to stick with the program. Their commitment is off-duty, as well.

Cooney's plan is to drop below 200 pounds, and he's about 15 pounds from his goal. Firefighter **Mark Narcho** has eliminated nearly 7 percent of his weight in body fat, and Lt. **Ryan Lundy**

is down 9 pounds and has lost 2 percent in body fat.

Narcho does most of the cooking on A-shift, and says he ate fairly healthy off duty. But at work, his cooking wasn't exactly low-fat. When the crew committed to healthier eating on duty, Narcho did the same with his cooking at 18.

Some members like Engine 18's Lt. **Robert Hickson** and Firefighter **Will Spicer** are more focused on gaining muscle than losing fat. Spicer was actually disappointed to have dropped a few pounds at a recent weigh-in. To his credit, 18's newest firefighter was on light-duty for a few weeks and unable to exercise.

Allen may not take credit for his crew's success, but his philosophy on all things health will likely keep the motivation high.

"The human body is the most important machine on the department," he said. "It's the only machine we can improve once we buy it."

**NEXT ISSUE:** Seems like health and fitness is gaining more momentum in the department. **ON SCENE** will bring another success story in November. We're interested in hearing your health and fitness stories. E-mail [onscene@coj.net](mailto:onscene@coj.net)



# ***PERSONNEL FITNESS***

# **Assess Your Fitness**

## ***Before Beginning a Fitness Program***

Starting a fitness program is one of the best things you can do for your health. Once you have the OK from your doctor, you can begin a program that can help reduce your risk of chronic disease and improve your endurance, strength, balance, coordination as well as help you lose weight. These steps can help you launch your fitness program.

### **Determine Your Fitness Level**

Having a fitness assessment is a great way of establishing baseline data which will give you some benchmarks to compare as you progress. It's best to have a fitness professional, such as an exercise physiologist, perform your assessment. He or she will measure your cardiovascular endurance, muscular strength and endurance, body composition, and flexibility.

You could also try these baseline measurements yourself:

Take a 1-mile walk and measure your heart rate before (resting) and after. Count the number of beats for 60 seconds.

Time yourself for the 1-mile walk.

Count how many push ups and sit ups you can do in a minute.

See how far you can reach forward while sitting on the floor with your legs straight and flat in front of you.

Take your waist measurement at the level of your navel.

Calculate your body mass index or BMI. Height in meters squared divided by body weight in kilograms. To calculate, you can visit: <http://www.exrx.net/Calculators/BMI.html>

### **Design a Fitness Plan**

Set Goals. Do you want to lose weight, increase strength, or improve your cardiovascular endurance? Specific goals will help you monitor your progress.

Most adults should try for 300 minutes of moderate intensity cardiovascular exercise per week (e.g., walking) or 150 minutes of vigorous exercise per week (e.g., running). Strength training should be performed 2-3 times per week.

Build extra activity into your day. Take the stairs, park further away from the grocery store to purposely walk more and

burn extra calories. Schedule your workouts into your day just like any other activity.

Plan different activities and try to alternate among them: strength training and cardio, high impact (e.g., running) and low impact (e.g., biking). Cross-training limits your chances of getting injured or overtraining.

Allow for recovery. Your muscles need time to recover, so allow at least 48 hours rest between strength training workouts. For cardio workouts if you are just starting, try every other day for the first few weeks.

### **Equipment**

You will probably want to start with a good pair of running or walking shoes. Get shoes that are designed for the activity that interests you. For more about exercise equipment, visit: [www.ACSM.org](http://www.ACSM.org) (American College of Sports Medicine).

### **During Exercise**

Start Slowly. To avoid muscle soreness and avoid injuries, gradually increase the frequency, duration, and intensity of your program. Make sure to warm up and cool down with easy walking or gentle stretching. Increase to a pace you can maintain for 10-20 minutes. As your endurance improves, gradually increase your time. A good rule of thumb is to increase activity no more than 10 percent every week.

Break it up. You can divide your time into work bouts. Try three 10-minute bouts of walking or two 15-minute bouts. You can do this for any type of cardiovascular exercise.

Listen to your body. If you feel pain, shortness of breath, nausea, dizziness, slow down or stop. You may be pushing yourself too hard. Also if you are overly fatigued take a day off or two. Fatigue may be a sign that you are overtraining.

### **Monitor Your Progress**

After working out for a few months, take another fitness assessment to determine progress. This may be a good time to make some changes in your routine based on your results. Set some new goals and keep on going.

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**Contact the Training Academy's Tom Fonger, an exercise physiologist, for more information or to schedule your fitness assessment at [tfonger@coj.net](mailto:tfonger@coj.net).**

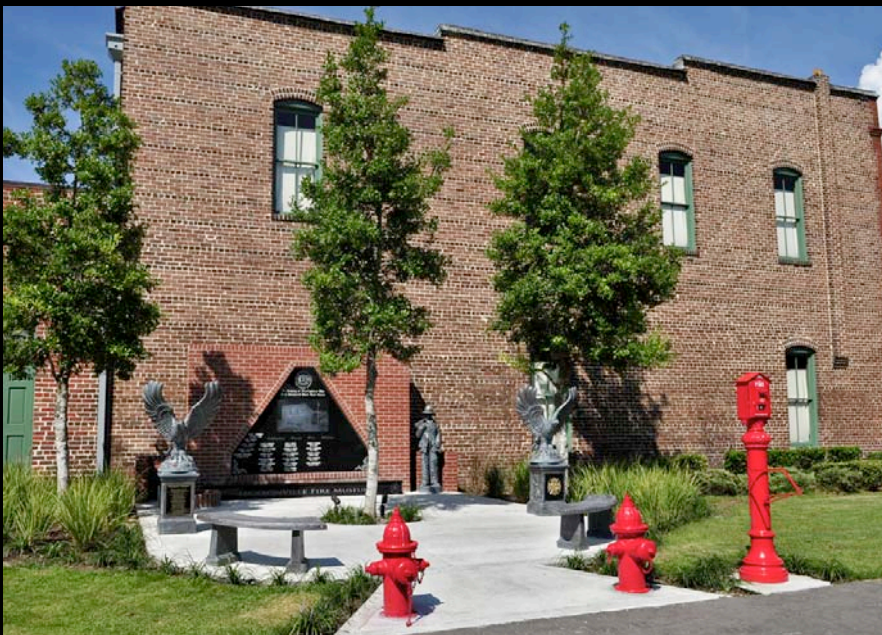
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During JFRD's Fallen Firefighter Ceremony on Oct. 5, Honor Guard member Lt. Joe Howell (Rescue 21) meets Angel Miller, girlfriend of Neal Joseph Tarkington (next to Miller), son of JFRD Eng. Neal Tarkington who passed away Oct. 11, 2008 at age 43. Mr. Tarkington was assigned to Ladder 4 and joined JFRD in January 1996.

## Museum Honors JFRD's Fallen Firefighters With New Exhibit



Leading up to her Oct. 1 retirement, Jacksonville Fire Museum Curator Linda Treadwell wanted to add one more exhibit. She described her concept to JFRD Retiree Wayne Doolittle, who is passionate about the museum, and he set the idea in motion. The idea became a memorial for JFRD's fallen firefighters. Treadwell quickly acknowledges the department's official Firefighter Memorial at Station 1, but she believes the museum memorial will allow civilians visiting the museum to understand the sacrifices that firefighters have made. The memorial features a marble monument bearing the firefighters' names and a rendering of Fire Station 3, which serves as the museum. Two firefighter figures flank the monument, and the area is framed by trees, benches, eagle sculptures, fire hydrants, even a fire alarm box. The Arlington Volunteer Fire Department funded the project, according to Doolittle, and the majority of labor was donated by a variety of local businesses and individuals.





# Pink is... **POWERFUL**

Rescue 58's Lt. Billy Futch (left) sold Pink Heals Tour founder Dave Graybill this 1989 Spartan fire engine. It's the first apparatus that Graybill, an Arizona firefighter, decorated in pink and took on the road in 2007 to raise awareness for women fighting cancer.

When four fire engines are on scene and remain on scene, there's usually a problem. When those four fire engines are pink, and the crew's clad in pink gear, there's usually cause for celebration.

Last month, Firefighter Dave Graybill from Arizona rode into town on his pink 1989 Spartan fire engine as part of the national Pink Heals Tour. His colleagues drove three more Pink Heals engines to Jacksonville and parked them at The Jacksonville Landing for the day. Known as The Guardians of the Ribbon, these firefighters are part of a national endeavor to raise awareness for women fighting cancer, to celebrate survivors and remember victims.

Graybill says that the tour is not about him. He makes his living as a firefighter and offers the Pink Heals Tour as a motivator for each community to focus on raising funds locally to help women fight cancer. He sells Pink Heals t-shirts to defray the tour's expenses, but whatever funds local organizers, agencies or IAFF members do raise to help fund the battle against cancer stay in their communities.

"I love people," he said. "There's no catch, no angle. Please write in there, 'He's not running for office.' Just come enjoy the trucks."

Over the course of the Pink Heals 60-city tour, people are doing just that. Take a close look at any of the pink engines.



“Karen” – the Spartan model which Graybill named after one of the tour’s biggest supporters – has thousands of handwritten messages from bumper to bumper. It’s one way that people whose lives have somehow been affected by cancer connect with the tour. People have also expressed themselves on engines “Elaine,” “Tonya,” and “Carolyn.”

Besides successful fundraising, there’s plenty of proof that the awareness campaign is working. Consider the 17,000-plus women who’ve become members of Graybill’s Facebook page. At the Fire Chief’s Conference in Chicago in August, numerous exhibitors requested to be as close as possible to the Pink Heals engines, Graybill said. And media coverage has been extensive since the Tour launched in 2007. There’s peer endorsement, too, as more firefighters from across the country are joining the Pink Heals Tour. Combined, there are two dozen pink trucks roaming the country. The towns they visit routinely offer logistical support and overnight lodging through the local fire and rescue departments and the local IAFF, as was the case in Jacksonville.

Last month was the tour’s first visit to Jacksonville. However, Graybill has been here before. In the 1980s, he played professional baseball for the Jacksonville Expos, a Southern League team. He also came to town to purchase his first engine, the Spartan, from Rescue 58’s Lt. **Billy Futch**. That transaction began with an online search. Since then, Graybill and other Pink Heals Tour members have shopped the internet for apparatus that will transition from retirement to pretty in pink.

While on the road, the engines are readily noticed, Graybill says, mostly earning a fair amount of horn honking from commuters. Still, earning the attention of so many people, especially women, isn’t glamorous all of the time. None of his three engines have air conditioning, and sometimes they break down. He also has a ladder truck and will soon add three more pink engines.

Graybill has been divorced for 16 years, but says he holds women in high esteem and hopes that the tour will honor not only those women whom cancer has touched but women in general. He added that his biggest inspiration is his 74-year-old mother Arlene.

Graybill certainly has people around the country seeing pink, but he has visions of expanding his tour to include decorated engines to honor children and blue engines to honor men.

“We’re going to have the largest fire department in the country and it’s all going to be volunteer,” he said.

# There’s a New **FIRE** **MARSHAL** in Town

After more than seven years as Division Chief of Fire Prevention and a total of 27 years with JFRD, **Anthony Roseberry** has retired from the department. Mayor **John Peyton** has appointed **Hastings Williams, Jr.** as the new Fire Marshal.



**Williams**

“We thank Chief Roseberry for his years of valuable service, and we welcome Chief Williams to his new post,” said Director **Dan Kleman**. “The business of prevention is often an unsung hero in the fire service, but it’s important to realize how critical prevention’s role is to public safety.”

Like Roseberry, Williams has 27 years with JFRD and is no stranger to leadership. He served as Division Chief of Emergency Preparedness from 1991-1995 under Fire Chief Charles Clark and Mayor Ed Austin. He also worked in Prevention for 17 years of his JFRD career.

Williams has worked as an instructor for the Northeast Florida Safety Council and the University of North Florida. He also filled a strategic role as legislative liaison and interim vice president of institutional advancement with Edward Waters College, raising funds and enhancing the school’s visibility. Prior to his appointment as Prevention’s Chief, Williams’ JFRD duties included assisting with recruiting and community outreach.

Williams earned his bachelor’s degree in fire safety technology from UNF in 1978. He also has studied at the National Fire Academy in Emmitsburg, MD and is a 1991 graduate of Leadership Jacksonville.



He may be smiling, but Emergency Preparedness' Division Chief Marty Senterfitt was sad to see Executive Secretary Brenda Osborne retire after nearly 30 years. "My calendar will never be the same," Senterfitt joked. "Brenda was so efficient, she scheduled me to be in four different places at the same time." About 80 people attended Osborne's farewell party on Sept. 27.

## Call Volumes SEPTEMBER 2010

### ENGINES (Top 30)

E28	.....411
E22	.....337
E19	.....335
E21	.....314
E31	.....302
E30	.....297
E10	.....294
E18	.....291
E1	.....287
E24	.....285
E44	.....277
E51	.....277
E152	.....274
E25	.....274
E32	.....259
E27	.....247
E20	.....246
E4	.....244
E9	.....239
E42	.....227
E34	.....225

E13 .....224

E7 .....218

E2 .....208

E150 .....204

E17 .....203

E36 .....203

E135 .....188

E5 .....188

E55 .....170

### RESCUES (Top 25)

R28 .....356

R22 .....351

R30 .....347

R4 .....342

R1 .....332

R2 .....322

R21 .....322

R17 .....319

R36 .....316

R5 .....314

R13 .....312

R19 .....311

R31 .....306

R24 .....304

R34 .....300

R20 .....298

R7 .....298

R25 .....288

R15 .....285

R32 .....266

R52 .....260

R35 .....252

R27 .....248

R51 .....245

R50 .....234

### LADDERS

L28 .....195

L31 .....159

TL21 .....158

L30 .....127

L10 .....120

L44 .....120

L34 .....119

L32 .....109

L18 .....105

L1 .....100

L4 .....88

TL9 .....88

### TANKERS (Top 5)

T52 .....65

T28 .....61

T31 .....53

T42 .....51

T34 .....47

### BRUSH TRUCKS (Top 5)

BR42 .....69

BR50 .....65

BR32 .....63

BR31 .....58

BR43 .....43

### MARINE UNITS

M1 .....18

M3 .....16

### FIRE PREVENTION

Plans Reviewed 387

Inspections (new) 295

Investigations ...34

### FIELD CHIEFS

F3 .....133

R104 .....84

F6 .....82

F9 .....75

F4 .....70

R103 .....69

R105 .....66

F5 .....62

F7 .....60

F8 .....57

F1 .....49

F2 .....37

### MONTHLY TOTALS

EMS .....7,764

FIRE .....1,448

NON EMR ...280

**Total: .....9,492**