



THE REVIE



Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **Nov 26, 2021**

This Edition:

The Chief's DeskPage 2
HOW THE MGM GRAND FIRE CHANGED FIRE
CODES + STANDARDSPage 3
Giving thanks can make you happier.....Page 3

"A thankful heart opens our eyes to a multitude of blessings that continually surround us."

- James E. Faust



The Chief's Desk

There is a nip in the air each morning, foliage is changing colors, and the Hallmark channel is flooding the airwaves with sappy Christmas movies. That's right folks, it's autumn, and it is the holiday season! To that end, this is your Thanksgiving edition of *The Review*.

I'm thankful for God, guns, family, America, and brown liquor, or is it God, family, America, guns, and brown liquor? I don't know, mix it up however it fits you best 😊 I'm kidding of course – or am I...

Let's get this on the table up front, the last two years have been pretty crappy. Between politics, pandemic, inflation, supply chain challenges, wokeness, riots, and just the general sense of divisiveness, things have been less than stellar. That said, I believe there is still a lot to be thankful for.

First and foremost, we live in the greatest country on earth. Yes, we are living in challenging times with a level of extremism on both sides of the aisle that I have not seen before. Yet, the majority of us remain more in the middle. If we want to take our country back from the brink, then we have to get out in force and vote like they did in Virginia. And, we have to stand up against tyranny, e.g. vaccine mandates and mask mandates. It is time for us, true Americans, to come together and show the elite extremists what we really want for our country.

I am thankful once again this year for my family. Jen and I thought that this would be the first year we would celebrate Thanksgiving with just the two of us. I was good with the idea of relaxing with a bit of turkey and a lot of pecan pie while enjoying a cocktail by the fire pit. However, we have had the good fortune to be invited to my son Andrew's future in-laws to share Thanksgiving with an entirely new part of our family. Yesterday the kid was three and today he's 25, a college graduate with a great job and an amazing fiancé – where does the time go? And, he's self-sufficient - not living in my house 😊 I mean, how can I not be thankful for an empty nest? For those that still have kids at home, enjoy the time, but there is a certain joy that you feel when your kids move out and stay out... That sounds harsh, maybe I need to add an LOL to soften it up – nope. Ashley, David, and the girls have been transferred to El Paso with the Army.

Jen and I moved here eight years and three months ago from what had been my home for my entire life. My only regret is that I did not move sooner (sorry mom and dad!). Not that I wanted to move from family, they're generally okay – though my siblings are questionable 😊 However, Missouri and the St. Louis region are a good place to be from – bugs, humidity, tornados, snow and ices storms, snakes, poison plants, grass, etc. I feel blessed to be able to live and work in our community. The friendships I've formed since moving here are truly special and have really made this a place I'm happy to call home.

Cont. Page 4

Upcoming Events:

Nov 29: AFCA/AFDA Leadership Conference Meeting
Nov 30: Visit Stations -that's the plan
Dec 1: Mayor Town Manager Breakfast Chino Valley, FIR Program Planning Meeting, Podcast Recording
Dec 2: PV Department Head Meeting, AFDA Meeting, Ortho Follow up

Board Meetings:

December 27: Administration CAFMA – 1700-1830

HOW THE MGM GRAND FIRE CHANGED FIRE CODES + STANDARDS

By: John Devlin

Las Vegas's MGM Grand Hotel and Casino fire, which occurred on November 21, 1980, killed 85 people and injured 700 more.

Las Vegas's MGM Grand Hotel and Casino fire, which occurred on November 21, 1980, killed 85 people and injured 700 more. The fire, caused by an electrical fault associated with a refrigerated pastry display case, originated in an unoccupied restaurant on the casino's first floor. The fire was discovered by hotel staff early in the morning when, by that time, it had evolved to open flaming and was increasing in size and intensity. Soon after that, the fire reached flashover condition and spread rapidly across the casino floor. Within approximately 15 minutes after the fire was discovered, the entire casino was involved in the fire. The fire was limited to the first-floor casino, however, smoke spread vertically into the hotel tower floors. The casino was not protected with automatic sprinklers or automatic fire detection and alarm system.

Contribution of Interior Finishes + Furnishings

The MGM Grand fire was a significant event in the fire protection industry because it demonstrated the contribution of interior finishes and furnishings to the fire hazard. Plastic wall coverings, cellulose acoustic ceiling tiles, attachment adhesive, polyurethane materials, and polyvinyl products in the restaurant space and casino created a fuel load that allowed for rapid-fire growth and spread and dense smoke production. Smoke spread into the hotel tower via seismic joints in the floor/ceiling assembly, open shafts and pipe chases induced by the stack effect had significant consequences to the hotel tower occupants. Approximately 64 victims were located on the upper floors of the hotel and died from smoke inhalation

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Giving thanks can make you happier

By: Harvard Health Publishing

Each holiday season comes with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday — being grateful.

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings.

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

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Chief's Desk Continued

Some have asked about retirement and if we would then move from the area. Assuming I don't get fired before my planned retirement in nine years, we are strongly leaning towards staying put. This is a beautiful place to live, and a good central location for travel to places we enjoy. We had toyed with the idea of retiring in Tennessee because the cost of living is much lower; however, there are a few downsides to living back there that I just cannot get past, e.g. mosquitos, ticks, chiggers, humidity, snow, snow storms, ice and ice storms, tornados, poison ivy, poison oak, more poisonous snakes, grass, etc. And, there really aren't any good places to go wheeling, unless you like mud – which I do not. Sooo, I really do not want to leave.

I am very thankful that I get to work with and for all of you! It is hard to imagine a better place to spend my days. I feel the work we do for the community is rewarding, and that we are appreciated by all those we serve. I've heard from some of our folks recently that they truly appreciate that we show in action what we say in word. I think we all recognize that we're not perfect, but we can agree that we strive to do the best we can for all those we serve both inside and outside of our organization. Do we always agree? Nope, and we never will. That said, I believe that as long as we are committed to serving each other and our community while always striving for excellence, we will be successful. We will make mistakes, but that's okay. Anyone, or any organization striving to be better will make mistakes along the way. It's how we deal with those mistakes that makes the difference.

I'm not saying that we should forget, or ignore, the challenges facing our country today. To the contrary, digging down and finding things to be thankful for should reinforce why we need to stand up against tyranny and extremism. It's when we lose hope that we lose the will to fight. When that happens, evil wins.

This Thanksgiving week, I encourage you to really consider all the things you have to be thankful for, and embrace a spirit of gratitude. Thanksgiving Day is behind us, and Christmas is on the horizon. We would

do well this year to remember what Christmas truly means, and for whom we celebrate. No, your dollars won't go as far this year, and many of the gifts you want may be floating in the Pacific. That said, Christmas is not about going into debt. Rather, it is an opportunity to remember and celebrate the greatest gift ever bestowed upon humankind. However you choose to believe, remember the spirit of the season is truly about sacrifice and service to others.

If we stay awake, stay motivated, and stay active we will take our country back in 2022.

To jumpstart the spirit of the season I will leave you with this – Merry Christmas!
