

**NEWS RELEASE**  
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## SUFFOLK FIREFIGHTER OF THE YEAR NAMED

SUFFOLK, Va. (May 10, 2009) – Suffolk Fire and Rescue Chief Mark Outlaw is pleased to announce Suffolk's Firefighter of the Year. Sheron Gibson, who serves as a Fire Fighter/Medic assigned to Rescue Company 1, received this year's honor.

Sheron was born and raised in Brooklyn, New York and has held jobs as an automotive technician and driver for UPS serving the busy Manhattan borough. After moving his family to Virginia in 1997, Sheron joined the United States Navy Reserves. While proudly serving his country from 2001-2005, Sheron began volunteering with the Bennett's Creek Rescue Squad and Suffolk Fire Company where he was recognized as Emergency Medical Technician of the Year for 2002.

Sheron has been trained as a National Registered Emergency Medical Technician-Intermediate, Advanced life support provider, advanced cardiac life support, pediatric advanced life support and international trauma life support. These are a few of the numerous medical certifications that Sheron holds. On the fire department side, he is certified as a Fire Officer 1, Instructor 1, Driver pump operator, Aerial Operator, Heavy Tactical Rescue Technician and other fire rescue certifications. Sheron is currently pursuing two degrees, one in Fire Science and the other in Emergency Medical Services and expects to graduate this year.

An advanced life support provider for the past two years, Sheron also teaches fire department personnel emergency medical courses, and sits on several medical boards

throughout the Hampton Roads region. Sheron is an active member with the Critical Incident Stress Management team that serves the Tidewater area. Sheron is also an Emergency Care Technician with Sentara Obici Hospital on his days off from the fire station.

Sheron currently resides in the Hillpoint section of Suffolk with his two beautiful children, Sheron, Jr., 15 and Ceara, 11.

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