

NEWS RELEASE
FOR IMMEDIATE RELEASE
March 16, 2010



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SUFFOLK FIRE & RESCUE HONORS THEIR OWN

SUFFOLK, Virginia (March 16, 2010) - Suffolk Fire & Rescue's motto is "Our Family...Protecting Yours", and they've just bestowed special honors on two members of their family who have provided exemplary service to our community. Named "Fire Fighter of the Year" is Andrew Y. Kitchen, currently assigned to Rescue One at Station 1 and a member of Suffolk Fire & Rescue since 1999. Andy graduated from Hampton Roads Fire Officer Command School, Class of 2007, and is certified as Instructor II, Officer II, Rope Rescue Technician, Trench Rescue Technician, Confined Space Rescue Technician, Vehicle Rescue Technician and holds instructor levels in vehicle rescue and farm machinery safety and extrication. Nominated by Captain William Kessinger, Firefighter Kitchen "goes above and beyond his duties everyday, taking great pride in his job and his total commitment to the department".

Receiving the "Paramedic of the Year" designation is Lt. John Eric Thrush. Coming from Portsmouth Fire & Rescue to join Suffolk's family in 1996, he has obtained certifications in Heavy Tactical Rescue (Confined Space, Trench Rescue, Rope Rescue and Vehicle Rescue), and is responsible for purchasing and distributing medical supplies for the department. Promoted to lieutenant in November 2003, Thrush is assigned to "A" Shift, Station 1 and his supervisor is Battalion Chief Ted Adams. Adams had this to say when nominating Thrush for this designation: "He does so much for this department in the field of EMS, and has been instrumental in outfitting all of the new medic units and getting them street-ready."

When asked about these selections, Chief Mark Outlaw advised, "We are very proud of Fire Fighter Andy Kitchen and Lt. John Eric Thrush. They are both

wonderful representatives of the dedicated men and women in Suffolk Fire & Rescue who serve our community on a daily basis. “

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