

POLICE & FIRE DEPARTMENT AWARDS DINNER ANNOUNCEMENT

On May 13, 2011 the Marina American Legion Post 694 will be hosting their Annual Public Safety Appreciation Dinner and the Police Department will be presenting awards to a number of officers and civilians for work well done during 2010. The event will be held at the Marina American Legion located at 694 Legion Way in Marina. The event will begin at 6:00 PM with dinner at 7:00 and the awards ceremony starting at 7:30 PM. For more information regarding the dinner please contact the American Legion at 384-6616.

Police Department Award Recipients are as follows:
-Officer of the Year: Officer Pablo Andrade
-Civilian Employee of the Year: Community Services Specialist Joann Ford
-Award of Excellence: Lt. Tom Melendy, Sgt. Eddie Anderson, Sgt. Margaret Basa, Sgt. Aaron Widener
-Chief's Award of Meritorious Service: Lt. Rick Janicki, Officer Pablo Andrade
-Rod Arnaldo Award: Nancy Amadeo
-Mother's Against Drunk Driving Recognition: Officer Eddie Bachtel, Officer Andy Rosas
-Certificates of Appreciation: Carl Faria, Patricia Melendy, Nancy Nolan
-Bruce C. Martin Criminal Justice Scholarship: Michael Smith

Fire Department SAwards are as follows:
-John Woltman Firefighter of the year 2010.
-Anthony Goncalves Reserve Firefighter of the year 2010.

Also recognized:
Captain Kyle O'Connor, Engineer Steve De Vincenzi, FF

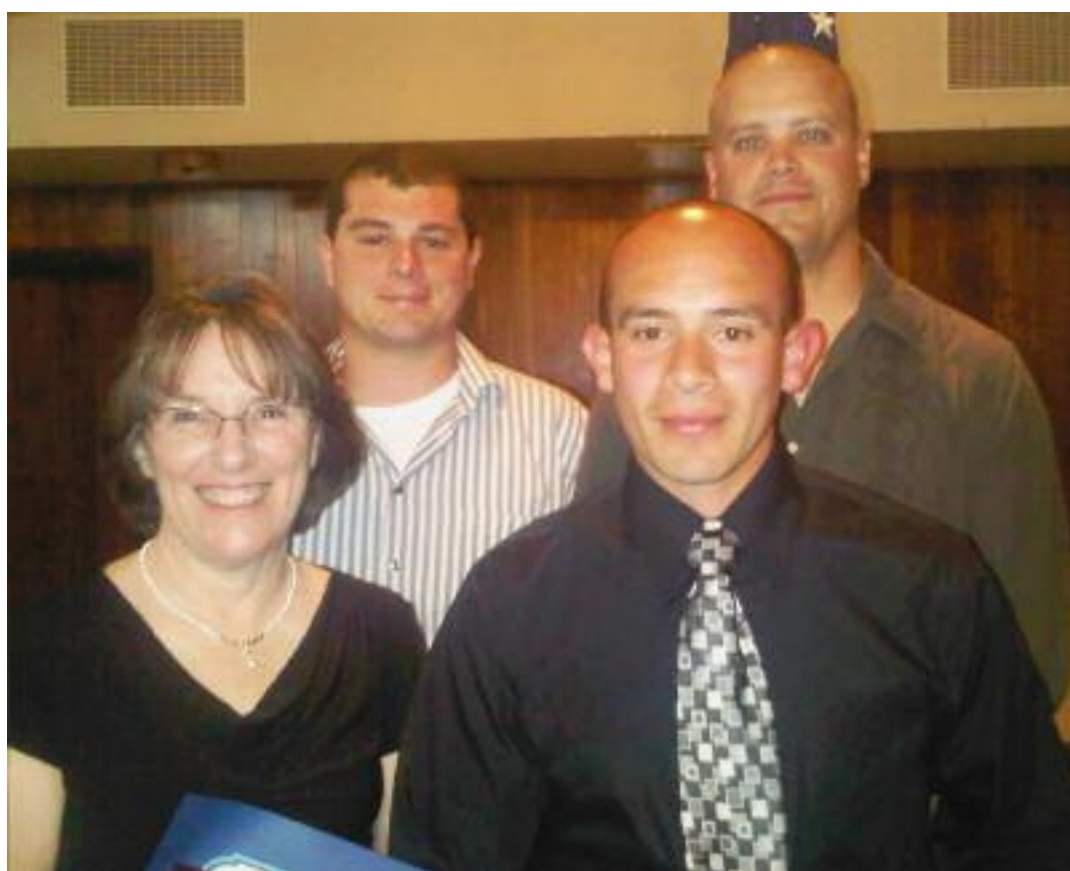
John Woltman & Reserve FF Jefferey Abraham for their response to the West Fire in Kern County (July 28 until August 1, 2010).

2010 FIREFIGHTER OF THE YEAR

Firefighter John Woltman is the paid "Firefighter of the Year" for year 2010. John Woltman was hired on June 18, 2007 as a Firefighter. John has taken his position of Firefighter and continues to raise the bar for others to follow.

John has continued to advance his fire fighting skills and knowledge by taking courses in fire prevention, fire investigation and fire command. John continues to share valuable wild land fire fighting experience he has gained with the U.S. Forest Service to both paid and volunteer personnel. The training has benefited our personnel during "Out of County" assignments and local wild land incidents improving firefighter safety.

John has an excellent work ethic. John is very "hands-on" and enjoys hard work. Even after having his first child - Beatrice, John is always willing to go the extra step to make sure department equipment gets the attention necessary to insure it is in top notch working condition. John worked hard to develop a turnout specification that was approved in 2009. In 2010 John developed a grant proposal so the department could submit a Assistance To Firefighters grant to replace old turnouts. The Assistance To Firefighters grant submitted was approved and awarded in the amount of \$19,848 to the fire department. Through this effort, John has



minimized the impact to the City's general fund and improved overall firefighter safety which has a direct impact to the public we serve. John's work ethic is recognized by his peers and supervisors which has gained him a high level of respect.

John consistently provides encouragement and support to the reserve firefighters and is always willing to assist when asked. John continues to solicit new reserve applicants for the fire department reserve program. His continued efforts have enhanced the professionalism of the program.

John Woltman is active with the Monterey Peninsula Fire Academy and supports the instructor cadre in many ways. John assists with the physical fitness portion and provides a high level of motivation and energy to the recruits. John will begin

working with the MPC Fire Academy as an instructor for the fire hose and fire stream section of the 22 - week long academy beginning in August 2011.

John was the recipient of the 2008 Firefighter of the Year Award and it is no surprise the he was nominated again by his peers.

John Woltman has a true passion for the fire service and it is demonstrated every time John is on duty. John is a huge asset to the Marina Fire Department. His commitment, devotion to duty contributes significantly to the overall success of our department.

Congratulations to John Woltman

2010 RESERVE FIREFIGHTER OF THE YEAR

Reserve Firefighter Anthony

Goncalves is the Reserve Firefighter for calendar year 2010. The Marina Fire Department enrolled Reserve Firefighter Goncalves on June 17, 2008.

The Fire Department has a program which requires personnel to complete a 24-hour shift per month or an average of 72 hours each quarter. Anthony continually exceeds the minimum standard. In addition, when he reaches his maximum allowable stipend, he continues to assist and participate with the department. Anthony has completed 1,256 hours in stand-by shifts during calendar year 2010.

Anthony is very consistent with his training participation and is willing to assist shift personnel as needed. From January 2010 through December 2010 Anthony has attended and completed over 100 hours of training.

Training consisted of but was not limited to medical emergencies, continued in-service training, wild land fire fighting, auto extrication, structure fire response as well as other classes provided outside of the department.

Anthony is a committed reserve firefighter that is well respected by his peers.

When Anthony attends drills, responds to calls and participates in standby shifts, he always maintains a positive attitude and is willing to assist in any capacity. Anthony presents himself in a very professional manner which has a direct impact on how the public perceive the department. Anthony usually is the first to step up and assist the department when requests are made. He can be counted on when needed. Anthony has become known as the departments "to-go guy".

Anthony Goncalves also spends much of his personal time assisting the Monterey Peninsula Fire Academy. Anthony graduated from academy in May 2007 and continues to give back to the academy so others may be successful.

Anthony received the top Assistant Instructor Award which was presented by the Fire Academy graduating class of 2008-2.

Anthony Goncalves's commitment, devotion to duty contributes significantly to the overall success of our department.

Congratulations to Anthony Goncalves

The Joy of Glamour

By Sheila Olson

Ick & Gunk & Grime...Oh My!

Are you paying attention when you go to your salon? What steps is your stylist or manicurist taking to keep you safe from the ick? First thing you should look for is a valid license, which by law has to be posted near their station. You should have a great experience every time you go to the salon but ask questions if you're not sure



or especially if you're trying out a new place. They should be using clean, sanitized implements or brushes on you every time. If you're not sure, ask! The only way to properly sanitize is, after being washed with soap and water, to be immersed

in Quaternary ammonium compounds (Quats) or a ultra-violet or autoclave sterilizer for 10 minutes. I love getting a pedicure, scrubs, masks and a massage, nothing better but again ask questions. Foot baths with whirlpool jets may seem more luxurious but they harbor the most bacteria, would you ask to see the screen in that tub...I would! There could be a soupy icky gunk behind it filled with nail clippings, hair, skin and bacteria. Gross, I know. Foot baths should be cleaned out after every client with soap & water then agitated with Quats. Screens should be

cleaned regularly. If a proper cleaning procedure is followed the whirlpool foot baths are safe to use. I prefer using a copper tub filled with warm river rocks, it feels great on your feet and it's very easy to keep sanitized and clean between clients. Another note on pedicures, DO NOT ever allow blades to be used on calluses...EVER. It's illegal; they are not safe, high chance of infection and by cutting a callus that just allows it to grow back thicker unless you care for it everyday...lets face it, most of us don't and It's best to not shave your legs the day of your pedicure, we don't

care if they have a little five o'clock shadow

You can't count on a salon being held to standard by the State Board, unfortunately there are only a few inspectors for thousands of salons. Unless a problem is reported the chances are slim of them being reviewed. It's pretty simple stuff so why some people take short cuts is beyond me, I would rather be safe and have piece of mind knowing my clients are leaving with nothing other than beautiful nails and hair. Drills are another caution, if used correctly they may be okay. I've seen

many nails damaged by acrylics applied with a drill. We call them rings of fire, little pink or red lines in the nail bed from drilling too deep in the nail plate or nicks and cuts on the cuticles that can lead to infection. I think hand filing is best; you have more control and an extremely less chance of trauma to the nail and cuticle area. What about the green under an acrylic nail...well that's just mold. Another "ick" but the difference between a mold and a fungus is this; mold is a green stain on the nail plate caused by the artificial nail having a bubble or has lifted

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CHOMP

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includes:
* A lab where the public may go for a range of tests and screenings. (Now open.)
* An imaging center for X-rays. (Opening in mid-May.)
* Monterey Bay Urgent Care. (Anticipated summer opening.)
* Peninsula Primary Care. (Anticipated opening late summer/early fall.)

This will be the second office of Peninsula Primary Care, Community Hospital's primary care affiliate. The first opened in Carmel at the Crossroads in 2009. They are designed to help relieve the shortage of primary care doctors in the area.

Marina was chosen for the Peninsula Wellness Center and medical office building project because of the site's easy-to-reach location for people throughout the region and the area's expected population growth. Marina also has been underserved by medical facilities, which should be remedied by the broad range of services that will be provided through the project.

"We've received a wonderful response from the city of Marina and its residents," Packer says. "We're pleased to be able to help meet the community's needs with a project that benefits the entire region."

Peninsula Wellness Center is open from 5:30 a.m. to 9 p.m. Mondays through Thursdays, 5:30 a.m. to 8

p.m. on Fridays, 8 a.m. to 4 p.m. on Saturdays, and 11 a.m. to 4 p.m. on Sundays. Classes offered include indoor cycling, body sculpt, mat Pilates, Zumba®, boot camp, aquasize, and kickboxing.

"This is something the public has really looked forward to," says Drinovsky. "On opening day, there were people waiting to get in at 5:30 a.m."

More information about Peninsula Wellness Center is available by calling (831) 883-5656.

Project elements
* Peninsula Wellness Center - Opened Tuesday, May 3.
* Satellite lab - Opened Tuesday, May 3.
* Imaging (X-ray services) - Opens mid-May.

* Outpatient Rehabilitation Services - Opens mid-May.

Physical Therapy
Occupational Therapy
Speech Therapy
* Cardiopulmonary Wellness - Anticipated opening June.

Cardiac Rehabilitation
Pulmonary Rehabilitation
EKGs

* Monterey Bay Urgent Care - Anticipated opening summer 2011.

* Peninsula Primary Care - Anticipated opening summer/fall 2011.

ABOUT COMMUNITY HOSPITAL
Community Hospital of the Monterey Peninsula, established in 1934, has grown and evolved in direct response to the changing healthcare needs of the people it serves. It is a nonprofit



State-of-the-art fitness equipment is available in the cardio area.

healthcare provider with 205 staffed acute-care hospital beds and 28 skilled-nursing beds, delivering a continuum of care from birth to end of life, and every stage in between. It serves the Monterey Peninsula and surrounding communities through locations including the main hospital,

outpatient facilities, satellite laboratories, a mental health clinic, a short-term skilled nursing facility, Hospice of the Central Coast, and business offices. Find more information about Community Hospital of the Monterey Peninsula at <http://www.chomp.org/>