



# First Alarm Newsletter

## "Our Mission"

The Belmont Fire Department, a progressive organization through the efforts of dedicated personnel, will deliver the highest quality of service to our stakeholders and visitors.

Issue No. 158

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## 84 Line of Duty Deaths in 2017



### Happy Birthday

Will Willis 01/11  
Stephen Tripp 01/19



### Happy Anniversary

Pam and Jeff Bagwell 01/15

### On the Cover...

#### Drawn by Fire

Let's make 2018 the year we prove this 2006 cartoon wrong!!!

Train, think safe, and for God's sake wear your seat belt. Happy New Year, Brothers and Sisters!

-Paul Combs

### January Training will be Bloodborne Pathogens Online

Awards Banquet  
Friday February 2, 2018  
@ 07:00 pm

NFPA Physical  
Monday January 15, 2018  
16:00 - 20:00

Fasting Blood Draw  
Tuesday January 16, 2018  
06:30 - 08:30

### BUCKLE UP!

*We demand it, Policy dictates it, and Your Family deserves it!*

"Everyone Goes Home"

## 5 Inspiring Ways to Start the New Year

Spiritual growth based on scientific research.

As the New Year arrives, here are five ways to make real changes and get the new year off to a fresh start.

### 1. Amp up your expectations.

In 1965, teachers in a San Francisco elementary school were given lists of students who were likely to have amazing "growth spurts" in the coming year. A Harvard psychologist, Robert Rosenthal, had tested all of the children, and was able to inform their teachers which kids were likely to achieve great things in the coming months.

At the end of the year, the teachers' experience tallied with Dr. Rosenthal's: those students he predicted would have growth spurts did so, enjoying above-average intellectual success across the board in school.

What the teachers didn't know was that the list of names they were given at the beginning of the year was entirely randomly-generated. There was no academic test; each teacher was given a list of arbitrary names. Yet the students' growth was real. When teachers expected more from those students, the students delivered, increasing their performance in class. The IQs of those students identified as "Growth Spurter's" also increased, measuring much higher after the academic year than at the beginning, and increasing significantly in relation to their peers.

This year, view yourself as a "Growth Spurter." Give yourself the gift of believing in yourself and watch yourself grow into your higher expectations.

### 2. Break your routine.

When we learn new skills, we use our prefrontal cortex, the part of our brain in charge of deliberate, rational thought. (Think of learning to drive: first-time drivers don't carry on conversations, for instance – all their attention is focused on what they're doing.) Once we master a skill, however, it gets downgraded to our basal ganglia, a part of our brains that is associated with emotion and memory. (This is why driving is second nature to us, allowing us to talk or listen to the radio with one part of our brains while we use another to navigate a car.) Finally, our brains experience a third emotion: pleasure, when a habitual act is completed.

We tend to perform activities the same way each time when we're in our usual environment. Changing our surroundings, however, breaks up the three-part loop that governs habits in our brains. When our usual cues and rewards are absent, it's easier to change our behavior.

-continued

*"Our Family, Helping Your Family"*