"I started at CHS in 2012 with the Explorer Post. I had no experience on what being on an ambulance would be like; I was immediately hooked and jumped in headfirst. I took the **Certified First Responder class and** became the Chief of Explorers my junior year of High School and obtained my Emergency Medical Technician certification my senior year. CHS became my family, and I became a Volunteer EMT almost immediately after I graduated High School. Shortly after that, I was hired full-time. I was fortunate enough to grow as an EMT with guidance from the mentors we have at CHS. I was an EMT for three vears at CHS before I enrolled in the Paramedic Program and now, I am a cleared Paramedic. I have absolutely found my place in Emergency

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Medicine here at CHS and couldn't imagine myself being anywhere else. My favorite part about being a Paramedic is the ability to make deep and impactful connections with people that I will only know for a short time. As providers we enter peoples lives and have the privilege to help in a time of need. I feel honored to be trusted to provide the care that is needed, and it is a very humbling feeling especially when I am serving the town where I was born and raised."





In my free time:

I love to cook. Recently, myself and my fiancée have been working to create the perfect burger. Before we embarked on this journey, I didn't realize how critical every single topping you may use can affect the outcome or even the number of cheese possibilities. Cooking together is absolutely my favorite hobby - as long as she is the one that does the dishes. Right now, our recommendation is a bison patty on a toasted brioche bun topped with pepper-jack cheese, caramelized onions and bacon jam.

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My favorite movie quote:

"You cannot be afraid to lose. That's how you gain the confidence to attack the game when the puck isn't yours. That's how you attack life even when you think you don't have any control." –

Coach Orion, Mighty Ducks 3



If I had the ability to meet anyone:

I would without a doubt chose to buy a beer for Kyle Carpenter - a Metal of Honor recipient. Kyle Carpenter represents the epitome of selfless service as well as overcoming adversity with grace. He describes in his book how he "chose to get up and live" after being critically injured in Afghanistan. Kyle exemplifies the American Hero to me, both for his service and for everything he has done to inspire people after the injury he endured.



If I had to pick the most shocking thing that people would not know about me:

As many of my fellow employees already know I am one of the most talkative people at CHS and I do not have many secrets, but some do not know my love for musicals. I could recite every word from Mamma Mia at the drop of a hat, and terribly sing the words to Hamilton or Disney's Moana. Please do not confuse this love with any semblance of vocal talent however, I should probably never sing aloud. Ever.