

“I got my EMT certification on a whim through MCC and decided I ought to make use of it, so I began as a volunteer at Canandaigua Ambulance in 1995. From there I went to Rural/Metro (now AMR) and worked there from 1997 until 2007. I got my Paramedic card in December 1999. I started Per Diem at Henrietta Ambulance in the summer of 2000 and went full time in 2007.

Currently, I am a Paramedic and RSI provider. I’m also the primary Controlled Substance Agent and do social service referrals for patients in need. In the past I’ve been Assistant Chief of Operations and a Lieutenant. I resigned both around 2010 as the positions had grown beyond my abilities. Much less stress being just a road medic!”



John Lents
CHS MIHC Paramedic

Hometown: Amarillo, TX

*When I think Of CHS, I think
“Freedom to Fail.”*

In my free time:



Haha. COVID really put the kibosh on that. Before all the fun and games of the past year, my wife and I travel, love museums, play tabletop games and RPGs (D&D) etc. I read voraciously and tend to have 2-3 books going at any one time.

My favorite movie quote:



And the Lord spake, saying, "First shalt thou take out the Holy Pin. Then shalt thou count to three, no more, no less. Three shall be the number thou shalt count, and the number of the counting shall be three. Four shalt thou not count, neither count thou two, excepting that thou then proceed to three. Five is right out. Once the number three, being the third number, be reached, then lobbest thou thy Holy Hand Grenade of Antioch towards thy foe, who, being naughty in My sight, shall snuff it.

-Monty Python and the Holy Grail

If I had the ability to meet anyone:



Louis-Alexandre Berthier, Napoleon's Chief of Staff and Minister of War. He was responsible for keeping both Napoleon's Grand Arme'e organized and functioning and keeping the Ministry of War functioning. All while when the seat of government is wandering across Europe for the better part of 15 years. A master of organization and logistics.



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

I've played (or attempted to play) multiple musical instruments. Trombone, tuba, bagpipes, bass guitar, drums.