



MFD TIMES

MARCH 2023

Upcoming Events:

**NH Outdoor Expo
Dome Details—**
March 10th-12th

Daylight Saving Time—
Sunday March 12th
Spring ahead!

Town Vote— Tuesday
March 14th 6am-8pm

Training:

Rescue Training -
Monday March 6th at
19:00 (swapped)

**E1 E2 E3 L1
Company Training—**
Tuesday March 21st at
19:00 (swapped)

Officers Meeting -
Thursday March 30th at
18:00

3-Alarm Structure Fire in Milford

At approximately 12:10am on Thursday, March 2, 2023, Milford Fire Department was dispatched to a reported fire in the attic of a house at 14 Johnson Street. While fire units were responding to the scene, the Milford Police Department arrived and confirmed there was an active fire. The call was then upgraded to a working fire, bringing mutual aid from surrounding communities to the scene to assist.



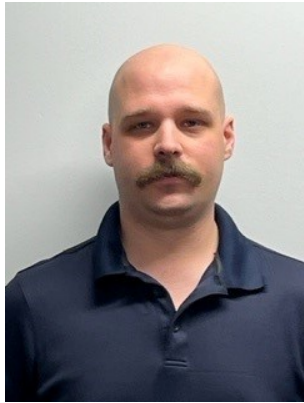
Upon arrival, fire companies found smoke and fire visible from the front door of the home and initiated an interior search and fire attack. Approximately 20 minutes into on-scene operations, firefighters operating on the second floor of the building experienced a sudden, rapid deterioration in fire conditions, and a mayday was declared. A second alarm was immediately requested, and all companies evacuated the building. All firefighters were accounted for within 4 minutes of the mayday, and normal fire scene operations resumed. Due to characteristics of building construction that resulted in extensive fire development within concealed spaces, fire extinguishment was extremely labor-intensive and difficult. Ultimately, a third alarm was requested to bring sufficient resources to the scene, and the fire was declared under control at approximately 2:09am. During operations, one Milford firefighter was transported by Milford Ambulance to St. Joseph Hospital in Nashua for evaluation where they were later released. Two residents and two pets were in the home at the time of the fire, all escaped without injury. The cause of the fire remains under investigation, but investigators have ruled out any criminal activity.

Milford Fire Department was assisted at the scene by Milford Police and Milford Ambulance, as well as the Amherst, Bedford, Brookline, Hollis, Merrimack, Mont Vernon, and Wilton Fire Departments. Nashua Fire Department provided station coverage.

Department and Community News:

Please welcome three new members to the Milford Fire Department in February !

Joshua Britton – Ladder 1



Jesse Jesseman – Engine 2



Adam Audet – Engine 3



Please introduce yourselves when you see them !

The New Hampshire Department of Transportation (NHDOT) will hold two Public Informational Meetings to present information regarding two proposed NH Route 101 projects. The purpose of these events is to present citizens and public officials with information regarding the priority improvements for NH Route 101 within the Towns of Wilton, Milford, Amherst, and Bedford. The primary purpose of the projects is to improve safety and address the high-crash corridor segments along the 15-mile NH Route 101 corridor. Additional information will be provided at the public informational meetings to be held on:

Monday, March 6, 2023

Barbara Landry Meeting Room, Amherst Town Hall,
2 Main St, Amherst, NH 03031
Doors Open at 6:00 pm
The presentation begins at 6:30 pm

Tuesday, March 7, 2023

Milford Town Hall Auditorium,
1 Union Square, Milford, NH 03055
Doors Open at 6:00 pm
The presentation begins at 6:30 pm



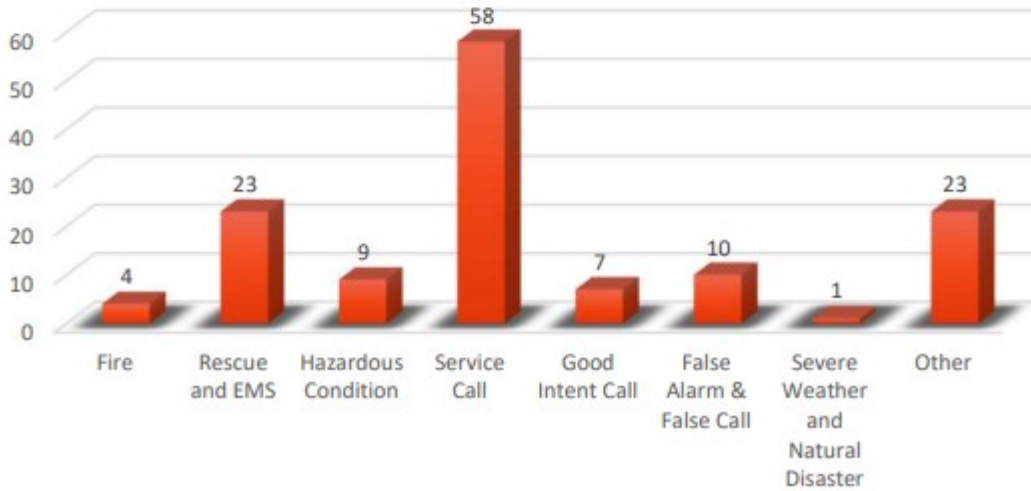
MILFORD TOWN VOTE - March 14, 2023 6am to 8pm
Milford Highschool Gymnasium—100 West Street

Milford Fire Department February 2023 Incident Statistics

Total Incidents For Month	135
Fire	4
Rescue and EMS	23
Hazardous Condition	9
Service Call	58
Good Intent Call	7
False Alarm & False Call	10
Severe Weather and Natural Disa:	1
Other	23



February 2023 Incidents



Top Responders of February:

Out of 67 incidents / Non Service calls:

FF Jared Gordon

27

FF Spencer Pickett

21 calls

AC Mark Britton

19 calls

Total Calls in February 2023

135

Total Calls in February 2022

120

Year to Date 2023

318

Year to Date 2022

216

With heavy snow like this, it's more important than ever to practice safe shoveling. Find a shovel that's comfortable and stretch before you begin. Take frequent breaks and drink plenty of water. Find more winter storm safety tips at ReadyNH.gov



Protect your Heart when Shoveling Snow

- * Take frequent breaks to avoid over stressing your heart.
- * Push snow, rather than lifting it.
- * Take it slow and lighten your load.
- * If you feel signs of a heart attack, stop shoveling and call 9-1-1 immediately.

ReadyNH.gov
TAKE ACTION. BE SAFE.

A LITTLE MFD HISTORY..

115 Ponemah Hill Rd
Milford
1/21/08 18:08 hours



Rescue Training February 21, 2023- This month Lt. Pervere put on a Rapid Intervention Team (RIT) drill consisting of classroom education and practical evolutions. Members worked on extricating downed fire-fighters in confined spaces, moving upstairs and searching in low visibility. All these skills are valuable to our members to be proficient in RIT operations.



Singer Brook Road

Probationary FF Raiser continued to work on pumping skills today. We focused on one aspect of drafting from a cistern. This is a vital skill to master as parts of Milford rely on cisterns or fire ponds for water supply.

March is Colorectal Cancer Awareness Month

Colorectal cancer is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked. Regular screening, beginning at age 45, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 45 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your doctor about screening. Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Sometimes it is called *colon cancer*, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Sometimes abnormal growths, called *polyps*, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best.

Your risk of getting colorectal cancer increases as you get older. Other risk factors include having:
Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
A personal or family history of colorectal cancer or colorectal polyps.
A genetic syndrome such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include—
Lack of regular physical activity.
A diet low in fruit and vegetables.
A low-fiber and high-fat diet, or a diet high in processed meats.
Overweight and obesity.
Alcohol consumption.
Tobacco use.

If you have symptoms, they may include—

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Weight loss and you don't know why.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor.



**YOU CAN PREVENT
COLORECTAL CANCER.**

Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.



Salmon with Lemon-Herb Orzo and Broccoli

Ingredients:

- 1 cup orzo, preferably wholewheat
- 2 cups chopped broccoli (about 1/2 head)
- 3 tablespoons extra-virgin olive oil, divided
- 1 ¼ pounds skin-on salmon fillet, cut into 4 portions
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 tablespoons chopped fresh herbs, such as tarragon, chives and/or parsley
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice

Directions:

Bring 2 quarts water to a boil in a large saucepan. Add orzo and cook according to package directions, adding broccoli for the last minute of cooking. Drain and rinse with cold water.

Meanwhile, heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle salmon with 1/4 teaspoon each salt and pepper. Add to the pan, skin-side up, and cook until golden brown, 3 to 5 minutes. Flip and cook until the flesh is opaque, 3 to 5 minutes, depending on thickness.

Whisk 2 tablespoons oil, herbs, lemon zest, lemon juice and the remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add the orzo and broccoli; stir until combined.

Serve the orzo mixture with the salmon and drizzle with the remaining 1 1/2 teaspoons oil.



Pistachio Cake with Frosting

Ingredients:

- 1 (18.25 ounce) package white cake mix
- ¾ cup vegetable oil
- 1 cup lemon-lime flavored carbonated beverage
- 3 eggs
- 2 (3 ounce) packages instant pistachio pudding mix
- 2 (1.3 ounce) envelopes whipped topping mix (dream whip)
- 1 ½ cups milk

Directions:

1. Beat cake mix, oil, soda, eggs, and first package of pudding until smooth. Pour batter into a greased 9x13-inch pan.
2. Bake at 325 degrees F (165 degrees C) for 45 minutes, or cake tests done.
3. Beat Dream Whip, milk, and pudding until stiff; pour over cooled cake. Refrigerate.

