



The Epitome of Teamwork

On Oct. 16, while packing to travel and support her father for open-heart surgery, Sabrina Goode heard a thump and went to investigate. She saw her husband Raymond lying on the floor unresponsive. After calling 911 and having her grandson run next door for help, she began CPR as the 911 Operator was instructing her on the process. Her neighbor rushed to the house and assisted Sabrina with CPR. After what felt like an eternity to Sabrina, but was only a few moments, Manassas City Police Officer Nicole Arrington arrived on scene. She looked Mrs. Goode in the eye and said, "I've got this," and began CPR on Mr. Goode.

As City of Manassas Fire and Rescue Units arrived, responders began life saving efforts to restart Raymond's heart. He was in full cardiac arrest. EMS crews continued CPR and initiated advanced life support. This included

cardiac defibrillation and administering emergency cardiac medications. This converted Raymond's heart rhythm to a sinus rhythm with a pulse prior to arriving at the hospital. While in route, the paramedic transmitted the patient's cardiac readings directly to Novant Health UVA Health System Prince William Medical Center so that the medical team would be aware of the situation and be ready to take care of Raymond when he arrived.

By the time the ambulance arrived at the hospital, the team had restarted Raymond's heart. Shortly after, he was taken to the cardiac catheterization lab in the hospital where doctors found two 100 percent blockages in his arteries.

As Raymond Goode began healing, Sabrina Goode requested that the team who had worked together to save her husband's life come to the hospital so she could give them a hug and thank



Sabrina Goode hugs Capt. Jerry Smith, City of Manassas Fire & Rescue.

them. From the 911 operator, to Officer Arrington's CPR efforts to the City of Manassas Fire and Rescue crews emergency medical services, and the great team at Novant, this was a great save. Without the efforts of these brave men and women, Mrs. Goode would not have her husband of 20 years.



Sabrina Goode, standing next to her husband, Raymond Goode, holds up City of Manassas Fire & Rescue challenge coins as she thanks her team of life savers from Fire and Rescue. (Not pictured: Officer Arrington)

A Message from the City Manager



City Manager
William Patrick Pate

While I am writing this article before the November elections, the election cycle should be over by the time you receive this newsletter. *(That is also why some of the events listed on the back are also over, but that is a different article.)*

I was intrigued this month by the CNN article describing an advertising company in Toronto that decided to ask Canadians to tell Americans why we are “already great.” Regardless of political ideology, I appreciated the sentiment that we can and should be proud of the many accomplishments that have made the United States arguably the most celebrated country in the world.

This is also true of the City of Manassas. After all of the political discussions and debates it is important to remember that while we are not perfect we really do have a great community. Every day I am reminded of this by:

- Volunteers that are dedicated and committed to help in the city every day *(we actually have more volunteers than city employees and many opportunities if you would like to give back to the community.)*
- Manassas businesses that generously give to charitable causes *(I cannot recall going to any area fundraiser where Manassas businesses are not prominently shown as a contributor to the event.)*
- Non-profit and religious institutions in the City that are working to take care of citizens in need and to promote harmony within our diverse community.
- Unique aspects of our community made possible by the foresight of community leaders *(places like Lake Manassas, Manassas Regional Airport, Historic Downtown, Harris Pavilion, Hylton Performing Arts Center, and Manassas Museum to name a few.)*
- Committed employees like the seventeen that were recently recognized by their peers for going “above and beyond” their job requirements to provide outstanding services like our award winning animal shelter and the efforts to modernize our zoning ordinances.
- Financial transparency and stewardship as shown by the independent bond rating agency

acknowledgement of a “AAA” rating *(which is the first time the City has received this highest rating attainable.)* and

- Dedicated citizens who are willing to work for the community as elected officials.

I applaud all of the candidates that sought elected office in order to serve the community. It is a long, time-consuming task to run for office and if you win you are dedicating yourself to even longer hours dealing with difficult issues that the private sector has not been able to solve.

During an election, candidates are forced to draw out differences and make distinctions between each other in a win/lose format. Once an election is over, however, we must turn from drawing distinctions to bringing folks together for the common good. Good governance requires listening to all concerns and opinions and then making decisions that are in the best interest of the community.

As we are celebrating Veterans Day and Thanksgiving this month, I want to thank the many veterans living in our community along with other public servants for their service and efforts to make our community and country safe and a place that we can be proud to call home. That is something for which we can all be thankful!

City of Manassas Receives Recycling Award

The City of Manassas Recycling Program has received the Virginia Recycling Association (VRA) 2016 Outstanding City/County Program Award for raising the standard and community involvement in recycling.

City of Manassas residents have taken their commitment to recycling to heart. In 2015, the Spring and Fall RecycleFests drew more than 900 participants recycling over 60 tons of electronic waste, 43 tons of household hazardous waste and more than 20 tons of shredded paper. The City has reached the highest

recycling goal to date, 45 percent recycling. This has reduced the amount of waste our community sends to the landfill and increased the amount of composting and recycling in the community.

New Grant to Inspire Recycling Innovation

The City of Manassas and American Disposal have teamed up to launch a new recycling grant program for Homeowners Associations (HOAs) in the City of Manassas.

The City of Manassas Recycling Grant is designed to fund community based recycling projects that reflect

initiative, innovation and teamwork that helps to increase recycling and reduce the amount of trash at the curb every week.

“We have many community members with great ideas,” says City of Manassas Refuse and Recycling Coordinator Monica Boehring. “The new Recycling Grant targets HOAs that are working with residents in meaningful and sustainable projects that will help keep communities clean and beautiful while helping to reduce the cost of sending trash to the landfill.”

For more information, visit www.manassascity.org/trash or call (703)257-8252

Hometown Hero Honored at City Council

On July 14, 2016, Paul Dow, a senior at Holy Family Academy, was practicing with his Babe Ruth League at the GMBL fields. A friend and teammate, Steve Smith, was hit accidentally with a baseball, causing “commotion cordis” or a lethal disruption of the heart rhythm.

After seeing his friend unresponsive on the ground, Paul Dow began performing CPR on his friend and continued as the EMS team arrived and began life-saving measures. After several days in the hospital, Steve Smith was doing well, thanks to Paul Dow’s unselfish actions.

Paul Dow was recently recognized at a City Council Meeting with a Hometown Hero Award and a Commendation from Manassas City Council. Thank you Paul, for saving a friend in need!



Paul Dow, speaking about how this event changed his life, with family and friends gathered around.

What you need to know about Turkey Fryers

Cooking a turkey is part of the Thanksgiving tradition. It’s part of the whole experience - gathering family and friends close, being thankful and sharing food. As part of this time-honored tradition, some families cook turkey using a turkey fryer. The City of Manassas Fire and Rescue Department would like to remind those using turkey fryers about a few important safety tips to keep your holiday safe.

- Keep outdoor fryers off decks, out of garages and a safe distance away from trees and other structures.
- Never leave fryers unattended.
- Make sure the turkey is thawed and dry before cooking. Ice or water that mixes into the hot oil can cause flare-ups.
- Watch the weather. Never operate a fryer outdoors in the rain or snow.
- Place the fryer on a level surface, and avoid moving it once it’s in use.
- Leave 2 feet between the tank and the burner when using a propane-powered fryer.
- Follow the manufacturer’s instructions to avoid overfilling. Oil can ignite when it makes contact with the burner.



- Choose a smaller turkey for frying. A bird that’s 8 to 10 pounds is best; pass on turkeys over 12 pounds.
- Purchase a fryer with temperature controls, and watch the oil temperature carefully. Cooking oil that is heated beyond its smoke point can catch fire. If you notice the oil is smoking, turn the fryer off.
- Turn off the burner before lowering the turkey into the oil. Once the turkey is submerged, turn the burner on.
- Wear goggles to shield your eyes, use

oven mitts to protect your hands and arms and keep a grease-rated fire extinguisher close by.

- Skip the stuffing when frying turkey, and avoid water-based marinades.
- Keep children and pets away from the fryer at all times.
- Once finished, carefully remove the pot from the burner; place it on a level surface and cover to let the oil cool overnight before disposing.
- Opt for an oil-less fryer. This uses infrared heat, rather than oil, to cook the turkey.

Have a safe and happy Thanksgiving!

The City of Manassas Happenings

Here's what's happening in the City of Manassas.

Thru November - **Manassas Farmer's Market** - Thursdays & Saturdays, 7:30 a.m. - 1 p.m.
www.visitmanassas.org

Thru Nov. 17 - Manassas Lioness Lions Club **5th Community Book Collection** - Drop off at Manassas City Police Department
nuhse4u@verizon.net

Nov. 4, 6-9 p.m. - **Fall Gallery Walk** in historic downtown Manassas
www.visitmanassas.org

Nov. 4 - Feb. 19 - New Exhibit - **Not For Glory: Manassas Veterans & the Wars in Iraq and Afghanistan**
www.visitmanassas.org

Nov. 5 - Voter Registration Office open - last day to vote absentee in-person.
www.manassascity.org/vote

Nov. 5, 8 a.m. to noon - **Recycle Fest 2016** at the Manassas Transfer Station
www.manassascity.org/trash

Nov. 5, 9 a.m. to 2 p.m. - Manassas Senior Center's Holiday Bazaar and Rummage Sale at 9320 Mosby Street, Manassas

Nov. 5, 2 p.m. and 7 p.m. - Pied Piper Theatre's presentation of **Oliver**
www.center-for-the-arts.org

Nov. 6, 3:30 - 6 p.m. - **Sunday Ballroom Dance** at Center for the Arts
www.center-for-the-arts.org

Nov. 7 - 11 - Freedom Aquatic & Fitness Center **4th Annual Community Appreciation Week**
Freedom-center.com

Nov. 8 - Election Day

Nov. 12, 11 a.m. - **8th Annual Veteran's Day Parade** honoring Vets who are 1st responders
www.vetpar.org



Nov. 13, 1:30pm - Free Book Talk **The Last Lynching in Northern Virginia** with Jim Hall at the Manassas Museum
www.visitmanassas.org

Nov. 20, 1:30pm - Free Book Talk **Virginia Barbeque: A History** with Joseph R. Haynes at the Manassas Museum
www.visitmanassas.org

Nov. 26 - Shop Small Saturday
www.visitmanassas.org

Nov. 26 - Dec. 11 - **A Christmas Carol**
www.center-for-the-arts.org

Dec. 1, 2016 - 2017 Commuter (Red) and Downtown Business & Residential (Blue) permits available
www.manassascity.org

Dec. 1, 2016 - 2017 Dog Tags on sale
www.manassascity.org

Dec. 2, 5:30-8pm - **Merry Old Town Tree Lighting** on the Manassas Museum Lawn
www.visitmanassas.org

Dec. 3, 10 a.m. - **Greater Manassas Christmas Parade** -
<https://gmchristmasparade.org>

Dec. 4, 1:30pm - Free Book Talk **Justice and Vengeance: Scandal, Honor, and Murder in 1872 Virginia** with Arwen Bicknell at the Manassas Museum
www.visitmanassas.org

Dec. 4, 11, & 18 - **Carriage Rides** through Historic Downtown Manassas
www.visitmanassas.org

Dec. 4, 12-1:30 p.m. - **Gingerbread House Workshop** at Center for the Arts
www.center-for-the-arts.org

Dec. 5 - Real estate taxes are due
www.manassascity.org/tax

Dec. 10, 1 - 4:30 p.m. - **Pysanky Ornaments Workshop** - Family Session at Center for the Arts. Pre-registration required.
www.center-for-the-arts.org

Dec. 14 - 18 - **Winter Wonderland Train Show**
www.visitmanassas.org

Dec. 15 - 23 - Manassas Ballet Theatre's **The Nutcracker** at the Hylton Performing Arts Center
www.visitmanassas.org

City of Manassas and Manassas Public Schools			
City of Manassas Council		City of Manassas School Board	
Mayor Harry J. Parrish II	703-257-8213	Chairman Tim Demeria	703-895-4856
Vice Mayor Jonathan L. Way	703-368-9174	Vice Chairman Scott M. Albrecht	571-606-1129
Marc T. Aveni	703-795-9651	Arthur P. Bushnell	571-535-7510
Sheryl L. Bass	703-314-4278	Kristen Kiefer	571-606-1129
Ken D. Elston	571-377-8817	Suzanne W. Seaberg	571-606-0499
Ian T. Lovejoy	703-828-7592	Pamela J. Sebesky	571-535-0652
Mark D. Wolfe	703-257-1702	Sanford S. Williams	571-535-6364

Get Social!

Visit the City at www.manassascity.org.

www.facebook.com/cityofmanassas

www.twitter.com/cityofmanassas

www.flickr.com/photos/cityofmanassas

Put your own photos up at www.flickr.com/groups/mycityofmanassas.

To contact the City of Manassas Connection newsletter, email pprince@ci.manassas.va.us.