VOL. 78 NO. 5

SEPTEMBER 2017

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

SRA-LASD FAMILY PICNIC and Fall Festival

OCTOBER 21

William S. Hart Park, Santa Clarita

SEE PAGE 7

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, July 13, 2017, at 11515 Colima Road, Whittier. The following officers and trustees were present: Mike Abdeen, President; Joe Badali, Vice President; Rich Maradiaga, Secretary-Treasurer; Trustees Kerry Carter, J.P. Harris, John McBride, Diane Stone and Liza Vera; and Bill McSweeney, General Manager. Trustees not present: Teresa Garrett, Joe Hartshorne and Veronica Urenda.

The meeting was called to order at 4:35 p.m. A motion was made by Trustee Maradiaga, seconded by Trustee Badali and unanimously carried, to approve the minutes of the June 8, 2017, meeting, and the June Foundation expenditures.

COMMUNICATIONS

General Manager Bill McSweeney reported that communications were received from the following during the month of June:

From Sheriff McDonnell to SRA, "Thank you for your sincere expression of condolences on the recent passing of my Mother, Eileen McDonnell. Your expression of sympathy helped support me during a difficult time. I appreciate your friendship and support. Thank you very much."

From Victoria Bonomo to Denise Jezak and SRA, "Thank you for your help with my husband's funeral and the beautiful flower arrangement sent. My family and I appreciate it very much."

From Janet Herrera to SRA, "Thank you so much."

From Bert and Charel Cueva to Bill McSweeney, "I (we — Charel and myself) can't thank you and the Sheriffs' Relief Association enough for providing the beautiful flower-covered Sheriffs' Relief Association star and stand. Not only that, but you went beyond the call of duty by personally attending both the funeral service and the reception.

"Bill, we've been friends for many, many years, and I can't tell you how much I appreciated your strong support in one of the most difficult times of our lives.

"I didn't need convincing, but in spite of that, you convinced me that my 50 or more years of supporting the Sheriffs' Relief Association was, and continues to be, well worthwhile.

"I hope I can someday repay you for your thoughtfulness, kindness and strong support."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING JUNE: $94,500.00

MORTUARY BENEFITS PAID YEAR TO DATE: $530,750.00

MEMBERSHIP REPORT

A total of 84 new membership applications were received during the month of July. A motion was made by Trustee Maradiaga, seconded by Trustee Badali and unanimously carried, to accept the following new members: Aaron P. Agajanian, Jason A. Au, Danielle M. Barragan, Lynette E. Braga, Adam E. Carreon, Brian C. Chiv, Ricardo Cibrian Jr., Jesse Corona, Robert D. Costello, Sidney J. Cotton, Anthony E. Cummins, Devon L. Custodero, Brian C. Davis, Christina M. Diaz, Ezieme U. Ezieme, Amber J. Frescas, Genevieve I. Garcia, Zacharey M. Garcia, Deborah S. Garrett, Cory A. Gaudet, Jacob A. Grant, Christian E. Hernandez, John Hernandez, Norman S. High II, Jennifer S. Holley, Gabriel Huinac Ocampo, Melissa Hurtado,

continued on page 4

Retired Deputies

By Chickee Nelson and Don Fandry
24 W. Winnie Way
Arcadia, CA 91007
(626) 447-6962
Email: *Chickee1@netzero.com* or *Djfandry@att.net*

NEXT LUNCHEON:
Thursday, October 19, 2017
@ 11:30 a.m. Buffet $10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

On July 5, the Hi-Desert luncheon was cancelled due to the 4th of July holiday. They will resume their luncheons the first Wednesday of each month at 11 a.m. at the *Marie Callender's Restaurant*, 12180 Mariposa in Victorville. Everyone is welcome to join us on the first Wednesday of the month.

On July 5, the Desert Heat had their monthly luncheon at the Lake Havasu Elks Lodge in Lake Havasu, Arizona. Those in attendance were Jerry Gillen, Bill Taggart, Mike Robbins, Mike O'Hara, Ed Ryan, Tom Brown, Doug and Joyce Muchmore, Don and Susie Sackett and Allison, George Wilson, and Vito Cacucciolo. Thanks, Jerry Gillen

On July 5, The Marshal's Old Timers held their monthly luncheon at *Matt Denny's* in Arcadia. There was much reminiscing and levity by the gathering. Those in attendance were: Roger DeHaan, Gene and Mary Swanston, Pat Holland (yes, you read it right), Richard Duran, John Davis, Jack Snyder, David Gonzales, Terry Glisson, Roger Reaves, Wes Kutz, Cliff Hartfield, George Moore, Richard Howard, Hal Richey, Al Barnett and Terry Black. The luncheons are held on the first Wednesday of each month. Remember to check the *Star News* or the *Star & Shield* for upcoming locations. Pat Holland also sends out reminders before each luncheon. Thank you, Terry

On July 7 and 8, the Sunshine Rollers met at Canyon RV Park, Anaheim. Present: Lenore Carr, Tom and Cathy Smith, Manuel and Sonja Cruz, John and Patricia Mascaro, Chuck Anna, Gilbert Sherwood, Carol Engle, Art and Joy DeGroot, and Dee Bacus. Dick and Marcia Cooper were unable to attend because Dick fell and dislocated his hip. I just found out Dick has had surgery and is now in rehab and receiving PT. Wagon master Dee Bacus was thanked for providing us with a very nice weekend. Birthdays celebrated were: John Mascaro on July 4, Dolores Waddle on July 6, Ron Moya on July 9, Chuck Anna on July 15, Patricia Mascaro on July 17, and Pat Jones on July 22. Anniversaries were Chuck and Nancy Anna, 60 years on July 6. Future campouts

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STAR NEWS

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COPY DEADLINE: 1st of the month for the following month. Send copy to: *starnews@lasd.org* or *ljdiot@sheriffsrelief.org.*

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President..... Mike Abdeen

Vice President.....Joe Badali

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Trustees Monthly Meeting *continued from page 2*

Albert Infante, Asana Javidfar, Wendy L. Jenkins, Enrique I. Jimenez, Nicollette L. Kern, Mark R. King, Anthony L. Koteh, Raymond T. Kovacs, Jonathan A. Lanta-Orozco, Michael R. Li Calzi, Gloria A. Lozano, Bryan Luna, Stephen Lupercio, Fulgene L. Macagba Jr., Orlando Marin, Robert J. Martinez, Manuel A. Martir, Matthew D. Medeiros, Krystin N. Mejia, Kari M. Mercer, Anthony M. Metcalf, Mayra A. Meza, Miriam Montez, Laura R. Monzon, Cecilia A. Moore, Israel Muniz-Perez, Jimmy H. Munoz-Aquino, Gerardo Nava-Rodriguez, Sabrina D. Orozco, Erick M. Ortega, Manuel M. Ovalle, Terrance M. Peterson, Crystal Pineda-Alatorre, Refugio E. Quevedo, Danny C. Ramirez, Janson H. Revelo, Thomas Reynolds, Joel Richards, Irma L. Rivera, Joseph A. Rodriguez, Matthew Q. Rodriguez, Rolando Rodriguez, Christopher R. Rozelle, Octavio Ruvalcaba, Sydney T. Santana, Logan L. Simi, Conor J. Sklarsky, Karen M. Sosa, Jonathan Y. Toailoa, Adrian R. Valdivia, Fernando Velardez, Joseph C. Welch, Vince R. Whiddon, Ryan A. Wielt, Matthew P. Williams, Jose A. Yescas Jr., Michael A. Zapata.

We had 1 death of an active member, 12 deaths of retired members, 1 cancellation of active membership, 19 cancellations of retired membership, 3 new honorary associate members and 4 deaths of honorary associate members.

There were 5 members who resigned, 5 discharges and 4 who transferred from the Sheriff's Department/ Sheriffs' Relief Association during the month of June.

EMPORIUM REPORT

Class A pants have been approved and will be available by next month.

SPECIAL EVENTS

The SRA Picnic is on schedule for October 21.

OLD BUSINESS

After hearing the Audit Committee recommendations, a motion was made by Trustee Harris, seconded by Trustee Maradiaga and unanimously carried, to retain our current accounting firm and go forward with the review and audit, and then have a third party do an audit of our accounting firm. We will do a full audit next year.

NEW BUSINESS

A motion was made by Trustee Maradiaga, seconded by Trustee Harris and unanimously carried, to approve the move from using the more expensive *L.A. Times* to the more affordable *San Gabriel Valley Tribune, L.A. Daily News, Santa Monica Outlook, Long Beach Press Telegram* and the *San Bernardino Sun*.

ADJOURNMENT

At 6:20 p.m., a motion was made by Trustee Harris, seconded by Trustee Carter and unanimously carried, to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆

Retired Deputies *continued from page 2*

are: September: Chula Vista with Ron Moya taking over for Scott and Dolores Carter. They need 10 rigs, so please get back to them. This is the last campout in Chula Vista, as the campground is closing this year. March 2018: Canyon RV Park, Manuel and Sonja Cruz. Respectfully, Joy DeGroot, secretary

On July 10, we Lakewood ROMEOs met for lunch at *Portillo's Hot Dogs* in Buena Park on Monday, where many of us earned an epic case of heartburn. The 25 in attendance were Bill Richardson, George Boswell, Ron Morgon, Steve Minnis, Robert Pryor, Bob Ruegger, Chris Beattie, Dennis Flinn, Peter Mack, Sandy Escandon, Debbie and Ben Hilliard, John Herrera and his daughter Miss Anonymous, Bill Snyder, Ed Dahlstrom, Debbie and Dave Bauchop, Mike O'Hara, Frank Matillo, Joel Johnsonbaugh, Marlyn and Paul Meunier, David Cruzen and the inimitable Jerry Berry. Luckily *Portillo's* is the kind of joint that gets your money when you order, thus eliminating the usual "discussions" about exactly who owes exactly how much. *Portillo's* food is the usual fare such as, well, hot dogs, burgers, salads, soft drinks, beef sandwiches, shakes, French fries, onion rings, etc. We were all seated four to a table, so the conversations were pretty local and subdued, the necessity of shouting having been eliminated. We are all wishing for Jerri Johnsonbaugh's continuing recovery from eye surgery which has kept her at home for quite a while. Get well soon, Jerri, so we can enjoy your amazing wit, and before we forget what you look like. The next Lakewood ROMEOs lunch on September 11 is at *The Whole Enchilada* in Yorba Linda, so if you're in the area, join us if you like. We sit down at 11 a.m. at the latest, so if you want to get in on the chatter/ gossip arrive a few minutes early or we may talk about you. — Bill

On July 19, the Las Vegas Retirees got together for their monthly luncheon at *Charlie's Lakeside Restaurant*, 8603 W. Sahara Avenue, on the southwest corner of Durango Drive and Sahara Avenue, at noon. This is a new venue and we have a large room to meet in. You order from the menu. The food was delicious and the service was great. We are going to be meeting here for our luncheons. Those in attendance: Hershel Aron, Jim Ellison, Donald and Melody Gray, Steve and Dora Hernandez, Carlos Gonzalez, Chickee and Norman Nelson, Norman Nelson III, Norman Nelson IV, Leona Nelson, Gary Olson, John Hooge, Gary Griffith, Frank Terkelsen and Mark Robinson. You should ask Jim about his hole-in-one! Yes, he did get a hole-in-one, but you wouldn't believe how it happened. John Hooge is doing really well now. Don and Melody were in a terrible traffic accident after they left Laughlin, but blessedly they are doing well. Totaled their Jeep but now they have a fire-engine red one! So glad to see them at the luncheon. Come join us at *Charlie's Lakeside* if you are in the Las Vegas area on the third Wednesday of the month. Everyone is welcome.

On July 19, the San Diego Retirees met at *BJ's* restaurant in Carlsbad. Present were Richard Schockcor, Lloyd and Myrtle Doakes, Ron Eof, Lou Brown, Ron Weisberger, Gary Wersma, Mike Gray, Dan Castrellon, Harry Penny and Bob Henley. Also, we had a special guest, a retiree from LAPD, Duane Lloyd. A good time was had by all. Joe

On July 20, the Retired Deputies got together at the Glendale Elks Lodge for their quarterly luncheon. Those attending were Woody and Liz Polidore, Norman and Chickee Nelson, Norman C. Nelson III, Gil Sherwood, Bob Pierce from Australia, Jim White and Wes Kutz. You know I am *not* one for spreading any gossip but … Don never showed up to the luncheon; of course, he had excuses. When Jim came on the Department in 1955, he was making $355 a month. After 33 years, he retired in 1988. You aren't going to believe this, but Gil bought himself another car! Yes, another brand-new car. This one is a 2017 beautiful, electric royal blue Chevy Volt. I told you before, he buys cars when he changes his clothes. Carol missed the luncheon because she is in Hawaii babysitting grandchildren! This is a great group of friendly people and you would fit right in. This group meets quarterly and everyone is welcome to attend. Our venue has changed, so we will be meeting at *Villa*

continued on page 6

By Mark Bollman
Cerritos Station

THE GOOD NEWS IS ... SCHOLARSHIPS

Two of our CER personnel are delighted to have scholarships for their children.

The son of Custody Assistant Elaine McKenzie is now at Duke University on a scholastic scholarship; he's already taking summer school there before his freshman semester starts.

The daughter of Sergeant Stephanie Mandujano is heading to Georgia Tech on an athletic scholarship. She was recruited for her pitching (her mom was a catcher) and started school in August.

Now, being located on the opposite coast from home will be a challenge for all concerned. These youngsters have the support of many, as do their moms.

Congratulations to all for achieving such scholarships!

NEIGHBORHOOD WATCH

Previously I had written about Deputy Welby Cham (SAO Team Lead) and City of Cerritos Community Safety Supervisor Emely Merina and their work with the Neighborhood Watch program. This month another citywide block captain (BC) meeting was held that was attended by over 50 BCs. The meeting was held at the residence of one of the BCs who has driven 459s to zero in their neighborhood.

This was accomplished by the neighborhood residents pooling their money together and installing a video recording system with a four-camera array covering the streets in and out of the area. See the photo showing the mounting and signage. Our city also has implemented high-visibility safety vests for the BCs to wear, complete with logo. These were purchased by the BCs for $10 each.

Welby and Emely are increasing the awareness and helping drive down crime by engaging the Neighborhood Watch program and with the participation of the community.

LUNCH WITH THE SHERIFF

We hosted a table of 10 at the July 6 lunch with the Sheriff. The smiles in the photo above express the good time had better than words can. Our attendees were (beginning in the 6 o'clock positon and going clockwise) OAII Natalie Uyematsu, Sergeant Rick Vargas, Chaplain Bill Hundley, Captain's Secretary Elaine Reynolds, VOP Mark Bollman, Reserve Deputy Chuck Hicks, Deputy Pete Magdaleno, Lieutenant Ed Wells, Sergeant Stephanie Mandujano and Sergeant Ty Lauderdale.

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Retired Deputies *continued from page 4*

Catrina Restaurant, 251 N. Santa Anita Avenue, Arcadia, CA. It is two blocks off the 210 Fwy. The all-you-can-eat-buffet is $10.95 or you can order from the menu. It is up to you. So if you are in the area or just want to drop by and have lunch with us, come on in! The next luncheon is October 19. Mark it on your calendar.

On July 28, under semi-warm sunny skies, a dozen of us retirees from the Antelope Valley met at *Denny's Restaurant* in Lancaster for our monthly breakfast and BS session. Glen Hutchinson had reserved a seat for me, complaining that I seem to never sit at his end of the table. So, instead of reporting about group motorcycle outings and Department issues, I now must say that conversations at Glen's end of the table were mostly of reliving moments of the days we worked "down below." It was mentioned that James Crandall, former member of the Sheriff's Posse and a friend to many of us, had passed away after a short bout with cancer. No further information is available as to services. Attending the breakfast were: Don Ott, Glen Hutchinson, Ron Nybakken, Tom Ewens, Fred McNutt, Jay Seibert, Pat Hood, John Ament, Ron Shreves, Keith Hoyt, Dennis Papp and me, Carlos Valdez. The A.V. Retirees meet every last Friday of the month at *Denny's*, 20th Street West and Avenue K in Lancaster, between 7 and 8 a.m. — Carlos

This is the end of our article for this month. Hope you all are enjoying your retirement, and if *not*, then it is your own fault. There are lots of events that you can attend with other retirees, so get up and out. Meet old friends and make new ones. It is up to you. Until next month, signing off. — Chickee and Don ☆

Cerritos Station *continued from page 5*

EXPLORER POST 23

Our Explorers took advantage of some special training provided by Sergeant Mike Harding of TAS on a Saturday. They and their advisors invested in developing the Explorers' skills with the tools and knowledge provided at TAS. It's commendable that our professionals donate their time with the Explorers to give them experiences and insight to what we law enforcement (LE) professionals face in the line of duty. We have multiple others fieldtrips planned to expand awareness and develop them for a future in LE. Photos provided from some of the exercises at TAS.

VOLUNTEERS

The City of Cerritos holds an annual Volunteer Recognition Dinner in appreciation of the services given to make Cerritos the city it is. Of the 200 volunteers who attended the event, emceed by Mayor Grace Hu, we had three tables of VOPs and even more from our Community Emergency Response Team (CERT) there.

Lieutenant Ed Wells and Sergeant Stephanie Mandujano represented LASD. Daryl Evans and Emely Merina represented Cerritos Community Services at the event. Mayor Hu covered many of the contributions made over the last year, e.g., 8,200 hours of service by the VOPs: over 2,000 security checks performed, many events worked and follow-ups on 459s. The CERT program has trained over 600, since the City began the program in 2006, who serve at safety fairs and National Night Out, and participate in regular disaster exercises. They also utilize amateur radio in preparation, run weekly NETs and teach classes for various levels of licensing for the FCC. We have a very committed and generous group of volunteers in Cerritos who associate themselves with our Station.

Our VOPs continue to enable more field minutes for our deputies. One example is conducting station tours. Since they have access to most of the Station and knowledge of our operations, they free up resources during some of the tour times so that sworn is just used for the dialogue with the visitors and access to locations that VOPs don't have for the tours, as appropriate. One of the community relations tips they utilize is having someone on the tour use their phone to call our Station CD and then tell the group how many rings until answered (typically within two rings). This demonstrates in real time the quick response time our Station has to incoming calls. ☆

SRA-LASD FAMILY PICNIC and Fall Festival

SATURDAY, OCTOBER 21

24151 Newhall Avenue, Santa Clarita, CA 91321

Event time: 11 a.m.-3:30 p.m. | Lunch served: 11:30 a.m.-1 p.m.

In-N-Out Burger Truck | Rattler's Bar B Que | Original Tommy's Hamburgers

- Face Painting
- Balloon Artist
- Carnival Games
- Dan the Magic Man
- Petting Zoo
- Slides and Jumpers
- Hart Western Museum
- Snow Cones

RSVP for tickets: SRAPicnic@gmail.com

5 tickets per family (Pick up tickets at the gate)

(562) 946-7081

L.A. SHERIFFS' MUSEUM

By Chris Miller and Mike Fratantoni
Los Angeles Sheriffs' Museum

THE GLAMOUR GIRL SLAYER: HARVEY GLATMAN CASE

Back in 1927, when Harvey Glatman was born, and during his lifetime, not a lot was known about serial killers. Glatman, however, changed all that as he became the first killer profiled by the FBI.

HARVEY GLATMAN'S CHILDHOOD

When he was a child, Harvey displayed deviate, sadomasochistic sexual tendencies, a behavior that deeply disturbed his parents. He felt sexual pleasure from giving or receiving pain or humiliation. After walking in on him as he was involved in some bizarre acts, they took him to their family doctor who said that it was just a phase and that he would outgrow it. As a teenager, Glatman began to break into apartments, tie up the women and fondle, but not rape them. He would then force them to pose for him as he took pictures to remember them by.

CRIMES IN COLORADO

In May 1945, Glatman tied Eula Jo Hand to a telephone pole while holding her at gunpoint. After he molested her, she reported it to the police, saying she recognized him because he was a fellow student at East High School. Police arrested him, but his mother bailed him out. While out on bail, Glatman bound, gagged and sexually molested Norene Lauer in Boulder, Colorado. He was arrested and convicted on that charge, spending eight months in prison for the second crime.

SERIAL KILLER EARLY WARNING SIGNS

Deputy Chris Miller worked for over 25 years in the Video Production Unit of the Los Angeles County Sheriff's Department, producing over 500 law enforcement training programs. During this time, he interviewed investigators, criminals and subject matter experts, as well as researching news articles, publications and documentaries on these subjects. He learned about the early warning signs that indicate the likelihood of a child becoming a serial killer, knowledge that was not available during Harvey Glatman's time. Serial killers don't necessarily display all of the indicators, but they do display many of them.

Substance abuse, child abuse and an unstable family life are indicators that a child may grow up to become a serial killer, but these weren't applicable to Harvey Glatman, who grew up in a normal family. The indicators that did involve Glatman were antisocial behavior, arson, torturing animals, voyeurism, having trouble keeping jobs and using his superior intelligence to manipulate others.

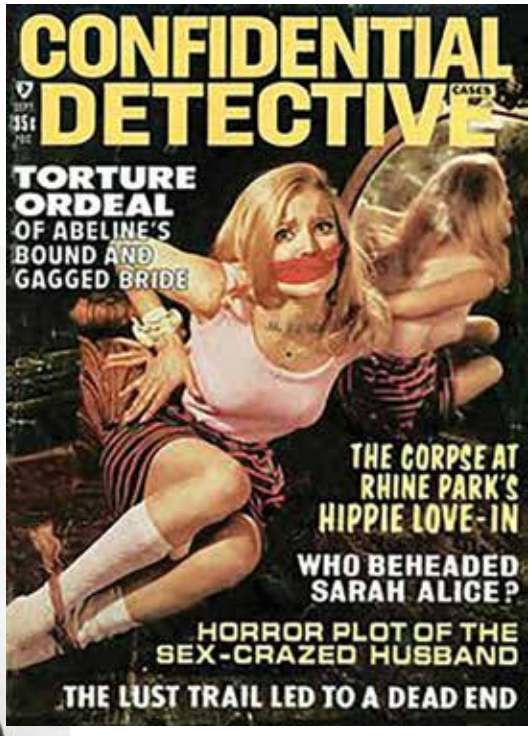
Glatman was an only child with no social skills and no friends as he was growing up. He was not a good looking boy. In fact, he had the nickname of weasel, which didn't help his self-esteem or his interaction with girls. As a child living in New York, Glatman was arrested for setting buildings on fire and was also known for torturing animals.

As a teenager, Glatman was a social outcast. Since he could not get a date, he would sneak around the homes in his neighborhood and spy on girls and women. Although quite intelligent, he felt no sympathy or empathy, which made him even more dangerous because he could do terrible things to people without being affected.

DETECTIVE MAGAZINES DEPICTING VICTIMS OF BONDAGE AND TORTURE

During the 1950s, so-called "detective magazines" became quite popular. They contained shocking or disturbing stories about actual crimes. On the covers of these magazines were staged photos of crime victims, many depicting women tied up and gagged, often with a look of terror on their faces.

Harvey Glatman did not have a steady job, working off and on as a TV repairman. After moving from Colorado to Los Angeles, the amateur photographer portrayed himself as a professional photographer, placing ads looking for models to do crime scene reenactments for the covers of detective magazines.



Believing it was part of a photoshoot, the unsuspecting models allowed Glatman to tie them up. Once they were bound and gagged so they couldn't get loose, he sexually assaulted them, all the while taking photographs to capture their pain as he raped them over and over. Once he was through raping them, he tortured them until they displayed the most horrible terror on their faces, photographing the helpless women as they trembled and cried, begging him to stop. He reveled in all of these

details, keeping the photos so he could relive the experience later, after he killed them.

Once Glatman had finished raping and torturing his victims, he followed the same pattern to kill them. Transporting her to the desert, she was removed from his car with her hands still bound. Her feet were tied with a rope, which was then looped around her neck. He then pulled back on the rope as hard as he could and held it there until she quit struggling.

VICTIM JUDY DULL

On August 1, 1957, 19-year-old Judy Dull, who was going through a divorce, was in dire need of money to pay an attorney to fight her ex-husband for custody of their 1-year-old daughter. Dull had seen an ad placed by Harvey Glatman for a modeling job. After calling Glatman, they agreed on $20 for the photoshoot. Glatman asked if he could take the photos at her place since the studio he used wasn't available. Dull found this reassuring since she could remain in the security of her own apartment with her roommates present.

When Glatman arrived at Dull's West Hollywood apartment, he told her that his friend had a cancellation and his studio was available, so now they could go there for the photoshoot. Needing the money, she reluctantly agreed. Before leaving, Glatman was introduced to Dull's roommates, Betty Carver and Lynn Lykles, who were also pinup models. He identified himself as Johnny Glenn and left the girls his phone number.

Glatman and Dull walked out to the car and drove away. He took her to his home where he had set up a makeshift studio. In the first pictures he had her in classic model poses looking innocent, but then said that he needed to tie her up to look like a kidnap victim. Dull willingly let Glatman tie rope around her wrists, knees and ankles and then gag her.

SHERIFF'S OFFICE LOS ANGELES COUNTY — COMPLAINT REPORT

AUGUST 2, 1957 — FILE 2 421305

C PERSON MISSING/ POSSIBLE KIDNAPPING 207 PC — ACTIVE

V DULL, JUDY ANN --/ VAN HORN/ WF19- 1302 SWEETZER AVE- APT 201 OL-6-2382

I BETTY CARVER / WF-B- 1302 SWEETZER- APT 201- OL-6-2382

L 1302 SWEETZER AVE- APT 201-- WEST HOLLYWOOD -- CENSUS TR NO 90L

T 2 PM 8-1-57 /THURSDAY/

S "JOHNNY GLINN"- ADD UNK- POSSIBLE PH NO- RAYMOND-3-1392- WM29, 5/9" 150 LBS- EYES UNK- BRN HAIR- OLIVE COMPLEX. WEARING HORN RIM GLASSES- HAIR CUT SHORT ON SIDES- OCC-PHOTOGRAPHER- WEARING BRN PANTS- WHITE SHIRT- CHARGE-PERSON MISSING- POSS KIDNAPPING /207 PC/ -----NOT IN CUSTODY

RE- 5 AM DETAIL..8-2-57....
INFORMANT IN STATION TO REPORT THAT SUSPECT HAD CONTACTED HER AT HER APARTMENT- RE- A MODELING JOB FOR VICTIM, AND THAT HE HAD OBTAINED HER NAME AND ADDRESS FROM ANOTHER /UNNAMED/ PHOTOGRAPHER. VICTIM WAS NOT IN AT THE TIME SO SUSPECT CALLED BY PHONE AT A LATER TIME AND MADE AN APPOINTMENT WITH VICTIM FOR 2 PM, 8-1-57, TO HAVE HER MODEL FOR HIM IN HER OWN APARTMENT AS HE HAD NO STUDIO. SUSPECT WAS GOING TO TAKE PIN-UP PICTURES OF VICTIM.

AT 2 PM, SUSPECT ARRIVED AND TOLD VICTIM THAT HE HAD A STUDIO AND HE WOULD PHOTOGRAPH HER THERE. VICTIM TOOK SEVERAL SKIRTS AND BLOUSES AND LEFT WITH SUSPECT. BEFORE LEAVING, SUSPECT TOLD INFORMANT THAT HE WANTED VICTIM FOR A 2 HR SITTING AND THAT SHE COULD BE CONTACTED AT A PHONE /RAYMOND 3-1392/.

INFORMANT ADDED THAT VICTIM HAD SEVERAL IMPORTANT APPOINTMENTS BEGINNING AT 5 PM BUT DID NOT SHOW UP AT ANY OF THEM. INFORMANT FURTHER STATED THAT VICTIM HAD NEVER GONE ANYWHERE WITHOUT CALLING SEVERAL TIMES DAILY. WHEN INFORMANT CALLED THE PHONE NUMBER, SUSPECT HAD LEFT - IT WAS FOUND TO BE A WRONG NUMBER AND NEITHER SUSPECT OR VICTIM WERE KNOWN THERE.

VICTIM HAD TOLD INFORMANT SEVERAL TIMES RECENTLY THAT SHE HAD BEEN FOLLOWED HOME, BUT DIDN'T KNOW WHO HAD FOLLOWED HER.

Judy Dull in Glatman's home

After she was bound and gagged, to get the look of fear he wanted, Glatman produced a gun and threatened to kill her. He then began photographing her as he raped and tortured her. Dull's eyes displayed not only pure terror, but utter frustration at placing herself in a vulnerable situation from which she could not escape. This was the look that satisfied Glatman's sick desires, so he repeatedly raped her as he continued taking photographs.

Glatman felt a special connection with this victim so, after raping her and while she was still bound and gagged, he sat her in a chair and they watched TV together. After a while, Dull requested to use the restroom. Glatman agreed, but said he'd kill her if she tried anything. Glatman then forced Dull to strip for him. After she used the restroom, he had her put on a dress instead of the skirt and sweater she had been wearing. While she was putting on the dress, she tried to assure Glatman that she wouldn't say anything to her roommates or the police. That's when he noticed the rope marks on her wrists and realized right then that Dull had to die. After all, not only would her roommates question her about the rope marks, but Dull knew what he looked like, what car he drove and where he lived.

After watching TV again for a while, Glatman told Dull that he was going to take her to the desert, have sex with her one last time and then release her. He never intended to release her. Tying her hands once again, they went out to the car and drove to an isolated area in the desert of San Bernardino County. Glatman helped her out of the car and spread a blanket on the ground. After she laid on the blanket, she was shocked as Glatman began tying her ankles together. If he intended to let her go, why was he binding her legs together? He raped Dull one last time, then photographed her lying tied up in the desert. Placing his knee in her back, he tied a five foot piece of rope to her ankles, wrapped the other end around her neck and pulled it as hard as he could. She struggled as he continued pulling on the rope, but finally went limp and moved no longer.

Harvey let go of the rope and took photographs of the dead model, after which he dragged her 20 yards to an area filled with sand. Using one of the victim's shoes, he dug out a depression, then rolled her body into the shallow grave. The shoe was then used to scoop and pour sand over her body to conceal it. Once he was done, he picked up his blanket and ropes, placed them in the trunk of his car and began the long drive back to Hollywood.

A CAUSE FOR ALARM

When Dull failed to return from the photoshoot, Carver called the phone number she was given by Glatman and it was answered at a machine shop. No one there had ever heard of Johnny Glenn, the name given by Glatman. Carver then called the West Hollywood Station of the Los Angeles County Sheriff's Department. The Sheriff's Department distributed an all-points bulletin for Johnny Glenn. They described him as wearing

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horn-rimmed glasses, 29 years old, 5 feet 9 inches, 150 pounds, brown hair and olive complexion.

A few days after Judy Dull's disappearance, her ex-husband Robert Dull petitioned the court and was granted full custody of their daughter, Suzanne.

THE LONELY HEARTS CLUB

Glatman was concerned that Dull's roommates had seen him and that the Sheriff's Department may have distributed a drawing of him to the women doing modeling work in the area. He didn't want to take the chance that one of the models he hired might identify him, so he decided to take a different approach. Seeing an ad for a lonely hearts club, he decided to join.

VICTIM SHIRLEY ANN BRIDGEFORD

Shirley Ann Bridgeford was a divorced 24-year-old who lived with her mother and two children in Sun Valley. Bridgeford had joined a lonely hearts club in Los Angeles in order to start dating again. On March 9, 1958, she was contacted by Harvey Glatman, who identified himself as George Williams. When Glatman picked her up at her mother's home, he met Bridgeford's mother and several other relatives. Glatman and Bridgeford left that night to go out dancing and she was never seen again. When police checked the dating club's registration, the description of Williams didn't match the man who picked Bridgeford up. His residence turned out to be a nonexistent address in Pasadena.

This murder caused news reporters to refer to the suspect as "The Lonely Hearts Killer." Later, when it was determined that the majority of the murder victims were models, they referred to him as "The Glamour Girl Slayer."

VICTIM RUTH MERCADO

Deciding to target models again, Harvey soon found his next victim. Ruth Mercado had just moved from New York and was working as a pinup model and stripper under the name of Angela Rojas. Her landlord said that she left with an unknown man for a photoshoot and never returned. Days later, when her landlord finally decided to unlock the door to her apartment, he found an unpleasant surprise. Mercado's dog and two parakeets were near death, having gone without food or water for four days. The landlord notified the LAPD to report her missing.

VICTIM LORRAINE VIGIL

Lorraine Vigil, who had just registered with a Hollywood modeling agency, finally brought Glatman's crime spree to an end. After agreeing on all the photoshoot details, Glatman arrived to pick her up. They entered his car and drove onto the Santa Ana Freeway at a high rate of speed toward Orange County. Vigil became very upset when she realized that Glatman was not going in the right direction. She voiced her concerns, but Glatman just stared straight ahead, ignoring her. He refused to look at Vigil or answer any of her questions.

He finally turned off the freeway onto a small road in a desolate area and brought the vehicle to a stop, saying he had a flat tire. Instead of getting out, however, Glatman pulled a gun and pointed it directly at Vigil, who, panicking, frantically grabbed the barrel. Glatman was enraged. He had never before had a victim fight back. Although incensed by her nerve to grab his gun, Glatman was not a very big man and was unable to wrestle the weapon back from her. Glatman threatened to kill her if she didn't let go, but Vigil held on to the barrel of the gun with all her might as they continued struggling to gain control. As Vigil was yelling at him, Glatman grabbed a piece of rope and attempted to force her free hand behind her back. When that didn't work, he then tried a different tactic, trying to convince her that if she cooperated, he wouldn't hurt her. But Vigil refused, knowing he would kill her if she let go. Suddenly, the gun fired! The bullet lodged in the car's seat missing them both, but in doing so, made a hole in Vigil's favorite dress! She went into a rage!

Using her free hand she managed to open the car door and, still struggling over the gun, they both fell out and tumbled onto the shoulder of the road. As cars passed by, they rolled around on the ground fighting over the gun. Intent on getting the weapon away from him, Vigil bit Glatman's wrist and he immediately let go. Having the gun in her possession, she began beating him. This continued until he began crying and begging her to give the gun back so he could leave. Vigil would have shot him if she could, but having never fired a gun before she didn't know how. Still, he didn't know that. The Highway Patrol was driving by and observed a woman pummeling a defenseless man. At first they thought that Vigil, who was assaulting Glatman, was the suspect, but after talking to both of them, realized that Glatman had assaulted and attempted to rape Vigil.

THE CONFESSION

The Highway Patrol officers transported and booked Glatman into the Orange County jail.

Shirley Ann Bridgeford

Lorraine Vigil describes her ordeal with Glatman.

Glatman shows investigators where he killed Judy Dull.

A deputy handcuffs Glatman after his arraignment. Deputies wore cross-draw holsters in those days.

Hunt Armed Escapee, Woman, Baby

Los Angeles Times 9 AM FINAL

MAN ADMITS SLAYINGS OF THREE L.A. MODELS

L.A. Alarms Held Needless as Nevada Atom Tests End

See No Fall-out Danger

It's Got to Be Knowland

Last Shot Fired in Tunnel

Attempts to Kill 6th Victim

Armed Escapee Hunted With Woman and Baby

Knowland to Go on TV in 20-Hour Telethon

When interviewed by detectives, he confessed to the other killings, describing how he bound and gagged the victims and, while torturing them, they begged for him to kill them. The concerned agencies were notified, and after talking to Glatman, determined that he was the murderer for whom they had been searching. Judy Dull was killed in the jurisdiction of the Los Angeles County Sheriff's Department, while Shirley Ann Bridgeford and Ruth Mercado were killed in LAPD's area.

DISTURBING EVIDENCE DISCOVERED

A search of his home provided detectives with a toolbox containing rolls of film, which, when developed, revealed images of Judy Dull, Shirley Ann Bridgeford and Ruth Mercado from the time each victim was bound and gagged until they were tortured and killed. Even hardened homicide investigators were deeply disturbed by the graphic photos.

GLATMAN'S MURDER SPREE ENDS

Harvey Glatman was never to rape again. After being tried and convicted, he was executed in the gas chamber at San Quentin on September 18, 1959.

ONE LAST VICTIM: DOROTHY HOWARD

Silvia Patten, a crime historian, was writing a book on Harvey Glatman. While researching women in Colorado who had disappeared during the time Glatman lived there, she read about Dorothy Howard. The 18-year-old was reported missing from Phoenix, Arizona, in March 1954. On April 8, 1954, the naked and battered body of a young woman was found on the banks of Boulder Creek in Boulder, Colorado. The woman's body remained unidentified until 2009 when Sylvia, convinced that Dorothy was a victim of Glatman, contacted the police. The body was exhumed and a DNA test identified the remains as those of Dorothy Howard. Although Glatman had already been executed and would not be charged for the murder, the discovery allowed closure for her family.

Dorothy Howard with her ex-husband

APPEARANCE ON DETECTIVE MAGAZINE COVERS

Glatman's models thought they were going to be on a magazine cover portraying crime victims. Instead, each unsuspecting young woman who voluntarily allowed herself to be bound and gagged realized too late that she was the one who was going to be the crime victim. It was only after reaching this point of no return did they realize the gravity of their situation, and the horror reflected in their faces was photographed by a sadistic man who's goal in life was to control, rape, torture and murder.

The lie Harvey Glatman told these young women ultimately became the truth.

After his execution, word of the heinous crimes spread and publishers obtained photos of the victims during the last moments of their lives. Harvey Glatman shared these covers as well. The faces of the victims may have shown terror, but Harvey Glatman was, himself, the face of terror. ☆

HIGH-SCHOOL CO-EDS' HORROR DEATH

CONFIDENTIAL DETECTIVE

California— DESERT MASSACRE of THE TORTURED MODELS!

Chicago— "IF YOU SHOOT MY LOVER—KILL ME TOO!"

Indianapolis— WATCH FOR THE HOPHEAD BRIDE!

VOICES TOLD ME TO KILL

FRONT PAGE DETECTIVE

The SEX-CRAZED PHOTOGRAPHER and his GRAVEYARD of MODELS

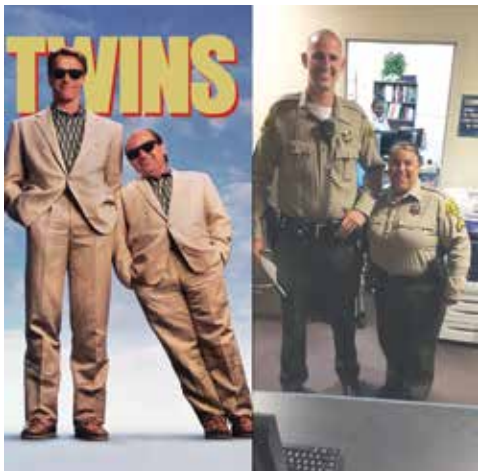
By David Ibanez
Palmdale Station

HOOK OF THE MONTH

This month's hook of the month goes to Deputy Kevin Bowes and Deputy Joshua Nemeth. While they were doing a patrol check of a high-crime area, they conducted a vehicle traffic stop. Their keen investigative skills led them to an arrest of a felon in possession of a sawed-off shotgun, possession of ammunition and possession of a stolen vehicle. While they conducted a vehicle search, they discovered the materials and tools that were being used for counterfeiting. Their police work led to locating 80 identity theft victims. One victim was a local fireman. Great teamwork, gentlemen!

TWINS

Have you seen the movie with Arnold Schwarzenegger and Danny DeVito? Meet our very own twins, Deputies Conley and Haywood. Take another look at the picture. Did you see the photobomb in the background by Watch Commander Johnson?



SUPERHERO FUN RUN

To help raise funds for the 999 for Kids charity, Palmdale Sheriff's Station hosted a Superhero Fun Run and Safety Expo. Approximately 200 participants dressed up as their favorite superhero and ran for a worthy cause. Runners were greeted at the finish line by Batman with a high-five and a medallion. At the end of the race, runners and supporting family members were treated to activities. Guests enjoyed the display vehicles, rock-climbing wall, face painting, dunk tank, jumpers, snow cones and cotton candy. A big thank-you goes out to Deputy Fletcher, from Training Bureau, who dressed up as Batman and helped us promote the event.

LOOKING DOWN

In the last issue, I wrote about the memorial of Deputy Richard Hammack, who was killed in the line of duty while performing a narcotics search warrant. Deputy Aquino was so inspired by the legacy of The Hammer that he visited the scene of the incident, which had occurred 25 years ago to the exact date. Coincidently, Deputy Aquino saw a suspicious vehicle and conducted a traffic stop. Deputy Aquino ultimately arrested the suspect for sales of narcotics. The Hammer would be proud of your hard work and dedication.

As an added bonus, here's Deputy Aquino channeling his inner Andre Agassi during a routine call.

COFFEE WITH A COMMUTER

Just before dawn, early morning commuters were greeted by Palmdale Sheriff's Station with coffee and donuts. Deputies staged at the Palmdale Transportation Center and welcomed residents before their train commute. The event was an extension of our monthly Coffee with a Cop, which focuses on community engagement with local law enforcement. Coffee with a Commuter was targeted for those who are unable to attend due to their work and school schedules. ☆

FROM THE DOCS

INDICATORS OF MENTAL ILLNESS

By Stephen Seetal, Ph.D.

Whether the setting is a community, one of our custody facilities, a County park or building, or the Metro system, engaging effectively with mentally ill (MI) individuals has perhaps never been as important (or potentially challenging) as it is now. On a national level, with roughly one-third of law enforcement resources being utilized to deal with MI persons, many law enforcement agencies are working diligently to put policy and training in place that better support their sworn personnel and service the community at large in a more effective manner. Civilian members of our Department are not exempted from these challenges. Whether it's in the course and scope of work duties, social circles or family life, many have found encounters with MI individuals confusing and even stressful.

One of the reasons these encounters can be so challenging is the notion that MI individuals can respond with a level of volatility or unpredictability not consistently seen in other populations. For sworn personnel, using a more traditional "authoritative" or "command presence" approach that would be effective otherwise may serve to trigger an MI individual into a state of "fight or flight" where they escalate physically, cognitively and emotionally (this is called a paradoxical relation to the use of force). For civilian personnel, attempting to communicate with an MI individual without paying attention to things like body language and voice tempo (volume, tone and speed) can be met with similar results.

To address these issues, our Department is working to coordinate a version of Crisis Intervention Training, or CIT, for most of our deputies and some nonsworn personnel. CIT is a national model used mainly in the field, but has also been used in correctional settings because it is "evidence based," meaning there has been research done on its utility and efficacy when dealing with MI populations. If you have not yet participated in a form of this training, you may in the near future.

In the versions of this training offered by our Department, there is an emphasis placed on officer safety and a concept called the "window of time" in which personnel are trained to recognize a short critical period (usually less than 60 seconds) at the beginning of an encounter where adjusting one's interactional approach can potentially reduce the likelihood of having to "go hands on." For civilian personnel, communicating effectively and safely with an individual who has symptoms of MI involves being able to "cue in" to behaviors to note signs of agitation, anger or aggression. A central part of this involves being able to recognize any indicators of mental illness that may be present so that the pace of the encounter can be slowed. While teaching how to diagnose MI is not part of training, being able to identify traits and signs of MI and interact effectively are important aspects covered. Here you'll find a quick checklist you can use for identification. You'll notice that the traits, signs and symptoms are divided into four main categories for easy reference.

Suicidal/self-harming:

- Making statements about wanting to harm self (i.e., having a plan, etc.)
- Verbalizing a desire to die
- Taking active steps to attempt death (i.e., running into traffic)
- Cutting or severely scratching skin
- Burning or scalding self
- Hitting self or banging head
- Throwing body against walls and hard objects
- Sticking objects into skin
- Swallowing poison or inappropriate objects

Making sense/not making sense:

- Bizarre, peculiar behavior or socially inappropriate behavior
- Not oriented (person, place, time, situation)
- Severe neglect of self-care; appearance

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L.A. County Retired Marshals Lunches for 2017

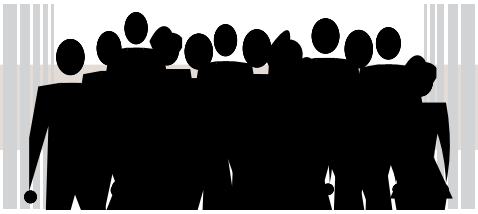
ALL LUNCHES ARE SCHEDULED FOR 12 NOON

September 6
Black Bear Diner
7005 Knott Ave.
Buena Park

October 4
Marino's Italian Restaurant
17126 Bellflower Blvd.
Bellflower

November 1
Yang Chow
3777 E. Colorado Blvd.
Pasadena

December 6
Villa Tepeyac
2200 E. Garvey Blvd.
West Covina



PEER SUPPORT PROGRAM

By Mike Rodi

COPING WITH OFFICER-INVOLVED SHOOTINGS/CRITICAL INCIDENTS

Being prepared for possible reactions to critical incidents is a smart and effective way to deal with them. There are steps a person can take to better cope with critical incident reactions, as well as specific things one can do.

GENERAL STEPS

- Maintain a normal, healthy, daily routine as much as possible. This includes exercising and hydrating to burn off excess adrenaline and maintain overall emotional and physical fitness; and getting quality sleep to help your brain and body consolidate what happened and recover.
- Continue usual social and work activities.
- Build and use an emotional support system: family, friends and co-workers. Research repeatedly shows you are stronger when you have a good support system.
- Take a day or two off from work to relax and regroup.
- Be cautious of temporarily numbing out the unpleasant symptoms with alcohol or other substances.
- Eat well and keep caffeine and nicotine intake to a minimum to rebuild your immune system.
- Sometimes returning to duty reactivates reactions or feelings.

It is recommended to use Department resources (Peer Support members or Psychological Services) for any questions you may have about an officer-involved shooting or critical incident. Please contact Psychological Services Bureau at (213) 738-3500 to schedule a confidential appointment. ☆

From the Docs *continued from page 13*

- Easily distracted
- Paranoia
- Delusions (fixed, false beliefs)
  - Grand ideas of wealth, self-importance, etc.
  - Thoughts of persecution (government, surveillance)
  - Person, usually of higher status, is in love with them
  - Inflated worth, power, knowledge, or relation
  - Being mistreated in some way
  - Have a physical defect or medical condition
- Hallucinations (sensory stimuli)
  - Talking to self, laughing alone, crying without cause
  - 1,000-yard stare
  - Covering ears with hands, clothing or headphones
  - May "duck" or fend off something
  - Sitting/standing motionless or rocking motion
  - Looking around/staring toward voices
  - Screaming or yelling for no apparent reason
  - Scratching skin
- Disorganized speech
  - Incoherence
  - Abrupt stop in the middle of a train of thought
  - Inability to answer a question without giving unnecessary details
  - Rhyming sounds together
  - Echoing of another's speech
  - Pressured speech: Excessive, rapid speech without pauses involving unrelated ideas
  - Incoherent: "word salad," stringing of words together that do not make sense
  - Perseveration: Repeatedly giving same response to different questions

Elevated/anxious/depressed:

- Elevated
  - Elated mood/extreme happiness, euphoria
  - Irritability
  - Increased physical activity
  - Disoriented about self (visions of grandeur)
  - Highly talkative, pressure to keep talking (pressured speech)
  - Flight of ideas/racing thoughts
  - Extreme impulsivity (risk-taking behavior, speeding)
  - Hypersexual
- Anxiety/Panic
  - Hyperarousal
  - Paranoia
  - Fear of dying
  - Fear they are going crazy or losing control
  - Verbalizing excessive worry
  - Difficulty breathing/chest pain or discomfort
  - Dizziness or faintness
  - Trembling or shaking
  - Abdominal distress
  - Hot flashes or cold chills
- Depressed
  - Sad, down
  - Reduced energy level
  - Poor hygiene
  - Tearful, sobbing
  - Physical slowing

Miscellaneous:

- Rapid emotional changes (laughing, crying, sadness, anger, panic)
- Easily distracted (cannot track communication or follow commands)
- Aggressive toward inanimate objects (glass, mirrors, shiny objects and materials)
- Stripping off clothing
- Reduced facial expressions, gestures
- Rigid, does not move, does not talk, does not respond

While this list does not represent all of the indicators of MI, it does represent the broad spectrum of behaviors that may be observed as a result of MI. Perhaps the most important concept when interacting with someone who may be MI involves recognizing that the individual is not their illness, nor did they choose to be MI. Rather, they are someone's family member or friend, and a human being. Sometimes this awareness can go a long way.

If you would like to obtain further assistance regarding Department training on mental illness or indicators of mental illness, you can contact Psychological Services Bureau at (213) 738-3500. You can also obtain additional information by visiting our intranet site at *http://intranet/intranet/ESS/Index.htm*. Stay safe. ☆

L.A. COUNTY PEACE OFFICERS' MEMORIAL

By John Stanley
L.A. County Peace Officers' Memorial

LOS ANGELES HARBOR PATROLMAN HAROLD EDGINGTON: END OF WATCH SEPTEMBER 30, 1979

On the morning of September 30, 1979, a deranged man stabbed to death Los Angeles Harbor Patrolman Harold Edgington. Responding deputy sheriffs shot and killed the suspect a short time later. The facts amassed at the time of Officer Edgington's murder presented a view of this incident recently shown to be incomplete. In 2014, Elizabeth Bloch, an eyewitness to the incident who was never interviewed at the time of Officer Edgington's murder, came forward and detailed his heroism that day.

In 1979, Elizabeth Bloch, a young college student recently transplanted from Connecticut, took a job in Marina del Rey helping to teach windsurfing classes. On Sunday, September 30, she left her teaching partners and a handful of students by the water and returned to her van to retrieve a pair of surfing gloves. As she fished the gloves from the van, three men began to talk to her. She considered the men frightening and hastily closed the van and started to return toward her friends. She saw Officer Edgington seated on his three-wheeled motorcycle writing a ticket and quickly headed toward him for safety.

As she approached Officer Edgington, she heard one of the men say, "Where were you when I needed you?" She looked back at the man, later identified as Stuart Schwebel, and saw he had a strange look on his face and carried a knife as he skulked toward her. This caused her to quicken her pace toward Officer Edgington. She noticed Officer Edgington apparently neither saw nor heard any of her confrontation with Schwebel and attributed this to his loud motorcycle and the fact he faced away from her.

Schwebel then called out to her, "Face me, or I'll get you between the eyes with this knife!" He added he knew how to use the knife. At this point, Bloch could no longer tell whether the man spoke to her or now began to address Officer Edgington. Either way, Edgington still failed to acknowledge Schwebel's presence. When she ran past the officer toward her friends, Edgington at last turned and saw Schwebel approaching him. By this point, she said he and the Schwebel were only about 10 feet apart.

Bloch said Officer Edgington appeared calm until Schwebel raised the knife above his head and demanded his gun. Schwebel's actions now drew the attention of others and some witnesses claimed Schwebel also yelled out. "Kill me! Kill me! You've got a gun. Kill me!"

Edgington then jumped off his motorcycle, awkwardly drew his weapon and began back peddling as Schwebel came around the cycle and closed on him. Edgington then tripped over the heel of his shoe, and as he fell backward to the pavement, fired one round at Schwebel, which appeared to strike the man in the stomach. Schwebel only grunted and then became enraged. He threw himself on top of Officer Edgington and Bloch remembered seeing "great amounts of blood" as she fled.

After Schwebel stabbed Officer Edgington to death, he took Edgington's revolver. He briefly appeared to be after Bloch and her friends, but they ran from him so he entered an adjacent parking lot. Another witness ran up toward where Officer Edgington lay. He grabbed the radio microphone on the motorcycle and called out that an officer needed help.

Marina del Rey Deputies Alfred Cohen and Dave Cowen arrived as the first lawmen on the scene. Cowen knew Officer Edgington well and shared coffee with him only hours before Schwebel's attack. Cowen confronted Schwebel first. He saw the man had rearmed himself with his knife and had Edgington's gun in his waistband. Cowen demanded he throw down the knife. Instead, Schwebel yelled, "You've got a gun, kill me!" He then lunged at Cowen who fired at him twice. Schwebel ran into an adjacent vacant lot where Cowen, joined by Cohen, followed. The two deputies fired an additional five shots, ending Schwebel's life.

Emergency personnel rushed Officer Edgington to nearby Marina Mercy Hospital where doctors pronounced him dead.

The fact that Schwebel roamed the streets of Marina del Rey at all, menacing Elizabeth Bloch and murdering Patrolman Edgington, is another tragedy. On November 4, 1975, Schwebel went on a shooting spree in the same Marina del Rey community where he killed Edgington. Schwebel fired dozens of rounds and four rifle shots at Deputy Sheriff James Fender and an LAPD officer. On that day, he surrendered peacefully, but rather than be tried for attempted murder, the court deemed him mentally incompetent and committed him to Atascadero State Hospital. On August 5, 1977, the medical staff there released him, proclaiming he "will not be a danger to others." Ironically, Dave Cowen worked as James Fender's partner in 1975 and Harold Edgington served as one of nearly 40 officers who responded to assist in his arrest.

Patrolman Edgington, 55, was survived by his wife, Donna, and children, Sharon and Gary. Gary would go on to have a long career in law enforcement. At the time of his father's murder, he had just finished his third week in the Los Angeles Sheriff's Academy.

During an interview with Gary in February 2015, he stated his father suffered severe hearing loss working around ship engines from his years in the United States Coast Guard between 1942 and the early 1960s. The noise from his motorcycle coupled with his hearing loss almost certainly explains why he did not hear the commotion between Elizabeth Bloch and Schwebel until they were almost on top of him. Another mitigating factor Gary shared: The morning of the incident, over breakfast, he and his father talked about the recent controversial Eula Love shooting where LAPD officers shot a woman armed with a knife. Gary said he felt this must have been on his father's mind when he encountered Schwebel.

Elizabeth Bloch believes Patrolman Edgington's presence and intervention likely saved her life. Shortly after the incident she wrote a long journal entry, including a map, detailing the events she

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Peace Officer's Fellowship

By Willis Braggs

20 YEARS SOBER

The last time I had a drink? To be honest, I don't remember exactly. I know the day started out with me playing in a softball tournament. It was the kind of tournament where you take a beer out to your defensive position, you set it back a ways and try not to let a ball get by you to avoid it being knocked over. If you booted one, and the beer spilled, no big deal. There was a designated runner who would run a fresh one out to you.

Once the tournament was over, the team retired to a local establishment owned by one of our players. I remember being there for some time, enjoying myself as the night wore on. I'm not sure what time I had that last beer, what time I decided to leave or when I got into my car. I was a binge drinker and a blackout drinker, and that night I lost track of a few hours' worth of time and frivolity. I do remember being pulled over by the police and hauled off to jail. Adrenaline has a way of bringing you out of a haze and back to reality.

My life was already in shambles: a failed relationship, financial problems and an administrative investigation from a prior alcohol incident that had me relieved of duty. The new caper, I figured, was just the final nail in my coffin. On that day in June 1997, I knew I was in for some changes. Job? Gone. Home? Gone. Driver's license? Gone. Reputation? Long gone.

The next day, my first day sober, I was out of answers, so I made a phone call. That call led me to my first Peace Officer's Fellowship meeting. I was right about the changes. I was wrong about the nature of those changes. Instead of ruin, the changes led me to a new freedom and continuous sobriety. So here I am, 20 years later, unable to recall what that last drink tasted like, but sure about the taste of freedom that came the next day, and every day thereafter. ☆

These people have agreed to give up their anonymity so that others who are in need of help can find the POF. Don't worry about bothering us; helping those with drinking issues is one of the ways we stay sober.

NAME	HOME PHONE	CELL PHONE
Eric Castano*	(562) 493-5465	(323) 537-0927
Joe Collins	(320) 684-4008	(909) 240-0509
Bob Ghan		(714) 916-3299
John Heckman	(661) 272-5756	
Kathy King	(714) 323-8600	
Chris Loomis	(626) 447-9011	(626) 230-3137
Dave Philippon		(909) 296-0203
Ray Terhorst	(505) 705-5656	
John Valencia	(909) 599-1160	(951) 316-3633
Marty Weirich	(360) 570-1216	

*Active LASD

L.A. County Peace Officers' Memorial

continued from page 15

Ironies Mark Slayings at Harbor
Mental Patient Tried to Kill Officers 4 Years Before
Metro
LOCAL NEWS EDITORIAL PAGES
Officer stabbed to death; police slay suspect
By WALLY BURKE
Evening Outlook Staff Writer
Harbor Officer Slain; Deputies Kill Suspect
BY TED THACKREY JR. and KRIS LINDGREN
OFFICER
Stabbing
Continued From Page A-1
chest and stomach of Edgington, who then drew his service revolver and fired one shot, apparently wounding the man.
Witnesses said the attacker then overpowered the patrolman, knocked him to the ground and slit his throat. The assailant then reportedly took the gun

witnessed. She gave me a copy of this journal entry. It is tragic that no law enforcement personnel that day interviewed Bloch. She did approach one deputy to tell him what she saw, but he turned her away, saying they already knew all the details. Only she saw the two other men egging Schwebel on and, absent her statement, no one knew of Harold Edgington's act of heroism by preventing Schwebel from attacking her.

In 1984, the Los Angeles Sheriff's Department absorbed the Los Angeles County Harbor Patrol. The personnel at Marina del Rey Station have made sure to keep Officer Harold Edgington's memory alive ever since. One of their patrol boats is named after him, and every year the personnel at Marina del Rey Station honor his memory and sacrifice on the anniversary of his death. This year's ceremony is on Thursday, September 28, at 10:00 a.m. at Mother's Beach, Marina del Rey. A reception for the Edgington family will follow immediately at the Del Rey Yacht Club.

(Essential to this article were interviews with Dave Cowen, Gary Edgington and Elizabeth Bloch. The photos of Harold Edgington are from Gary Edgington.) ☆

SOUTH LOS ANGELES

By Jesse Ojeda
South Los Angeles Station

On July 20, South Los Angeles Station held a dedication ceremony in honor of the Lennox Memorial fountain and wall. The fountain recognizes the deputies at the Station who gave the ultimate sacrifice in the line of duty. Those honored were Deputy Jon Hoffman, Deputy Kenneth Ell, Deputy James Clark and Deputy Jack Miller. During the ceremony, a short bio of the four fallen deputies was read by Deputies Kevin Walker, Christopher Leonardi, Shawn Groves and Raymond Lopez. The families and some of the partners of the deputies who died in the line of duty were in attendance at the ceremony to hear these dedication speeches. The words which were shared not only represented the Station, but truly honored each of the fallen deputies.

The dedication was also for the Lennox Alumni wall. This wall commemorates Lennox Station alumni who helped build the strong traditions that were seen at Lennox Station and passed on to South Los Angeles Station. Each brick that makes up the wall has a name of an alumni etched into it.

Sheriff McDonnell was present and gave a speech, which highlighted the difficult tasks and sacrifices that law enforcement officers have to face daily. The ceremony continued with several more speeches by Lennox alumni and ended with a flyover from Aero Bureau's "Air 5." The speeches given by alumni resonated with deputies currently assigned at the Station.

At the conclusion of the ceremony, there was food and drinks and tours of the new Station. Many attendees stayed well after the dedication. Both retired and active alumni were able to reminisce about the time they spent working Lennox Station. A special thanks is required for all of those who attended and helped put this event together. This ceremony reminded everyone of the traditions from the old Lennox Station, which still remain at South Los Angeles Station. ☆

CONGRATULATIONS TO THE RETIREES OF THE LOS ANGELES COUNTY SHERIFF'S DEPARTMENT

Thank you for your many years of dedicated service to our Department.
We wish you long life, happiness, relaxation and many years of personal fulfillment.

Kenneth J. Bolks
Court Services East Bureau

Rynaldo J. Casal
Court Services West Bureau

Lonnie J. Duplechan
Century Regional Detention Center

Thomas W. Farr
Court Services West Bureau

Kevin M. Fellows
Temple Station

Carol Jackson
Personnel Administration

Kevin C. McKee
Century Regional Detention Facility

Mark J. Merino
Malibu/Lost Hills Station

Richard P. Pena
Parks Bureau

Albert F. Schauberger
Custody Compliance and Sustainability Bureau

Bridgette M. Simpson
Court Services East Bureau

Irvin M. Sinclair
Facilities Services Bureau

Julia M. Soto
Facilities Services Bureau

Peivi A. Tauiliili
Twin Towers Correctional Facility

Barbara L. Torres
Scientific Services Bureau

Thomas C. Whitham
Temple Station

Mark L. Wood
Santa Clarita Valley Station

Richard S. Zorich
Transit Services Bureau

Desert Dirt

By Maria Villalobos
Lancaster Station

Hello all from Lancaster Station! We are bearing the 110+ degree heat out in the high desert and hope you are staying cool. July was a fun month for us, so here we go.

STATION TOUR

One of our favorite activities is hosting station tours for our local schools, summer camps and church groups. The children all love the patrol cars, and of course, meeting our deputies! Deputies Deciga, Boosalis, Martinez and Borruel all had a chance to recently meet some of our youngest residents!

HAPPY 7-11 DAY

Sergeant O'Neal celebrated "7-11 Day," on July 11, with a group of kids by handing out coupons for free Slurpees! He was quite popular that day!

SERGEANT OWEN MEMORIAL

On Saturday, July 15, our local florist honored our beloved Sergeant Steve Owen by lighting up his name on its display. Later that day, the city of Lancaster renamed Lancaster City Park as Sergeant Steve Owen Memorial Park. Sergeant Owen's family was on hand for the unveiling of the monument sign. The City is also working on an interactive kiosk, so that future generations will know about Sergeant Owen's work and dedication to this community. We are so honored that the residents he served have embraced our Station and his legacy.

SERVING ALL RESIDENTS OF THE ANTELOPE VALLEY

Our deputies responded to a house fire early in the month. After Detectives Clark and Smith confirmed the residents of the engulfed home had already been evacuated, they started assisting in evacuating the neighboring homes. Deputy DeLaCruz was sure to evacuate a furry resident of the neighbor's home to ensure she was safe too! While property was lost that day, fortunately all residents, those on two legs and four legs, were kept safe!

MORE FURRY FRIENDS

My partner and I had so much fun meeting one of our Department's newest K-9 members, little Capo. She is a 10-week-old Dutch Shepherd who flew in from France just three days prior to this picture being taken. She will train with K-9 handler Deputy Maselli and serve as a gun/explosives detection dog with Transit Services Bureau.

INS AND OUTS

- Lieutenant Alfred to Homicide
- Sergeant Upton to IAB
- Lieutenant Jones in from Detective Division

We are gearing up for a busy August! We have our National Night Out and the Antelope Valley Fair coming up, and look forward to both of those big events! Until then, stay safe and stay cool! ☆

☆ IN MEMORIAM ☆

GILBERT V. CALDERON	ACTIVE, DECEASED 07-26-17	DEPUTY/TWIN TOWERS
DENNIS E. CARROLL	RETIRED 01-17-95, DECEASED 07-14-17	SERGEANT/SPI
JOHN M. HARRIS JR.	RETIRED 10-01-05, DECEASED 07-09-17	DEPUTY IV/CIVIL COURTS
CARROL LEONARD	ACTIVE, DECEASED 07-16-17	ASSISTANT GENERAL MANAGER/SRA
ROBERT L. MUNTZ	RETIRED 03-17-81, DECEASED 04-07-17	DEPUTY IV/TEMPLE
WILLIAM C. SIEBER	RETIRED 12-03-99, DECEASED 07-02-17	LIEUTENANT/HOMICIDE
SON TRAN	ACTIVE, DECEASED 07-01-17	DEPUTY/CRDF

RUBEN ALVAREZ, SPOUSE OF ACTIVE MEMBER ALMA N. ALVAREZ, DECEASED 06-18-17

JUDITH KNIFF, SPOUSE OF RETIRED MEMBER BARRY L. KNIFF, DECEASED 06-01-17

ABELARDO MENDEZ, SPOUSE OF ACTIVE MEMBER MARIA OLIVARES DE MENDEZ, DECEASED 07-10-17

By Ernest Bille
American Legion Star Post 309

SHERIFF JIM MCDONNELL PRESENTED WITH THE PATRIOT AWARD

Members of the LASD Military and Veteran Affairs (MVA) unit nominated Sheriff Jim McDonnell for the Patriot Award presented by the Employer Support of the Guard and Reserve (ESGR). The ESGR is a Department of Defense program that was established in 1972 to promote cooperation and understanding between Reserve Component Service members and their civilian employers, and to assist in the resolution of conflicts arising from an employee's military commitment. Among the members of the Sheriff's Department are many active reservists and guardsmen/women. This number is augmented by the many military veterans within our ranks, both sworn and civilian. As of this writing, there are 12 Sheriff's Department members on active deployment. Please keep them in your thoughts.

The Patriot Award reflects the efforts made to support citizen warriors through a wide range of measures, including flexible schedules, time off prior to and after deployment, caring for families and granting leaves of absence if needed. The award also acknowledges an employer's commitment to contributing to national security, and protecting liberty and freedom by supporting employee participation in America's armed forces.

Presenting the award on behalf of the ESGR was Ernest Cowell. Ernie and Sheriff McDonnell had served together in the LAPD. On a side note, Ernest is a veteran of three wars: World War II, the Korean War and the Vietnam War. I had to joke with Ernie and tell him that after three wars and his time on the LAPD, he really was a slow learner. Depicted in the photograph are members of the Star Post, LASD MVA and veterans at the Hall of Justice.

SPOTLIGHT ON OUR LEGIONNAIRES

Every so often we like to feature some of our veterans who have answered the call to duty. In our first submission to the *Star News*, we focused on the brave men from the greatest generation who served during World War II, and in one case, the Korean War as well. These men paved the way for our great nation. They proudly returned to serve their communities as members of the finest Sheriff's Department in the world. We will always be indebted to them.

In this month's edition, we feature one of our newest Legionnaires, Amy Nelson. She is one of our 10 female veterans in the Star Post. Amy is currently a Sheriff's Law Enforcement Technician assigned to the Executive Division. She is a veteran of the United States Air Force.

Amy served as an Emergency Actions Controller at a command post achieving the rank of E-4 Senior Airman (or in her case, Airwoman). She served active duty from July 2001 to July 2005. In January 2005, Amy was deployed to the Kandahar Air Field in Afghanistan with the 451st Air Expeditionary Group. Shortly after her deployment, Amy was honorably discharged.

As a LET for the past 10 years, Amy has been assigned to various units in the Sheriff's Department. Her reason for joining the Star Post was a simple one: camaraderie. Amy believes we all share a common bond unique to our members. In her words, "No matter the branch of service or rank, we know we can always depend on each other for support with understanding through the best and worst times."

UPCOMING EVENTS

We have several upcoming events at the Star Post, but there are two that are especially important. The first is our 90th Anniversary Ball. As a reminder, the Ball will be on Friday, October 13, at the Almansor Court in Alhambra. Tickets are on sale and available for purchase. You can email us at *info@starpost309.com* or visit our website, *www.starpost309.com*. This will be a formal affair, with a black tie or military dress option. There will be entertainment and dancing to make the night complete.

The Star Post will also be participating in the Veterans Day parade hosted by the Los Angeles County Department of Military and Veteran Affairs. The parade will wind through the VA West Los Angeles campus, passing by the CalVet Home. There are several elderly and disabled veterans residing at the home. It is always a special treat to see them outside supporting the parade participants. All veterans are welcome to participate in our parade group. The route is roughly one mile, so bring some comfortable walking shoes. Look for more information on our website.

THANK YOU FOR YOUR SUPPORT

In closing, we would like to thank everyone for their support in helping us bring the Star Post back into prominence. If you are a military veteran and a member of the Sheriff's Department, we invite you to consider joining the American Legion. Our mission is to support and provide services for our veteran community, both within and outside of the Sheriff's Department. We are a strong advocate for youth programs, providing support to the Young Marines, the Devil Pup Program and the American Legion Boys State program. Contact us for more information on how to become a member. ☆

By James C. Peterson
Data Systems Bureau

September has arrived (so soon?!) and with it comes the official start of fall. But since we really only have two seasons here in Southern California, what that actually means is summer is in its final months — so enjoy those Bermuda shorts and sandals with black socks while you still can. More important to most people, however, is that September represents the start of the college and professional football season. So dust off those team jerseys, paint yourself in your team's colors and start microwaving those nachos.

ROBOTS IN LAW ENFORCEMENT

Currently, the most common use for robots in law enforcement is in bomb removal and disposal. While robots are expensive, the cost is trivial when you consider the cost of losing a human life. Some robots are so tough that they can survive multiple blasts. The ideal situation, however, is to avoid any sort of explosion at all.

When investigating a potential bomb, deputies use cameras on the robot to assess the situation. If the robot is able to reach the suspicious device, the operator can use the claw to grip the device, lift it and move it to a cleared location for destruction. In cases where the device isn't easily accessible or appears to have a triggering mechanism that will activate if the device moves, the bomb squad may have to detonate the device on-site.

Robots can also be used as surveillance devices. A robot with microphones and night vision can approach a potentially unsafe area while broadcasting information back to the operator. Using a robot can help reduce the time it takes for deputies to assess a situation without placing themselves at risk.

By using a two-way audio system, operators can communicate with anyone from suspects to hostages. Robots are useful in negotiation situations because, unless the robot is visibly armed, they're relatively nonthreatening. Another benefit is that the robot's cameras can continue gathering information while the operator uses the audio system to communicate with people in dangerous situations. They can also use robots to deliver items like food to victims and suspects in hostage situations without risking a deputy's life.

Some robots have sensors that can detect anything from narcotics to biological, radioactive or chemical weapons. Robots help first responders determine how dangerous an area is, quickly and safely. Operators can maneuver robots through hazardous environments to find survivors. Some robots are even strong enough to drag victims out of lethal situations.

Companies are constantly working to develop new robots for law enforcement, the military and other organizations that deal with hazardous situations. Newer models have better maneuverability, longer-lasting batteries, arms with more points of articulation and new accessories designed to help law enforcement perform dangerous tasks.

For now, these robots are pretty rare, but over the next few decades, we may begin to see them playing a larger role in law enforcement as advances in technology allow for the creation of more and more sophisticated models.

999 FOR KIDS

Even though we are still several weeks away from our 999 for Kids fundraising deadline, the hardworking staff from the Sheriff's Data Network have already managed to reach their fundraising goal. Between pizza parties, donating money to wear jeans to work and selling *Porto's* pastries, the folks in the Sheriff's Data Network group have managed to scrape together a sizeable donation for the 999 for Kids cause. Thanks to everyone who donated and helped with fundraising! We couldn't have done it without you!

HELLOS AND GOODBYES

Data Systems Bureau was fortunate to welcome two new sergeants: Enrique Mandujan, who joins us from West Hollywood Station, and Steve Suzuki, who comes to us all the way from the eighth floor of the Custody Services Division building. We also welcome ISAII Sonny Pham, who returns to CIB as a lateral transfer. Welcome to the madness!

Sadly, DSB said goodbye to four members of the family as well. Sergeant Kit Armstrong left us and began his new life in Court Services Division, where he will no longer have to worry about training the new sergeants who come to DSB. Gone are the days when he was constantly being interrupted to answer all of our incessant questions. OAII Lallie Minguillan has decided that promoting and making more money are more important than pulling her hair out while dealing with the Data System Bureau's many procurement requests. Lallie began her new life as an OAIII at the Discovery Unit, where her phenomenal work ethic will be put to good use with the many PRA requests she will now be handling! OAII Margarita Roa from the LACRIS team has also decided to promote and she recently began her new job at Financial Programs. SITTSA Kevin Yeun promoted to ISAII and transferred to the Department of Health Services. Good luck to all of you at your new assignments. We will all miss your shining faces here at DSB!

That's about all from me for this month. But before I go, I want to remind everyone that October is Cyber Security Awareness month. That's not to say October is the only month we should be taking precautions. It should be something we practice each and every day. So be prepared to get an earful from me on the subject in next month's article.

Until next time! ☆

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Bon Appetit

By Dale Turner
Food Services Unit

What's Cooking?

RECIPE OF THE MONTH

Thank you to the Sheriff's Department special events baker, Senior Cook Lisa Arrieta, for this month's recipes. This is a real classic comfort food summertime meal.

CLASSIC TOMATO SOUP

2 teaspoons extra virgin olive oil
1 teaspoon unsalted butter
1/3 white onion, finely chopped
1/3 clove garlic, smashed and peeled
2 teaspoons all-purpose flour
1 cup lower salt chicken broth
4.6 oz. can whole peeled plum tomatoes, pureed
1/2 teaspoon sugar
1/2 teaspoon fresh thyme
Kosher salt and ground pepper to taste
1 tablespoon thinly sliced basil, chive or dill

Cooking instructions:

Heat the oil and butter over medium heat until butter melts. Add onion and cook (covered), stirring occasionally until soft not brown, approximately 8 minutes. Add garlic, flour and coat onion and garlic.

Add the broth, tomatoes, sugar, thyme and 1/4 teaspoon each salt and pepper. Bring to a simmer over medium high heat. While stirring to make sure the flour is not sticking to the bottom of the pan, reduce the heat to low. Cover and simmer for 40 minutes.

Discard the thyme sprig. Let the soup cool briefly and then puree in two or three batches in blender or food processor. Rinse the pot and return soup, season to taste.

BUTTERMILK ZUCCHINI BREAD

3 cups all-purpose flour
1 1/2 teaspoons baking soda
1/2 teaspoon baking powder
1 teaspoon salt
3 teaspoons ground cinnamon
1/8 teaspoon fresh grated nutmeg
1/8 teaspoon ground cloves
1/2 cup buttermilk
3/4 cup oil (canola or vegetable is typically used in baking)
2 teaspoons vanilla extract
1/2 cup sugar
1/2 brown sugar
2 cups shredded zucchini
2 eggs
3/4 cup walnuts or pecans, coarsely chopped (optional)

Baking instructions:

Preheat oven to 350 degrees. Line two loaf pans with parchment paper. In a large bowl, whisk together dry ingredients: flour, baking powder, baking soda, salt and spices. In a medium bowl, whisk together eggs, buttermilk, oil, vanilla and sugars. Whisk thoroughly then fold in the zucchini and nuts. Pour the wet ingredients into the dry ingredients and stir until "just mixed." Pour the batter into the prepared pan(s) and bake for 50 to 60 minutes, until skewer inserted in the middle comes out clean.

FOOD SAFETY TIP OF THE MONTH

In 2010, USDA's Meat and Poultry Hotline began its 25th year as a toll-free public service. Consumers with food safety questions may call the hotline weekdays year-round with questions on the safe handling of meat and poultry products. The staff is available from 10 a.m. to 4 p.m. Eastern time; recorded messages are available other times.

The hotline has kept up with modern technology. Now consumers may have their questions answered via a chat at *www.AskKaren.gov* during hotline hours and can get answers electronically 24/7 at this site. Spanish-speaking callers can speak to bilingual food safety experts at the hotline and also use a Spanish chat at *www.pregunteleaKaren.gov.*

In honor of the hotline's 25th anniversary, the staff presents its "Top 10 Reasons to Handle Your Food Safely":

- Reason #10: Safe food handling practices are the ones most likely to preserve food's peak quality.
  Keeping hot foods hot and cold foods cold inhibits growth of the microorganisms that can spoil your food or make you ill. Storage at the proper temperature also retains the fresh appearance, pleasant aroma and agreeable texture that contribute so strongly to an enjoyable dining experience.
- Reason #9: Safe food handling lets you enjoy to the fullest the nutritional benefits of food.
  If you've taken the time to carefully select a variety of healthful foods, why not use them up — or properly preserve them for long-term storage — while nutrient levels are at their peak? Foods that must be discarded due to decay or temperature abuse nourish no one.
- Reason #8: The safest ways to handle food are usually the most efficient.
  Don't take chances in the name of saving time. Thawing meat and poultry products at room temperature and partial cooking are examples of practices that can seem like good ideas, but that may actually encourage bacterial growth by keeping food in the "danger zone" (40 °F to 140 °F) where bacteria multiply fastest. In the case of bacteria that produce heat-resistant toxins, this becomes a problem that further cooking can't fix.
- Reason #7: Safe food handling is easy. You set a good example for others, including your children.
  You are the last person to handle your food before it is eaten. You may be the last person to handle food before it is served to your family or friends. Take charge! Prevention of illness may be as simple as washing your hands — an often-neglected but *very* important act.
- Reason #6: Safe food handling inspires confidence and keeps peace in the family.
  Imagine: No more family feuds because someone handled dinner in a questionable fashion. And family and friends won't call the Meat and Poultry Hotline begging to have food safety literature mailed to your address!
- Reason #5: Safe food handling can enhance your standing in the community.
  Food for a concession stand, bake sale or church supper must be carefully prepared. Many of those in your community are very young, elderly or suffering from health problems that affect the immune system. These folks are at increased risk for foodborne illness. Protect their health and the reputation of your organization.

continued on page 26

SHOW YOUR LASD PRIDE

A

B

C

D

E

F

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The Chaplain's Notebook

By Rick Byrum
Emergency Operations Bureau

LONG LIVE OUR NERVES

Happiness is something more than simply being free from any tension, as life is something more than just a health checklist. You might be happy while you are tense, and perfectly relaxed but feel unhappy. There are times you may not even know whether it is good for you to have tension or not to have tension. How often do we experience growing tension, especially when we struggle with our shortcomings, defects, morality or psychological weakness? We set out to change these struggles in order to be accepted and to live up to the ideal image we have made up for ourselves.

Whenever we do something in life, we always have a high expectation of a good outcome, but there is an inherent risk of experiencing disappointment. In that disappointment, our tension levels may rise. When things do not go our way, we may feel a wide range of emotions. We may feel slightly let down, depressed, sorrowed or frustrated. Disappointment is always a tough feeling to experience. We may feel disappointed at ourselves, at a friend or at life in general when we experience failure of something that we hope for or expected to happen. Because disappointment is inescapable, we might direct our feelings inward toward ourselves, outward toward other people or even to the world. Disappointment is a natural part of our daily life, but it is important to know there are many ways to cope with it when we are in the midst of it.

The thing is, we all long for things that we cannot have in this life, especially for a love that cannot be lost. As with any feeling, disappointment may come knocking on our heart's door for different reasons. We do not need to fear acknowledging or feeling it. Because the more we can accept our feeling, the sooner we can process it and move into a new emotional territory. As we allow ourselves to feel our disappointment, it is helpful to process feelings of disappointment through the use of journal writing. Observing the situation that preceded the disappointment and describing the discrepancy between our expectation and reality in writing will allow us to make sense of our emotions, pinpoint patterns and gain relief. The gift from being disappointed is the ability to bring us into alignment with reality. In other words, disappointment prevents us from getting stuck for too long in the realm of how things might have been. If you cannot change it, let us accept it and find solutions. This very acceptance of ourselves and of situations will pave the way for the change, if it is to come at all.

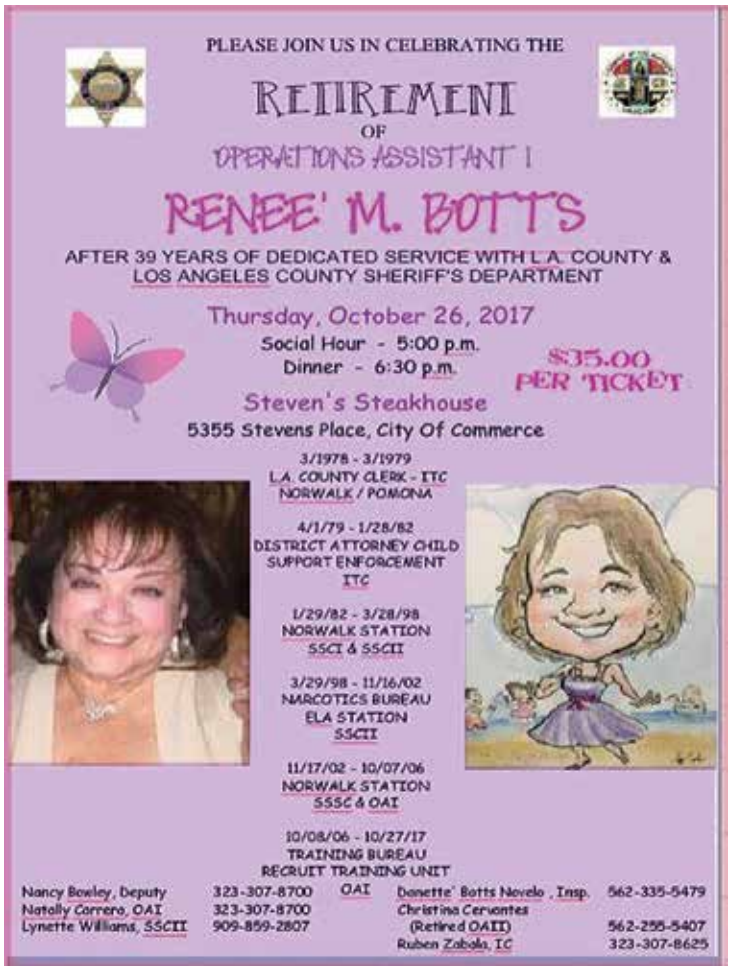
As we consider other disappointments in our lives and how we have moved past them, we may even see that, in some cases, what actually happened in the long run is better than what we had wanted to happen. Disappointment often leaves us feeling deflated with its message that things do not always turn out the way we hope for. However, the more I accept myself as I am and others as they are, the more likely I will be able to ease my pain, remove tensions and sow happiness.

How can I contact a chaplain? *Chaplains are available at their unit of assignment, or by calling the Psychological Services Bureau at (213) 738-3500.* ☆

Food Services Unit *continued from page 24*

- Reason #4: Safe food handling is the responsible thing to do.
  Those for whom you prepare food deserve the best, and you expect no less from those who produce and prepare food for you. You are no less important than the manufacturer, government regulator or grocer in assuring food safety. You are an important link in the farm-to-table chain.
- Reason #3: Safe food handling saves money.
  Foodborne illness costs billions each year in healthcare costs and lost wages. It's hard to throw away food you know has been mishandled. But compare the cost of the food to the cost of a bad case of food poisoning, starting with the doctor's bill!
- Reason #2: By handling food safely, you will spare yourself and your family from a painful bout of illness.
  Bacterial, parasitic or viral illness caused by food is no fun and it can have long-term consequences.
  Should we fear food? No. Microscopic organisms have always been and will always be an important part of our world. But we must store foods properly, cook them thoroughly and keep our hands and work areas clean. Sometimes, what you can't see can hurt you. Which brings us to ...
- Reason #1: It may save a life.

Safe food handling really does make a difference. Where do you start? Learn more. USDA's Meat and Poultry Hotline can answer your food safety questions. Just call 1(888) MPHotline [1 (888) 674-6854] toll-free nationwide. ☆



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BOOMERS IRVINE *All-day unlimited attractions*	N/A IN OFFICE	Several packages available, $25.00 and up *$0.99 processing fee per transaction*	
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DISNEY 1 DAY 1 PARK* *Good through 12/31/17; children 3-9; several blackout dates* **Limited supply. Once sold out, SRA will no longer be carrying Disney tickets.*	SOLD OUT/$95.04	N/A ONLINE	$105.00/$99.00
HARKINS (unrestricted) *Ages 3 and up*	$8.00	N/A ONLINE	$10.50-$15.50 depending on location
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KNOTT'S SCARY FARM	N/A IN OFFICE	$35.00–$49.00 *$5.99 - $7.99 - $9.99 processing fee per transaction*	$75.00
KNOTT'S SOAK CITY	N/A IN OFFICE	$35.00 *$5.99 - $7.99 - $9.99 processing fee per transaction*	$48.00
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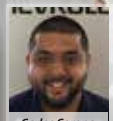
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