



VOL. 81 NO. 2

JUNE 2020

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION



IN MEMORIAM

TO THOSE WHO SACRIFICED THEIR LIVES IN THE
PERFORMANCE OF THEIR SWORN DUTY TO PROTECT
THE CITIZENS OF LOS ANGELES COUNTY

DEDICATED
MAY 14, 1983

SHERIFF RICKY
SHERIFF

REMEMBER...



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CLASS B AND CROSS FX DUTY UNIFORMS

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STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

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COPY DEADLINE: 1st of the month for the following month. Send copy to: annie@SRA1.com or ljdilot@SRA1.com.

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President..... Rod Kusch
Vice President..... Diane Stone
Secretary-Treasurer..... Mike Abdeen

TRUSTEES

Joe Badali, Chuck Becerra, Sue Burakowski, Kerry Carter, Mike Fratantoni, Joe Hartshorne, Steve Katz, Rod Kusch, Liza Vera and Glenn Walsh
General Manager..... Bill McSweeney

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Cover photo courtesy of Jaime A. Lopez

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, April 9, via WebEx. The following officers and trustees were present: President Rod Kusch, Vice President Diane Stone, Secretary-Treasurer Mike Abdeen, Trustees Joe Badali, Chuck Becerra, Sue Burakowski, Kerry Carter, Mike Fratantoni, Joe Hartshorne, Steve Katz and Glenn Walsh and General Manager Bill McSweeney. Trustee not present: Liza Vera.

The meeting was called to order at 4:37 p.m. A motion was made by Trustee Badali, seconded by Trustee Burakowski and unanimously carried to approve the minutes of the March 12 meeting and the February Foundation expenditures.

COMMUNICATIONS

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

From Debbie Bauchop and the Bauchop, Odenthal and Burns family to Leo Norton and SRA, "I can't begin to express all the love and support my family received from you and the Association! You went above and beyond in helping us through a very difficult time. Thank you for sending out the teletype notification of Dave's passing; the beautiful floral badge arrangement; the gorgeous flag case, which we will always treasure; the financial assistance with all the funeral costs (whew! I had no idea!); and for personally attending Dave's memorial service. Your thoughtfulness will long be remembered!"

From Moon Mullen to Bill McSweeney, "As the trail boss for the 2020 LASD Roundup, I would like to take this opportunity to again thank you and the Board of Directors of Sheriffs' Relief for the very generous monetary contributions to the

2020 LASD Roundup. Over the past 21 years, the Sheriffs' Relief Association has been very generous in assisting us financially with coverage for the many incidental expenses that crop up in such an endeavor. Your continued support has helped make the LASD Roundup a very special event for all retired LASD members. As you know, the 2020 Roundup was canceled due to the COVID-19 virus. The funds donated by SRA will be rolled over to the 2021 Roundup."

From Keith Bushey from Devil Pups to Bill McSweeney and the SRA Board, "Many thanks for the \$8,000 donation to the Devil Pups program. Every penny, and a lot more, will go toward the wonderful boys and girls who are part of the LASD family. As I have said continually, along with Chuck and Patty Norris, no qualified son or daughter of an LASD employee will ever be turned away. Quotas do not exist when it comes to our kids! This year's encampment dates are July 9-18 and July 23-August 1. If any of the Board members would like to attend a graduation, let me know for VIP seating. You will see plenty of LASD families. Many thanks for all of your support."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING MARCH: \$120,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$358,000

MEMBERSHIP REPORT

A total of 49 new membership applications were received during the month of March. A motion was made by Trustee Stone and seconded by Trustee Abdeen to approve the following members: Emmanuel S. Acevedo, Jose Agüero, Tyler M. Aitken, Tony Arredondo, Gerardo Avila, Bridget

Azpeitia, Jonathan Barajas, Chase A. Borrello, Jonathan Cano, Osvaldo Carrillo, Stacy S. Cavazos, Ashley N. Ceron, Josiah D. Contreras, Charles A. Davis, Nestor A. Enriquez, Marco A. Estrada Sanchez, Jonathan M. Gutierrez, Sean P. Hennessy, Miguel R. Hernandez, Samantha L. Hitt, Jibri R. Jackson, Angelica M. Jaloudi, Christian Jimenez, Jennifer Jimenez, Christopher Koumoutsos-Iniguez, Illeana Langarica, Richard X. Leon, Antonio C. Lombardo, Joseph A. Magdaleno, Karina L. Martinez, Tiffany S. McCloud, John S. Molina Jr., Viviana G. Moores, Leo Moran, Melissa V. Palumbo, Joaquin Pena, Garrett A. Peraita, Michael Rene S. Piazza, Julio C. Pineda, Anthony R. Ramos Jr., Raymond J. Gutierrez, Anthony R. Rodriguez, Jordana R. Rohm, Gregorio N. Santiago, Andrew K. Tang, Jocelin Torres, Jacob A. Uribe, Edgar Vergara Bernabe and William F. West.

We had no deaths of active members, 10 deaths of retired members, 2 cancellations of active membership, no cancellations of retired memberships, 3 new honorary associate members and 5 deaths of honorary associate members.

There was 1 member who resigned and 4 who transferred from the Sheriff's Department/Relief Association during the month of March.

EMPORIUM REPORT

The Emporium will remain open during the COVID-19 pandemic with strict social-distancing procedures.

ADJOURNMENT

At 5:59 p.m., a motion was made by Trustee Hartshorne, seconded by Trustee Kusch and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆

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 a long life, happiness, relaxation and many years of personal fulfillment.*

Kimberly S. Black
Court Services East Bureau

Consiglia Borrelli
Employee Relations

Joanna Brennan
Compton Station

Alex J. Canchola
Altadena Station

Maria E. Chavez
East Los Angeles Station

John L. Gaw
Communications and Fleet
Management Bureau

Max Kim
Century Regional Detention
Facility

Delia Rodriguez
Operation Safe Streets Bureau

Anthony Santos
Court Services East Bureau

Raynard Ward
Operation Safe Streets Bureau

Ben Wong
Court Services West Bureau



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

On Wednesday, April Fools' Day, the **Hi-Desert Retirees** did *not* meet at the *Country Kitchen* in Hesperia for their regular monthly meeting because of the coronavirus. I am sure a lot of us are really tired of hearing about the coronavirus! That is all you have been hearing about for the last couple of months. I am sure a lot of you have cleaned out your garages, closets, drawers, etc., several times in the past couple of months since we have been in quarantine, hibernating and distancing from one another. Hopefully it will all be over by the time you read this article, and if *not*, it will be over soon. So many things throughout the world have been canceled or postponed because of the coronavirus, but things will get back to normal. Just keep a positive attitude. The sunshine always comes out after the rain! Just remember what *Peanuts* creator Charles M. Schulz said: "Worrying won't stop the bad stuff from happening, it just stops you from enjoying the good stuff."

On Wednesday, April 1, the monthly luncheons for the **Lake Havasu Retirees** and the **Marshal's Old Timers** were both canceled because of the coronavirus.

The Department suspended weapons qualification on April 1 due to COVID-19 and canceled Saturday practice at PDC. The Department will not conduct HR-218 qualifications until further notice. Once things return to normal, the Department will work out something to accommodate the retiree community to bring them current with their HR-218.

On April 5-12, we were supposed to be at our Retiree Roundup reunion at the Riverside Hotel in Laughlin, Nevada; however, like everything else, it was canceled because of the coronavirus. We went to Laughlin in April when we were supposed to be there for the Roundup on our way



Driving through Laughlin. Check out the sign saying "Be Safe. Stay Strong."



The Riverside Hotel and Casino's empty parking lot.



The streets of Laughlin were void of traffic, people and vehicles!

to Peoria, Arizona. Laughlin was like a ghost town, and when I was taking some pictures in the parking lot of the Riverside, security came over and asked us what we were doing! I told them that I was just taking some pictures since 1,000 of us were supposed to be there for the

NEXT LUNCHEON:

Thursday, July 16
11:30 a.m. Buffet \$10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

Roundup, but because of the virus, it was canceled. The parking lot definitely looks different without all of us there! The Riverside RV Park was still operating and there were some recreational vehicles there, but it definitely wasn't full.

On April 8, it was with great sadness that we notified the Department that the Devil Pups Youth Program for America would be canceling all activities this year due to COVID-19.

The **Lakewood ROMEOs** luncheon at *Sizzler* was canceled. The **Sunshine Rollers RV Group's** monthly campout was canceled for April and May. So far, the June campout is still on. The **San Diego Retirees** canceled their luncheon at *O'Sullivan's Irish Pub and Restaurant* in the Carlsbad Village. Of course, the **Las Vegas Retirees** followed suit and canceled their April luncheon as well. And they all might be canceled for May, too. We will just have to wait and see.

On April 12, I received an email. I would like to let you know that the mystery has been solved! In the April *Star News* "Retired Deputies" article, there was a picture taken at Lakewood's Luncheon in 2001, and there was one unidentified person in the picture. I asked several people who were in the picture if they recognized that person and none of them could tell me who he was. Well, finally, we found out who that person is! I received the following welcomed email from John Boyle:

Hi, Chickee, I just got my *Star News* the other day and saw the picture on page 7 of the Lakewood Retirees Annual Luncheon (2001). Just in case

you use that picture again, I'm the "unidentified" between Johnny Johnson and Jim Bergfeld. Hope you guys are surviving this virus stuff. I'm getting a lot of projects done around the house, but

continued on page 6

I'm really ready to be back among the human race. Take care and be careful. Hope to see you soon. — John B.

The mystery has been solved! Thank you, John Boyle, for letting us know it was *you!*

On April 15, I received the following message:

Reminder: The **Prescott, Arizona, Area Retired Law Enforcement Luncheon** scheduled for Thursday, April 16, has been canceled due to the virus. If you have any questions, contact Moon at moon5252@cablone.net.

On April 16, I received the following message:

Dear **Las Vegas ROMEOs**, as you all know, there is still a lot of uncertainty about what we will and will not be allowed to do for at least another couple of months. We will not plan a ROMEO luncheon for May 16. In June, I'll reach out to you and we can make decisions about July and beyond. Until then, please stay



Down this road toward the mountains in the background is Peoria, Glendale, Sun City, Phoenix and Scottsdale. It was a fun ride!

safe. Many of us fall into the “high risk” category for having complications if we come down with COVID-19. Best to all! — Bob Canfield, bobbycanfield@gmail.com

On April 19–26, we had reservations at a timeshare in Phoenix for a week because we had some time to use and didn't want to lose it. We made our reservations in December 2019, but in March the resort canceled our reservations because of the coronavirus and now they are reopening on May 1. So we stayed at our daughter's home in Peoria and hibernated for a week. We did drive around and sightsee in Peoria, Glendale, Phoenix and Scottsdale while we were there. Look at the gas prices in Peoria. Of course, it was hot driving around in those cities, but there was a breeze and very little traffic.

On April 25, I received the following message:

Hello, fellow retirees, I pray that all of you are well and have not been affected by the coronavirus. Following recommendations of the medical experts and our government leaders, the **Antelope Valley Retirees** have not gathered for a monthly breakfast since the onset of the coronavirus. Historically, the Antelope Valley retirees monthly breakfast has been ongoing for better than 30 years without interruption — neither snowy conditions nor icy roads, etc., have prevented us from gathering for our monthly breakfast; however, it took a virus to bring it to a complete halt. I had considered using Zoom to connect us with a “telebreakfast” (new word); however,

that would have been a monumental task, so the idea was abandoned. I look forward to the day when we can once again meet and enjoy a brotherly breakfast. So what does one do during this period of distancing? There are many things one can do. With the wildflowers currently in full bloom, my wife and I have enjoyed a picnic lunch while parked in the open spaces among the flowers. This is so relaxing and gets us out of the house, and we still maintain our distance from others. I would like to offer kudos and a big thank-you to my wife, Bette, and the ladies in her quilting guild for the great effort they have put forth in making masks for those who need them.

The masks have been donated to churches, medical facilities, neighbors, the general public, etc. Well over a hundred were donated to Antelope Valley Hospital. I conclude by asking everyone to pray that this horrific pandemic ends soon and that the country can get back to some form of normalcy. Pray also for the ones who have been impacted by the virus and the ones who have lost their lives as a result of the virus. Until next time, stay healthy, be safe and enjoy retirement. — Carlos Valdez

On April 26, on our way back to Las Vegas, we stopped by Lake Havasu to take a break. Mike and Kathy Ponce de Leon were there in Lake Havasu. It was 101 degrees, but there was a breeze. We saw that their Elks Lodge has an RV park now. There were a few motor homes there. I will have to contact Jerry Gillen and find out more information about their RV Park. We found out that all the grocery stores close at 9 p.m. — Smith's used to be open for 24 hours. A lot of things have changed because of the coronavirus. We just have to hang in there and deal with it!



If you want to get gas, go to Peoria, Arizona. The gas is cheap, but you can't go anywhere right now because of the coronavirus!



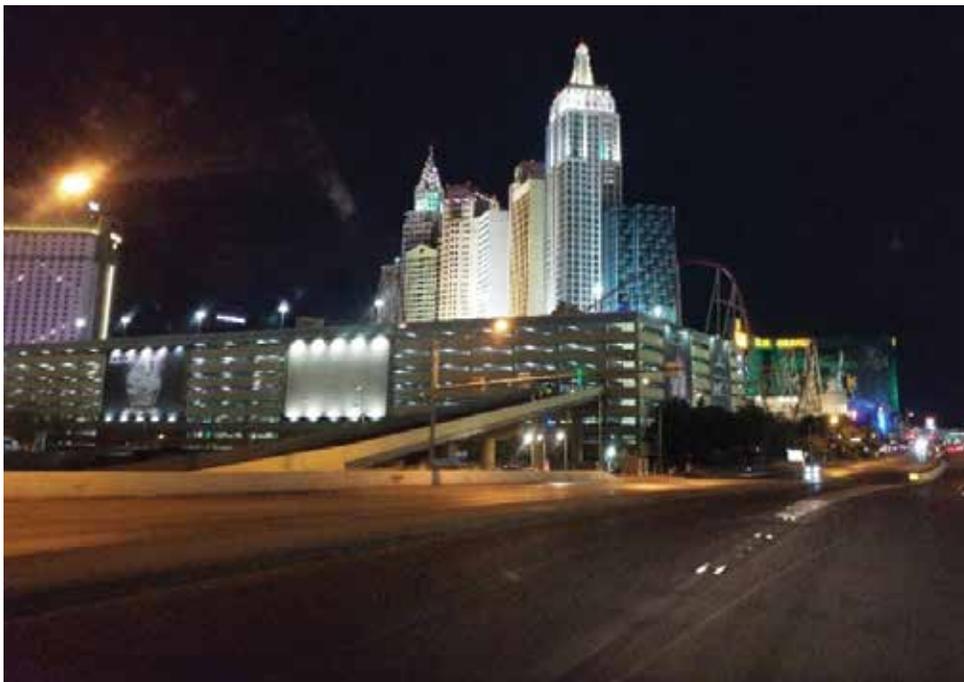
This is Sam's Club in Bullhead City, Arizona. For those of you who have diesel motor homes or cars, this is a great price for diesel fuel! Gas, too!



In Lake Havasu, Arizona, there were quite a few cars on the roads and some boats on the river.



This is the Las Vegas Strip in the daytime. There's no traffic and very few people out walking or riding bicycles.



This is Flamingo Boulevard in Las Vegas; it's void of traffic and people at night because of the coronavirus.

If you have ever been to Las Vegas, or even if you haven't, the Strip is always busy 24/7 with people and traffic. I have never in my life seen Vegas like this. It was kind of weird, creepy, scary and definitely strange to drive down the Las Vegas Strip from one end to the other and only see a few people walking here and there, or a couple of people riding bicycles. All the hotels' entrances were blocked off with barricades or had police cars sitting in the driveways to prevent people from entering. No one has ever seen Las Vegas like this since its existence.

On May 15, 1905, Las Vegas was officially founded as a city. I just found out that Las Vegas means "the meadows" in Spanish. That is enough history lessons for today. I took pictures of Las Vegas during the day and night.

The LAPD has officially canceled the Baker to Vegas Run for 2020. They are unable to make it happen in October. The next race will be March 27-28, 2021.

On April 29, I received the following message: Hello all, I pray you are all well and of healthy



There's not much traffic on the California freeways these days.

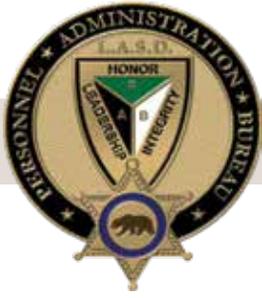


Unusually light traffic on the 15 Freeway

mind. There will not be a **Las Vegas Blueline** meeting on May 6 due to COVID-19 closures. We will try for June, but that looks grim at this time. Until we meet again, stay safe, healthy and sane. — Reynaldo Morales

Someone sent me this and I thought I would share it with you; it's a list of some of the positive things brought about by the coronavirus: "No school shootings, traffic is gone, gas is affordable, bills extended, children are at home with their families, parents are home taking care of their children, fast food replaced by home-cooked meals, hectic schedules replaced by naps, rest and relaxation, the air is cleaner, the world is quieter, people are conscious about hygiene and health, money doesn't seem to make the world go 'round anymore, doctors, nurses and teachers are being praised and recognized instead of athletes and celebrities. And we now have time, finally, to stop and smell the roses."

I have received and read so many emails, attachments, texts, information, videos, etc., from relatives and friends on the coronavirus that I think I am an expert on the coronavirus now. "Ring around the rosie, a pocket full of posies, ashes, ashes, we all fall down!" And that is what happened when the coronavirus came around. We will recover from the pandemic soon. Hope your day is filled with love, joy, peace and faith! — Chickee and Don ☆



By PAB Staff
Personnel Administration Bureau

MASK DONATION – COVID-19 SAFETY MEASURES

Deputy Sharon Jin of PAB's Special Projects Team facilitated a donation of masks for our Department personnel. Active in her community, Sharon was contacted by alumni members of the Cheung Kong Graduate School of Business (CKGSB). The organization donated 10,000 everyday-use masks to the Department. These masks will definitely come in handy with the new guidelines for wearing face coverings every day. Sheriff Villanueva was on hand to receive the donation and was very appreciative of CKGSB's generosity. He also personally thanked Sharon for helping coordinate this donation. Sharon's son, Jason, seen in the white long-sleeve shirt and black tie, is an aspiring LASD Explorer at Walnut Station, Sharon's old stomping grounds. Jason, who has further aspirations of becoming a deputy sheriff, had a chance to meet the Sheriff. It is great to see that our future leaders on the Department are learning early on about what it is to serve others. These masks were distributed to LASD employees throughout the Department. Thanks again to Sharon and the CKGSB.



budget, procurement, etc. They are the faces behind the scenes who work tirelessly to meet demanding deadlines and complete complex projects. The Ops staff is vital to the operation of the Bureau and their

contributions have led to many of the accomplishments and successes recognized by the Department. Thank you, staff! We cannot thank you enough for all you do!

PAB'S SWORN STAFFING UNIT

Since the start of this year, the Sworn Staffing Unit has been very busy. Responsible for a variety of functions, the Sworn Staffing Unit is the conduit of movement within the Sheriff's Department. From planning and scheduling all academy classes (DST, CA, SO and SA) to processing sworn promotions, the Sworn Staffing Unit does it all.

Want to transfer to another patrol station? The Sworn Staffing Unit handles that. Want to update your preference list to go to a new assignment? Yep, Sworn Staffing handles that, too. How about updating and maintaining your sergeant or lieutenant promotional profile? You guessed it, Sworn Staffing.

In the past months, the Department has experienced some record-breaking number of promotions. This was all in an effort to ensure our sergeant and lieutenant ranks were properly staffed, as they had experienced a great number of vacancies. Despite this high number of promotions, including 100

PAB'S OPERATIONS UNIT – ADMINISTRATIVE PROFESSIONALS DAY

Captain McBride and his Ops Team celebrated their professional staff by presenting them with flower arrangements and acknowledging them for their efforts and dedication to the needs of the Bureau. PAB is composed of 15 units with a total of 488 employees. This is by no means an easy feat, and the staff has been able to manage an extremely heavy workload this past year, which consisted of handling various tasks and transactions involving hiring, personnel,



Ops Team staff. From left: Deputy Trieu Nguyen, Matthew Peralta, Sgt. Omar Carbajal, Noemi Casillas, Beatriz Bahena, Alma Llanillo, Captain John M. McBride, Maria Sanchez, Ben Alpas, Isabel Bermudez, Jane Lu, LaRhonda Collins and Lieutenant Ernie Bille. (Not pictured: Pat Muro and Kristine Tutundzhyan.)



new sergeants who were promoted in late April, the Sworn Staffing Unit has been able to get the job done.

Most employees do not understand the intricacies that one single promotion and transfer can have. Suffice to say that one moving part impacts several others in a form of causality, which requires checks and balances. So when one person gets promoted and transfers, a series of events must occur to ensure the unit losing the employee is not unduly impacted, the unit receiving the promotee actually has room for them and that the promotee's considerations for assignment and location are taken into account.

Many of us take for granted the work they do behind the scenes; however, our Personnel Administration Bureau family wants to make it a point that they receive the recognition they deserve. So remember to submit your transfer requests in a timely manner. It'll make things just a bit easier for this hardworking unit. Kudos

to Manager Tom Greaves and his team for their outstanding work and effort!

PAB EMPLOYEES CELEBRATE ACADEMY RECRUITS

The Department strives to recruit the best

candidates to join the LASD and counts on the Recruitment Unit and several other resources to accomplish this goal. In some cases, the recruiters are none other than Departmental employees. Some PAB

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Supervisor Julia Villacis (Sworn Examinations Unit) is the proud sister of Perla Lemus, graduate of Academy Class #441. Also pictured is her brother, Deputy Victor Lemus (Class #339).



Unit Manager Miroslava Cruz (Sworn Examinations Unit) is the proud sister of Deputy Steve Lopez, graduate of Academy Class #439. Also pictured are her brother, Deputy Louis Lopez (Class #341), and son, Deputy Brian Hernandez (Class #399).





Supervisor Yvette White (Pay, Leave, and Records Unit) is the proud mother of Deputy Tyvette G. White, graduate of Academy Class #431. Also pictured are her son, Tyler White, and godsister, Audrey.



employees pictured above and on the previous page were excited for their family members who joined the LASD family recently. Congratulations to all!

around the Bronx and run in Central Park. Also, the event takes place in the same city where the ASPCA was founded over 150 years ago by her personal hero, Henry Bergh. In addition to race events, Christina collects used dog and cat beds for Carson Shelter,

volunteers as a dog walker for rescue dogs in boarding facilities and has made dozens of trips for different rescues, helping to transport dogs from the shelter to their foster homes. "Several times I have picked up a pit bull or a German shepherd at an L.A. County

animal shelter, stopped at my vet in Long Beach for a check-up, spent a couple days preparing with a bath and some quiet time and then we'd share a road trip to their next home," Christina says. While her schedule doesn't always allow for volunteering, she always gets in an annual race to fundraise for her favorite cause — the animals. Next year, she plans to change things up a little and run for the World Wildlife Fund at the 2021 Marine Corps Marathon in Washington, D.C. Thank you, Christina, for your volunteer efforts! ☆

VOLUNTEER RECOGNITION

This past March was the 34th L.A. Marathon, and, for Christina Ramirez, ESA III for our Test Development Unit, it was her fourth time running for L.A. shelter pit bulls. Christina has been raising money for animal charities and rescue groups since 2012. Since then, she's raised over \$20,000 for Team ASPCA, participating in six half-marathons and three Olympic-distance triathlons. Her favorite event is the triathlon in New York, because of the opportunity to swim in the Hudson River (this is as glamorous as it sounds), bike



L.A. County Retired Marshals Lunches for 2020

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

June 3
Wood Ranch Grill
4440 W. Lincoln Ave.
Arcadia
POSTPONED

August 5
Black Angus
560 W. Huntington Dr.
Monrovia

October 7
Rodrigo's Mexican Grill
11805 Artesia Blvd.
Artesia

July 1
San Antonio Winery
737 Lamar Ave.
Los Angeles

September 2
Katella Bakery
4470 Katella Ave.
Los Alamitos

November 4
Yang Chow
3777 Colorado Blvd.
Pasadena



By the Norwalk Team
Norwalk Station

SOCIAL DISTANCING BIRTHDAY PARTIES

Amid the concern and uncertainty of COVID-19 and the Safer at Home Order issued by the public health officer, children can be especially vulnerable. Norwalk Station deputies have been helping kids celebrate their birthdays and special occasions the best way we know how (and as workload allows). In La Mirada, we had an opportunity to make a local young man's birthday a very special one and one for the memory books. The deputies did a slow roll through the boy's neighborhood with lights flashing and sirens and air horns sounding. When they drove down his street, the young man was out on his lawn investigating the commotion when he realized the "Happy Birthday" song sounding over the public address system was for him. His reaction was priceless, and his mom was forever grateful. Sometimes, it's the little things that matter.



INVESTIGATIVE CASE OF THE MONTH (MARCH 2020)

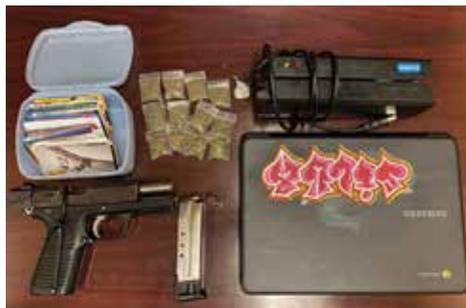
Detective Gamielle "Gam" Marshall was assigned a pending case involving a vehicle burglary (smash and grab). Detective Marshall obtained video of the incident; however, it only provided general descriptions of the suspects and the suspect vehicle; no license plate was visible. He learned of several attempts by the suspects to use the victim's credit cards and conducted follow-up at those locations. Ultimately, he was able to obtain the license plate number for the suspect vehicle, which led to the identity of both



suspects. A search warrant was served and both suspects were located and arrested. The case was presented to the District Attorney's Office-Bellflower Courthouse, where they filed felony burglary, felony receiving stolen property and attempted fraud by access card against both suspects. Nice work, Gam!

ARREST OF THE MONTH (MARCH 2020)

The arrest of the month for March goes to Deputies Lauren Gutierrez and Pierina Gentile for their arrest of an armed drug dealer and identity thief. While conducting a patrol check of a motel parking lot, the deputies detained the suspect pending a vehicle-theft investigation. During a search, deputies recovered methamphetamine and marijuana. It turns out the suspect was on probation with search conditions, which led to a compliance check of the suspect's motel room. During the room search, deputies seized a firearm, a credit card reader, several gift cards, paperwork with card numbers and more drugs. Under *Miranda*, the suspect admitted possession of the contraband. Despite a global COVID-19 pandemic, these deputies continue to proactively take criminals to jail.



BEATING CANCER

Ryan Campos, an 11-year-old resident of La Mirada, was diagnosed with leukemia over three years ago. This month, Ryan had his last chemotherapy session and his cancer is in remission. The family was so proud and excited for him that they asked us if



we'd be interested in the celebration. So we rounded up a bunch of radio cars and did a drive-by celebration, complete with lights and siren, past his house. His reaction to all of the attention was priceless. The men and women of Norwalk Station are proud of what Ryan has accomplished; he's such an inspiration.

WELCOMES AND FAREWELLS

We said farewell to:

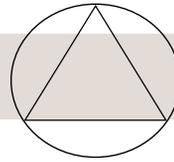
- Lieutenant George Marchena, who headed over to PRV. We wish him the very best at PRV as he continues to look for new challenges, and we thank him for his dedication to Norwalk Station.
- Lieutenant Blanca Arevelo, who moved on over to CER. We wish her the very best over there, and we thank her for her dedication to Norwalk Station.
- Deputy Jason Aguilera, who left us for San Dimas Station. We wish him the best on his new challenge as well, and we thank him for his dedication to the station and the B2V team.

In May, we sent well wishes to:

- Newly promoted Sergeant German Ochoa! The former Detective of the Year has been a great part of Norwalk Station and the B2V team over the years. We wish him the best at his next patrol assignment.
- Newly promoted Sergeant Paul Gonzalez! This seasoned patrol deputy and veteran detective has proven himself and served Norwalk Station well. We wish him the best on his next challenge in patrol.
- Detective Gamielle "Gam" Marshall, who will transfer to Special Victims Bureau! Gam has

continued on page 12

Peace Officer's Fellowship



By Willis Bragg

AND SO IT BEGINS

What happens when you start buying drinks for yourself because you “deserve” a drink for doing a good job?

Are you toasting yourself? Are you the only one celebrating? You might be entering a phase called “reward drinking,” which is often an early sign of trouble. The transition from social drinking to reward drinking is gradual and insidious. It happens every day, even to some of the smartest and best cops.

Let's look at this transitional drinking stage in more detail because, like an X-ray, it could save your life. Remember back when you'd never tasted booze before and didn't know what you were missing? Maybe you were curious about drinking because other people around you were doing it. Then one day, you tried it — behind the house, after a homecoming dance or maybe as a young recruit on the Department. The specific who, what, why and where don't matter. Whether you loved it instantly or hated it doesn't matter. I know officers who were champion drinkers right off the bat, and I know others who required years of practice before they could hold their alcohol. The significant point is that sooner or later, you liked what alcohol did for you. Maybe you drank because you liked the taste. Maybe you liked to drink because it made hanging out more enjoyable. Maybe you liked the idea of taking part in a tradition. Maybe it was one of a hundred other things. Underneath any of the reasons you offered, chances are you drank because of the good feelings you got from alcohol.

Perhaps that's when you discovered Friday night happy hour — the warm, friendly atmosphere and talking with the guys at the end of a hard week. You rewarded them by buying them a drink, and they paid you back by buying you a drink. That worked fine until you discovered there was midweek happy hour, too. Soon you were rewarding yourself twice a week. You probably didn't notice that some of your co-workers seemed to get enough “reward” with one or two drinks once a week, while you had progressed

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	CELLPHONE
Eric Castano*		(562) 673-3374
Joe Collins	(320) 684-4008	(909) 240-0509
Bob Ghan		(714) 916-3299
John Heckman	(805) 559-4993	
Kathy King		(714) 323-8600
Chris Loomis	(626) 447-9011	(626) 230-3137
Dave Philippon		(909) 296-0203
Ray Terhorst	(818) 383-5539	
John Valencia	(909) 599-1160	(951) 316-3633
Marty Weirich	(360) 570-1216	
Daryl Williams*		(951) 764-3723 *Active LASD

to a double dose. Why didn't you notice?

Maybe you began to select friends based on how much they would drink. It happened one night when you and a friend were at the bar. You wanted to reward him with another drink, which of course meant that he would buy the next round in return. Suddenly, and to your amazement, he left his beer half-finished and went home. To you, that was downright weird. It gave you an eye-opening insight into your friend.

A little angry, you picked up your drink and moved to the other end of the bar where you met the regulars — guys who hit the bar almost every day. Almost instantly, you felt more comfortable, especially when they agreed that leaving a beer on the bar is weird. Though no one dwelled on it, a part of you made a decision never to drink with your friend again.

Gradual and insidious, isn't it? For that reason, I

recommend that every now and then the smart social drinker should give him or herself a test. Ask yourself a few simple questions: Can I be happy without a happy hour? Does everyone I know drink more days than not?

If you're having trouble gauging your limitations or are not sure of how to set them in the first place, give me a call or talk to one of our doctors at Psychological Services Bureau (PSB) at (213) 738-3500. Together, we can try to get you back on the right course. But remember, you are the only one who can take the first step.

The people listed above have agreed to give up their anonymity so that others in need of help can access support from a POF member. Don't worry about bothering them; helping those with drinking issues is one of the ways they stay sober. ☆

Norwalk Station *continued from page 11*

proven himself a great investigator, and we're glad to see him get an opportunity to further his career.

We welcomed:

- Newly promoted Lieutenant Tenaya Brown. She has some great experience that will serve

her, and us, well as the PM Shift watch commander. Congrats and welcome!

- Newly promoted Lieutenant Vergilian “Joey” Bolder. He has a lot of patrol experience, and we're looking forward to having him cover the other half of the week on the EM Shift.

Congratulations and welcome!

- Deputy Alex Hernandez from TTTCF
 - Deputy Edgar Garcia from Court Services
- In May, we also welcomed:
- Deputy Levi Vargas from MCJ
 - Deputy Vanessa Romo from PMB ☆



By Team SSB
Scientific Services Bureau

Can you believe it's already June?! Wow, where did the time go?! The dedicated men and women who proudly serve Scientific Services Bureau are ubiquitously recognized as the best of the best in their respective fields of study. Below are just a few examples.

NEW TECHNOLOGY FOR DRUG ANALYSIS

The Controlled Substances section completed its validation studies on a new instrument (TruNarc) that will facilitate rapid drug screening, enabling the unit to report presumptive drug identification for filing purposes. The handheld device uses Raman spectroscopy technology to identify controlled substances, cutting agents and drug precursor chemicals through packaging.

The next stage of the process is to work with the district attorney's office to implement a pilot program for use with actual casework submissions. Once that is complete, the Bureau expects to expand the program countywide.

Supervising Criminalist Susan Perez was nominated for the Peace Officers Association of Los Angeles County 2019 Excellence in Innovation Centurion Award for her work in the validation and implementation of the TruNarc handheld drug analyzer. Nice Job, Sue!



HERTZBERG-DAVIS FORENSIC SCIENCE CENTER (HDFSC) STAFF

The HDFSC operations staff is the pillar of stability with many years of excellence serving the Bureau and Department. The manner in which these professionals perform their respective duties is nonpareil. They have a combined total of 27 ½ years worked at HDFSC. They are greatly appreciated and make the workplace an enjoyable place to be.



HDFSC staff. From nearest to farthest: Operations Assistant II Sheilah Morris, Senior Typist Clerk Lupe Becerra, Senior Typist Clerk Andrea Cruz and Intermediate Typist Clerk Laurita Wahoske.

DOWNEY CRIME LAB

A very kind and thoughtful person expressed her appreciation for the workers assigned to the Downey Crime Lab who have faithfully reported to duty during the COVID-19 pandemic. Fortunately for the Downey staff, this person is a virtuoso when it comes to baked goods and expressed their gratitude with



beautiful cupcakes for all to share. The cupcakes were thoroughly enjoyed and devoured — not even a scintilla of evidence could be found (pun intended).

TOXICOLOGY

Congratulations to Senior Criminalists Manny Garza, Meena Shin and Blake Byfuglin on their nominations for the Peace Officers Association of Los Angeles 2019 Centurion Awards for Excellence in Technical Support for their work and efforts in validating a quantitative DELTA-9-THC method. Great team effort!

BEVERLY FACILITY

The Beverly Facility has a special guest named Spencer who has earned his keep



by preventing unwanted varmints from entering the premises at all hours of the day and night. Apparently, Spencer does a better job than any available paid service has been able to provide. After a long shift patrolling every nook and cranny of the facility, Spencer found a spot to take an afternoon "catnap."

LATENT PRINTS

Congratulations are in order for Forensic Identification Specialist (FIS) II Gloria Hanna, who became a certified crime scene analyst through the International Association for Identification. Yay!

GO SPEED RACER

The first non-Scientific Services Bureau person to correctly identify the driver and racetrack in the photo below will win an opportunity for a photo op in the vehicle. Hint: The driver works at the Crime Lab and the racetrack is oval-shaped.

SSB WELCOME

We welcome Administrative Service Manager II Sheila Courts from Records and Identification Bureau (RIB). Courts brings with her over 32 years of excellent Department experience and service. She will be working on the Property and Evidence Laboratory Information Management System (PRELIMS) Project. We are extremely happy and fortunate to have her here.

Until next time, please be safe! ☆





By Team Cerritos Cerritos Station

“SLEEPY HOLLOW”: THE LEGEND LIVES ON...

Life as we know it has completely changed. The COVID-19 pandemic has changed the ways of the world and our everyday lives. Now all station employees are walking around with masks on, and everyone is unrecognizable. The city has stopped, and crime is down. We are very thankful none of Cerritos Station's employees have become sick. We have worked together to remain strong through this once-in-a-lifetime event.

We would like to thank LET Leslie Gutierrez for outfitting the station with cute masks that she hand-made herself. We have also seen a great outpouring of support from Cerritos residents and businesses that have donated masks, gloves, wipes and food to our hardworking employees to keep us safe and going strong.

PROTECTING THE CITY

The patrol units, SAO team and Detective Bureau have been saturating the city to protect closed businesses and keep grocery store workers safe during this time. The citizens have refrained from fighting over toilet paper or meat in our city. Everyone has contributed to the changing environment by adjusting schedules and helping with extra patrol coverage. We are also thankful

to the outside units who have been patrolling the streets of Cerritos.

PERSONNEL CHANGES

There has been a lot of turnover at Cerritos Station lately. We would like to say goodbye to Sergeant Keith Kanouse and Deputy Ruben Arrieta, who have both retired and are living the dream. We wish them a happy and healthy retirement. Deputy Dwayne Javier was promoted to sergeant, and Sergeant Rene

Garcia was promoted to lieutenant; it is great to see them promote and move up the ranks. Deputy Luis Rojas transferred to Temple Station, and Lieutenant Ann Devane transferred to IAB. We wish everyone who has moved on the best in their new endeavors. We would like to welcome Detective John Werner, Sergeant Lucy Auner and Lieutenant Blanca Arevalo to the team. They are great additions who will bring experience and strength to Team Cerritos. Until next time, stay safe out there. ☆





By Janelle Hacker
Pitchess Detention Center, North Facility

HOW WE'RE COPING WITH COVID-19

It's an absolutely crazy time we're living in right now. There's so much uncertainty, so many changes and so much to navigate through. We have received hand sanitizer and masks from ALADS and additional masks from the Sheriffs' Relief Association and PPOA. Thank you all for everything you are doing to help keep us safe!

Along with all the hand-washing, mask-wearing, disinfectant-spraying, hand-sanitizing and general cleaning we are doing, we are also trying to practice social distancing during briefings. Everyone has been doing a great job of trying to keep themselves and those around them safe; however, there is one small group here at North Facility that has no respect for these boundaries and will just not get on board — the fish! They are not practicing any sort of distancing whatsoever.

While we are on the topic of our North Facility pond creatures, we would like to introduce everyone to our new turtle, Mateo. He is quite the escape artist. We've had to send a search party after him on a couple of occasions, but we are hopeful he will start to feel at home here soon.



THE BIEL IS BACK

Remember just a couple months back when we said goodbye to Sergeant John Biel as he made his way to Crescenta Valley Station? Well, guess who's back ... Lieutenant Biel! Welcome back, sir. We missed you while you were gone, but we are so happy to have you back. We also want to wish a warm welcome to newly promoted Lieutenant Leonard Hayes. We're sure the EM crew will make you feel right at home.

THANK YOU FOR YOUR SERVICE

This past month, North Facility was happy to congratulate the following personnel on their career accomplishments: Deputies Brady Chelette and Gilbert Soliz celebrated 10 years of service, Officer Jay



FAREWELLS

Congratulations to Deputy Schirmeister, who will be transferring to Fire Camps as of May. Deputy Schirmeister spent six years at North Facility and always had a great attitude, was willing to help others and was a natural leader wherever she worked. We know you will take this same work ethic with you to East Facility as you move on to this next

chapter of your career.

We also sadly lost two of our lieutenants on the transfer list. Lieutenant Zollo transferred to South Facility to take on the responsibility of compliance, and Lieutenant Almonte transferred to Access to Care Bureau. We wish you both the best of luck in your new endeavors!

We have more upcoming transfers coming in and going out of the facility and hope to announce more welcomes and farewells when we have some firm dates.

WHAT'S NEXT?

As we all know, there's not a ton going on right now. If you haven't heard, everything is canceled. Baker to Vegas, the Chili Cook-Off, fun outings, fun in general ... it's all pretty much canceled. However, this isn't going to last forever, and we hope that everyone continues to do their part to be kind to each other and do whatever is in their power to make this difficult time easier on each other.

For now, be safe, and don't be like the fish! ☆



Ayson and Deputy Agustin Estela celebrated 20 years of service and Operations Lieutenant Andy Sandor celebrated 25 years of service! Thank you all for your hard work and loyalty. The North Family is lucky to have you all, and we appreciate everything you've given this Department!





LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

A TRADITION OF SERVICE THROUGH MUSIC

The Los Angeles Sheriff's Department Band would like to salute the brave men and women of the LASD for their contributions to our safety during this incredibly unprecedented time. You're on the front lines protecting our lives, liberty and possessions, and we are proud of you all!

At the time of this writing, we have been contacted by several venues where we have been asked to perform and informed that the summer concerts are being planned to go ahead as scheduled — but this can change, so please visit our website at LASDBand.org for the most updated information regarding our gigs. We hope to bring the joy of music to all of you in the communities we serve, so that the happiness of music fills your hearts.

Today, I would like to highlight Ruben Helmstaedter, an incredibly versatile musician who comes to us by way of Stuttgart, Germany. Ruben plays in both the LASD Swing Band (piano) and Concert Band (bassoon).

The bassoon was developed in the 17th century from an earlier instrument called the curtal, which came into existence as early as 1540. Both the French and Germans played a role in designing the modern bassoon. This instrument is exceptionally difficult to play for many reasons. Besides being a double-reed instrument, the position and size of the finger holes are said to be "scientifically irrational." The present four-piece construction of the bassoon is thought to have been developed in France around 1635; however, in 1865, a German instrument-maker named Carl Almenröder initiated changes that minimized some of the inherent problems with the tone quality. Almenröder's version was later perfected by a German firm owned by instrument-maker Johann Adam Heckel with its own size and position of finger holes. This latest version has become the standard bassoon used today. The instrument is made of European maple and is a beautiful deep red color.

Ruben started taking violin lessons from his mother at the age of 5, but admits that his lessons were prompted by jealousy because her students got a lot of attention. Music has always been a part



of Ruben's life, as he had the opportunity to attend many of the Stuttgart Philharmonic performances because his mother played violin in that prestigious orchestra. His main instrument has always been the piano; he began tinkering on it with his grandmother from the age of 4 months. Ruben quips that he "has improved much since then." His interest in the bassoon began the day he saw a performance of "Peter and the Wolf," a symphonic fairytale for children. The fable is told by a narrator and each character in the story is represented by a different instrument. (It's a wonderful way to introduce children to concert music.) In the tale, the bassoon represented Peter's grandfather. At just 2 years old, Ruben knew that that would be his instrument. It took years for him to grow into the size required to play the big, beautiful red bassoon.

Ruben plays many instruments in addition to the piano and bassoon, including bass guitar (both electric and upright), flute, tenor sax,

percussion, guitar, trombone and the the organ, "to varying degrees of proficiency," he adds. He is also a vocalist and is a member of choral ensemble, The Donald Brinegar Singers.

After high school, he went on to study computer science at the University of Stuttgart. However, after realizing he was not happy with that choice, he decided to switch his course of study, and in 2010, he traveled to the United States to preview schools. Nothing panned out for him at that time, and because he was previously accepted at the University of Music and Performing Arts in Vienna, Austria, he returned to Europe to begin his music education journey. Ruben was accepted into the school's Sound and Master program — a difficult program to enter. He was one of only eight accepted out of over 100 applicants. In 2012, with visa in hand and a couple of years of education in Vienna behind him, he returned to the U.S., landing in Southern California, and began studying music at Pasadena City College with private lessons from Dave Arney and Gary Fukushima. It was while attending this school that he met Zoe, who later became his wife. Zoe plays flute in the LASD Band and was introduced to readers in a past issue of *Star News*.

Ruben's professional musical accomplishments are colorful and diverse, encompassing performances with such well-known names as: Helmuth Rilling, a conductor, teacher and innovator of international fame who is as an ambassador of Bach's music around the world; Sir Simon Rattle, a British conductor and Grammy award winner who rose to international fame when he was the musical director for the Berlin Philharmonic; Michael Feinstein, an American singer and pianist who celebrates musical theater; Tom Wopat of the *The Dukes of Hazzard* series, but who also has released country and western songs; David Lockington, current conductor of the Pasadena Symphony; Chuck Berghofer, a double bassist studio musician who currently works in the film industry; and Morten Lauridsen, an American composer and professor of composition at USC's Thornton School of Music.

Ruben has enjoyed his musical journey and is grateful for all the opportunities it has afforded



him. He is proud of his classical background and his exposure to jazz because it taught him the language of music. Every time he performs, he evolves as a musician and a person.

For Ruben and Zoe, membership in the LASD Band gives them the opportunity to be a “part of a great community of musicians who perform with a noble mission. At each performance, audience members are positively touched by the LASD

Band’s message and performance. It’s wonderful to be a part of that!” Ruben says.

Ruben, we are so happy that you came to the U.S. and continue to grace the Los Angeles Sheriff’s Department Band with your enthusiasm and musical talent, and we wish you much success on your continued musical journey.

Please call us for your Sheriff’s Department musical needs and/or events, such as retirements,

celebrations or holiday/patriotic festivities. We are here for you!

If you play an instrument or previously played an instrument, it may be time to dust it off and join the LASD Band. If you would like to have one of our bands perform for an event, either the dance band or concert band (subject to Department guidelines), please contact me at Dawn.LASDBand@gmail.com. Please visit our website, LASDBand.org. ☆

☆ IN MEMORIAM ☆

JOHN M. DUSTER	RETIRED 05-05-87, DECEASED 02-08-20	DEPUTY/VICE BUREAU
ARTHUR ESCAMILLAS	RETIRED 07-31-18, DECEASED 03-31-20	LIEUTENANT/CARSON STATION
HARVEY T. HATHAWAY	RETIRED 03-31-97, DECEASED 04-03-20	SERGEANT/NARCO
RANDALL E. HEDGES	RETIRED 01-11-99, DECEASED 02-13-20	DEPUTY/NORWALK
ARTHUR L. HOWELL JR.	RETIRED 11-08-99, DECEASED 04-03-20	SERGEANT/COURT SERVICES EAST
HIROSHI ISAGO	RETIRED 03-31-79, DECEASED 03-11-20	DEPUTY IV/CCB COURT SERVICES
LOUIE A. KEMP JR.	RETIRED 03-31-90, DECEASED 04-19-20	DEPUTY/NORWALK
JOHN H. KOCSIS	RETIRED 11-06-66, DECEASED 02-17-20	DEPUTY/LENNOX
VICTOR H. KRETSINGER	RETIRED 08-01-87, DECEASED 04-23-20	DEPUTY/SEB K-9
CHARLES (CHAZ) W. ROBINSON	RETIRED 03-31-03, DECEASED 04-11-20	SERGEANT/PDC NORTH
MARY E. SEATON	RETIRED 03-31-92, DECEASED 04-07-20	DEPUTY/IRC
RICHARD E. ZIMBEL	RETIRED 01-17-84, DECEASED 04-19-20	SERGEANT/NORWALK
MARIE L. CHANEY, WIFE OF RETIRED MEMBER, WILLIAM D. CHANEY, DECEASED 04-11-20		
JANET M. FRANKS, WIFE OF RETIRED MEMBER, WARREN E. FRANKS, DECEASED 04-21-20		
GERALDEAN NATISIN, WIFE OF RETIRED MEMBER, BART A. NATISIN, DECEASED 03-22-20		
FRANCES J. McCORMACK, WIFE OF DECEASED MEMBER, HARVEY J. McCORMACK, DECEASED 09-24-19		



By Erin Stibal
Facilities Services Bureau

Despite all of the challenges and uncertainty we have all faced during the past few months dealing with COVID-19 and budget restrictions, the men and women of the Facilities Services Bureau (FSB) are working hard to keep all LASD facilities safe and well-maintained, as well as finding reasons to be proud of our hard work.

30TH ANNIVERSARY

FSB will celebrate its 30th anniversary this summer. Prior to 1990, all of the maintenance

needs of the Department were the responsibility of the County's Internal Services Department (ISD), which not only served the Sheriff's Department but all County departments as well. At the recommendation of former Sheriff Sherman Block, Sheriff's Facilities Management (SFM, as it was known) was formed on July 1, 1990, to better serve LASD, especially in more remote areas like the Pitchess Detention Center (PDC). SFM began with approximately 40 employees who were mostly general maintenance workers as well as a few plumbers, sheet metal

workers and electricians who had hand-me-down trucks (or their personal vehicles) and tools that were issued from Property and Evidence. The following year, a second wave of hiring allowed more coverage, trucks and tools. It took years for sheriff's personnel to recognize that the unit belonged to LASD and not ISD! SFM evolved to Facilities Management Services, then finally to Facilities Services Bureau.

Thirty years later, FSB has grown to one of the largest bureaus within the Department and the largest bureau within Administrative Services Division (ASD). The Bureau is composed of over 443 budgeted, full-time permanent positions and 80 budgeted union-hire staff, representing 19 building trades and a variety of administrative positions. These positions combine to make up a very diverse and dynamic bureau serving the needs of LASD. FSB is responsible for the maintenance of all Department facilities, regulatory compliance, construction and renovation of existing facilities; it maintains more than 7.5 million square feet in over 570 Department buildings, including patrol stations, custody facilities, administration buildings, and specialty and support occupancies. Our mission is to provide professional, responsive, innovative and efficient maintenance, construction and technical services for enhancing a safe and secure environment in all sheriff's building locations.





COVID-19 REGIONAL DECONTAMINATION CENTER

On April 27, Sheriff Alex Villanueva, along with other officials, held a press conference to announce the opening of the COVID-19 Regional Decontamination Center at the Sybil Brand Institute (SBI). The former women's jail was damaged in the 1994 Northridge earthquake and permanently closed in 1997; however, portions of the facility are still used for filming as well as housing the FSB Projects Unit and the main FSB warehouse.

FSB staff, at the direction of Captain Kovac of Custody Support Services (CSS) and his team,

converted unusable office space at SBI into a decontamination center to clean used N95 masks. This space includes an intake area, an airtight room for sterilization and a redistribution area. The center uses a four-step decontamination process approved by the U.S Food and Drug Administration and the Centers for Disease Control that utilizes vaporized hydrogen peroxide to kill approximately 99.9% of the germs in masks. This process allows the center to disinfect up to 30,000 masks per day.

Workers in L.A. County — from health care providers in the hospitals and clinics to the deputies on patrol and in the custody facilities and to firefighters

and other first responders — are using an estimated 10,000 N95 masks per day. By collecting and disinfecting these used masks, the County will save millions of dollars in the purchase of new masks, as well as help to ensure the availability of the N95 masks, which are often in short supply and high demand. It is estimated that a mask can be reused up to 50 times, but the goal of this operation is to disinfect these masks 20 times using this method.

The FSB Projects Team, along with CSS, completed this project in approximately two weeks. It

continued on page 20



was a challenge to repurpose the vacant space as well as ensure that all of the proper equipment and ventilation was installed per Health Department regulations. FSB staff worked quickly to get the facility ready for use as soon as possible to allow for the urgent usage of the center.

Sheriff Villanueva was so pleased with the project that he visited the FSB staff the following morning after the press conference to thank them again for their efforts!

SHERMAN BLOCK BUILDING LIGHTING PROJECT

Another recent FSB project involved adding additional exterior lighting to the Sherman Block Building (SBB). To meet the accelerated hiring process for more sheriff's deputy trainees, Personnel Administration Bureau (PAB) has been working long hours to conduct testing, screening and interviews at SBB. FSB was tasked with a night lighting project for a safe, well-lit area to allow for a socially distanced space outside after hours for the trainees.

The project was a success: FSB was recognized, along with PAB, for its "Hiring Effort = Team Effort" in a Department-wide email update. FSB was there to help make things a little brighter for the new LASD prospects!



FSB EMPLOYEES OF THE QUARTER

FSB Director John Carillo goes out of his way to compliment his staff and thank them for their efforts. He, along with his management team, recognize an Employee of the Quarter, and starting in 2020, there will be two employees recognized each quarter: one from the line staff of the Bureau, and one from the support staff, which includes LETs, administration and supervisors.

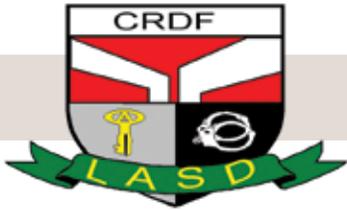
FSB Senior General Maintenance Worker Timothy Lundwall has been recognized for the work he provides as part of the Projects Unit. During this period, we have gone through some rough times with the COVID-19 pandemic. Tim has taken on some additional responsibilities that have affected the entire

bureau. He has taken on the task of devising a plan to ensure all shops and vehicles are being outfitted with spray disinfectant, and he built a system to fill the bottles in a manner to expedite the delivery to the FSB regions. For this and the other work he has done, he has been awarded Employee of the Quarter in 2020.

FSB Electrician Supervisor Louis McAleer is the recipient of the first supervisor/administrative staff Employee of the Quarter. Lou has always gone above and beyond in emergent electrical failures at PDC, and recently he accepted an expanded role, assuming the responsibility of the AVSST Shop while the Department was working on testing and hiring of a new AVSST supervisor. He was doing the job of two supervisors, working diligently and without complaint, all while handling emergencies as needed. He was a true asset at PDC for his efforts to keep both sections running smoothly, thus earning him the recognition he deserves as the first supervisor/administrative Employee of the Quarter in 2020.

Tim and Lou have each been presented with a plaque and a coffee mug depicting the Sheriff's star, FSB logo, their name and Employee of the Quarter. Thank you, Tim and Lou, for your efforts and always making yourself available to assist FSB. Your hard work, dedication and responsiveness has been recognized by your supervisor and the FSB management team. Congratulations! ☆





By Kari Mercer
Century Regional Detention Facility

WELCOME ABOARD

CRDF would like to welcome Lieutenants Jennifer Ford, Keyshanette Gipson, Lynette O'Brien and B'Anka Paradis. We look forward to seeing you around the halls of CRDF!

FAREWELL

CRDF would like to thank outgoing Lieutenants David Petrocelli (EP/IDT), Sherif Morsi (Discovery Unit) and Richard Crowther (ATC) for their time and dedication to CRDF as Operations lieutenant, Risk Management and Compliance lieutenant and watch commander, respectively. You will all be missed for your efforts and support of CRDF's staff. We wish you the best in your new assignments!



STILL SERVING OUR COMMUNITY... WITH A WOOD-FIRED OVEN!

Take it, take another little pizza my heart now baby! One of our very own, retired Sergeant Mike Shapiro, owns and operates Sgt. Pepper's Wood Fired Catering, a full-service mobile catering company that cooks up wood-fired oven pizza — food-truck style! Mike grew up in New Jersey and attended culinary school, so you can bet he knows his pie. He also served our Department for 30 years, with the last five spent here in the halls of CRDF. Sgt. Pepper's Wood Fired Catering has been in business since 2018 and now serves our custody facilities all over the county. Whether firing up pizza up north at NCCF or down south here at CRDF, we're deeply appreciative of Mike's continued service to our Department,

no matter how you slice it. For more information, visit www.sgtpepperswoodfiredcatering.com. For a supreme lunch, bring your dough and grab a personal-sized pizza — they're cheesier than this writer! (Thank goodness.)

CRDF: POSTER CHILD FOR CORONAVIRUS PREVENTION

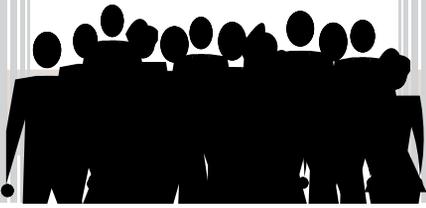
Why do they call it the novel coronavirus? Well, it's a long story. Like most of the county, CRDF has been on the front lines of the coronavirus pandemic. In order to combat the spread of the virus, we have a team of inmate workers who clean high-traffic surfaces several times per shift. We have a routine-intake quarantine module for both GP and mental health inmates. We have an N95 mask-cleaning service to



prolong the use of our valuable lifesaving masks. We've changed the way we conduct check-in at shift change to allow for a minimum of 6 feet between staff. Our kitchen works tirelessly around the clock to provide ready-to-eat meals for other custody facilities. Sounds a little dreary, but to make our experience here at CRDF a little brighter, we've also added some

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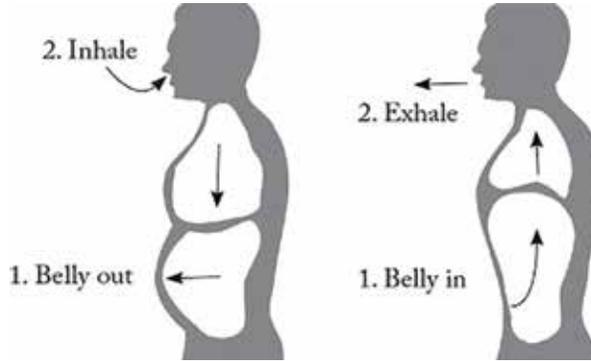


PEER SUPPORT PROGRAM

By Medina Baumgart, Psy.D.

DIAPHRAGMATIC BREATHING

Good breathing is an essential skill for overall well-being. Breathing is something we do automatically, and we often don't pay attention to it until it becomes difficult or uncomfortable. Each breath you take contributes to how your body functions. In addition to improving our physical health, good breathing can also enhance our performance. That is why athletes, military members and martial arts professionals train their bodies to breathe efficiently. Diaphragmatic breathing deactivates the body's stress response and activates its calming response, increases situational awareness, strengthens resiliency, improves sleep, decreases anger and irritability and can even decrease the sensation of physical pain. The diagram above shows what diaphragmatic breathing looks like.



Inhaling by pushing out your belly and exhaling by sucking in your belly draws air deep into the lungs. Breathe in slowly until you feel full and breathe out slowly until you feel empty. When done for approximately 30 seconds, this breathing technique relaxes the mind and steadies the hand. The overall goal when practicing good breathing

techniques is to learn to breathe a little slower, deeper, smoother and evenly.

Like anything else, it takes practice. It is normal for this to feel awkward at first. It may help to be lying down, standing or seated in a reclined position when you first learn this breathing technique. You also want to practice this throughout the day — morning, afternoon and night — to help train your body to breathe this way. If you spend time mentally playing out different scenarios to help you prepare to respond to a specific event, try incorporating diaphragmatic breathing

during the visualization of the scenarios. This can help enhance your performance under stress.

The Department provides its employees and their significant others with free and confidential support from peer supporters, chaplains and psychologists. Contact Psychological Services Bureau at (213) 738-3500 for a confidential consultation. ☆

Century Regional Detention Facility *continued from page 21*

nifty posters throughout the facility that were created by some of our artistically talented inmates to ensure we're following good health and cleanliness practices! We'd like to give a shout-out to Assistant Director Melissa Kelley, Ph.D. (Gender Responsive Services) for coming up with the idea and overseeing the creation of the posters. From comic book-like murals to posters reminiscent of Edvard Munch's *The Scream*, there are colorful reminders around every corner that will hopefully help us here at CRDF make the coronavirus a mere "pigment" of our imagination.



"TUPPERWEAR"

Leave it up to the skilled staff at CRDF to be the "tip of the spear" in a time of crisis! CRDF's sewing instructor, C/A Susan Tupper, took the initiative to create reusable and easily washable face masks to help protect Department staff and inmates from the coronavirus. She found a few samples on the internet and made modifications so that a filter could be added, and then presented them to CRDF Operations. They were an immediate hit and production began shortly after. On a near-daily basis, eight to 16 inmate workers gather in the CRDF sewing room and get to work manufacturing the two-ply masks that now go to both male and female inmates throughout the county. On average, it takes two inmates about seven minutes to sew a ready-to-wear mask. The

brown- or lime-green-colored cotton-poly fabric is carefully measured, cut, ironed and then sewn with elastic bands to secure the mask behind the wearer's head. C/A Tupper states that the inmate workers make approximately 100 to 200 masks per day. She also said that over 2,000 masks have been made and are already in use since the sewing program shifted from making donated stuffed animals, wheelchair/walker bags and honor bands to the face masks at the beginning of March. C/A Tupper herself is skilled in sewing and has been on the Department since 1998. She was selected to take over as sewing instructor here at CRDF in July of last year, and modifies Department maternity uniforms through Goodie's in Norwalk in her spare time. She certainly keeps busy with the needle, or sew it seams! ☆



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STAY AT THE READY WITH 5.11 PRODUCTS



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Colors: black, double tap

Item #: 1097



Bailout Bag 9L

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Lightweight, antistatic, 8-inch-high black side-zip boots made from waterproof leather/textile with breathable GORE-TEX® abrasion-resistant lining. Features cushioned, moisture-repellent insole and anti-slip leather running sole. The HAIX® Climate System permits air circulation with every step. Sun Reflect feature reduces heat on upper leather to keep feet cooler.

A field test was conducted by 10 deputies from Century Station, Custody and Academy Staff. The following are quotes from those who submitted written reviews:

“Boot has a full toe box, allowing for a professional shine of the tip if so desired.”

– J.H.

“The almost full leather sides are also one of my favorite traits of this boot.”

– J.H.

“Boots are equipped with a side zipper that allows easy on and off and eliminates the need to lace and unlace the boots.” – J.H.

“The boots are equipped with GORE-TEX® and my feet remained completely dry when testing their waterproof capabilities.”

– J.H.

“The boot provides water protection without making my feet hot or sweaty.”

– J.H.

“The soles of these boots have great anti-slip protection on various hard surfaces (station, businesses, houses).”

– J.H.

“The insoles provided cushion that diminished the pressure on my back during prolonged periods of standing.”

– F.R.

“Hands down the most comfortable work boot I have worn in 14 years since I have been on the Department.”

– J.H.

“They did not require a lengthy break-in period.”

– J.H.

“They are light, durable, safe, presentable and, above all, they have good ankle protection.”

– F.R.

“Overall, outstanding boots. I have referred them to all my co-workers.”

– J.H.

“Been wearing the Haix boots for a month on the concrete floors in NCCF and they are really comfortable. Never really had to break them in. Comfortable from day one.”

– J.K.

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Sizes: S-2X
Item #: 0455



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Sizes: S-XL
Item #: 0454



Interceptor X Duty Gloves

Reinforced and lightly padded. Microperforated holes in the palm and ventilated, meshed wrists help keep hands cool.

Sizes: M-2X
Item #: 0456

WHILE SUPPLIES LAST!



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Item #: 0457

WHILE SUPPLIES LAST!



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Item #: 0458



Foxtrot FR Gloves

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Desert Dirt

By Laurence Green Jr.
Lancaster Station

INS

We are pleased to welcome our newly promoted lieutenant, Clinton Skaggs, to Lancaster Station. Lieutenant Skaggs is coming from Contract Law Bureau and will be continuing his career at our station. His position as lieutenant here is much needed, and we welcome him with open arms. We would also like to welcome Deputies Vincent Clark and Hun Pyon, who are both transferring in from NCCF.

OUTS

Let's start with Sergeant Jeff Rhea, who is one of the funniest sergeants I know. He will be promoting to lieutenant and transferring to Palmdale Station, where he will continue his career. We are going to miss you, lieutenant, and congratulations on your new promotion!

Next up we have to report the bitter but sweet farewells of Sergeants Theresa Dawson and Dave Jennings, who will both be retiring after over 30 years of service.

Dawson started her career at Mira Loma and eventually traveled throughout our Department

from PDC before ending up at Lancaster Station. Dawson has worked for every single captain assigned to Lancaster Station since it was built, which is something not many people can say. Dawson is and always will be a tremendous influence in our community. She has volunteered her services with huge community leaders, such as the NAACP, Coalition for the Homeless, Grace Resources, Valley Oasis, CERT and Mental Health of America. Dawson treated everyone like family. She managed our Lancaster Station Explorers and would supply uniforms to kids who could not afford them. This money would come out of her own pocket at times. She is honestly the most giving person I know. Kindness, caring and loving are not enough to describe what she has done for others. I have a feeling that I'll be seeing Dawson again, only because she loves what she does and family is everything to her. Her second family here at Lancaster Station will always be here waiting for her to visit.

Jennings was a firm but fair sergeant who took his job very seriously here at Lancaster Station. I tried my hardest to make him laugh at times but failed miserably. One time I thought I got him

to smile, but realized he was grinding his teeth in anger because I accidentally entered the wrong mileage when refilling his radio car. The sweat rolled down my face when I had to tell him that he would have to call in and reset the mileage when it came time to fill up his radio car. So as an apology, I washed and detailed his radio car myself. I even put an air freshener in it as the cherry on top! He was grateful nonetheless. Jennings, a former church pastor, is very family-oriented. He will most likely be spending more time with his family on a special lake of his, paddle boarding throughout the summer. I always looked up to Jennings, as he was always there to answer any traffic-related questions. His policy and procedure knowledge was absolutely stunning. His love for his team showed throughout the traffic department. Little did I know that Jennings had a passion for brewing. He created a specific brew in honor of our fallen Sergeant Steve Owen, which is currently distributed at several local brewing companies. Jennings has supervised an A-1 squad of traffic deputies, which has, in return, prevented many lives from being lost due to DUI.

To my awesome sergeants, enjoy your retirements and know that you both will be truly missed.

Our awesome Traffic Deputy Peter Schuerger will be transferring to CW/PKB. Deputy Karapet Emishyan will be transferring to CG/MCJ, Deputy Troy Daniels will be transferring to CW/CSB and Deputy Estevan Perez will be transferring to NP/SCV. Good luck on your journey, fellas. You will be missed. That is it for this issue of *Star News* coming to you from Lancaster Sheriff's Station. Until next time, readers, stay safe! ☆



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TEAM *TEMPLE*

By Lisa Rico
Temple Station

Well, here we are still stuck in the middle of the craziest thing I think we'll see in our lifetime. I'm hoping this article finds you and your loved ones safe. We at Temple Station have been working with the community to keep each other safe during this time. We have passed out masks to our community members, and local businesses have provided meals for our station. Despite the challenges we have faced in the advent of the coronavirus, it has been encouraging to see so many community members express their appreciation for the men and women of our station. They have generously donated cleaning supplies, personal protective equipment and meals. We are united in an effort to support one another, and it has been great to partner with the great communities we serve. The photo below depicts the generosity shown by Eastside Italian Deli, which delivered meals to one of our PM Shifts.

HONORING OUR FALLEN

This year marks the 18th anniversary of the loss of our very own Deputy David March. Deputy March was gunned down on the morning of April 29, 2002, near the unincorporated area of Monrovia, just inside the city of Irwindale. We pay tribute to him and honor his memory annually with a 24-hour vigil. This year, even under our current circumstances, we did not fail our fallen hero. Dave, thank you for your service and sacrifice. We will continue to honor you and never forget your ultimate sacrifice. Thank you, Captain Dave Flores and Lieutenant Frank Ruiz, who started our vigil at midnight (both are shown in the photo below). And thanks to all the deputies who were part of the



support team that prepared the site and all the deputies who participated in the vigil. You honored Dave and his family by carrying on this great tradition.

HOOK OF THE MONTH

This month's hook of the month goes to Deputy Francis Bui. While on patrol in the city of South El Monte, Deputy Bui observed a white Ford F-150 pickup parked in an industrial area in front of some closed businesses. He also saw a male standing in front of a security gate to one of the businesses. Deputy Bui recalled that the truck matched the description of a vehicle wanted in connection with recent commercial burglaries in the area.

When Deputy Bui made a U-turn to further investigate his observations, he saw the vehicle, which was occupied by two males, drive past him at a high rate of speed. Deputy Bui quickly checked the gates at the business and found them secured. He then immediately searched for the whereabouts of the truck. When he spotted the truck, he saw it make a left turn that violated the vehicle code. Deputy Bui conducted a traffic stop for the traffic offense.

While contacting the driver and asking for his driver's license, the driver indicated his license was suspended. The passenger also stated he did not have any identification on him. Deputy Bui detained the driver and found that he was on probation for having stolen a car and committing a burglary and that he was in possession of burglary tools. The suspect also admitted to being in possession of methamphetamine. Deputy Bui confirmed this by search and by other Department resources. He also confirmed the passenger of the vehicle had an outstanding warrant for petty theft.

A search of the truck yielded large bolt cutters, a crowbar, a large pry bar, lock-picking tools and a handheld radio scanner in the "on" position. Deputy Bui asked the driver why he was in the area, to which the suspect said he was looking for work. (I suppose burglary takes some work!) The passenger's reason for being in the area wasn't much better since he said they were just driving around.

In the end, both suspects were subsequently arrested and are awaiting court on charges of possession of burglary tools, narcotics and, of course, the suspended license charge.

Great job, Francis! Many of these hooks of the month are associated with crimes that have already occurred. Because of your tenacity and good police work, you were able to prevent a crime from occurring — most likely a burglary. The potential victim business owners may never know that you prevented them from being a victim of a crime, but we acknowledge your great work. Thank you!

That's all for this month. Be safe and, as always, take care of yourself and of each other. ☆



SEE YOUR UNIT NEWS HERE!

The Los Angeles County Sheriff's Department is made up of various bureaus, specialized units and patrol stations, all with personnel who perform duties that range from administrative and operational to law enforcement detail. These units, listed below, work hard each and every day to ensure the Department upholds its mission to serve and protect our communities with integrity, compassion and courage.

The SRA wants to feature your station or bureau's recent activities, achievements and events in *Star News*! Send updates and photos to annie@SRA1.com or ljdilot@SRA1.com by the first of the month for publication in the following month's issue.

- Administration Services Division and Personnel Command
- Advanced Officer Training Unit
- Aero Bureau
- Altadena Station
- American Legion Star Post 309
- Audit and Accountability Bureau
- Avalon Station
- Carson Station
- Century Regional Detention Facility**
- Century Station
- Central Supply and Logistics Unit
- Cerritos Station**
- Civilian Training Unit
- Communications and Fleet Management Bureau
- Community College Bureau
- Community Partnership Bureau
- Compton Station
- Contract Law Enforcement Bureau
- County Services Bureau
- Court Services Bureau
- Crescenta Valley Station
- Data Systems Bureau
- Deputy Leadership Unit
- East Los Angeles Station
- Emergency Operations Bureau
- Facilities Services Bureau**
- From the Docs**
- Homicide Bureau
- Industry Station
- Inmate Reception Center
- Inmate Services Bureau
- Intake Specialist Unit
- Internal Affairs Bureau
- Internal Criminal Investigation Bureau
- Lakewood Station
- Lancaster Station**
- Lomita Station
- Los Angeles Sheriff's Department Band**
- Los Angeles Sheriffs' Museum
- Major Crimes Bureau
- Malibu/Lost Hills Station
- Marina del Rey Station
- Men's Central Jail
- Metrolink Bureau
- Mira Loma Detention Center
- Narcotics Bureau
- North County Correctional Facility
- Norwalk Station**
- Operation Safe Streets
- Palmdale Station
- Parks Bureau
- Peace Officer's Fellowship**
- Peer Support Program**
- Personnel Administration Bureau**
- Pico Rivera Station
- Pitchess Detention Center, North Facility**
- Pitchess Detention Center, South Facility
- Pre-Employment and Background Investigation Unit
- Professional Development Bureau
- Psychological Services Bureau
- Records and Identification Bureau
- Recruit Training Unit
- Regional Community Policing Unit
- Reserve Forces Bureau
- Retired Deputies**
- Risk Management Bureau
- San Dimas Station
- Santa Clarita Valley Station
- Scientific Services Bureau**
- Sheriff's Information Bureau
- South Los Angeles Station
- Special Enforcement Bureau
- Special Victims Bureau
- Star Unit
- Temple Station**
- The Chaplain's Notebook
- Training Bureau
- Twin Towers Correctional Facility
- Video Production Unit
- Walnut/Diamond Bar Station
- Weapon Training Unit
- West Hollywood Station

And a very special thank-you to the units that contributed to this issue!

<p>Century Regional Detention Facility</p> <p>Cerritos Station</p> <p>Facilities Services Bureau</p> <p>From the Docs</p> <p>Lancaster Station</p>	<p>Los Angeles Sheriff's Department Band</p> <p>Norwalk Station</p> <p>Peace Officer's Fellowship</p> <p>Peer Support Program</p> <p>Personnel Administration Bureau</p>	<p>Pitchess Detention Center, North Facility</p> <p>Retired Deputies</p> <p>Scientific Services Bureau</p> <p>Temple Station</p>
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FROM THE DOCS

THE POWER OF EXERCISE

By Angelle Hill-Seetal, Ph.D.

A couple of months ago, a friend called me in a panic. She shared a number of stressors, including uncertainty about her job, feeling overwhelmed as a mother, increased tension in her marital relationship and feeling “down” lately. She asked for my advice and the first thing I asked was, “How long has it been since you’ve gone for a good run?” Many of us have heard of the positive effects of exercise on weight loss, but did you know that exercise has been linked to improved mood, increased energy and improved sleep quality?

Exercise is defined as planned, structured, repetitive and intentional movement intended to improve or maintain physical fitness. Unfortunately, many of our busy daily lives limit the time available to be physically active and exercise. Most of us spend the majority of our day engaging in sedentary behavior like sitting at a desk for work, driving a vehicle and sitting while watching television. If you take a look at an average workday, how many hours do you spend involved in sedentary tasks? The information in this article is intended to enlighten and possibly encourage those who have wanted to start exercising but have not found the motivation and/or time.

Have you ever thought of why you feel an increase in your mood and decrease in irritability following exercise? After a good workout, everything seems right in the world. This is, in part, because exercise produces changes in the parts of the brain that regulate stress and anxiety. Research has shown that exercising three times a week for six weeks increases neuro-connections among areas of the brain that calm anxiety. It

increases brain sensitivity for the hormones serotonin and norepinephrine and releases lactate, which can protect against depression. Regular exercise modifies the default state of the nervous system so that it becomes balanced and less prone to fight, flight or fright. Additionally, consistent exercise has also been correlated with heightened self-esteem, ability to connect with others and life satisfaction.

Exercise has not only been shown to improve one’s mood, but also to energize one’s mind and body. One of the primary reasons people give for not exercising is not having the energy after a long day of work. It may seem counterintuitive, but exercise has actually been found to boost energy. How does exercising when you are tired give you energy? When you exercise, more oxygen reaches your brain and bloodstream. Your blood is able to circulate more efficiently, bringing more oxygen to your muscles and allowing for increased functioning throughout your body and heightened energy production. Our society seems to seek the quick fix with energy drinks and caffeine to get that morning boost, but getting active in the morning may give you the long-lasting energy that you are searching for.

There is a vast amount of research that suggests regular exercise also helps with relaxation and sleep. Many factors play a role in negatively affecting our sleep — stress, anxiety, depression and shift work, to name a few. Exercise has been shown to not only positively affect sleep for individuals with more recent sleep difficulty, it has also been shown to improve sleep for individuals suffering from years of insomnia. Specifically, exercise has been shown to improve

sleep quality, sleep latency (time it takes to fall asleep), sleep duration, daytime dysfunction and sleep efficiency.

When we consider the positive effects exercise can have on our lives, we see it benefits us to begin developing a plan to get started. Often, I hear people say that they plan to start exercising when their schedule lightens, job and/or hours change, kids finish soccer and so on. These are some of the same individuals who have been giving these same excuses (or others) for years. You do not have to wait until all the stars align to exercise, and chances are, if you are waiting until then, you will probably never start. Think about what you are able to do now, even if it is getting active for five to 10 minutes. Some examples can include stretching in the morning, dancing to music while you clean, walking after dinner, taking the stairs instead of the elevator or walking/running laps around the park during your daughter’s softball practice. Neuroimaging has shown that the brains of individuals who regularly exercise change over time. This can explain how exercise becomes more rewarding the more you do it. Get creative and figure out what works for you. Regular exposure to exercise will teach your brain to like, want and need it. If you would like to learn how to start an exercise regimen that works for you and become a better version of yourself, please contact Psychological Services Bureau at (213) 738-3500 to learn more about our services or to schedule an appointment. Your appointment is confidential. To obtain additional information, you may visit our intranet site (<http://intranet/intranet/ESS/Index.htm>). ☆

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AMC Black Ticket (unrestricted) <i>Ages 3 and up</i>	\$10.25	N/A ONLINE	\$11.00–\$15.00 depending on location
BOOMERS IRVINE	N/A IN OFFICE	\$48.99 and up \$.20 processing fee per order	Several packages available
CINEMARK (unrestricted) <i>Ages 3 and up</i>	\$9.50	N/A ONLINE	\$11.00–\$13.50 depending on location
DISCOVERY SCIENCE CENTER <i>Children 3–14; senior 62+</i>	N/A IN OFFICE	OC: \$16.95/\$11.95/\$13.95 (senior) LA: \$14.95/\$12.95/\$14.95 Newport Beach: \$4.00 \$.375 service fee per transaction online	\$19.95/\$14.95
HARKINS (unrestricted) <i>Ages 3 and up</i>	\$8.50	N/A ONLINE	\$10.50–\$15.50 depending on location
KNOTT'S BERRY FARM <i>Ages 3 and up</i>	N/A IN OFFICE	\$43.00 and up \$.69–\$.99 processing fee per transaction	\$82.00/\$52.00
LEGOLAND (1-day admission only) <i>Good through 3/31/21; ages 3 and up</i>	N/A IN OFFICE	\$77.79/\$82.59	\$93.00
LEGOLAND/RESORT HOPPER (Free 2nd Day) <i>2nd day free through 3/31/21; ages 3 and up</i>	N/A IN OFFICE	\$84.80/\$89.00	\$142.00 (2-day ticket)
LONG BEACH AQUARIUM <i>Children 3–11</i>	\$23.95/\$20.95	\$23.95/\$20.95	\$34.95/\$24.95
MADAME TUSSAUDS	N/A IN OFFICE	Hollywood: \$15.48/\$11.98 San Francisco: \$16.22/\$12.97	Hollywood: \$30.95/\$23.95 San Francisco: \$28.00/\$23.00
MAGIC MOUNTAIN <i>Good through 9/13/20; ages 3 and up</i>	N/A IN OFFICE	\$60.99 \$.89 processing fee per transaction	\$84.99/\$51.99
MEDIEVAL TIMES <i>Children under 12</i>	N/A IN OFFICE	\$42.85/\$27.71 plus tax	\$63.95/\$36.95 plus tax
REGAL/EDWARDS (unrestricted) <i>Ages 3 and up</i>	\$9.00	N/A ONLINE	\$10.00–\$12.50 depending on location
THE SAN FRANCISCO DUNGEON <i>Children 3–12</i>	N/A IN OFFICE	\$16.22/\$12.97	\$33.00/\$28.00
UNIVERSAL STUDIOS <i>Children 3–9; pricing is date specific; please log on to our website to view 1st visit before 5/31/20</i>	N/A IN OFFICE	\$95.00/\$89.00 and up \$129.00 neighbor pass \$164.00 annual pass	\$139.00/\$133.00 and up

NOTE: SRA is no longer selling Disneyland tickets.

IMPORTANT: Payment — cash or check only in our office (check payment limit=\$750.00). Ticket limit=10 per attraction per month, per member. If member is having someone other than spouse pick up tickets, only the member's personal check with employee # written on the same check is accepted for payment. Please read and check instructions and restrictions on the back of each ticket before leaving the ticket counter. All sales are final. Prices are subject to change without notice. Online pricing may differ from in-office pricing. Additional service charges and sales tax may apply; please see individual websites for details.

REVISED 4/17/20

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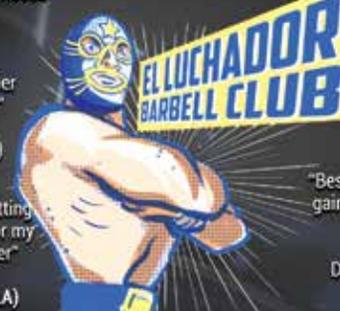
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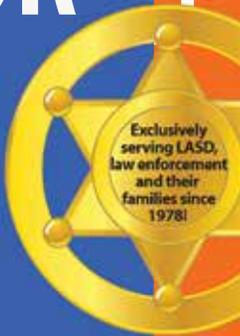


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