



VOL. 82 NO. 2

JUNE 2021

# STAR NEWS

SHERIFFS' RELIEF ASSOCIATION



"Do you think the sentence is too long??"

H. ELIZABETH HARRIS  
COMMISSIONER





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# STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

Vol. 82 No. 2..... June 2021

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# Table of Contents

## Units

- Trustees Monthly Meeting . . . . . 4
- Retired Deputies . . . . . 5
- Facilities Services Bureau. . . . . 10
- Parks Bureau. . . . . 12
- Marina del Rey Station . . . . . 14
- Norwalk Station . . . . . 15
- Malibu/Lost Hills Station . . . . . 16
- Personnel Administration Bureau . . . . . 18
- Scientific Services Bureau . . . . . 20
- CopLine . . . . . 22
- From the Docs . . . . . 26
- Community Partnerships Bureau . . . . . 27
- The Chaplain's Notebook . . . . . 28
- Peer Support Program . . . . . 28
- Peace Officer's Fellowship . . . . . 30

## Features

- Law Enforcement Serra Retreat . . . . . 9
- In Memoriam . . . . . 21
- April Retirements . . . . . 29
- Retired Marshals Lunches . . . . . 30
- Sheriffs' Relief Discount Tickets . . . . . 32

*Cover photo by Chris Miller*

# Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, April 8, 2021, both via WebEx and at 11515 Colima Rd., Bldg. B, Whittier. The following officers and trustees were present: Rod Kusch, President; Diane Stone, Vice President; Mike Abdeen, Secretary-Treasurer; Trustees Joe Badali, Sue Burakowski, Mike Fratantoni, Joe Hartshorne, Steve Katz and Conrad Meredith; and Bill McSweeney, General Manager. Trustees not present: Chuck Becerra, Oscar Martinez and Glenn Walsh.

The meeting was called to order at 4:31 p.m. A motion was made by Trustee Meredith, seconded by Trustee Martinez and unanimously carried to approve the minutes of the March 11, 2021, meeting and the February Foundation expenditures.

## COMMUNICATIONS

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

To SRA from Jeanene McConnell, "Just a note of sincere thanks for the \$9,000 of mortuary benefit. The generous amount helped our family to fly his body [Lyndle McConnell] from Oklahoma to Oakwood Cemetery in California. His memorial

service was held in Grants Pass, Oregon, with family and friends at Faith Baptist Church. Your benefit helped make all the arrangements for both services. The Sheriff's Dept. will always have a special place in our hearts."

To SRA from Judith Rowley, "As a new widow I have been overwhelmed with questions and paperwork and I would like to thank everyone at Sheriffs' Relief for answering my questions with knowledge and kindness. My husband left a list of 'whom to call when a spouse dies' and that is what I did. I didn't feel quite as scared after I spoke to such caring people. I also received the beautiful flag in the cherrywood case, my children and I were very moved by that, it has a spot on the mantel, and I will treasure it. Your offer to allow me to be an honorary member of Sheriffs' Relief is kind and generous of you. I just wanted to say that you have made this sad and frightening time a little easier and once again *thank you*."

## BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING MARCH: \$113,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$605,500

## MEMBERSHIP REPORT

A total of 1 new membership application was received during the month of March. A motion to accept this new application was made by Trustee Stone and seconded by Trustee Katz.

We had 1 death of an active member, 10 deaths of retired members, no cancellations of active membership, no cancellations of retired memberships, 3 new honorary associate members and 4 deaths of honorary associate members for the month of February.

There were no members who resigned, and no one who transferred from the Sheriff's Department/Relief Association during the month of March.

## ADJOURNMENT

At 5:29 p.m. a motion was made by Trustee Meredith, seconded by Trustee Stone and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in honor of the 210 combined years of service of the members who passed away in March and April. ☆

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Los Angeles County  
Sheriff's Department



# Retired Deputies

By Chickee Nelson and Don Fandry

24 W. Winnie Way  
Arcadia, CA 91007  
(626) 447-6962

Email: [Chickee1@netzero.com](mailto:Chickee1@netzero.com) or [Djfandry@att.net](mailto:Djfandry@att.net)

**NEXT LUNCHEON:**  
Thursday, August 19, 2021  
11:30 a.m. Buffet \$10.95  
*Villa Catrina Restaurant*  
251 N. Santa Anita Ave.  
Arcadia, CA 91006

On Tuesday, April 6, the **Northern Nevada Retired LEOs** met for an open-air picnic at the Mormon State Historic Park in Genoa. The group consisted of a mix of retired LEOs, civilian friends and neighbors — too many people for me to remember or put names to in the group picture. As you can see, there was a large contingent of attendees.

On Wednesday, April 7, the **Desert Heat Retirees** got together in Lake Havasu City, Arizona, at the Elks Lodge for their monthly luncheon. They met at 11:30 a.m. and at noon the 10 retirees entered the dining room. Everyone orders from the menu and receives separate bills. There is a no-host bar. Those attending this month were Jerry Gillen, George Bachmeier, Norman and Chickee Nelson, Mike Robbins, Doug Muchmore, Kevin Gavaghan, Mike Castorina, Tommy Jimenez and Brian Smith. The Desert Heat Retirees group meets the first Wednesday of every month and all retirees are welcome! If you have any questions, you can contact Jerry Gillen at [lnx1993@yahoo.com](mailto:lnx1993@yahoo.com).

Finally, after having to cancel last year's spring, fall and winter luncheons due to the dreaded COVID-19 lockdown, **Coachella Valley** retirees were able to meet on Friday, April 9, a beautiful spring day, at *Mitch's on El Paseo*. We were delighted to welcome a great mix of regular attendees and first-timers, Joseph and Blanca Smith, Tom and Sue Strain, Sally Mosley, Sally Harwell, Maria Burwell, Rene and Jeanette La Porte, John and Stacey Benedict, Susan



Northern Nevada Retired LEOs



Coachella Valley luncheon photo of the ladies in remembrance of their loved ones: Jacqui Franco (Galen "Ike" Sabean), Susan Garcia (Don Garcia), Joan Mercer (Jim Mercer), Judy Wilabee (Rich Wilabee), Janet Mebust (Larry Mebust), Vicky McKown (John McKown) and Sarah Bonthron (Don Bonthron)



Desert Heat Retirees. Seated: Norman and Chickee Nelson and Mike Castorina; standing: Brian Smith, George Bachmeier, Tommy Jimenez, Doug Muchmore, Mike Robbins, Jerry Gillen and Kevin Gavaghan.

Garcia, Jacqui Franco and Steve Roller. A very special group of seven ladies was introduced by Loxi in remembrance of their loved ones who have passed away recently and over the years. All seven men were LASD retirees. May they rest in peace. The fall luncheon will be held in early November. Plenty of notice will be provided. Have a safe summer. Those attending this luncheon were Dave and Loxi Hagthorp, Paul and Maria Myron, Jim and Joan Willis, Jerry and Nancy Burk, Jack and Meg Pina, Norman and Chickee Nelson, Phil and Ardella Staats, Gerry

continued on page 6



*All the Coachella Valley ladies: Sally Mosley, Vicky McKown, Ardella Staats, Maria Myron, Judy Wilabee, Nancy Burks, Sarah Bonthron, Chickee Nelson, Gloria Morgon, Joan Willis, Susan Garcia, Joan Mercer, Loxi Hagthrop, Jacqui Franco, Blanca Smith, Marian Gallegos, Sue Strain, Janet Mebust, Stacey Benedict, Maria Burwell, Elaine Minnis and Sally Harwell*



*The Coachella Valley guys: Jerry Burks, Greg Morgon, Phil Staats, Tom Strain, Joseph Smith, Jack Pina, John Benedict, Billy Gaynor, Rene La Porte, Jim Willis, Dave Hagthrop, Paul Myron, Steve Roller and Norm Nelson*

and Elaine Minnis, Greg and Gloria Morgon, Tom and Sue Strain, Joseph and Blanca Smith, Rene and Jeanette La Porte, John and Stacey Benedict, Sally Mosley, Maria Burwell, Sally Harwell, Vicky McKown, Judy Wilabee, Sarah Bonthron, Susan Garcia, Joan Mercer, Jacqui Franco, Marian Gallegos, Janet Mebust, Helen Reardon, Billy Gaynor, Steve Roller, Jim Shuler and Art Reddy. — Dave and Loxi Hagthrop, [dhagthrop@gmail.com](mailto:dhagthrop@gmail.com)

On Wednesday, April 14, the **San Diego Area Retirees** monthly luncheon group met at *Hennessey's Tavern* at 2777 Roosevelt Street in Carlsbad. It was a beautiful day, with a slight breeze. In attendance were Marv and Diane Love, Ron Eoff (lateral), Lou Brown #130, Bill Findon #117, Bob Henley #138, Harry Penny #97, Jim Stevenson #101, Greg Chapin #141, Gary Thornton #151, Nick Abbinanti #119, Vicky J. McKown #187, and Chickee #152 and Norman #169 Nelson. We were hoping to meet Joe, but he was a little under the weather, so we missed him. We had a choice of breakfast or lunch. We all laughed, talked and enjoyed a delicious meal. A fine time was had by all. If you would like information, you may contact Joe Raffa at (760) 801-9544 or [jgraffa@gmail.com](mailto:jgraffa@gmail.com).

On Thursday, April 15, the **Retired Deputies** had their quarterly luncheon at *Villa Catrina Restaurant*, 251 N. Santa Anita, in Arcadia. Those attending were Dave #98 and Doris Kading, Bob Pash #99, Don Fandry #87, Richard Smith #91, Dale Johnson #136, Don Handley #153, Chickee #152 and Norman #169 Nelson, Paul and Marlyn Meunier, and Vicky McKown #187. They had just opened the restaurant back up the previous Monday for inside dining. We

wore our masks into the restaurant and were separated into groups of four per table. They did have one table for six, but we used the tables for four. We all introduced ourselves and how long we had been retired. Bob Pash added that his week consists of six Saturdays and one Sunday! Again, there were a lot of conversations going on at each table. The food was good and there was plenty of it. Please note that the luncheon previously scheduled for Thursday, July 15, has



*San Diego luncheon: Diane and Marv Love, Lou Brown, Bill Findon, ?, Ron Eoff, Vicky McKown, Chickee and Norman Nelson, Nick Abbinanti, Gary Thornton, Harry Penny and Jim Stevenson*

been changed to Thursday, August 19. You do not have to be retired. Everyone is welcome to join us at the luncheon: civilians, sworn, relatives and friends. If you have any questions, you may contact Don Fandry at (626) 447-6962 or [Djfandry@att.net](mailto:Djfandry@att.net). Hope to see you soon.

April 15-18, the **Sunshine Rollers** gathered for their monthly campout at Country RV Park in Anaheim. It was a beautiful sunny weekend. Those members present were Manuel and Sonja Cruz (wagon masters), Mike and Kathy Ponce De Leon, Elroy and Terri Morris, Tony and Becky Espitia, Norman and Chickee Nelson, Alex and Lorraine Cruz, Judy Meraz and Dody, Norman and Chickee Nelson, N.C. Nelson and Natalia Felix, Steve and Ruth Powell, Lenore Carr, and Tom and Cathy Smith. Welcome guests: James and Migs Calhoun and sons Cameron and Jeremiah (guests of N.C. and Natalia), Rick and Jeanette Martinez (guests of Alex and Lorraine Cruz), Rosa and Walt Perez (guests of N.C. and Natalia), Patrona and Guadalupe Felix (guests of N.C. and Natalia) and Morgan Smith (guest of Tom and Cathy). Mike, Manuel and Tony put up the canopies, and Mike set up the cooking station where breakfast was prepared and served Friday and Saturday mornings by Mike, Kathy and crew. Chuck Anna drove out on Saturday morning to visit and enjoy breakfast. Card games of 31 and campfires in the evenings were enjoyed. Mike did not disappoint once again; his ice cream treats were a big hit. Sandy Spence is out of the hospital and recovering at home. *Future campout schedule:* June 11-13, Bonelli Bluffs, wagon masters Ron and Bonnie Moya. August 1-8, Pismo Sands RV Resort, wagon masters Tony and Becky Espitia and Mike and Kathy Ponce De Leon. September 23-26, Riverpark RV in Kingsburg, wagon masters Ventura and Genny Espitia. October 8-10, Vista Elks Lodge, \$27 per night, water/electric hookup, no dinner cooking weekend, wagon masters Steve and Ruth Powell. November 12-14, Orange



*Retired Deputies luncheon: Norman and Chickee Nelson, Don Fandry, Paul and Marlyn Meunier, Richard Smith, Vicky McKown, Dave and Doris Kading, Bob Pash, Dale Johnson and Don Handley*

County Fairgrounds, wagon masters Tom and Cathy Smith. December 11, Christmas lunch, host (tentatively) Dee Bacus. Respectfully submitted by Terri Morris, secretary.

On Wednesday, April 21, the **TST Ole Road Warriors** gathered for their first breakfasting of the year, and I assure you, not the last. Greetings to all; it has been quite a long spell since our group has been able to gather because of the pandemic, the quarantine and mandated social distancing that went with it. Well, we have endured our isolation from each other, but now, thank God, we are back. We met at *Flappy Jack's Pancake Restaurant* in the city of Glendora. To say we were a sight for sore eyes was an understatement. Twenty-five old friends and comrades gathered in one location, hugging each other, shaking hands, and yeah, maybe there were a few tears. In addition to our regular assembly of retirees, we had a few new faces of recently retired. We also had rare appearances of old friends who dropped in to add to the joyfulness of our day. Our new retired members who joined us were Leslie Moore, Rick Marascola and Brian Hill. Also joining us was

a retiree from another agency, Armando Ruiz, a member of Academy class #165. Making rare but welcomed appearances were Mike and Marcia Townsend, Aaron Shivers, Karl Newman, Marty Corona, Tony Deleon, Vic Abdessian and Bruce Nance. We welcomed our regular attendees, Fred Smith, Jim Webb, Steve Allen, John Contreras, Davin Emmons, Robert Pryor, Claudia Caberera, Mark "Sparky" Decker, Rich "Chilly" Wilcox, Lee "CZ" Czarnecki, Todd Wallace and Joe Jimenez. I want to give a special acknowledgment to Herman Cortez for setting up the reservations for this breakfast. Our gatherings are not exclusive to our unit alone. We are open for any of our brethren to attend our gatherings, whether or not you were a part of Transportation. If you are retired or not, you are welcomed. We all have something in common. We all wore the County star. We all wore it with distinction and earned the title of deputy sheriff. We would like to acknowledge George Meyers, who was not able to attend, but was in our thoughts and prayers. He will be celebrating his 92nd birthday. He is our unit's oldest retiree. He has enjoyed more years retired than years on the Department: 26 years as an active deputy and 42 years retired. From all of us with much love and admiration, *happy birthday*, George. As always, we look forward to our next gathering. So until then, be well, be happy and be careful. — Joe

April 21-25, we were in Los Angeles at the LAPD Ahmanson Recruit Training Center for five intensive days of training for **CopLine**, 8 a.m. to 5 p.m. daily. Class #11 had 11 trainees who completed CopLine training on the 25th! The trainees came from all over, Texas, Colorado, Montana, New Mexico, California and Nevada. These trainees were outstanding and



*Sunshine Rollers at Country RV Park in Anaheim*

*continued on page 8*



*CopLine training: Jay and CopLine founder Stephanie Samuels, M.A., MSW, LCSW. This is Class #11, and since we are going to be anonymous, we have our backs turned!*

a fun group. We had excellent trainers. It was unbelievable the amount of informative information that they squeezed into five days! This is in order for us to man the phone lines for CopLine. These are totally confidential lines that police officers, their families and retirees can call to talk or vent about anything. No one is contacted no matter what they talk about, except if they are actually making a credible threat of homicide, child abuse or elder/dependent adult abuse. They can talk, rant, rave, yell, fuss, scream and let their feelings out about anything, and all we do is listen to them. We learned the different techniques and methods to be a good listener. We will have some information for them from professional counseling and support groups that are confidential, if they ask for them. All I can say is *wow*, these classes were powerful. Now to sort out the tons and tons of information that was squeezed into those five days! If you know of anyone — you, a relative or friend — who needs to talk, discuss or express themselves, active or retired, *please* give them CopLine's number. Whether they are having a bad day or a crisis, we are here to listen. The retired police officers who answer the phones will not tell you what to do, give you solutions or give advice; we are listeners! We will listen to what you have to say! Just call and talk, 24/7. CopLine is trusted by law enforcement due to providing total confidentiality and anonymity. Call (800) COP-LINE or (800) 267-5463, anytime, day or night!

On Tuesday, April 27, the **LASD Northern Idaho Retired Law Enforcement** lunch was held at *Mi Pueblo Restaurant* in Spirit Lake. Those attending the luncheon were Gary Pfahler, Leslie Sutton, Barry Knitt, Larry Priddy, Bill Ridgley, Dan Edginton, Gene Lininger, John Kunkle (Placerville P.D.), Ken Johnson, Jake Boersma, Donna Cline, Bill Lopez, Susan Anderson, Terri

Boersma, Bill Sutton (CHP), Patrick Reardon, Chris Cahhal, Jim Elliston, Barbara Kemper, Bill and Connie Postmus, Ray Kemper and Doug McGeachy (Bonner County Sheriff's Department).

On Friday, April 30, we **Antelope Valley Retirees** awoke to a beautiful morning with a light coolness, clear sky and *no* wind. *Denny's Restaurant* returned us to normal by preparing the private room for us old relics from the Sheriff's Department and serving us a cup of coffee to get us in a wake-up mood. OK, fellow retirees. It feels good to almost be back to normal and move about somewhat free of the masks that have suffocated us for the last year or more. Freedom will be when we can go about completely devoid of the masks and the COVID restrictions. Mary McKain and I arrived quite

early and therefore were able to chat about her little 2,000-square-foot cabin in Montana. Mary said that due to the remoteness of the cabin and the smallness of the nearest town, she is experiencing problems with finding contactors to complete some construction work. Mary is also enjoying playing trumpet with a mariachi group that she recently joined. Conversations, at least at my end of the tables, consisted primarily of the cost of home repairs, pool maintenance, etc. Conversations were also had regarding the weather conditions and hazards of living in other states. I don't know what the conversations were about at the opposite end of the tables. A moment of remembrance was held for one of our regular members, Daniel Gilmore, who recently passed away. Attending the breakfast were Mary McKain, Tom Evans, Fred McNutt, Dennis Watters, Clifton Curtis, John Ament, Glenn Hutchinson, Vance Kirkpatrick, Pat Hood, Dennis Papp, Keith Hoyt, Brad Feehan and me, Carlos Valdez. Members of the Sheriff's Department are welcome to join for breakfast, held on the last Friday of every month. For information, contact Carlos Valdez at [valdez5150@msn.com](mailto:valdez5150@msn.com).

It is nice that people are coming out of hibernation and getting together again! On June 1, Las Vegas will be opened 100%, per their governor. If you were staying in and staying safe, we hope you were enjoying your retirement. That is what life is all about. Until our next adventure, I am signing off. — Chickee Nelson, [Chickee1@outlook.com](mailto:Chickee1@outlook.com) ☆



*LASD Northern Idaho Retired Law Enforcement. Standing, back row: Gary Pfahler, Leslie Sutton, Barry Knitt, Larry Priddy, Bill Ridgley, Dan Edginton, Gene Lininger, John Kunkle (Placerville P.D.), Ken Johnson and Jake Boersma. Standing, front row: Donna Cline, Bill Lopez, Connie Postmus, Susan Anderson and Terri Boersma. Seated: Bill Sutton (CHP), Patrick Reardon, Chris Cahhal, Jim Elliston, Barbara Kemper and Bill Postmus. Kneeling: Ray Kemper.*

# SAVE THE DATE

## Law Enforcement Serra Retreat

OCTOBER 1-3, 2021

The weekend of October 1-3, 2021, marks the 75th anniversary of the Sheriff's Department law enforcement retreat at the Serra Retreat house in Malibu. Retired Commander Tom Vetter took great pride in organizing and mentoring the law enforcement Serra Retreat group for over 60 years. On January 16, 2021, sadly, Tom passed away from COVID-19. Tom was excited about planning the big 75th anniversary of our group's attendance at the retreat house. The planning committee is planning a special weekend to honor Tom and a life well lived, both personally and professionally, as well as celebrating all of his contributions to the Serra Retreat and our special group.

The retreat house is open for retreats and following the state and CDC guidelines regarding cleaning protocols, social distancing and mask wearing. All home-cooked meals and voluntary presentations will be conducted in the open air. The retreat house is a 38-acre Franciscan facility located on a hilltop in Malibu. Keep in mind, outside patios are surrounded by immaculately maintained gardens, pathways and trails throughout the property, with breathtaking views overlooking the hills and the beautiful Pacific Ocean.

The retreat staff has made adjustments to the room assignments in order to meet standards set by the state and CDC. Each couple or individual will have a private bedroom and bathroom. Because of safe distancing, there will be fewer rooms available. Attendance will be based on confirmed commitments.

When attending, you have opportunities to go on quiet walks and enjoy the beautiful scenery in the Malibu Hills. You may also choose to quietly reflect and enjoy the beautiful setting by relaxing in the informal environment, or you may just need sleep and great home-cooked meals. Positive, uplifting presentations are also offered to everyone on a voluntary basis. Many retreatants enjoy walking or running down to the beach.

Those of you who are attending the retreat will begin your experience by checking in anytime after 1500 hours on Friday, October 1. Try to avoid traffic by leaving early. Friday's dinner will be served from 1700 to 1900 hours to accommodate late arrivals. Checkout time will be approximately 1200 hours on Sunday, October 3.

The Serra Retreat house is located at 3401 Serra Road, Malibu, 90265. Serra Road is located between Sweetwater Canyon Road and Cross Creek Road, directly off the Pacific Coast Highway. It is south of the old Malibu Sheriff's Station and across from Malibu Lagoon State Park.

All religious denominations are invited. This retreat is open to all members, both sworn and professional staff, active and retired, from all Los Angeles County law enforcement agencies. Spouses, relatives and friends are also welcome to attend.

For further information regarding the cost and reservations, please contact any of the following:

**Patty Norris**  
(818) 381-7698

**Jay Sevoian**  
(661) 992-4369

**John Valencia**  
(951) 316-3633

**Gino Reale**  
(661) 425-1219

**Chuck Norris**  
(818) 381-7649

**Andy Thompson**  
(714) 293-5898

**Leo Bauer**  
(661) 388-9650

**Tony and Shiela Martins**  
(562) 753-1963

**Michelle Emeneger**  
(714) 293-3891

**Chickee and Norm Nelson**  
(562) 760-0875

**Ingrid Jefferys**  
(909) 234-8151



By Erin Stibal  
Facilities Services Bureau

The men and women of Facilities Services Bureau take pride in their hard work and perseverance, and the events of the past year have truly tested that as well as being a testament to the commitment of the Bureau.

Thankfully, there has been a decline in pandemic-related and civil-unrest-related calls for service. FSB has been there to board up hundreds of windows, help secure facilities, install thousands of Plexiglas partitions and many other safety precaution installations.

“Business as usual” has changed, but FSB has adjusted, even when faced with the loss of two employees, the retirement of several longtime employees and the inability to hire new staff as needed. Teamwork has become even more essential, as has working as a socially distanced team; this has meant the frequent use of Microsoft Teams for weekly management meetings and daily calls. Through it all, FSB is committed to recognizing the hard work of its employees, especially those who go above and beyond for the Bureau and LASD in general.

### EMPLOYEES OF THE QUARTER

Two “shining stars” were recently named as the Employees of the Quarter by the FSB management team!

Audio Video Security System Technician (AVSST) Luke Burdett was nominated by his supervisor for his continued hard work at implementing change. Along with his regular duties, Luke created a new system so that the deputies at PDC could broadcast audio COVID-19 messages throughout the facility. This broadcast was a script that was previously read on the public address (PA) system hourly for the safety of inmates and staff. Luke researched and found some free software that he was able to utilize to produce the recording and automate the announcement on an hourly basis. Through his research and determination, he was able to simplify the process and free up the much-needed staffing in the facility, all while ensuring the COVID-19 messaging was communicated to all. Thus, Mr. Luke Burdette was selected as the 2021 FSB Line Staff Employee of the First Quarter.

Intermediate Typist Clerk (ITC) Noemi Valenzuela was nominated by her supervisor



FSB management team on their weekly Teams conference call, as captured by Director John Carillo



Employee of the Quarter Noemi Valenzuela

as well as another member of the management team because she is a team player and an asset to FSB. Always with a “can do” spirit and high level of energy, she is always willing to assist anyone. Noemi is assigned to FSB HQ Unit and has the main responsibility of processing all of the performance evaluations for FSB. She has not only taken this task on with enthusiasm, but also put FSB ahead of the curve of processing the unit’s PEs in a timely manner. She works closely with the managers and supervisors on ensuring procedures are being



Employee of the Quarter Luke Burdett

followed. Overall, Noemi has outstanding work habits and is always stepping up to assist in other areas of the Bureau Operations, including tracking all building inspections. For this, Ms. Noemi Valenzuela is being honored as the 2021 FSB Support Staff Employee of the First Quarter.

Congratulations, Luke and Noemi, for your well-deserved recognition!

### FSB’S PEER SUPPORT TEAM

With over 450 employees and one of the most challenging years to date, FSB Director John



FSB Peer Support Team members Russ Ermey, Vonetta Mays, Ruben Varela and Henry Hamby

Carillo saw that there was a need to expand the FSB Peer Support Group team. Longtime members Planner/Sheet Metal Henry Hamby and Sheet Metal Supervisor Russ Ermey are now joined by Electrician Supervisor Ruben Varela and Law Enforcement Technician Vonetta Mays.

LASD Psychological Services Bureau has many Peer Support groups to assist both sworn and civilian personnel when they need assistance or feel overwhelmed. Peer Support team members participate in a week-long training and receive monthly notices for their “toolkit” of resources that they can provide.

FSB Planner Henry Hamby has worked for FSB for 22 years and has volunteered with the Peer Support group for 15 years. As an Air Force veteran and reservist, he became involved with the Military Activation Committee in 2002 and became a military liaison officer; he is also part of the Vets for Vets peer support group. Henry is passionate about helping others; he strongly feels

that “if you take care of the troops, the troops will take care of the mission.”

With that in mind, he and Russ recruited two additional FSB employees, Ruben and Vonetta, to assist in their efforts. In addition to informative emails sent out monthly that are geared toward helping the FSB team and their families, the Peer Support group provides assistance and support for referral services, counseling or advice on how to handle an issue. Although all four of them can assist any FSB employee who contacts them, the Peer Support team is focused to assist in specific areas: Henry handles veterans and FSB line staff, Russ handles supervisors and office staff, Ruben handles staff from PDC and Vonetta handles female personnel and veterans.

This team is committed to assisting their co-workers, and they are just a phone call or email away, ready to lend a helpful hand. Their dedication, compassion and willingness to serve those in need are invaluable assets to the FSB

team, and their efforts, although somewhat “behind the scenes,” are most appreciated and never go unnoticed!

## RECENT RETIREES

Congratulations and best wishes to the following FSB retirees, who collectively served 369 years for Facilities Services Bureau!

- Bob Weber, Steam Fitter & Refrigeration Supervisor — 32 years of service
- Leroy Welcome, Electrician — 31 years of service
- Freeland Rukavina, Mason Supervisor — 30 years of service
- Raul Pineda, Sheet Metal Supervisor — 30 years of service
- Manuel Albert Jr., Locksmith — 29 years of service
- Daniel Maloney, Manager I — 29 years of service
- Victor Coreas, Assistant Chief Stationary Engineer — 29 years of service
- Brain Sutherland, Plumber — 28 years of service
- Normand Martin, Building Complex Manager II — 26 years of service
- Michael Mitchell, General Maintenance Worker — 23 years of service
- Dwayne Uyeda, Heavy Stationary Equipment Mechanic — 23 years of service
- Ben Mach, General Maintenance Worker — 19 years of service
- Orlando Romero, Electrician — 15 years of service
- Lai “Rebecca” Lee, Procurement Assistant I — 13 years of service
- Manuel Campos, General Maintenance Worker — 12 years of service

*Goodbye, good luck and thank you* all for your many years of dedicated service to FSB and its mission!

## CONDOLENCES

Lastly, FSB is saddened to report the loss of three employees.

Saul Luna passed away on February 7, 2021. Saul was a Union Hall heat and frost insulator who worked with FSB since April 2015.

John Hong passed away on March 1, 2021. John was a general maintenance worker since November 2011; he was assigned to CRI and worked in both MCJ and TTCF.

Robert Carnes passed away on April 25, 2021. Robert was an electrician assigned to PDC and worked for FSB for over 20 years.

Facilities Services Bureau extends our deepest sympathy and heartfelt condolences to their families. ☆



By Brittany Fraser  
Parks Bureau

### SO CLOSE, YET SO FAR

Hey, how's it going in your RD?" he asked me.

"Everything in my ZIP code is fine, thank you!"

We bantered back and forth, as we had just transitioned to a California king. The adjustment from our tiny queen was amusing.

At times, that's how Parks Bureau can feel — one Bureau, yet so far apart. We are countywide, with our North Zone based out of Castaic and a substation in Antelope Valley, our East Zone in San Dimas next door to Raging Waters, our South Zone in Los Angeles close to the 110/105 freeway interchange and our Headquarters in Hollywood next door to the Hollywood Bowl.

Despite our distances in miles, Captain Torres brought us all together in April for a much-needed Bureau meeting. As COVID had curtailed Christmas, we hadn't all been together in a long time.

With tacos and fruit, music and comradery, a great time was had by all. I heard several personnel say, "It's so great to see everyone when it's not at a funeral."

I heard others say, "So nice to finally put a face to the name."

There was lots of laughing and cheering as gifts were given, and Henry Jimenez was quite the comedian as our MC Captain Torres spoke some words as he successfully got all three zones on the same page. Chief Lecrevain also gave us words of encouragement.

We really look forward to our future Bureau meetings. Although we are far, at Parks Bureau, we really are very close.

### BOAT RESCUE

Summer is quickly approaching. With Parks After Dark programs, pools and lakes, the summer brings many people to Parks Bureau and our parks, golf courses, trails, nature centers, botanical gardens and lakes.

With the masses, the probability of emergencies increases and keeps us ready. Last summer, at Pyramid Lake, our marine boat operators/EMTs were a perfect example of this.





On Friday, July 10, Parks Bureau deputies saved a young boy badly injured in a boating accident. While a family was driving a pontoon boat on the lake, a large wave caused the 9-year-old boy to be thrown overboard. The boy landed in the water and went under the vessel, toward the propeller. The boy and his life vest became entangled with the propeller, causing three bone-deep lacerations in his thigh.

Most of us who have kids might be grimacing at the thought. Thankfully, the family pulled the boy out of the water, but he had significant bleeding from his leg.

A jet-skier flagged down our Parks Bureau deputies, who rapidly responded to the accident in our LASD vessel. Deputy Lisa Joyce was the first on board. After her quick medical assessment, she immediately requested 902R and Air 5. Deputy Joyce began treating the boy's wounds.

The deputies placed the boy and his mother onto our LASD vessel and brought them to our Pyramid Lake substation. Deputies Joyce and Tim Stanley, joined by Deputy Travis Randall — all trained EMTs — continued to medically treat the boy and prepare him and his mother



to be airlifted to the hospital.

Deputies followed up with the boy at the hospital and complimented him on being a "trooper."

The boy has made a full recovery, and he and his mother are extremely grateful for our Parks Bureau heroes! ☆



By Erin Y. Liu  
Marina del Rey Station

**M**arina del Rey Station proudly presents our Harbor Patrol Detail (Boat Operations Unit), which is responsible for law enforcement of the nation's largest human-made small-craft harbor, a home port to approximately 6,500 boats.

Since its establishment in 1984, our Harbor Patrol Detail has played an essential role of education and crime prevention on the water and on the docks. The unit provides regular checks for safety on the water, as well as enforcement of federal, state and local ordinance laws. In addition, the Boat Unit responds to incidents such as airplane disasters, boat fires and explosions, vehicles in



the water, missing swimmers and divers, vessels in distress and environmental disasters, and also provides assistance in marine animal rescue. All of the Department's boat operators are EMTs and are required to train regularly for medical emergencies. Additionally, the Department's boat operators attend marine firefighter training, conduct routine



dive training and attend courses at the Maritime Law Enforcement Training Center in the Port of Los Angeles to prepare for maritime incidents.

Our unit works closely with our SEB and ESD, the U.S. Coast Guard, L.A. County Lifeguard Baywatch units and the L.A. County Fire Department, as well as federal agencies. At night, we are the first responder rescue boat for LAX and the entire Santa Monica Bay, from Point Dume near the Ventura County line to Palos Verdes Point, and we conduct offshore operations as well. The boat operators also are requested by federal agencies when the president of the United States is flying in or out of LAX, to



maintain a secure flight path by placing waterborne assets along the flight path.

During the summer months, when tons of people come here to enjoy the waves, the salty breeze and the beautiful sunset, our boat operators will operate one of the 29-foot patrol boats to conduct traffic control (which is especially effective with speeding jet-skiers) and boating-under-the-influence enforcement.

In addition, multiagency air crash scenario training is conducted on a regular basis to maintain readiness. All of our boat operators train with U.S. Coast Guard Air Station crews frequently, in preparation for an air disaster. Training consists of hoisting operations, emergency procedures and rescue swimmer operations. Most recently, on April 28, our boat operators conducted hoisting operations training with our Department's Air Rescue 5 crew.

No matter whether you are chasing the tides or sailing your boat, the Marina del Rey Boat Operation Unit will always be by your side whenever you need help, to protect and serve. ☆



By Juan Sanchez and Tracy Stewart  
Norwalk Station

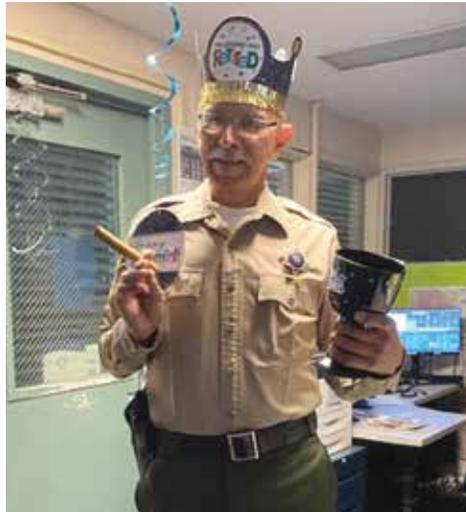
### RETIREMENTS

In March, we had two very special people retire from Norwalk Station. Deputy Gil Martinez retired from the Department after 32 years of service. He worked at Norwalk for 30 years. Gil spent the first part of his time at Norwalk working the field in all of our station areas. For the last 20 years, he worked as the Early Morning watch deputy. Gil was also involved in many events at Norwalk. He was a big part of our Baker to Vegas running team.

Deputy Mark Lovitch retired from the Department after 30 years of service. He worked at Norwalk for 22 years. Mark worked a variety of assignments in patrol at Norwalk. He primarily worked a crime car in Whittier. Prior to his retirement, for the last several years, he served as the California High School resource deputy. Mark did a great job as the Cal High deputy. He will be missed by not only his station family, but the many lives he touched and relationships he built at Cal High.

### ARREST OF THE MONTH (APRIL 2020)

The April arrest of the month went to Deputy Guy Davis. Deputy Davis observed a suspect driving in a reckless manner. Believing he was driving under the influence, Deputy Davis went in pursuit of the vehicle. During the pursuit, the suspect tossed a firearm out of the vehicle, which was recovered. At the termination of the vehicle pursuit, the suspect fled and Deputy Davis went in foot pursuit of the suspect. During the foot pursuit, the suspect surrendered. The suspect was placed under arrest for being a felon in possession of a loaded firearm and felony evading. Under



Miranda, the suspect admitted to throwing the firearm out of the vehicle during the pursuit.

### MORE GUNS AND DOPE TAKEN OFF THE STREETS

In the month of April, we had a total of four arrests where Norwalk Station deputies took suspects into custody for possessing firearms. During those arrests, four loaded firearms were recovered. Additionally, Norwalk Station deputies arrested four suspects for possessing methamphetamine for sales.

### DETECTIVE CASE OF THE MONTH (APRIL 2020)

The detective case of the month for April went to Detective Mayra Duarte. Detective Duarte was assigned to investigate a grand theft case where two suspects stole solar panel batteries. During the investigation, Detective Duarte identified one of the suspects based on the fact that he was the registered owner of the vehicle observed leaving the scene of the crime. Detective Duarte authored and served a warrant at the suspect's home. Recovered during the warrant were two firearms. Detective Duarte conducted an interview of the suspect, who admitted to stealing the solar panel batteries and possessing the firearms found in his home. Detective Duarte located the second suspect, and during his interview he admitted to stealing the solar panel batteries. The first suspect was charged with grand theft and felon in possession of a firearm. The second suspect was charged with grand theft.

### ANOTHER GREAT ARREST AND INVESTIGATION

Deputies Annette Chavez and Jackie Rojas made contact with a suspect during a bicycle stop. The suspect displayed the objective symptoms of being under the influence of a stimulant. As they spoke to the suspect, they noticed she had an object wrapped in a cloth concealed under her armpit. Deputies Chavez and Rojas obtained the object and found it to be a stack of cash totaling \$21,000. The suspect had no reasonable explanation for having the currency. She was placed under arrest for being under the influence and reasonable cause grand theft. Detective Oberle was assigned the case. During his interview with the suspect, she mentioned she had been staying at the Motel 6 in Bellflower. During his investigation, Detective Oberle learned there had been a reported burglary at the Motel 6, where the victim said a large amount of money was stolen from her room. Detective Oberle obtained video of the burglary and the suspect matched the description of the suspect. Deputies Chavez and Rojas placed under arrest. Detective Oberle presented the case to the district attorney and the suspect was charged with burglary. The victim was very grateful that the large sum of currency that was stolen from her was recovered. ☆

**WE WILL TAKE IT FROM HERE**

The past couple of months have been a very difficult time for our Lost Hills family. We are devastated to inform everyone that two of our very own unexpectedly passed away: Reserve Motor Deputy Michael Churney and Retired Deputy Mike Treinen.

Mike Churney was a beloved husband and father to an incredible 5-year-old son. Prior to becoming a dedicated motor deputy at Lost Hills Station in 2008, he started his career with the Los Angeles County Sheriff's Department at Lost Hills Station in 1996. He then went on to work at Men's Central Jail and Court Services West. Churney constantly volunteered and applied his expertise in many different departments at the station, whether it be special projects to help out our contract cities or assisting Lieutenant Seetoo with the famous therapy mini-horse. Mike not only was a motor assigned to Lost Hills Station, but he also regularly assisted other stations with their motor operations.

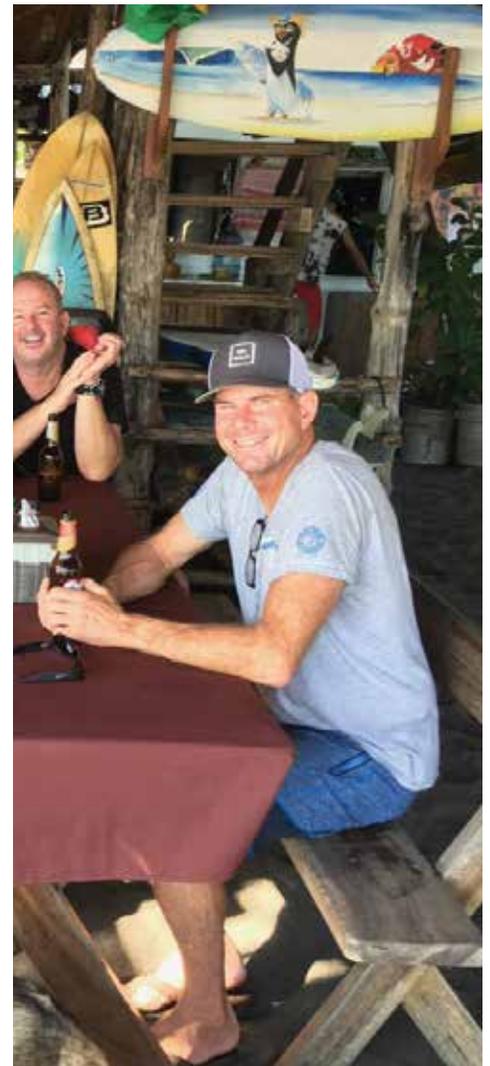


Out in the field, we could regularly find Mike zipping around the canyons on his motorcycle, always backing us up with whatever we needed. We could always count on seeing him around the station, showing off that contagious smile and making us laugh. He was not only a beloved husband and

father, but a great partner and even better friend. We will miss you more than you know, Mike. Rest easy, Churney — love ya, brother.

Retired Deputy Mike Treinen quietly made his exit into retirement in 2020. Most of us couldn't believe he was actually going to retire, because we

honestly thought we would never see the day! After spending the beginning of his patrol years at East Los Angeles Station, Mike transferred to Lost Hills Station, where he spent the remainder of his time. Treinen trained many of our now-seasoned deputies who still continue to patrol and train in the Lost

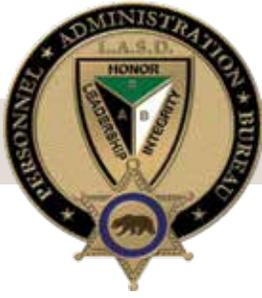


Hills jurisdiction. His final position was serving as the homeless liaison for the City of Malibu and a training officer for our reserve deputies.

Mike always had the biggest smile on his face. He was the most humble human being and treated everyone with the same amount of respect ... even the day one trainees. We could always find him out in Malibu, whether at a city council meeting, surfing at Zuma Beach before his shift or surfacing from some encampment in the bushes no one knew existed. Treinen absolutely

loved his job (especially that OT), but his partners loved him more! Mike touched the lives of so many people — whether they were sworn or civilian, he always made a positive impact. We were fortunate enough to get together for a paddle-out memorial with everyone who was able to celebrate Mike's life and his legacy.

It is with immense gratitude that we thank you both for your years of dedication, not only to us, but to the Department and the residents of Los Angeles County. ☆



By PAB Staff

Personnel Administration Bureau

On an April day, Employment Services Assistant III Christina Ramirez of our Test Development Unit was walking back to SBB after dropping a County car off at Fleet for regular maintenance. She was walking on the sidewalk opposite the Biscailuz Training Center's track when she saw a man walking his dog on the opposite side of the street. In a second, Christina recognized a very familiar face with a hound-looking snout and a slightly crooked tail. It was Milton, the dog she had fostered at her home in Orange County. Milton was from an L.A. City shelter and Christina offered to foster him on behalf of Forte Animal Rescue. They spent Christmas together and she became very fond of him.

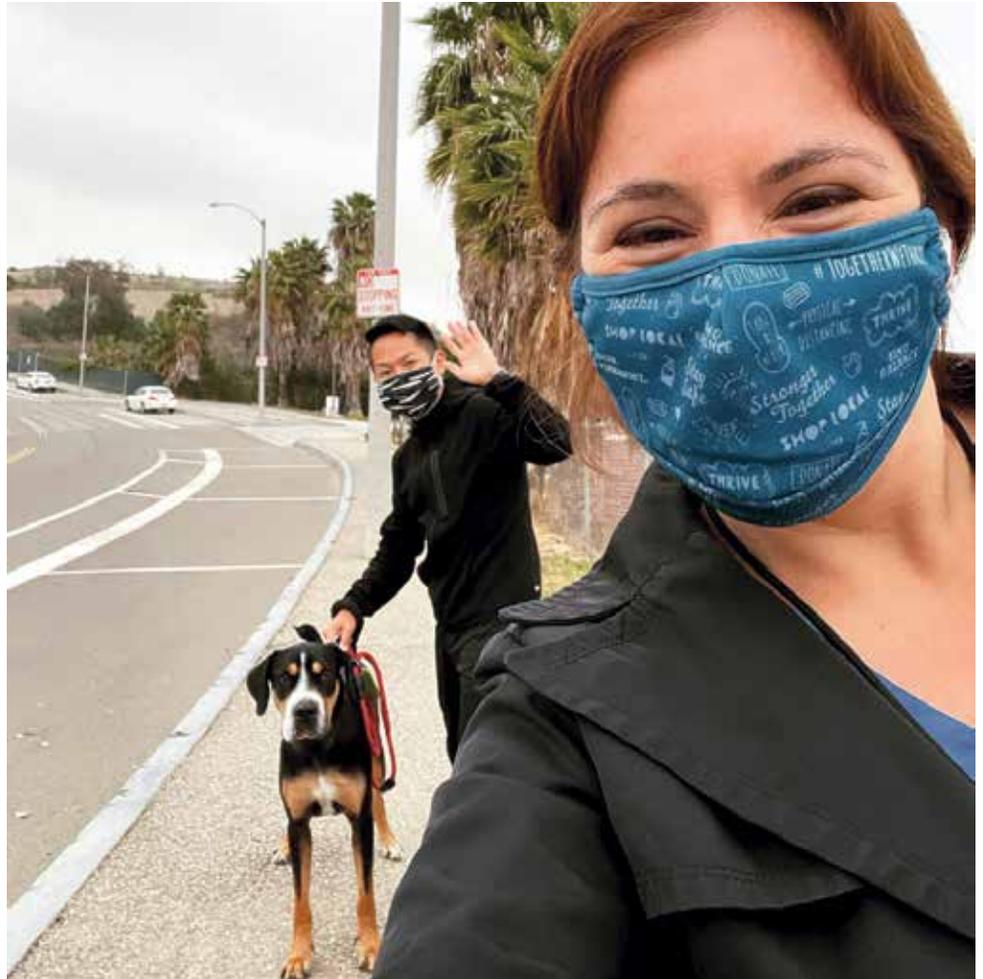
On the day they crossed paths, Christina had actively been thinking about him and his new home and hoping everything was going well. She had no idea where he was living — that is, until the day she found him while she was walking back to her work location. Christina met Milton and his lovely “dad,” who told her he had made the adoption official the previous week. They live next to Biscailuz Training Center and take walks nearby every day. They are very happy, and his dad loves everything Christina loves about Milton and more. They exchanged information and are keeping in touch. Christina and Milton have more happy visits in their future.

Here is a photo of the happy surprise, as well as photos of Milton being a wonderful foster dog. Visit Forte Animal Rescue, which rescues dogs throughout the city of L.A. and L.A. County, at its website, [farescue.org](http://farescue.org).

### PAB EMPLOYEES ASSIST WITH LASD COVID-19 VACCINE CLINICS

In March, the Sheriff's Department hosted the first of nine mobile vaccination clinics in the race against the COVID-19 pandemic. Emergency Operations Bureau (EOB) was responsible for the planning and coordination of COVID-19 vaccination clinics for the Department's 18,000-plus employees.

PAB employees Employment Services Assistant II (ESA II) Alejandra Ramirez from the Sworn Examinations Unit, ESA I Kimberly Dillon from Personnel Processing and Compliance Unit, ESA II Christopher Cervantes from



*Christina with Milton and his happy “dad”*



*Milton claiming his foster mom's full couch*



*Milton enjoying a warm foster home for Christmas*

Professional Examinations Unit, Deputies Huerta and Kang from Backgrounds Unit, Deputy Torres from Recruitment Unit, and Deputies Padilla, Sandoval, Morris, Nunez, Mendez and

Valadez from Training Bureau volunteered to join the Vaccine Team led by EOB and the Special Enforcement Bureau (SEB) to ensure LASD employees received their vaccinations. The



clinics were held at various locations, including the Pomona Fairgrounds, STARS Center, Twin Towers Custody Facility, Biscailuz Center, Century Station, Pitchess Detention Center and Antelope Valley Fairgrounds.

PAB employees and the Vaccine Team arrived early to set up the facilities at the clinics and learned the PrepMod system to ensure an efficient flow to get employees in and out and back to work. Music was also played at some locations to provide a relaxed atmosphere for those not so fond of needles. There were some scares at times and paramedics were called, but luckily everyone survived the shot and the side effects.

The Vaccine Team was also able to vaccinate the Ethiopian community, along with persons with disabilities and others in need in South Los Angeles. Through these vaccines, they were able to protect not only the LASD community, but also the citizens of Los Angeles County through Operation Homebound. These clinics have brought hope and a sense of normalcy that has been missing since the COVID-19 pandemic struck last year. For some, it means seeing their family and friends again without a constant fear of contracting a potentially fatal disease.

For PAB employees, it was rewarding to take part in something that symbolizes the beginning of the end of the pandemic.

On behalf of Personnel Administration Bureau, we thank you, Alejandra, Kimberly, Christopher, and Deputies Huerta, Kang, Torres, Padilla, Sandoval, Morris, Nunez, Mendez and Valadez, for your volunteer and humanitarian efforts. We appreciate all the help and support you provided the Department, EOB and SEB. ☆

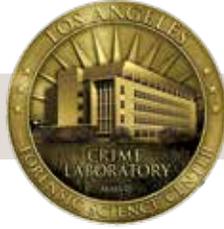


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and events at  
[www.sheriffsrelief.org](http://www.sheriffsrelief.org)



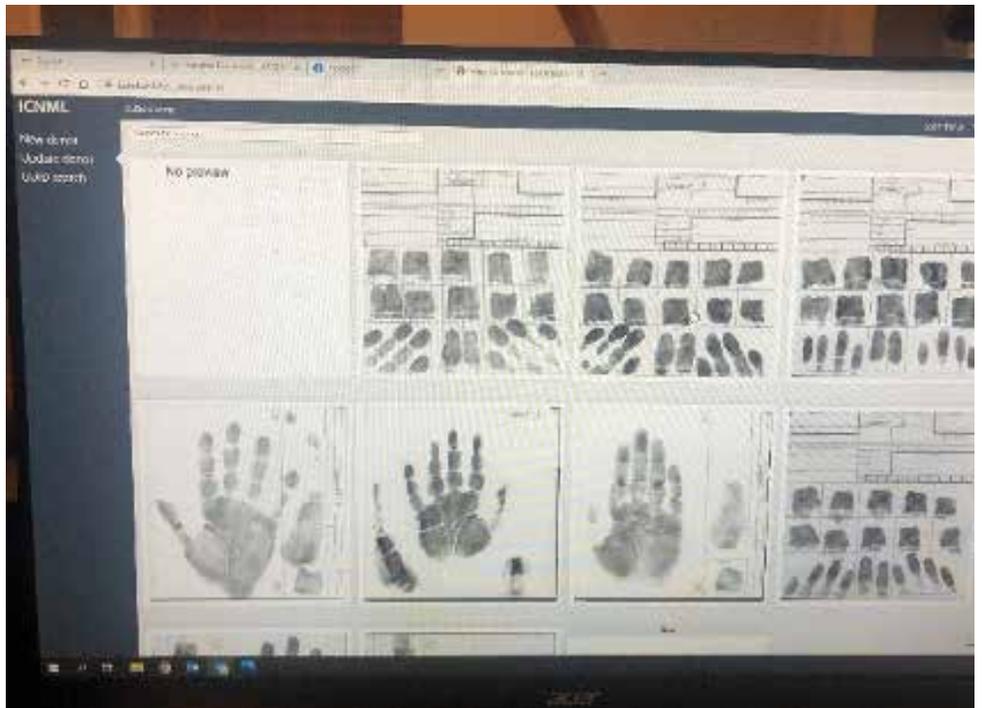


By Team SSB  
Scientific Services Bureau

Hello again from SSB. It's June and summer is upon us! We hope everyone is enjoying the warm weather and getting out more than this time last year.

### WELCOME

We would like to welcome EPC III Kara McCarter, who joined Evidence Control at HDFSC in mid-April. Kara comes to us from Central Property and Evidence. She began her career with the Sheriff's Department in 2008 as an EPC I at the Inmate Receiving Center. Kara's bubbly personality is legendary, so be prepared when you meet her. Here she is with the loves of her life, her two boys, Kayden (13) and Kaleb (8).



### NOTABLE WORK

Since 2018, the Latent Prints Section, under the leadership of Supervising Forensic Identification Specialist Maria Ruggiero, has been participating in a National Institute of Justice (NIJ)-funded research project entitled "Coping with Close Non-Matches in Latent Print Comparison (re-)Training." This project seeks to build an international close non-match (CNM) library and evaluate experts' understanding of close non-matches. As the grant project narrative states, "a CNM is a non-matching print that shows a higher level of correspondence with the features of a mark than a randomly selected print would" (RTI International Proposal No. 0281801.188, <https://nij.ojp.gov/funding/awards/2018-du-bx-0227>). This research is important to the discipline of friction ridge

examination at large and relevant to our laboratory because of the nature of the algorithms used in automated fingerprint identification systems (AFIS) searches. AFIS is designed to find the closest matches contained in the database and is constantly growing in the number of prints in their gallery, so it is expected that examiners will increasingly face comparisons

involving CNMs. The Latent Prints Section, including AD James Carroll, the FIS supervisors, FIS personnel, LETs and the Operations staff, have all provided exemplar and latent prints for the project, making this a true team effort. The efforts of our Latent Prints group will contribute to what the grant project narrative describes as the "first expert evaluated library of its type that



Lieutenant Eddy Hiraoka and Crime Lab Director Wesley Grose with LET Shane Morin outside the Downey Lab



will be made available to authorized agencies with a view toward promoting the training (and continuing education) of examiners, generating proficiency tests, providing images for use in research, and assisting in benchmarking AFIS systems.”

**CONGRATULATIONS**

The Downey Lab folks were just in time with a drive-up baby shower at the end of March for LET Shane Morin. We no sooner got the pictures from the baby shower than the news of the baby’s birth was announced! So, we would

like to send out our congratulations to Shane and Mallory on the birth of their baby girl, Kennedy Ray, born April 16, 2021, at 12:57 in the morning, weighing in at 6 pounds, 8 ounces, and measuring 19 inches. ☆

☆ **IN MEMORIAM** ☆

RICHARD L. BOOM  
 SAMMIE L. COLLINS  
 JAMES CRAIG JR.  
 SUSAN U. DIAZ  
 ROBERT G. FINDING  
 DANIEL R. GILMORE  
 LAWRENCE C. GOMBOS  
 RAMONA HURTADO  
 DONALD A. KALBERLOH  
 RAFAEL N. KENEALY  
 BILLY MALONE  
 WILLIAM W. PETERS  
 MARIE J. RAMIREZ  
 CARL G. SPALIN  
 RICHARD N. TEEMAN  
 JANE K. URATA

RETIRED 03-31-89, DECEASED 04-13-21  
 RETIRED 03-30-90, DECEASED 04-18-21  
 RETIRED 12-01-93, DECEASED 03-16-21  
 ACTIVE, DECEASED 04-21-21  
 RETIRED 07-02-86, DECEASED 03-31-21  
 RETIRED 12-01-77, DECEASED 04-21-21  
 RETIRED 10-01-75, DECEASED 04-21-21  
 RETIRED 01-16-93, DECEASED 03-28-21  
 RETIRED 03-17-83, DECEASED 03-26-21  
 RETIRED 12-03-01, DECEASED 03-04-21  
 RETIRED 03-31-78, DECEASED 04-18-21  
 RETIRED 01-18-94, DECEASED 03-18-21  
 RETIRED 08-02-94, DECEASED 03-19-21  
 RETIRED 07-05-89, DECEASED 04-08-21  
 RETIRED 03-17-98, DECEASED 04-22-21  
 RETIRED 01-21-97, DECEASED 03-20-21

MARSHALS OFFICE/SENIOR  
 STAFF ASSISTANT  
 ADMIN/COMMANDER  
 MDR STATION/DEPUTY  
 IRC/CUSTODY RECORD CLERK II  
 INDUSTRY/SERGEANT  
 MIRA LOMA/DEPUTY  
 INDUSTRY/DEPUTY IV  
 CARSON STATION/STATION CLERK II  
 WEAPONS TRAINING/DEPUTY  
 MCB/SERGEANT  
 ALTADENA/SERGEANT  
 LENNOX/DEPUTY IV  
 RECORDS BUREAU/STAFF AID CLERK  
 NORWALK/DEPUTY  
 PHOTO LAB/VIDEO TECHNICIAN  
 EXEC SECRETARY TO SHERMAN BLOCK/  
 SECRETARY

MYYA BARNES, DAUGHTER OF ACTIVE MEMBER MEISHA RICHARDSON, DECEASED 05-08-20  
 CATHERINE DE MILIO, SPOUSE OF RETIRED MEMBER FRANK J. DE MILIO, DECEASED 04-06-21  
 DONNA MONROE, SPOUSE OF RETIRED MEMBER WILLIAM L. MONROE, DECEASED 03-23-21  
 LARRY MUNSON, SPOUSE OF RETIRED MEMBER CECILIA MUNSON, DECEASED 03-22-21  
 YOSHIKO WU, SPOUSE OF RETIRED MEMBER RICHARD WU, DECEASED 04-19-21

**EACH MEMBER LISTED WAS PAID AN SRA SURVIVOR BENEFIT.**



By Stephanie Samuels

CopLine, Inc.

**“IN VALOR THERE IS HOPE”**

— PUBLIUS TACITUS

In valor there is hope” is one of the four quotes that are on the corners of the National Law Enforcement Officers Memorial in Washington, D.C. Each corner is guarded by a lion, and the only thing that a lion fears is man. It is fitting that lions stand watch over our fallen, as man, in some way or another, is responsible for each name on that wall. I have read the five words many times and have looked at their meaning and the sacrifices that are made daily to uphold them. These five words are now in question, not by those who fear them, but by those who protect them.

When I was asked to write an article, I wasn’t sure what I was going to write. I feel that writing about “officer wellness” and “resiliency” will create the knee-jerk reaction of Charlie Brown hearing his teacher: “Wah wah wah, wah wah wah.” There is no more resilient population than those who wear the badge. I have never met one who considered themselves a hero, rather than humble men and woman who were glad they were able to perform the duties of a police officer that day. Each one of these officers had one thing in common, and I believe they still do: hope, the other four-letter word. It is the word that keeps every one of us here on earth, in our relationships

and in our careers. It isn’t until hope dies that we truly give up. I have been asked many times about why people aren’t able to grieve while a dying person is still alive. I believe the answer is hope, that miracle that one hears about, the fleeting, secret thought of “Why can’t a miracle happen to me?”, and it isn’t until the last breath is taken that hope dies.

I have a pretty good idea of what law enforcement is going through throughout the country, as I remain on as clinical backup for CopLine, the only confidential hotline for law enforcement officers answered by retired, vetted and trained officers throughout the U.S. and Canada. There is no doubt that societal change and the lack of leadership and support from the administration and politicians is having a significant effect on our officers and their families. I think my favorite quote was from an article in *Police1* called “Burned out: Portland cops leave scathing exit interviews”: “The only differences between the *Titanic* and PPB? Deck chairs and a band.”

There is no “cheerleading,” only the knowledge that the most astute profilers’ profile from past history tells us that this change will not last, that the pendulum will swing back to a “new normal” like it did after 9/11. We became a more vigilant population as a whole, more tolerant of security

as we understood the need for it. I have hope — yes, *that* four-letter word — that we as a country will be able to reset and that more lives don’t have to be senselessly lost. I know that many of our uniformed officers are feeling burnt out and alone, that their families put on happy faces with fear in their hearts, greater fear than they had 18 months ago when their loved one went to work. What I also know is that fear did *not* kill hope, that “If not me, then who?” still runs through the veins of every first responder as head and heart seem somehow at odds. It means still looking at the essence of why one took the job and if it would be less painful to be in the bleachers or on the field. I don’t have the answer for any of our officers, but what I do know is that CopLine has over 100 volunteers, many of whom have been involved in responding to civil unrest, who are there to take the call 24/7, to be there to listen with a nonjudgmental heart so that *no* officer, retired or active, or their loved one is ever alone. We will get through this “worst time” as we have gotten through all worst times before this one, together. The choice is ours to make. You can reach CopLine: An Officer’s Lifeline at (800) COP-LINE (267-5463).

“Once you choose hope, anything’s possible.”  
— Christopher Reeve ☆



**Affected by stressors? CALL COPLINE!**

**1-800-CopLine**

**1-800-267-5463**

No one can go this career alone. Active or retired, if you or your loved ones are affected by stressors on or off the job, call CopLine; you’re never alone.

CopLine is a 24/7 CONFIDENTIAL National hotline that is only answered by vetted, trained, retired officers.

Retired volunteers are always needed! Visit CopLine.org for more information.

# SHOW YOUR LASD PRIDE



**Retired LASD Deputy Sheriff Keychain**

**\$9.99** Item #: 1941



**LASD Badge Soccer Ball**

**\$19.99** Item #: 1486



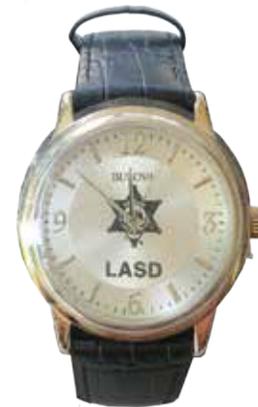
**Sheriff Badge Baseball**

**\$7.99** Item #: 1485



**Retired LASD Badge — 2" Challenge Coin With Presentation Box**

**\$16** Item #: 1566



**Men's LASD Badge Bulova Watch**

**\$114** Item #: 1542



**Sheriff Badge/LASD Bifold Wallet**

**\$10.99** Item #: 1484



**Retired Rank Pad/Double ID Badge**

Also available in non-rank  
**\$36.75** Item #: 1850DRPR



**Deputy Pad/Double ID Badge**

**\$38.99** Item #: 1850DP

Please see the Emporium website for other wallet options.

For more info, visit [SheriffsRelief.org/store](http://SheriffsRelief.org/store)

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STARS Center, Whittier (562) 946-7271

Monday-Friday From 9 A.M. to 4:30 P.M.

PJP Rancho, Castaic (661) 257-5320

Monday-Friday From 9 A.M. to 4:30 P.M.

Closed on Saturdays Until Further Notice



# TACTICAL TOOLS

## SHARP EYES AND EARS



### **G-Shock Mudman Watch**

Shock- and mud-resistant watch built tough for adventure. Features 200-meter water resistance, super dual illuminator and 48-city world time.

Item #: 1544



### **Lasergrip S&W J-Frame**

Features a hard polymer surface that is rugged and well-suited for personal defense. The smooth feel of the polymer provides for a swift, snag-free draw each and every time.

**Back in stock by popular demand!**

Item #: 1972

Also available in S&W M&P Shield (Item #: 1971).



### **Powertac E11 Rechargeable EDC Flashlight**

Up to 1250 lumens with a powerful LED, tactical strobe and rechargeable 18650 battery. Reversible steel clip makes it a versatile EDC light. Compact size for pocket carrying. Item #: 1186



### **SureFire EP3 Sonic Defenders**

Filtered double-flanged stem earplugs with 24-dB Noise Reduction Rating for superior hearing protection and all-day comfort.

Available in black only; sizes medium and large. Item #: 0712

## **HOLSTERS** *CARRY CONFIDENTLY*



### **Safariland Single-Strap Leg Shroud With Drop Flex Adapter (DFA)**

An add-on part for Safariland holsters. DFA replaces the standard vertical leg strap and raises height on the thigh for increased stability. Accepts belt widths of 2-2.25" (50-58 mm). Available in black only. Item #: 1863

### **TASER X26P Level 2 Duty Holster**

Active Retention System duty holster for the TASER X-26 and X2. New design incorporates a detachable belt loop. Also fits all SERPA platforms. Available in right-hand.

Item #: 0285



### **S.O.Tech Speed Clip TASER Holster X26/X26P Thigh, Belt, Vest**

Fits TASER X26/X26P. Ambidextrous, for both left- and right-handed users. Can be worn on a duty belt or as a thigh rig, or MOLLE onto a tactical vest (belt adapter and leg strap are removable). Item #: 0284



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# AUTHORIZED EQUIPMENT ANNOUNCEMENT

## APPROVED OUTER TACTICAL CARRIER

The Los Angeles County Sheriff's Department has authorized for personal purchase the Point Blank "LASD Approved Outer Carrier (LAOC)" to be worn by personnel during tactical operations (excluding approved specialized units). This carrier is designed to be utilized with the new Galls/Point Blank threat level IIIA concealable body armor (Models GAX and AXB) currently being deployed to personnel. For standardization purposes and to ensure personnel are immediately identifiable as Sheriff's Department personnel, this is the **ONLY** authorized outer carrier for wear during tactical operations. This carrier is not authorized for wear during daily line and patrol operations (MPP 3-03/350.00 - Protective Vests).



The combination of this outer tactical carrier with the Galls/Point Blank threat level IIIA concealable body armor (Models GAX and AXB) creates a system which has improved functionality and standardization. The carrier shall be in a standardized ranger green color with yellow Sheriff's Department identifiers. No other manufacturers, configurations or styles of vest are authorized. For additional information, please see attached Point Blank information sheet. Available at authorized Point Blank dealers for personal purchase.

***The following manufacturer part numbers have been approved:***

Male carrier- ODSM00020J  
Structured female carrier- ODSX00020J  
Planar female carrier- ODST00020J

**Outer Tactical Carrier now available for custom fit!**

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# FROM THE DOCS

By Jung Kim, Ph.D.

## HOW DO YOU VALUE YOURSELF?

A famous author named Ayn Rand wrote that “The man who does not value himself, cannot value anything or anyone.” She encouraged “selfishness” as a pathway to happiness by pursuing the highest belief about yourself. Her theory implies that you have direct control over this process. However, how do you decide what is the “best” and what beliefs/standards you should hold?

Today, we have unlimited access to information thanks to the internet and other technology advances. We are often bombarded with ideas of what we should want, and powerfully persuaded by the media to seek a certain belief about ourselves. This is especially apparent when millions of dollars are spent on advertising to convince us how we can achieve the highest level of self-esteem and consequently achieve “happiness” by being beautiful or handsome, having the best of everything and being able to do anything you want anytime, anywhere. These messages leave most of us feeling frustrated or angry, or even worse, not liking ourselves. The focus is very consumer-oriented, with “me” being the most important. Thus, self-esteem is correlated with ability to attain everything that the media tells us we need.

Because of this, in therapy, my clients frequently ask if they can achieve positive self-esteem when they are “too fat, poor, unattractive, slow, etc.” This is an important question to address, since they have

struggled with it for most of their lives and feel they are stuck feeling negatively about themselves. My frequent response is to ask what their values are and what gauge they use to measure their worth. It is important to understand the conflicting ideas that are the source of their emotional distress.

The most common academic definition of self-esteem is an abstract pair of words reflecting how we perceive ourselves. It indicates a belief that we have “pride, confidence, self-love, self-respect and dignity.” So how do you gain this? It depends on your values. For example, you can gain pride by having the fastest car on the block or being the best father you can be. The difference is that one is external and materialistic (fastest car) and the latter is internal and intrinsic (best father). Which is more important to you? In addition, do you value yourself over others or vice versa? In certain cultures, one’s self-esteem is derived from others, so without being associated with others, you would be considered worthless. But again, it is *you* who values the opinion of others or may choose not to. Given this, it is possible to have a high sense of self-esteem even if you are fat, poor, slow, etc. As long as you value other intrinsic qualities, such as integrity, caring nature, loyalty, etc., your physical limitations or the lack of dollars in your pocketbook become an insignificant part of who you are. In addition, the concepts of self-control, self-denial, self-criticism and self-sacrifice are no longer fashionable, and worse yet, they are considered to be obstacles

to achieving happiness. The media confirms this, since they want you to consume what they are selling. But don’t believe it! It is possible to feel good about yourself and gain happiness by putting others’ needs before your own. Just think of all the greatest roles we are faced with, such as being a parent, teacher, mentor, etc.

But is positive self-esteem a naturally given human right or it is earned? I do not agree with the idea that everyone should “love ourselves” unconditionally and that we all deserve a positive belief about ourselves. Of course, we should attempt to get an accurate measure of who we are and then become more aware of our strengths and weaknesses, and even accept certain aspects of ourselves that we cannot change. But it is clear that positive self-esteem is not given to you at birth, but earned. How could you value yourself and feel worthy of your current job, money and love if you never worked at it? It is less likely that you will gain a solid sense of yourself if you have never struggled with challenges or suffered through self-doubt. So the question is not a matter of having it or not, but if you feel that you deserve it!

If you are struggling with low self-esteem and want to work on improving it, please contact Psychological Services Bureau (PSB) at (213) 738-3500 for free and confidential support. To obtain additional information, you may visit our intranet site ([https://lasd.sharepoint.com/sites/lasd\\_intranet/SitePages/psb.aspx](https://lasd.sharepoint.com/sites/lasd_intranet/SitePages/psb.aspx)). ☆

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IN THE  
NEXT YEAR ?

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Stay in touch with the Department and other retired members. Go to [www.lasdretired.org](http://www.lasdretired.org), and in the upper right-hand corner, click on the “JOIN” button.

.....



By Anthony Romo  
Community Partnerships Bureau

On Thursday, April 22, at STARS Center, the Los Angeles County Sheriff's Department Countywide Services Division's Community Partnerships Bureau Youth Services Unit bid a fond farewell to four amazing men. Sergeants Rudy Cortez, Mike Ramirez and Jeff Spelatz and Deputy Tom Spiegle retired from the County and the Department after decades of loyal distinguished service. During a COVID-restricted retirement luncheon, the four honorees and their guests were treated to a catered lunch from Lascari's Deli in Whittier. Captain Johann Thrall spoke about the outstanding accomplishments and dedication these future pensioners had undertaken during their over 120 years of combined service to the citizens of Los Angeles County. Their assignments in custody, patrol and special administrative positions are way too many to list here, but most certainly we will miss their experience and knowledge as they head off into the sunset to enjoy their golden years of retirement. We wanted to share a couple of photos of our foursome before they walk onto the greens. We wish them all the absolute best and hope they come back to visit us soon and often. ☆



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You can also go to [www.sheriffsrelief.org](http://www.sheriffsrelief.org) to contact us.



# The Chaplain's Notebook

By Chaplain Efren Abiad  
PDC North and South, NCCF

## WHO AM I?

Who am I?" This is a question most of us wonder about at some point in life. Who we are — our identity — reveals our values, our personality.

These days, society is multigenerational, multi-racial, multicultural. In this, America is a model for the world. Sure, lots of folks say they hate us — yet millions around the globe want to live here! Go figure!

Although we perhaps aren't anointed as "the world's cop," the U.S. wields immense influence globally. We lead by example. People everywhere see Americans free to choose their own destiny. Our culture is built up by and based upon each of us as individuals.

In this light, my faith tradition teaches me that my identity is not just some selfish expression of what I want or what I think I'm entitled to. I'm not just a check mark in some demographic box. My personal values call me to be the "best version of myself" and to love my neighbor, to give

respect and expect respect in return. I believe, even when expressed through small gestures of love, this benefits the world.

We're living through a difficult season in law enforcement. Did you know, for example, that 93% of LEOs stress about the legal risk of doing their job? They worry about who will have their backs if an encounter goes south. Also, 75% of LEOs experience chronic health issues and 49% experience persistent negative thoughts. This is not an accident. In recent years, cops are simply and all too often presumed guilty.

The question then becomes: How can we find, in our identity, that which provides equanimity and peace? If we can do this, it not only helps us, but it also helps those we serve — plus our families, friends and colleagues.

Here's what I think: Yes, the expectations for us have been raised unrealistically high, but, while it may seem impossible, we have a God who is the God of the impossible. We are made in His image and likeness, fearfully and wonderfully made,

shaped even before being conceived in our mother's womb (Psalm 139). Some scientists conjecture that the chances of you simply being born are about one in 400 trillion! We're designed by a wise and good creator. We're called by God to do what we do.

The systems of hate and mistrust in this world — any harsh judgment of political correctness or mob opinion — does not need to dictate who we are or what we should be. If we can continue to have faith in our calling, we'll be given the strength to accomplish great things.

After 40 years of suffering and hard labor in the desert, Israel lost their great leader Moses, who relinquished the reins to the charismatic warrior Joshua as the people anxiously entered the promised land. People like us, were they not as subject to worry as we are today? I'd wager they were. But in this they found peace in God's words, words that allayed their fears: "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you where you go" (Joshua 1:9). ☆



## PEER SUPPORT PROGRAM

By Rachel De Hoyos

## COMPLACENCY

Maybe you heard about complacency from a family member, a teacher or even a movie. If you have been through the LASD Sheriff's Academy or have later gone out to patrol, I am sure you have heard of the term "complacency." It is drilled into us over and over again, "Don't become complacent ... complacency kills." I agree that complacency kills, especially when working in an unpredictable career such as law enforcement, where nothing is routine.

Complacency can be dangerous in all areas of our lives. If we become complacent in our careers, we can create an attitude of not wanting to accomplish more, believing we know it all and closing ourselves off to new ideas because they do not line up with what we have always done. You may find yourself becoming comfortable in your career, maybe because you have worked in the same position or at the same unit for

several years. It is comfortable because it is what you know. But sometimes this comfort creates complacency, and we become reluctant to do more because we begin to question or doubt our ability to be proficient at something new. As a result, we decide to stay where we are.

Complacency outside of your career, like in marriage, can also be dangerous, as it can create resentment and possibly lead to the end of the relationship. Dr. John W. Jacobs wrote an article, "Avoiding the Marital Cliff," featured in *Psychology Today*, where he wrote, "Complacency is the enemy that tells us to ignore the corrosive aspects of unresolved conflicts that build up between us. While we are being complacent, we may be slowly giving up on our marriage." It is important to acknowledge our partner's feelings as well as our own and to communicate when we are angry, frustrated or become dissatisfied. It is important to acknowledge and resolve those areas in our

marriage while we still feel a connection, not to ignore those problems and hope they will go away on their own. It is when we simply do not care anymore that may lead us to the end of a marriage.

Although these are only two areas in which complacency can negatively impact our experiences, there are lots more. The good news, however, is that complacency can be avoided in all areas of our life. Always looking to improve ourselves, as well as being open to new ideas, is a great way to head off complacency. If you need additional resources, feel free to reach out to Psychological Services Bureau (PSB) at (213) 738-3500, where we have a great team of psychologists who are here to help all LASD personnel. On average, there are about 5,000 to 6,000 appointments a year solely for relationships, although we can help with so much more. It is a great service, and remember, it is free and confidential. ☆

# 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.*

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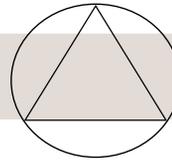
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Palmdale Station

# Peace Officer's Fellowship



By Willis Braggs

## FROM SQUARE ONE

What will they think of me?" "How can I go back to work?" "Can I still get promoted?" "Will I be able to transfer?" I have been asked all of these questions and more by members of this Department who have stopped drinking. Some employees had to give up alcohol because they were in trouble with the Department and facing discipline. Some employees chose to abstain to save their marriage. Others saw that alcohol was ruining their lives or their health and knew they had to stop. Whatever reason someone has for taking that first step toward a life without alcohol, they are faced with the question, "What about my job?"

For those who have stopped drinking by joining the Peace Officer's Fellowship (POF), Alcoholics Anonymous for first responders, some have decided to do just as the name implies and remain anonymous. They go about their daily lives without discussing their drinking habits and are assured by the other members that their anonymity is protected. If a friend or supervisor notices that they were once a heavy drinker and have now stopped, they can give any reason, or no reason at all, if questioned. They have learned that not drinking alcohol does not require an explanation, nor does it hinder one's ability to be a good, trusted friend.

Others have told friends and supervisors they no longer drink, and have even offered to be of assistance to anyone who is having a problem with alcohol. They are willing to share their story

and experiences, at the risk of disapproval, in the hope of helping someone else. Still others are very open about the fact they don't drink and are a member of AA or POF.

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

Returning to work after you stop drinking is not as difficult as one might think. Regaining trust and mending reputations may be necessary, but the person returning to work finds that most of the supervisors want to see them succeed. If the past is any example, promotion, transfer to a good assignment and outstanding evaluations

are there for those who seek them.

If you are not sure if you are an alcoholic or if you need help with your drinking, call Psychological Services Bureau (PSB) at (213) 738-3500. You can talk to one of the docs or to me; it's confidential and it's free. The people listed here have agreed to give up their anonymity so that others who are in need of help can access support from a POF member. Don't worry about bothering us; helping those with drinking issues is one of the ways we stay sober. ☆

## L.A. County Retired Marshals Lunches for 2021

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

**July 7**

*San Antonio Winery*  
737 Lamar Street  
Los Angeles

**September 1**

*Katella Bakery*  
4470 Katella Ave.  
Los Alamitos

**November 3**

*Yang Chow*  
3777 Colorado Blvd.  
Pasadena

**August 4**

*Black Angus Steakhouse*  
560 W. Huntington Drive  
Monrovia

**October 6**

*Rodrigo's Mexican Grill*  
11805 Artesia Blvd.  
Artesia

**December 1**

*Villa Tepeyac*  
2200 E. Garvey Ave. S.  
West Covina

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Los Angeles Sheriff's Department Band

Los Angeles Sheriffs' Museum

Major Crimes Bureau

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## Marina del Rey Station

Men's Central Jail

Metrolink Bureau

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Video Production Unit

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ATTRACTION	SRA PRICE Adult/Child	ONLINE PRICE Adult/Child	GATE PRICE Adult/Child
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BOOMERS IRVINE	N/A IN OFFICE	\$65.00 and up \$.20 processing fee per order	Several packages available
CINEMARK (unrestricted) <i>Ages 3 and up</i>	\$8.50	N/A ONLINE	\$11.00–\$13.50 depending on location
DISCOVERY SCIENCE CENTER <i>Children 3–14; senior 62+</i>	N/A IN OFFICE	LA/OC: \$16.95/\$11.95/\$13.95 (senior) \$.75 service fee per transaction	\$19.95/\$14.95
HARKINS (unrestricted) <i>Ages 3 and up</i>	\$8.00	N/A ONLINE	\$10.50–\$15.50 depending on location
KNOTT'S BERRY FARM	N/A IN OFFICE	Unavailable at this time	N/A
LEGOLAND (Free 2nd Day) <i>Children 3–12</i>	N/A IN OFFICE	\$85.00/\$79.00 \$.29 processing fee per transaction	\$108.00/\$102.00
LEGOLAND RESORT HOPPER (Free 2nd Day) <i>Children 3–12; second day good through 3/31/22</i>	N/A IN OFFICE	\$93.00/\$87.00 \$.29 processing fee per transaction	\$133.00/\$127.00
LONG BEACH AQUARIUM <i>Children 3–11</i>	\$26.95/\$20.95	\$26.95/\$20.95	\$36.95/\$26.95
MADAME TUSSAUDS	N/A IN OFFICE	HOLLYWOOD \$23.99/LAS VEGAS \$27.99 SAN FRANCISCO \$19.99	\$24.99 and up
MAGIC MOUNTAIN <i>Ages 3 and up</i>	N/A IN OFFICE	\$55.99 \$.89 processing fee per transaction	\$84.99/\$51.99
MEDIEVAL TIMES	N/A IN OFFICE	Closed until further notice	N/A
REGAL/EDWARDS (unrestricted) <i>Ages 3 and up</i>	\$9.00	N/A ONLINE	\$10.00–\$12.50 depending on location
UNIVERSAL STUDIOS	N/A IN OFFICE	Unavailable at this time	N/A

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 5/17/21

# Advertising Index

Auto..... 44-48

General.....35-44

Insurance .....40

Legal ..... 33-34

Medical.....40

Mortgage & Real Estate ..... 34-38, 43, 47

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