



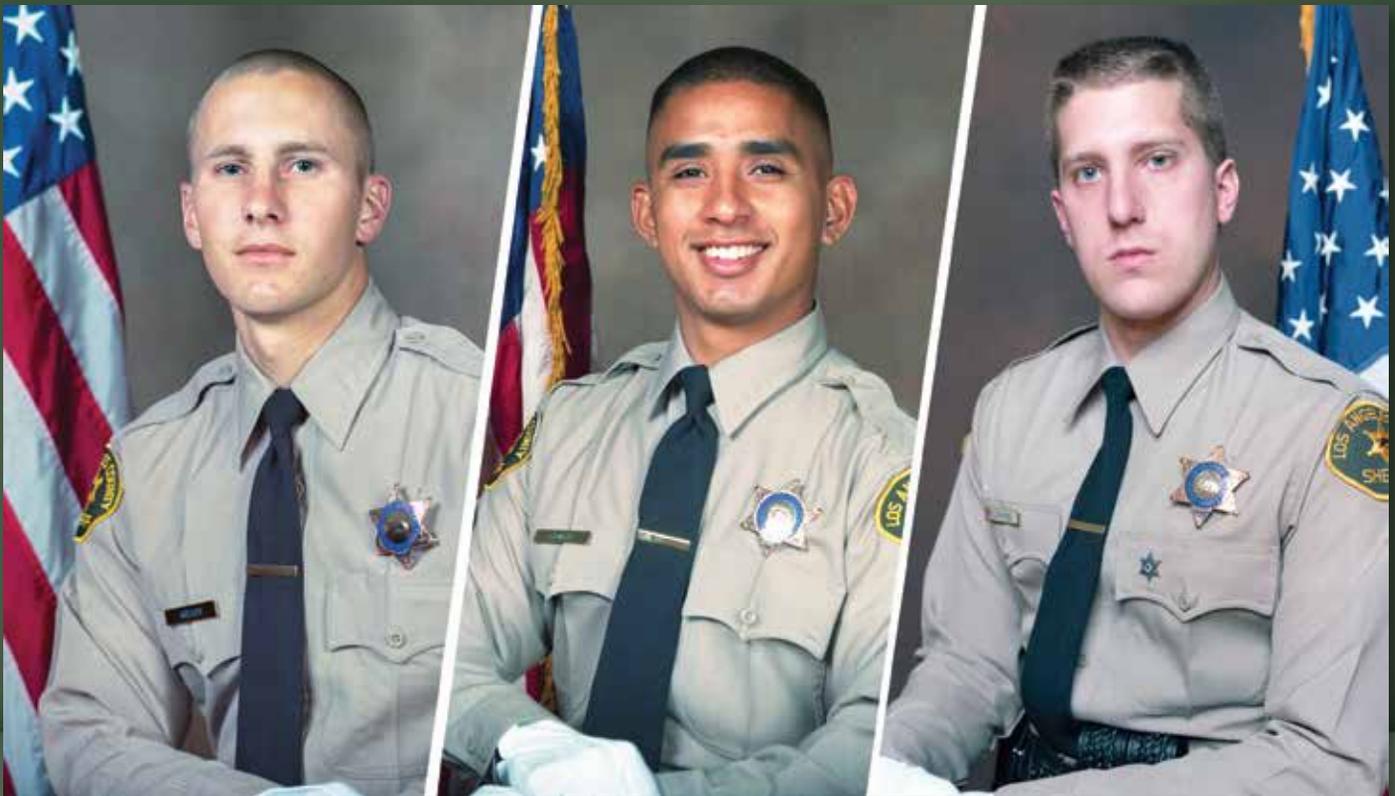
VOL. 86 NO. 4

AUGUST 2025

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

FALLEN, BUT NOT FORGOTTEN!



Detective Joshua Kelley-Eklund

Detective Victor Lemus

Detective William Osborn

End of Watch July 18, 2025

SEE PAGE 11



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STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

Vol. 86 No. 4 August 2025

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Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, June 26, at 11515 Colima Rd., Bldg. B, Whittier. The following officers and trustees were present: Conrad Meredith, President; Oscar Martinez, Vice President; Bob Boese, Secretary-Treasurer; and Trustees Mike Abdeen, Aily Baldwin, Ernie Baldwin, Mike Fratantoni, Joe Hartshorne, Diane Stone and Glenn Walsh. Trustees not present: Sue Burakowski and Sean Jacobs.

The meeting was called to order at 4:15 p.m. A motion was made by Trustee Martinez, seconded by Trustee Hartshorne and unanimously carried to approve the minutes of the May 18, meeting and the April Foundation expenditures.

COMMUNICATIONS

SRA staff reported that communications were received from the following during the month of May:

From Tammy Root for David Mertens, "Our family appreciates the financial help given by the Sheriffs' Relief Association. It really helped out. Our father loved being a sheriff, in every assignment he held. We are proud of his legacy."

From Malibu/Lost Hills Station to SRA, "On behalf of the personnel at Malibu/Lost Hills Sheriff's Station, I am pleased to formally accept the donation of \$200, which will be used for the Memorial Relay. We extend our sincere gratitude for your thoughtfulness and generous donation. Thank you for your support of Malibu/Lost Hills Station and your service to the community."

From the Giron Family, "Thank you for the beautiful wreath."

From Devil Pups to SRA Foundation, "Thank you for supporting Devil Pups, Inc., Youth Program for America. Your generosity directly impacts the young boys and girls we serve by helping us advance excellence in developing leadership, citizenship and education in their quest to earn the title of Devil Pup."

"We are honored to partner with you in our mission to challenge, educate and help young boys and girls of all backgrounds to develop self-discipline, take responsibility for their actions and further develop their integrity, accountability, enhance self-respect and worthiness, gain an intrinsic appreciation for our nation's flag and learn their 'why.'"

"Thank you for being part of the Devil Pups family."

From Community Partnerships Bureau to SRA, "On behalf of the hardworking men and women

of the Los Angeles County Sheriff's Department's Community Partnerships Bureau, I would like to personally thank you for your generous donation of a Sheriffs' Relief gift basket. Your contribution was used for our holiday party's opportunity drawing. Each employee was given a ticket and your gift was awarded to the employee with the winning ticket number. I once again thank you for your generosity and support in making this a memorable holiday event for all of us."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING MAY: \$245,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$873,500

MEMBERSHIP REPORT

There were 64 new membership applications that were received during the month of June. A motion was made by Trustee Bille and seconded by Trustee Walsh to accept these new applications: Alan R. Aguilera, Gerald L. Anderson, Ramy M. Awad, Johnathan K. Baboyan, Marie F. Barron, Jonathan Cabanas, Ilene R. Cardenas, Rafael A. Carrillo, Bryce C. Carter, Alejan Collazos Calcedo, Nereida Corrales-Rojas, Justin T. Crowe, Frank J. Delgado, Miguel Diaz, Brian M. Esposito, William E. Fili-moehala, Josue M. Gonzalez, Sandra Y. Gonzalez, Sergio A. Guerra Castro, Rolando Guevara, Luis E. Guzman, Adam P. Hauck, Fernanda Hernandez, Maria A. Hutchinson, Juan A. Ibarra, Meng A. Jeng, Jennifer M. Jaimez, Royal Lim, Markus E. Liu, Jorge Luis Lopez, Medardo M. Lopez, Jonathan Magdalenno, Robert J. Marshall, Stephanie Martin, Jasmin Martinez, Maxine M. Medina, Jose M. Mendes Jr., Cinth Mercado Cervantes, Naomi B. Montes, Johnny H. Nguyen, Adrian Ontiveros, Omar Plaza, Ricardo R. Polanco, Mariana A. Ponce, Gregorio J. Reyes, Chandler K. Rickell, Alex Rodriguez, Daniel J. Rodriguez, Joanna Y. Roman Trujillo, Christian L. Roman, Andrew C. Rosales, Francisco Ruelas, Jamie A. Saavedra, Veronica Salas, Fernando Saldana, Luis M. Silva, Gary W. Smith, Bruno Starling, Jonathan A. Tapia, Jose R. Tello Gomez, Daisy Tovar, Joshua E. Valerio, Dylon T. Vedoy and Valerie Villar.

We had 3 deaths of active members, 18 deaths of retired members, no cancellations of active memberships, no cancellations of retired memberships, 4 new honorary associate members and 4 deaths of honorary associate members for the month of June. Our membership has grown to 20,582.

ELECTION NEWS

The election notification will be in the July issue of *Star News*. A motion was made by Trustee Baldwin, seconded by Trustee Walsh and unanimously carried to extend the deadline for petitions until September 1 to allow candidates more time to get their petitions signed and delivered to the SRA office. The deadline date was further amended to September 2, as September 1 is Labor Day and the SRA office will be closed.

SRA staff will research election management companies that can handle mail and online voting.

BC BUILDING

Nothing new on the building, as we are awaiting County approvals.

EMPORIUM REPORT

None at this time.

PUBLICATION REPORT

None at this time.

SHERIFFS' RELIEF FOUNDATION REPORT

The Board requested further research before voting on the grant request for the CHIA scholarship.

A motion was made by Trustee Bille, seconded by Trustee Martinez and unanimously carried to approve a donation of an Emporium gift basket to the 13th annual 10-33 Benefit Ride event.

A motion was made by Trustee Martinez, seconded by Trustee Walsh and unanimously carried to approve a \$1,000 donation to the IRC Memorial Golf Tournament event.

OLD BUSINESS

The guns in the safe were picked up on June 11 by law enforcement. These were guns that had been donated to SRA over the years. The Board did not feel such items should be kept on property.

NEW BUSINESS

A motion was made by Trustee Bille and seconded by Trustee Meredith to create a Communications Committee to handle social media, a member email group and *Star News* content.

The company FunEx, a member-only discount entertainment ticket site, would like SRA to consider using them for our member discounts. The site has a larger selection of discounts for our members with no additional fees for us. The Board has asked

continued on page 9

2025 Election Notification

The Sheriffs' Relief Association General Election of Officers will be held in November 2025.

Four trustee positions will be selected by vote of the membership:

- 1 Active Civilian
- 1 Retired Sworn
- 2 Retired Civilian

Those members desirous of becoming candidates for this election may obtain nominating petitions from the Sheriffs' Relief Association offices. **All valid petitions, with a short statement and photo, must be filed at the Sheriffs' Relief Association offices before the close of business at 5 p.m., Tuesday, September 2, 2025.** Petitions may also be emailed to Blanca Ruiz at blanca@sheriffsrelief.org. The term of office for trustees is three years.





Retired Deputies

By Peter Mack

Email: romeopm7227@gmail.com

or marshal569pm@gmail.com

On June 11, **Inmate Reception Center Retirees** gathered for a luncheon at *Peppertree Café Glendora*. Those in attendance were Richard Brodka, Domingo Quintero, Sally Moore, Tony Rodriquez, Danya Hazen, Tony De Leon, Tom Laing, Becky Towner, Gary Goldenberg, Bridget Saunders, Randy Bass and Tom Zeller (taking photo).

Southern Was Fuzz had their June lunch at *Los Tres Amigos* restaurant, just a few miles from the Kentucky Lake Dam (TVA). The cold drinks and good food helped ease the 103 heat index discomfort outside. A great time was had by all. The feeling at these lunches is part of enjoying retirement.

The **SHARP Group** met in Lakewood for their June luncheon.



continued on page 8 *Inmate Reception Center Retirees*



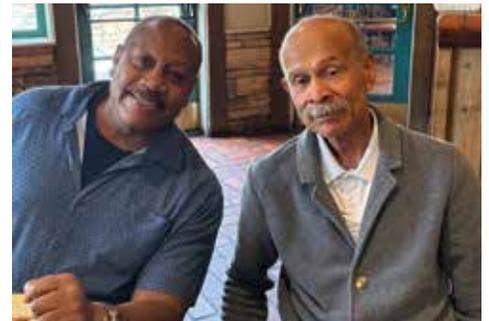
Southern Was Fuzz. Sitting: Valarie Garvin, Debbie Centofante, Loretta Haemker and Betty Kleffman (LAPD). Standing: Michael Centofante (LASD), Michael Westfall (LASD), Todd Garvin (RCSD), Debbie Westfall, Steve Kleffman (LAPD), Michael Scholl (LASD), Fred Haemker (LASD), Byron Burnham (LASD) and Bob Warden (LAPD).



SHARP Group: Elene Mercado, Gloria King and Henry Cass



SHARP Group



SHARP Group: S. Moten and J. Lott



SHARP Group. Left side: Joe Lott, Henry Cass, James Plummer and Leroy Harris. Right side: Steve Day, Winslow Gains, Tony Jones and Dave Edwards.



SHARP Group: Leroy Harris and Tayna Harris Kieth



SHARP Group



SHARP Group: Yvette Johnson, Val Decuir and Rickey Stamps



SHARP Group. Left side: Jackie McGrath and Don Mathews. Right side: Myrtle Williams and Lucy Howard.



SHARP Group. Standing: Elena Mercado, Gloria King, Tommy Jordan and Thomas Parrish. Sitting: Tressa Gunnels, Terrence Johnson and Myra Rocio.



SHARP Group: Yvette Christopher, Keri Glover and Ken Glover



SHARP Group



Retired Marshals



Retired Homicide luncheon. Front row: Gil Carrillo, Maria Burwell, Pam Schrick, Sally Harwell, Joe Romero, Don Mauro, "Little" Sally, Gene Okada and Charlie Araujo. Back row: Homer Castille, Mary Leaf, Jacque Franco, Susan Garcia, Dale Falicon, Joel Brown and Boyd Zumwalt.



Retired Marshals



Retired Marshals

The **Desert Heat Retirees** held their monthly luncheon on Wednesday, July 2, at the Elks Lodge in Lake Havasu City, Arizona. Those in attendance were Doug Muchmore, Jerry Gillen, David Faria, Gary Missakian, George Bachmeier, Jack Barnes,



Lakewood ROMEOS

Walt and Barbara Boskovich, Mike and Leseah Castorina, Brian Smith, Tommy Jimenez and Dave Smelley. All LEOs, both active and retired, are welcome to attend. You do not have to be an Elks member to attend. No photo this month. Thanks, Jerry Gillen (lnx1993@yahoo.com).



Retired Marshals

The **Retired Marshals** held their monthly luncheon on July 2 at *Black Bear Diner* in Buena Park. Attending were Sam "Buford" Combes, Richard Duran, Peter Mack, Sharon Kramer, Tom and Teri Aguilar, Jim Cronin, Cristina Lokuan, Robert Ichikawa, Al and Bette Blomker, Yolanda Lockhart and Terry Black.

The **Retired Homicide** luncheon was held on July 9 at *Stevens Steakhouse*.

The **Lakewood Station ROMEO** retired deputies held their monthly luncheon on July 14 at *Chili's* in Lakewood. We had a great turnout. Attending were George Nobel, Debbie and David Boswell, Ben



Lakewood ROMEOs



Lakewood ROMEOs



Lakewood ROMEOs



Lakewood ROMEOs



Lakewood ROMEOs



Lakewood ROMEOs



Lakewood ROMEOs

Hilliard, Peter Mack, Mark Walker, Steve Haas, Jerry Berry, Charlie Engelbart, Debbie Bauchop, Sheri Mallon, Joe Juarez, Dennis Flinn, John Lay, Paul Sepulveda, James Lay, Tim Crise, Robert Balian, Sally Mosley, Sally Harwell, Chickee and Norm Nelson, and Robert Pryor. ☆

Trustees Monthly Meeting *continued from page 4*

for additional information from the vendor before making a decision.

GM DISCUSSIONS

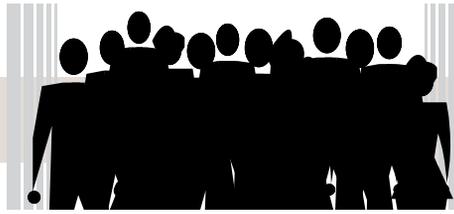
The Board feels a committee should be made for the process of hiring SRA's next general

manager. This committee will research whether a headhunting firm should be used and what the criteria should be for all candidates.

ADJOURNMENT

At 5:52 p.m. a motion was made by Trustee

Bille, seconded by Trustee Martinez and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in honor of the 518 years of combined service of those who passed this month. ☆



PEER SUPPORT PROGRAM

By Jason Kiger

YOU ARE MORE THAN A NUMBER

If I were to ask you, “Who are you?”, your first instinct might be to answer with your job title: “I’m a deputy,” “I’m a law enforcement technician” or even “I work for the County.”

These responses are all true, of course. They reflect what you do every day, how you contribute and how others recognize your role. But if that’s where the answer stops, we’re missing something important, the deeper truth of who you really are.

Our identity runs much deeper than the uniform we wear or the role we serve in. It’s found in the lives we live outside of work and the values we carry through every part of our lives — integrity, compassion, grit, kindness. It’s reflected in how we show up for the people we care about, what we stand for when no one’s watching and how we navigate the choices we make each day, both big and small.

Too often I hear people say, “I’m just a number.” But that couldn’t be further from the truth. You are so much more. You are:

- A parent who sacrifices sleep, time and personal comfort to make sure your children are cared for and feel safe
- A spouse or a partner who juggles the challenges of a demanding job while staying emotionally present for your loved ones
- A child who’s honoring the legacy of a parent, mentor or relative who shaped the person you have become
- A friend who always shows up when it matters the most

- A neighbor who quietly lends a helping hand without expecting anything in return

These decisions, these quiet acts of courage and love, are what truly define you. Your employee number may help identify you on paper, but it does not define your worth. Titles like director, supervisor, deputy, dispatcher or secretary, they’re roles we fill, not who we are. Behind every title is a heart, a story and a human being with dignity and worth.

That’s why it’s so important to remember that no matter your title or task, you are seen. You are appreciated. You matter. We often spend so much time and energy focused on the demands of our profession that we forget to take a moment to appreciate the unique people behind the work. Each of us brings a different background, perspective and strength to the table. That diversity makes us better, not only as a department, but as a team that serves with empathy and integrity.

Being part of this Department is about more than checking boxes or completing assignments. It’s about being a part of something bigger than us. It means supporting one another not just as co-workers, but as people. It means recognizing when someone is struggling and reaching out. It means celebrating when someone succeeds and being there when someone needs help. That’s what it means to be part of a true team.

So, the next time you doubt your worth or feel unseen behind a title or badge, remember this: You’re more than the job, more than the badge, more than the number. You are a person of purpose, compassion and courage, and that’s something no title or number can define. You matter.

If this is difficult for you to believe, or if the weight of the job starts to blur your sense of self, know this: You are not alone. Those feelings are real, and they don’t make you weak. They make you human. In those moments, when the pressure feels isolating or the uniform feels heavy, it’s okay to ask for support. Whether through peer support, professional counseling or the Chaplains Program, help is here and it’s meant for you. Reaching out via the Department’s wellness app or by calling Psychological Services Bureau at (213) 738-3500 isn’t a sign that you’re failing. It’s a sign that you’re choosing to keep going, to stay connected and to remind yourself of your worth, not as a number, but as a person. ☆

Los Angeles County Sheriff's Department presents the 2025 launch of the Pink Patch Project

5k Run/ Walk

PINK PATCH PROJECT

Join us Saturday September 6, 2025

Register at <https://runsignup.com/Race/CA/SanDimas/LASDPINKPATCH>

Bonelli Park Registration \$45 includes t-shirt and finisher medal Free for LASAA members

Kathryn BARGER
Deputy Sheriff • County of Los Angeles

FALLEN, BUT NOT FORGOTTEN

End of Watch July 18, 2025



Detective
Joshua Kelley-Eklund

Detective
Victor Lemus

Detective
William Osborn

SRA deeply mourns the loss of three dedicated members of LASD. Detectives Joshua Kelley-Eklund, Victor Lemus and William Osborn, all assigned to Special Enforcement Bureau's Arson Explosives Detail, were killed in the line of duty in an explosion at Biscailuz Center Training Academy on Friday, July 18.

With a total of 74 years of Department service between them, these three heroes were elite, highly trained professionals who leave a legacy of courage, honor and unwavering commitment to protecting the people of L.A. County. Their tragic loss is deeply felt across our Department and beyond. We send our heartfelt condolences to their families, friends, colleagues and communities, and we will forever honor their service and sacrifice.

DETECTIVE JOSHUA KELLEY-EKLUND

Detective Kelley-Eklund began his LASD career in 2006 at Pitchess Detention Center North and North County Correctional Facility. He later served at the Lennox and South Los Angeles stations, including as a field training officer. He promoted to detective at Narcotics Bureau in 2016 before joining the Special Enforcement Bureau as an arson and explosive investigator in 2022. He is survived by his wife, Jessica Eklund, and their seven children.

DETECTIVE VICTOR LEMUS

Detective Lemus came from a family of law enforcement professionals. His three sisters — Sergeant Belen Lemus, Deputy Perla Lemus and Custody Assistant Wendy Lemus — all work for LASD, as does his brother-in-law Sergeant Robert Catalan. He began his career in 2003 at Twin Towers Correctional Facility before transferring to Century Station, where he served as a senior training officer and detective. He

joined the Special Enforcement Bureau in 2017 and worked as a K-9 handler before becoming an arson and explosives investigator last year. He was also an avid athlete who anchored some of the most difficult legs of the Baker to Vegas relay. He leaves behind his wife, Detective Nancy Lemus, and three daughters.

DETECTIVE WILLIAM OSBORN

Detective Osborn began his LASD career in 1992 at Men's Central Jail and also worked at Pico Rivera and Industry stations. He served as a detective for more than a decade, handling more than a hundred cases each year, and was known for his work recovering stolen vehicles. In 2016, he transferred to Training Bureau and taught emergency vehicle operations before returning to investigative work in 2019 at Special Enforcement Bureau, where he handled arson cases involving major loss of life and property. He is survived by his wife, Detective Shannon Rincon, four sons and two daughters. ☆

Los Angeles County Sheriff's Department and **Blue Cancer Connect**

A Partnership in Wellness

Law enforcement wellness programs are not a new concept, with initiatives that encompass mental health support, fitness programs, peer support and critical incident response. The objective is to enhance officers' resilience and job performance.

But with cancer on the rise and law enforcement officers experiencing an increase in cancer diagnoses, LASD has implemented a first-of-its-kind program in the nation to provide resources, education and opportunities for early cancer detection for its sworn and staff professional.

When Sheriff Robert Luna, Assistant Sheriff Jason Skeen, Undersheriff April Tardy and Dr. Stephen Seetal made the decision to establish the program in Los Angeles County in 2024, they knew they would have to build it from scratch. But they also knew they had a formidable asset within the LASD community: a woman named Vickie Speed.

Vickie is the wife of Detective Mitch Speed, who succumbed to cancer in 2018 due to exposure on the job. As she navigated the uncharted waters of establishing a "new normal" for her life following Mitch's passing, she found great peace in the ongoing support demonstrated by members of Mitch's law enforcement family. She remembers thinking, "Someday I am going to find a way to give back to these amazing men and women."

Vickie Speed's "someday" came on March 28, 2023, when she announced the launch of Blue Cancer Connect, a 501(c)(3) organization whose mission is to bring awareness, education, screenings and early diagnosis to law enforcement officers nationwide. The partnership between the Los Angeles County Sheriff's Department and Blue Cancer Connect was a natural fit.

Speed says, "My husband had a passion for helping others. I chose to honor his memory by offering crucial guidance to other law enforcement families who have also heard the words 'You have cancer.'"

PREVENTION IS CRUCIAL

Blue Cancer Connect was named the ambassador for the City of Hope's Mobile Screening Unit, the only truck of its kind in the nation. BCC has facilitated the unit's deployment to Los Angeles County Sheriff's stations, where deputies have access to screenings for skin, testicular, prostate, breast and cervical cancer.

"Cancer doesn't have to be terminal," says Speed. "The conversation about prevention and early detection begins at the Academy level, where the wellness program brings education and awareness to both sworn and staff personnel."



Vickie Speed

Other services offered through the cancer wellness program include:

- Assistance for spouses and families with practical information needed to navigate departmental benefits, workers' comp and legal issues
- Peer support connections with other law enforcement officers, both active and retired, dealing with cancer
- Direction for second opinions and treatment options
- Immediate appointments within 48 hours
- Assistance with HMO delays in treatment

- Hospice and medical supplies
- Living trusts
- Financial assistance
- Work with the stations for fundraising and support of their partners
- Partnerships with cancer-specific nonprofits to provide the best possible resources
- Children's therapy and free camp for kids of sworn law enforcement officers battling cancer
- End-of-life dream trips
- Assistance with VA disability benefits

THE ROLE OF BLUE CANCER CONNECT

It is with the unwavering support of command staff and station captains that Blue Cancer Connect has brought education, awareness and information on signs and symptoms to the station level. BCC now works alongside L.A. County Fire to bring the same to the Academy level.

"It's not unusual to see the BCC team at Department events, including recruiting, wellness events and cancer screening days," says Speed, "but we also have our eye on future endeavors."

The BCC team plans to launch its first-ever Cancer Wellness Education class for sworn peer team members in August. This class will be taught around the nation as agencies follow suit after seeing the great strides made in the Los Angeles County Sheriff's Department.

In partnership with LASD Wellness, Blue Cancer Connect will bring the first ever Cancer Retreat for sworn and their spouses or partners. This three-day retreat will be offered to members of the LASD who are dealing with a cancer diagnosis and need to find hope and connection with family. The retreat will provide a place to reflect, heal and create relationships with those in the same fight. The objective is to strengthen our

sworn — mentally, emotionally and physically — who have heard the words "You have cancer."

Throughout Speed's seven-year journey since her husband succumbed to cancer, she has had a dream to create a memorial wall, the first in the nation for law enforcement to honor the lives of both sworn and staff who have also lost their lives to cancer. The memorial wall is in the very early stages of discussion and planning.

WHAT OFFICERS SAY

"I chose to join law enforcement to assist vulnerable individuals during their most challenging moments and to be there for our community when it needs us the most. Throughout my career, I have consistently strived to solve problems, find solutions and uphold the trust of my community.

"In January 2024, I was diagnosed with stage 3 breast cancer while pregnant with twin boys. Blue Cancer Connect reassured me that even police officers can seek help. During the most vulnerable time of my life, I welcomed Blue Cancer Connect into my life to provide support when I needed it most. Their unwavering support and willingness to offer assistance when I thought I had lost everything were truly remarkable.

"Blue Cancer Connect taught me that, in this family, no one fights alone. Whether it is a call for service or an officer in need of help, Blue Cancer Connect has been there for me during the darkest days of my life. I am incredibly grateful for all that you have done."

— Deputy A. Valdez

"Facing cancer turned my world upside down. It was not just about me; it shook the life of strength and service I had built. Blue Cancer Connect became a lifeline. They helped me find my way through the chaos of treatment and were always there with support. In a job where we are usually the ones helping others, Blue Cancer

Connect is the one that shows up for us when we need it most."

— Detective Day

"I am so very grateful that I was connected with Blue Cancer Connect. The founder, Vickie, was very kind and thoughtful when we chatted about what my situation is and recommended that we get a second opinion.

"Her team was amazing in getting me connected and an appointment right away with a knowledgeable and extremely informative doctor. He not only agreed with my current treatment, but will also be doing additional testing to follow up and cover all avenues of treatment.

"Blue Cancer Connect is a blessing and we are thankful for their dedication, love and passion for law enforcement families. God bless them!"

— Theresa, wife of deputy reserve

LIFESAVING SUPPORT

"As part of the LASD Wellness Program, Blue Cancer Connect is profoundly honored to work under the direction of Commander John MacDonald and Dr. Seetal," says Speed. "LASD is the first department in the nation to implement a cancer wellness program in a bold stance against cancer. If you wonder what sets the LASD apart from others, it is programs like this that continue to grow for the well-being of their deputies. With their continued support, Blue Cancer Connect will one day be able to say, 'We are saving lives!'"

Blue Cancer Connect is funded through grants and monthly support from donors. To become a donor, go to bluecancerconnect.org.

To contact Speed directly, email her at vickiespeed@bluecancerconnect.org.

Blue Cancer Connect is supported by, and the cancer resource for, FOP International, FBI-LEEDA, the International Association of Chiefs of Police (IACP) and the Public Safety Peer Support Association (PSPSA). ☆

ARE YOU
Retiring
IN THE
NEXT YEAR?

Stay in touch with the Department and other retired members. Go to lasdretired.org, and in the upper right-hand corner, click on the "JOIN" button.

If at all possible, please use a Gmail address.



By Jessie Ramirez
Carson Station

As we move into the second half of the year, we're reminded that our strength as a department comes not only from our dedication to service, but from the bonds we build — with each other and with the community we protect. With exciting events ahead, like Carson Sheriff's Station's Community Night Out, we have even more opportunities to connect, celebrate and show what law enforcement looks like at its best: united, approachable and committed to making a difference.

BABY BOOM ALERT: THE SEQUEL (YES, AGAIN!)

Now featuring *even more* diapers, bottles and proud (sleep-deprived) parents! The stork clearly has us on speed dial because we've welcomed more recruits to our growing work family. Early reports say they are adorable, loud and already showing strong leadership in the area of 3 a.m. negotiations. Congratulations to our newest parents! Your little one may not be on payroll, but they've definitely taken over your calendar. Congratulations to Deputy Heather Cornea and family, who welcomed a beautiful baby boy on June 9, weighing 8 pounds, 10 ounces. Congratulations to Deputy Christopher Palacios and family, who welcomed a beautiful baby girl on June 19, weighing 8 pounds, 11 ounces. Both babies and new parents are doing well, and we couldn't be happier for them!

Stay tuned: We've still got more "recruits" on the way this year, so don't go anywhere — the diaper count is only climbing.

CONGRATULATIONS TO DEPUTIES RAMY KHADDAGE AND AMANDA LASCANO FOR EARNING MAY'S CAPER OF THE MONTH!

While conducting a routine patrol at the Dare-U Inn, Deputies Ramy Khaddage and Amanda Lascano observed a truck loaded with cut copper wire in the parking lot. Deputy Khaddage consulted with a worker and reviewed surveillance footage, which showed several individuals placing the copper wire into the truck bed before abruptly leaving the area and entering a nearby room.

With the assistance of other deputies, they detained four suspects, who subsequently confessed to stealing the copper wire from a nearby Edison electrical box. The electrical box was



located and the suspects were arrested for grand theft and felony vandalism.

This case highlights exemplary proactive policing and investigative skill. Deputies Khaddage and Lascano pursued the lead with persistence and professionalism, resulting in a successful resolution. Outstanding work!

CIVILIAN ACADEMY WRAP-UP

Carson Station Community Relations Team wrapped up a 10-week Civilian Academy, which proved to be a resounding success, with participants expressing high levels of enthusiasm and a strong willingness to recommend the program to others. Designed to provide an inside look at various facets of law enforcement, the academy offered a dynamic, hands-on learning experience. Attendees had the opportunity to engage directly with specialized units, including K-9 operations, aerial support (Aero) and the Sheriff's Communications Center (SCC). The curriculum also included eye-opening tours of the local jail and in-depth overviews of critical response tools, such as less-lethal weapons. Additionally, participants gained insight into complex investigations through sessions with the Homicide Division and the Special Victims Bureau (SVB). This immersive program not only fostered a greater understanding of law enforcement practices, but also helped strengthen community connections and trust.

A special thanks to our dedicated Community



Relations Team for organizing and executing this outstanding program!

COMMUNITY RELATIONS TEAM

Our Community Relations Team, along with our Motor Units, recently visited schools in the city of



30-day impound orders. They worked with other agencies, traveling across counties to seize vehicles with support from multiple Sheriff's stations.

CHP provided an 8-hour training on spotting illegally modified vehicles, which are common in street racing. Deputies posted enforcement videos on social media, drawing thousands of views despite some criticism.

May 4 operation results:

- 29 vehicles towed via warrants
- 4 towed without warrants
- 8 citations issued
- 4 arrests made
- 8 suspects identified for spectator charges

A special thank-you to our SAO South Team for their dedication to tackling this dangerous issue.

NEW! CARSON'S PATROL PREPARATION PROGRAM

The Patrol Preparation classes are off to a strong start. The Patrol Preparation class was developed collaboratively by Deputies Ryan Singer and Ryan Bracamontes, Carson field training officers and training staff. Although modeled after classes that benefited deputy personnel before they went to patrol, these sessions are not exclusive to Carson trainees — they're open to all deputies regardless of assignment.

The goal of Carson's Patrol Preparation Program is to help deputies become confident with foundational patrol responsibilities — such as documentation and report writing — so activities like ride-alongs feel less intimidating. As the classes progress, we hope to build up to having all participants comfortable enough to participate in ride-alongs with confidence.

The program was launched with 15 deputies from various units. The objective is to hold six to eight classes of various topics. For next month's class (date to be determined), we will again task participants with writing a mock report, encouraging them to apply the tools and resources introduced during the previous class. A new core topic will also be covered.

Our first session served as an introduction, outlining expectations and the structure of the course as deputies progress through the program. This second class focused on report writing, with a detailed breakdown of the SH-AD-49 form and a mock report exercise. Carson Field Training Officers Ryan Singer, Christopher Awad, Adrian Gonzalez and Ryan Bracamontes led a two-hour instructional block on completing the face page of the SH-AD-49. Using the Report Writing Manual, the Case Assignment Manual and the Manual of Policy and Procedures, we guided the class line by line and box by box through the entire form. To reinforce the instruction, deputies were assigned a mock vehicle burglary scenario and tasked with

drafting a corresponding report.

Interested deputies can email Deputy Ryan Bracamontes at rabracam@lasd.org or Deputy Ryan Singer at rlsinger@lasd.org for more information or to sign up.

As we wrap up, let this serve as a reminder that every shift, every call and every quiet moment of service makes a difference. Whether seen or unseen, your dedication holds communities together, builds trust and brings light to even the toughest days.

In a world that doesn't always say thank you, know this: your courage, compassion and commitment matter more than you know. Stay safe, stand strong and never forget the impact of wearing the badge with honor. Until next time, keep looking out for each other — because *together*, we serve stronger.

RETIREMENT CORNER

After an outstanding 29 years with the Los Angeles County Sheriff's Department, Deputy Michael Perea is retiring from Carson Station this summer. From his early days as a patrol officer to his role as a trusted mentor and community liaison, Perea has exemplified dedication, integrity and compassion throughout his career.

As Deputy Perea prepares for retirement, he looks forward to spending quality time with his family, traveling and pursuing long-held passions. Though the badge may be retired, his influence and the lives he touched will remain part of Carson Station's legacy. Deputy Perea, thank you for three decades of unwavering service to our community. We salute your courage, leadership and selfless dedication. Wishing you a joyful and fulfilling retirement — you've truly earned it! ☆



Carson in partnership with Carson City officials and the Los Angeles County Fire Department. Together, they educated students on local fireworks laws and provided valuable guidance on how to respond in various emergency situations.

SPECIAL ASSIGNMENT SOUTH TEAM

Since February, Carson's Special Assignment South Team has worked with the CHP Street Racing Enforcement Unit to crack down on street racing. With AB 3085, law enforcement can now impound vehicles used to aid street racing with court approval. Deputies have secured about 50 court orders to impound such vehicles in Carson.

In May, deputies targeted vehicles blocking streets and enabling illegal speed events, obtaining

STAY UP TO DATE!



Check out news and events at www.sheriffsrelief.org



By Arthur Balyan
Altadena Station

The Altadena Sheriff's Station proudly celebrates a moment of recognition and gratitude as several of its deputies were awarded the prestigious ALADS Medal of Bravery during the 23rd annual ALADS Awards Banquet.

The honor, presented by the Association for Los Angeles Deputy Sheriffs (ALADS), commends the deputies' exceptional courage and quick action during the 2025 Eaton Fire, which swept through the Altadena area

this past January. Amid dangerous conditions, these deputies went above and beyond the call of duty to protect lives and property in the face of a fast-moving wildfire that threatened homes and residents alike.

Their bravery reflects the highest standards of law enforcement and public service, and this well-deserved recognition is a testament to their commitment, courage and leadership under pressure.

We extend our deepest congratulations and heartfelt appreciation to our Altadena Sheriff's Station deputies. Your heroism continues to inspire and strengthen our community. ☆





ALTADENA STATION





By Jonathon Loo
San Dimas Station

WELCOME TO A SCORCHING SUMMER

When temperatures rise, our deputies keep the community cool and collected. Additional community policing units and the Summer Enforcement Team are now patrolling to ensure a peaceful season.

SAN DIMAS METRO STATION DEDICATION

With tracks and infrastructure completed, the Foothill Gold Line Construction Authority dedicated the San Dimas Station. This milestone marks the end of the construction and the beginning of train service provided by Metro. Lieutenant Jones from the Transit Services Bureau and our Station Lieutenant Serrano attended the ceremony. State representatives, County supervisors and City Council members unanimously agreed the A Line station will bring new housing, businesses and prosperity for all San Dimas residents.

PRACTICAL TRAINING IN ACTION

Deputy Connor was driving westbound on



Arrow Highway in the final phase of training, patrolling in his “king car.” He observed a suspicious vehicle stopped at a red light in the lane next to him. The deputy exchanged eye contact with a male passenger, who broke eye contact, immediately slouching low. Moments later, the man exited the moving vehicle on foot and ran into a nearby bodega. Deputy Connor coordinated a response and eventually located the suspect. The man was found trying to hide illegal drugs for sale inside the store and was arrested. The following day, Deputy Connor graduated from our patrol training program.

OUR FRIEND AT 5,962 FEET

In the Angeles National Forest’s Crystal Lake Campground, our Mountain Patrol Unit (88B) is grateful for the hospitality shown by leaders in the community. Mr. Samrah, a Lebanese immigrant and owner of Crystal Lake Café, exemplifies the American dream and is one such leader. As sole proprietor of the café, he has dedicated his work to improving the services offered to campers and tourists. His family has generously opened their campground for Search and Rescue training and emergency command posts. As Deputy Smail puts it, “If you ever need a warm bowl of chili or a quiet place to camp, Crystal Lake Campground is the place to be.”

ACCOLADES AND ACCOMPLISHMENTS

Walnut Station Traffic Detective Gasparyan recently received the Mothers Against Drunk Driving (MADD) award for significant DUI arrests within our community. With only 24 hours’ notice, Day Shift Sergeant Duarte partnered with the Red Cross to host a successful blood drive. The event yielded many liters of blood for donation.



A VERY SPECIAL TORCH RUN

Raising awareness for the Special Olympics, the 2025 Law Enforcement Torch Run was hosted by San Dimas CAT team deputies. Continuing a proud tradition, station deputies, Mountain Rescue, volunteers and our Explorer Post 80 set aside their boots and donned running shoes to carry the Flame of



Hope from San Dimas to Glendora. Deputy Carden attended the 2025 Special Olympics opening ceremony at Cal State Long Beach. The event marked the beginning of the games, celebrating athletes and their achievements.

EXITS AND ENTRANCES

Growth is always a reason to leave the familiar and move to something entirely new. With these sentiments, we wish Lieutenant Wong all the best in her endeavors in the Personnel Administration Bureau. Our Early Morning watch commander, Lieutenant Orozco, will be moving forward to a new assignment. Congratulations and thanks for the “buyout” taco buffet party. We also welcome Detective Ledesma to our Station Detective Bureau from Custody Investigative Services. San Dimas Station continues to be a place where individuals grow their careers while serving alongside the community. Stay sharp, stay engaged and don’t miss what’s coming in next month’s publication. ☆



TEAM *TEMPLE*

By PIO Team
Temple Station

SPECIAL OLYMPICS

Temple Station proudly participated in the Special Olympics Torch Run, a powerful tradition that celebrates and supports athletes with intellectual disabilities. Led by Captain Meza, Temple Station personnel had the honor of escorting and safeguarding the torch as it made its way through the heart of Temple City. With pride and dedication, law enforcement officers throughout the county guarded the torch through several cities, culminating in its arrival at Cal State Long Beach, where it lit up the opening ceremony and marked the official start of the games.



EXPLORERS

As we proudly welcome our newly graduated Explorers, this year's annual Explorer Scholarship Award Ceremony served as a special moment to recognize the outstanding academic accomplishments and dedicated community service of our Temple Station Explorers. We extend our heartfelt congratulations to Explorers Song Guo, Matthew Hernandez, Matthew Sebastian, Andrew Gamboa and Andrea Trejo, this year's scholarship and service award recipients. Their hard work, leadership and unwavering commitment to the program are a true reflection of the values we strive to uphold.

TEMPLE CITY

Deputies joined local residents and friends in celebrating the grand opening of Live Oak Park — a vibrant new space dedicated to bringing





the community together. Their presence added excitement to the day, especially for our younger community members, who enjoyed receiving stickers and getting an up-close look at a patrol vehicle. It was a great reminder of the strong bond between law enforcement and the community we proudly serve.

DUARTE

Deputies in Duarte partnered with the Irwindale Police Department, LACADA, LAHSA and the U.S. Army Corps of Engineers for a coordinated Riverbed Clean-Up Operation spanning Irwindale and Azusa. The mission was clear: to identify encampments and connect individuals experiencing homelessness with critical services and resources. Many individuals accepted the support and assistance offered, highlighting the power of collaboration and compassion in making a positive impact on our communities.



SOUTH EL MONTE

We are proud to announce that Deputy Melgar has been awarded Deputy of the Year by the cities of South El Monte and El Monte.



ON AND OFF TRAINING

As Deputy Onofre successfully completed his field training program, we congratulate him on this important milestone in his career. At the same time, we welcome our new trainees as they begin their journey in service. We look forward to supporting their growth and development as they take their first steps in becoming the future of law enforcement.

continued on page 22



Day in and day out, 24/7, our deputies respond to calls for service — stepping into the unknown, facing danger with courage and standing as the first line of protection for our communities. It's not just a job — it's a commitment, a calling and a way of life.

To those who wear the badge, may you always carry with you the memory of the day you took the oath to protect and serve with honor, integrity and compassion. That oath is more than words; it is a promise to uphold something greater than ourselves.

And to those thinking of joining this profession, we say this with pride, there is no career more challenging, more meaningful or more rewarding. It is truly the greatest profession on earth. ☆



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.*

Mirella Acosta
Court Services Bureau — Central

Richard D. Amann
Men's Central Jail

Marzique K. Battiste
West Hollywood Station

Brionne B. Brister
East Los Angeles Station

Brent S. Carlson
Marina del Rey Station

Tiffany Crawford Miller
Industry Station

Virginia De La Cruz
Parking Enforcement Detail

Andrew W. Emch
Lakewood Station

Vivian S. Garcia
Norwalk Station

Tasheen E. Glynn
Fraud and Cyber Crimes Bureau

Omar B. Hopkins
Education Based Incarceration Bureau

Robert M. James
Carson Station

Robert B. Love
Court Services Bureau — West

Kimberly A. Lovitt
Altadena Station

David F. McDonald
Population Management Bureau

Gary J. Missakian
Narcotics Bureau

James J. North
Audit and Accountability Bureau

Alonso J. Pelayo
Personnel Administration

Marc T. Phillips
Santa Clarita Valley Station

Gregory J. Rodriguez
Operation Safe Streets Bureau

Marcos E. Rojas
Facilities Services Bureau

Mark R. Sukal
Marina del Rey Station

Lorna Y. Terrell
Century Regional Detention Facility

Adan Torres
Homicide Bureau

Ray L. Webb
Temple Station

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West Hollywood Knights

By Vanessa Renteria
West Hollywood Station

PRIDE WEEKEND 2025

West Hollywood Pride Weekend took place from May 30 to June 1. The West Hollywood Sheriff's Station is proud to assist and provide security to the City of West Hollywood every year during this grand event. West Hollywood is home to the "Rainbow District" along Santa Monica Boulevard, which includes a multitude of historic LGBTQ clubs, restaurants and retail shops.

Each year, the Los Angeles County Sheriff's Department Emergency Operations Bureau (EOB) collaborates with the West Hollywood Sheriff's Station and the City of West Hollywood to organize city road closures, safety checks, etc.

We want to thank all personnel who participated in making Pride Weekend the success it was!



LASD ARSON/EXPLOSIVES TRAINING

West Hollywood Sheriff's Station was grateful to host the LASD Arson/Explosives team suspicious package incident training.

Thank you, Sergeant Bishop, for taking time out of your day to come and brief our deputy personnel regarding suspicious package handling. It is vital for our deputies to keep their skills and training sharp and ready for action!

MEMORIAL TORCH RELAY RUN 2025

This year, West Hollywood Sheriff's Station was assigned legs 26 and 27 for the 2025 Memorial Torch Relay. The relay consists of 56 legs, totaling 313 miles. Each LASD station participates by running the torch from their jurisdiction to the next.

Station personnel ran from West Hollywood to the Pacific Coast Highway, totaling 10 miles! The torch was handed to our Lost Hills Sheriff's Station partners, where the torch continued its journey.

West Hollywood Sheriff's Station is proud to honor the memory of all the brave and dedicated partners who sacrificed their life on the line of duty.



CLASS #482 COLORS RUN HONORING DEPUTY PEDRO "PETE" ROMO

West Hollywood Sheriff's Station would like to take the time to honor and remember Deputy Pedro "Pete" Romo, who passed away on Valentine's Day, February 14, 2021, due to a job-related illness. Deputy Romo's daughter was a law enforcement technician (LET) for West Hollywood prior to transferring to Santa Clarita Sheriff's Station.

Los Angeles County Sheriff's Department North Academy Recruit Class #482 conducted their 4.5-

mile Colors Run at Valencia High School, where Deputy Romo served as a school resource deputy.

This milestone brings the recruits an inch closer to graduating and becoming our future partners and first responders to our local communities! Thank you to those who participated and honored our beloved former partner Deputy Romo.

We will miss LET Romo, but are happy to see her fulfill her father's legacy by serving the city her father served and the Los Angeles County Sheriff's station he called home.

COMMUNITY SUPPORT

West Hollywood Sheriff's Station would like to express our support and commitment to allowing our West Hollywood community to exercise their freedom of speech and right to a peaceful assembly. It is vital to encourage the right for a peaceful protest and have the people's voices be heard.

Deputy personnel are dedicated to providing safety and security to our residents as well as upholding the law during such sensitive times. ☆





By Erin Stibal
Facilities Services Bureau

FSB “NORTH REGION”

One of the most unique work assignments for Facilities Services Bureau is CR2, also known as the North Region. When FSB was created in 1990, a portion of the crew was assigned “up north” to maintain the entire PDC property known as “the Ranch.” PDC was designed to be a self-sufficient property, generating its own electricity and selling some of it back to Southern California Edison, pumping its own water and making its own steam. There was a pig farm, fruit and vegetable farm, cattle farm and dairy. Additional land usage at PDC that required continual maintenance were the landfill and gun ranges that were often used by the FBI and other law enforcement agencies.

Although the farming portion has gone by the wayside up at “Wayside,” the overall property has not changed much over time. However, the past few years brought numerous threats from wildfires and the long-awaited addition of EVOC. In December 2017, the Creek, Rye and Skirball fires destroyed several buildings at PDC, including the FSB regional offices.

Over the past several years, the FSB teams



Carpenter shop

based at CR2 now also maintain patrol stations in the Antelope Valley area, a countywide roofing shop, Power Plant operations and the operation of a full-scale water system that provides

water to the entire facility as well as some adjacent neighborhoods.

Shout-out to the FSB team at CR2 for their hard work every day! ☆



Managers and front office team



Ranch Maintenance crew



Electricians



AVSST team



Sheetmetal shop



Plumbers



Water crew



NCCF General Maintenance crew



Fire in December 2017 that destroyed the FSB office at PDC



CR2 Refrigeration & Steam Fitter Shop



Fire damage



By La Puente SAO
Industry Station

Industry Station honored George Meza's family with his badge and planted a wooden memorial sign honoring his service to the Los Angeles Sheriff's Department and his community.

Industry Station hosted a memorial barbecue in honor of George Meza. A special thank-you to everyone who came and showed their support. ☆



LASD PRIDE



**A Tradition of Service/
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\$10.99

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Lil Sheriff/Badge Toddler Tee

Sizes: 2T–5/6T

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Item #: 2131



**Los Angeles County
Sheriff/LASD Perfect
Tri Racerback Tank**

Colors: black, heather teal

Sizes: XS–2X

\$23.99

Item #: 2061



**Badge/LASD
Wide Mouth
Flex Straw Travel
Hydro Flask Bottle
— 32 oz.**

\$40.99

Item #: 0652



**My Little Sheriff Is ...
the Bomb! Onesie**

Colors: forest, ballerina/white dot

Sizes: 6, 12, 18, 24 months

\$20.99

Item #: 2178



**Subdued Badge/
LASD Trucker Cap**

Sizes: S/M, L/XL

\$29.75

Item #: 0397

**Badge/
Future Sheriff
Piggy Bank**

\$12.50

Item #: 0591



**L.A. County Sheriff/
Hawaiian Wrap T-Shirt**

Colors: dark green ink,
light blue ink

Sizes: S–2X

\$20.99

Item #: 2034



Deputy Teddy

Colors: green shirt,
baby pink shirt

\$18.50

Item #: 1501



**Olivia Bracelet
With Charm
and Crystal**

\$18.75

Item #: 1454



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FROM THE DOCS

BURNOUT AND THE COST OF DISENGAGEMENT IN LAW ENFORCEMENT

By Dr. Heather Staufenberg

In any law enforcement agency, disengaged employees aren't just struggling, they're potential liabilities to individual and organizational well-being. Research and frontline experience alike show that employees who feel disconnected or dissatisfied in their roles are more likely to take excessive sick leave, report higher stress levels, exhibit lower productivity and face increased risk of anxiety, depression and emotional exhaustion. Disengagement doesn't always show up as defiance; it can look like indifference, withdrawal or quiet resistance to organizational goals. One of the most common and costly expressions of this disengagement is burnout.

We've all heard the term, but burnout isn't just a buzzword — it's an occupational hazard in public safety settings. At its core, burnout is a psychological response to chronic workplace stress that hasn't been successfully managed. It's characterized by emotional exhaustion, depersonalization or cynicism, and a reduced sense of personal accomplishment. For many in law enforcement, burnout stems from:

- Loss of professional autonomy and control over decision-making
- Diminishing respect for the role from within the organization or the public
- Lack of timely, meaningful feedback (especially positive reinforcement)
- Unrealistic demands from supervisors, colleagues or the community
- Inadequate training or preparation for one's responsibilities

These stressors are cumulative. Burnout doesn't arrive overnight; it builds slowly, often unnoticed until it starts eroding performance, morale and mental health.

Recognizing the warning signs is a crucial first step. If you or a partner are finding the job no longer fulfilling, noticing less humor or camaraderie in the workplace, reacting strongly to minor stressors, feeling emotionally drained or struggling to stay motivated, it's time to pay attention. These are not personal failings; they're indicators of a system out of balance.

Addressing burnout requires a dual approach: individual strategies and organizational support. Supervisors and staff must recognize that workplace wellness is a shared responsibility, with each influencing the other in a continuous loop. Here are a few proactive steps that units of assignment and individuals can take:

- **Timely feedback matters.** Leaders should offer consistent, constructive and positive feedback. Recognition builds morale.
- **Reconnect with purpose.** Remind yourself why your role matters, even when others don't say it out loud.
- **Make movement a priority.** Regular physical activity is a powerful buffer against stress. Units of assignment can champion wellness by supporting fitness efforts creatively.
- **Manage your mental narrative.** Negative self-talk amplifies stress. Challenge it. Replace it with affirming, realistic perspectives.

- **Refresh the environment.** Even small changes to physical space like natural light, plants or meaningful symbols can influence mood and mindset.
- **Staff strategically.** Chronic understaffing undermines effectiveness and morale. Doing more with less only works until it doesn't.
- **Honor your limits.** Learning to say "no" when needed protects your capacity to say "yes" to what matters.
- **Be patient with change.** Whether it's personal growth or department-level reform, transformation takes time. Persistence matters more than perfection.

Burnout isn't inevitable. With intentional effort, open dialogue and a culture that values well-being as much as performance, we can shift from reactive damage control to true prevention. So here's the real question: What's one thing, large or small, you're willing to do today to invest in your own resilience or support a partner's? Because culture isn't built by policies alone; it's built by people, one interaction at a time.

And remember, you're not in this alone. Our Department offers a range of resources to support your well-being and help you build resilience. Whether you're looking for wellness tools, peer support or someone to talk to, don't hesitate to reach out through the Department's wellness app or by calling Psychological Services Bureau at (213) 738-3500. Asking for help is not a weakness, it's a smart, courageous step toward staying strong in the work we do. ☆

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GET IT BEFORE IT'S GONE!

Otis 5.56mm Essential Pistol Cleaning Kit

Ten 100% cotton 2" patches, small slotted tip and obstruction remover, short all-purpose brush with solid rods for extended reach, .223 cal/5.56mm bronze bore brush and mop, .223 cal/5.56mm specific chamber brush, bent pick and straight pick, 30" aircraft-grade Memory-Flex® cable and small slotted tip, and 0.5 fl. oz. Shooter's Choice FP-10 Lubricant Elite® CLP, all in a reusable hard case.

\$22.99 Item #: 0901

Otis 9mm Essential Pistol Cleaning Kit

Ten 100% cotton 3" patches, short all-purpose brush with solid rod for extended reach, 9mm bronze bore brush and mop, 8" aircraft-grade Memory-Flex® cables with large slotted tip, and 0.5 fl. oz. Shooter's Choice FP-10 Lubricant Elite® CLP, all in a reusable hard case.

\$27.99 Item #: 0900



Otis 9mm Thin Blue Line Cleaning Kit

The necessities for a quick clean for your pistol, plus a special-edition Blue Ripcord specifically designed to clean a hot barrel on the range in one quick and easy pass.

\$14.99 Item #: 0902

GET IT BEFORE IT'S GONE!

Shooter's Choice FP-10 Lubricant Elite

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\$12.50 Item #: 0956



Hoppe's 9 Storage/Cleaning Kit

.38, .357, 9mm pistol-cleaning kit with aluminum rod and storage box.

\$16.99 Item #: 0974

Otis 085 CLP — 4 oz.

Cleans, lubricates and protects in one advanced formula. Removes carbon, powder residue and fouling from metal surfaces, penetrates tight areas to reduce surface friction, and seals out moisture to prevent rust and corrosion.

\$12.50 Item #: 0905



Hoppe's 9 Pistol Cleaning Kit

.38, .357, 9mm pistol-cleaning kit with aluminum rod.

\$14.99 Item #: 0973

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By John Trejo
Norwalk Station

Norwalk Station is proud of its personnel and would like to honor the following people for their years of service in the Los Angeles County Sheriff's Department:

- Sergeant James Cullen — 25 years
- Detective Jose Lopez — 25 years
- Custody Assistant Sergio Ramirez — 25 years
- Secretary Dennise Perryman — 25 years
- Secretary Lucy Phoue — 30 years



We would also like to honor our captain, Richard B. Conti, who was the keynote speaker for the City of La Mirada's Prayer Breakfast. He inspires us with his words of wisdom. ☆



Save the Date!

Law Enforcement Serra Retreat

SEPTEMBER 26–28, 2025

This weekend marks the 79th anniversary of the Sheriff's Department Law Enforcement Retreat at the Serra Retreat House in Malibu.

The retreat house is definitely open for retreats and is still following the state and CDC guidelines regarding home-cooked meals and cleaning protocols.

The retreat house is a 38-acre Franciscan facility located on a hilltop in Malibu. 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.

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, September 26. We recommend leaving home early to avoid traffic. Friday's dinner will be served from 1700 to 1900 hours to accommodate late arrivals. Checkout time will be approximately 1200 hours on Sunday, September 28.

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

Chuck Norris
(818) 381-7649

Michelle Emeneger
(714) 293-3891

Jay Sevoian
(661) 992-4369

Andy Thompson
(714) 293-5898

Chickee and Norm Nelson
(562) 760-0875

Leo Bauer
(661) 388-9650

Ingrid Jefferys
(909) 234-8151

Tony and Shiela Martins
(562) 753-1963



By Shree Gulley
Emergency Operations Bureau

Since our last publication, the Emergency Operations Bureau (EOB) has undergone quite a few changes. We said farewell, because we don't believe in saying goodbye, to Sergeant Jason van Genderen, who transferred to Avalon Station; Sergeant Christopher Gomez, who transferred to Special Enforcement Bureau; Deputy Eliel Teixeira, who promoted to sergeant and transferred to Palmdale Station; and Deputy David Cortez, who transferred to Metrolink Bureau. We wish each of them well in their new assignments. We welcomed Sergeants Christopher Morris, Ulises Urbina and Dennis Woullard, and welcomed back Sergeant Jordan Kennedy. Rounding out our newly assigned Tactical Planning Unit staff are Deputies Monica Griego and Refugio Ibarra.

My respect and admiration continue to grow for this amazing team as they manage their daily duties and responsibilities in serving as a support unit for the Department and providing additional public safety services for cities throughout Los Angeles County. This was clearly evident in the unit's response efforts during the unprecedented wildfires that plagued Los Angeles County earlier this year. Members of EOB worked tirelessly in assisting with emergency response efforts as the residents of Los Angeles County experienced a level of devastation unparalleled by any other in the history of our state. The commitment and dedication displayed by our Tactical Planning Unit, Logistics Section, Sheriff's Response Team and Operations Staff during this time truly defines a "Tradition of Service."

June was recognized as Pride Month, and EOB was present in the planning and staffing of the renowned West Hollywood Pride Parade and Festival. The weekend-long event included a carnival,

concert and festival, and concluded with the grand WeHo Pride Parade. During the planning phase, Deputy Brett Radloff was responsible for staffing all events. More than 800 Department personnel were hired for the three-day event to assist with public safety services for one of the largest Pride celebrations in the country. Deputy Aaron Ehrhorn assisted Deputy Radloff with personnel check-in on day one, while Deputies Monica Griego, Kristina Kirkbride and Stavros Vitogiannis were tasked with field assignments.

It's a well-known fact that every large-scale event must include a logistics team, and EOB has the best of the best. If you've ever seen Deputies Miguel Aguilar, Jaime Huerta or Jesus Jimenes maneuver the Mobile Command Post vehicles, you'd understand the skill set that is needed to manage such large vehicles in open (and closed) spaces. And speaking of skill set, I would be remiss if I didn't recognize Sergeant Robert Lloyd and Deputy Ryan Peacock, Sheriff's Response Team (SRT). Sergeant Lloyd and Deputy Peacock are experts in management of crowd control environments.

Parade day began with the early arrival of EOB personnel and the resource staff. At Laurel Elementary School, personnel check-in was managed by Deputy Radloff. Lisa Dye, Brenda Gomez, Desiree Gonzalez, Shree Gulley, Sylvia Newkirk-Ma and Liliana Rodriguez assisted with data entry and disseminating assignment information. In a land not far away, at the West Hollywood City Council chambers, Deputy Ehrhorn had oversight of personnel check-in, and his support staff included Sandra Gomez, Melissa Hurtado Castanon and Keearnold (Kee) Woullard.

EOB Sergeants Sam Dang, Angelica (Patty) Estrada, Jordan Kennedy, Choong Lee, Robert Lloyd, Christopher Morris, Charles Simmons and



Sergeant Estrada hands out assignments to her team.



A sergeant reviews his paperwork.



Deputies attend briefing.

Ulises Urbina also arrived early in preparation for the day's event. (Sergeant Dennis Woullard was assigned to work the festival on day one of the weekend-long event.) Prior to briefing, the sergeants



Sergeant Morris discusses details with Sergeants Urbina, Simmons and Dang.



Sergeant Simmons reviews details with EOB staff.



LET Vidal Garcia and LET Harry Bedrossian

take time to discuss details including administrative concerns, logistics and necessary courses of action. Once the personnel check-in process is completed, deputy personnel proceed to briefing. After a general briefing is conducted, employees meet with their respective sergeants to receive their specific assignments.

As an EOB sergeant, not only are you responsible for managing emergency response efforts and the oversight of large-scale, pre-planned events, you may be called upon to assist with a myriad of miscellaneous tasks. Case in point: Sergeant Simmons probably wasn't aware of his advanced technical skills prior to his transfer to EOB and how useful they would become during large-scale events.



Sergeant Simmons troubleshoots technical issues.



Transportation Bureau deputies



LASD Motors



Shree Gulley and Deputy Pena

You may have heard that old adage "It takes a village ..." Well, the WeHo Pride Parade is no exception. EOB enlists the services of the LASD Motors Detail for public safety, and Court Services Transportation Bureau to transport Department personnel to and from the parade route. The formation of the Motors Detail and the driving skills of the Transportation Bureau deputies is always impressive to watch. This year, we were fortunate to have bus drivers Deputies Enrique Pena, Jed Morales and Robert Nuse.

We all can appreciate downtime, if there is such a thing in law enforcement. Or we can choose to view it as a window of opportunity. Lieutenant Adam Wright and Deputy Radloff



Lieutenant Wright and Deputy Radloff

chose the latter after all personnel had been deployed. They took the time to review staffing assignments, logistics and any unforeseen issues that may come up.

After a full day of high energy, entertainment and artistry, we are ready to bring the weekend to a close ... until next year. As we prepare for demobilization, sergeants check on the status of their teams, Transportation deputies prepare for personnel pickup and the resource staff prepares for personnel checkout. Many thanks to all Department personnel who worked the event; your dedication and commitment helped to foster a safe environment for all attendees.

Until next time! ☆



Deputies Kirkbride and Vitogiannis and Sergeant Urbina join Paris Hilton for a photo opportunity.



By Dorian Penn Sr.
Transit Services Bureau

MOVING FORWARD TOGETHER

A /C Lieutenant Jones, along with Transit Services Bureau personnel, attended the opening of the San Gabriel Valley A Line extension in Glendora, San Dimas, La Verne/Fairplex and Pomona Metro Passenger Station dedication ceremonies.



LAW ENFORCEMENT APPRECIATION LUNCHEON

On June 5, the Irwindale Chamber of Commerce hosted its annual Law Enforcement Appreciation Luncheon at the Irwindale Brew Yard. In attendance were Chief Hofford, Mayor Burrola and Councilmembers Ortiz and Ambriz, along with members of TSB and the Irwindale Police Department.





**SPECIAL OLYMPICS
SOUTHERN CALIFORNIA LAW
ENFORCEMENT TORCH RUN**

On June 7, TSB proudly partnered with Century Sheriff's Station to run a leg of the annual

Special Olympics Southern California Law Enforcement Torch Run.

continued on page 38



LASD THERAPY DOG UNIT

On June 25, the LASD Therapy Dog Unit paid a special visit to TSB, bringing love, support, comfort and all-around joy to our team.



COMMUNITY RESOURCE AND NETWORKING FAIR

On June 29, TSB and LASD MET attended the Greater Zion Church Family Community Resource and Networking Fair. ☆





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By D'Andre D. Lampkin
Parks Bureau

LASD PARKS BUREAU COLLABORATIVE EFFORTS TO BUILD TRUST THROUGH THE SPORT OF BOXING: EASTSIDE HEREDIA BOXING CENTER – A BEACON OF HOPE IN EAST LOS ANGELES

The Eastside Heredia Boxing Center stands as a testament to the power of community collaboration and the transformative potential of sports. Nestled in the heart of East Los Angeles, this former fire station has been repurposed to serve as an oasis for youth seeking a constructive and stimulating environment. The center is more than just a boxing gym; it is a sanctuary for young people to channel their energy positively and safely, all while fostering a unique relationship with the Los Angeles County Sheriff's Department Parks Bureau.

A LEGACY OF INSPIRATION

Named in honor of Eddie Heredia, the center carries forward the legacy of its first champion, who tragically passed away at the age of 17 from leukemia. Eddie's spirit lives on through the achievements of the center's members, including representation in the 2008 Beijing Olympics as part of the U.S. Olympic Boxing Team. The spirit of triumph over adversity is embedded in the very fabric of the center, inspiring participants to strive for greatness both inside and outside the ring.



A UNIQUE PARTNERSHIP

What sets the Eastside Heredia Boxing Center apart is its symbiotic relationship with the Los Angeles County Sheriff's Department Parks Bureau. This partnership ensures that the center is not just a place to learn boxing, but a haven of safety and security. The Parks Bureau provides dedicated law enforcement services, prioritizing the center's unique needs over traditional patrol expectations. This focused attention helps swiftly neutralize issues such as potential gang activity, making the center a safe space for youth to pursue their dreams.

BUILDING TRUST AND COMMUNITY

Janet Ramos, a L.A. Department of Recreation and Parks trainer at the center, highlights the beneficial interactions between the center's participants and the Sheriff's deputies. She recounts a recent incident where a deputy's prompt arrival reassured a child left

waiting for their parent. The familiarity and trust built between the deputies and the community mitigate any fear or apprehension, transforming these interactions into positive experiences.

Ignacio Navarro, the center's director and head boxing coach, underscores the importance of this relationship in building trust between law enforcement and the community. The deputies' involvement extends beyond security; they actively engage in community-building activities, such as toy drives and sponsoring children. This partnership not only enhances safety, but also strengthens the community's fabric.

PROGRAMS AND INITIATIVES

The Eastside Heredia Boxing Center, through its collaboration with the Parks Bureau, hosts a variety of programs aimed at enriching the lives of its participants. One notable initiative is the Parks



After Dark program, where Ignacio conducts boxing clinics at Saybrook Park, introducing local youth to the sport and encouraging them to join the center.

The center also hosts the annual Knocking Out Breast Cancer Boxing show, a testament to its commitment to community involvement and social causes. This event, now a two-day affair, invites both boys and girls to participate, fostering a spirit of inclusivity and shared purpose.

All LASD personnel are invited to attend this year's Knocking Out Breast Cancer Boxing show taking place at Eastside Heredia Boxing Center on Friday, October 17, at 6 p.m. and Saturday, October 18, at 1 p.m. Patrol checks are encouraged and appreciated.

A VISION FOR THE FUTURE

Ignacio envisions a bright future for the Eastside Heredia Boxing Center, with plans to enhance its role as a community cornerstone. He hopes to host the Los Angeles County Sheriff's Boxing Team and expand collaborations with programs like the Vital Intervention and Directional Alternatives (VIDA) program. These initiatives aim to provide more



opportunities for youth to engage in positive activities and develop life skills.

CONCLUSION

The Eastside Heredia Boxing Center exemplifies the profound impact of community-centric initiatives. Through its partnership with the Los Angeles County Sheriff's Department Parks Bureau, the center not only nurtures athletic talent, but also instills discipline, dedication and a spirit of excellence in its participants. Ignacio's personal journey from a challenging upbringing to a leadership role underscores



the transformative power of such programs. As communities strive to uplift their youth, the Eastside Heredia Boxing Center serves as a shining example of what can be achieved through collaboration and commitment to positive change. ☆

☆ IN MEMORIAM ☆

OLGA ACOSTA

ACTIVE, DECEASED 06/17/25

DEPUTY/COURT SERVICES
HEADQUARTERS

ERNESTO M. ARREDONDO

RETIRED 01/19/99, DECEASED 06/09/25

SERGEANT/PICO RIVERA STATION

DAVID F. BRUSBY

RETIRED 02/21/89, DECEASED 03/10/25

SERGEANT/NORWALK STATION

RICHARD M. BUHMAN

RETIRED 03/23/01, DECEASED 05/30/25

DEPUTY/TST

LAWRENCE G. DOBBINS

RETIRED 03/15/93, DECEASED 05/19/25

SERGEANT/FRAUD & CYBER CRIMES

JAMES R. ELLISON

RETIRED 10/14/97, DECEASED 02/23/25

DEPUTY/BACKGROUND UNIT

MARVALENE FRANKLIN

RETIRED 01/01/01, DECEASED 06/17/25

DEPUTY/INGLEWOOD

STEVEN R. FREIWIRTH

RETIRED 01/06/18, DECEASED 05/29/25

SERGEANT/PDC NORTH

JOE L. GARZA

RETIRED 12/31/08, DECEASED 06/07/25

CAPTAIN/RESERVE FORCES BUREAU

ARTURO R. GASPAS

ACTIVE, DECEASED 06/01/25

INTERMEDIATE CLERK/LOMITA
STATION

JANIE L. HARRISON

RETIRED 03/31/02, DECEASED 06/08/25

CUSTODY ASST./IRC

JESSIE M. IVERSON

RETIRED 08/18/03, DECEASED 05/25/25

WORD PROCESSOR II/MED SERVICES
BUREAU

CLARA M. MOORE

RETIRED 01/31/15, DECEASED 06/02/25

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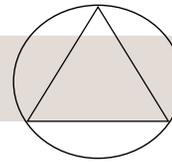
RETIRED 06/07/85, DECEASED 05/20/25

DEPUTY/DETECTIVE DIVISION

LESLIE L. RYAN PASSED AWAY ON JUNE 10, 2025. SHE WAS THE WIFE OF RETIRED MEMBER WILLIAM "BILL" M. RYAN.

ABIGAIL TOPAR PASSED AWAY ON JUNE 17, 2025. SHE WAS THE WIFE OF ACTIVE MEMBER BEAU C. TOPAR.

Peace Officer's Fellowship



By Willis Braggs

STRESS MANAGEMENT WITHOUT SUBSTANCE USE

Whether you wear a badge, manage operations behind the scenes or support your team in critical administrative roles, working in law enforcement can be incredibly demanding. Long hours, high-stakes decisions and constant exposure to pressure take a toll on everyone. Navigating that stress in healthy ways, without relying on substances, is essential. And while there's no one-time fix, effective stress management begins with recognizing your personal triggers, staying connected through open communication and building daily habits that support long-term well-being and resilience on the job.

Stress isn't just about what happens around us; it's also shaped by how we interpret and respond to the situations we face. Two people can encounter the same challenge but experience it in completely different ways, depending on their mindset, coping strategies and support systems. That variability is exactly why it's critical for both individuals and departments to foster a culture of open communication, psychological safety and mutual support. When staff feel seen, heard and genuinely valued, they're more likely to speak up when they're struggling and seek help early. Strong team dynamics, trust and a shared sense of responsibility not only reduce the burden of stress, but also strengthen resilience, improve morale and contribute to a healthier work environment for everyone, regardless of their role in the organization.

Understanding that stress is influenced by both external pressures and personal perceptions highlights the need for well-rounded strategies that address both sides of the equation. Fortunately, there are a variety of practical and research-backed methods individuals and organizations can adopt to build resilience and better cope with daily stressors. From cognitive techniques and mindfulness practices to physical activity and social support, each approach offers tools to manage stress in healthier, more sustainable ways.

Cognitive behavioral therapy (CBT) is one proven tool that helps individuals challenge negative thoughts, manage emotions and change unhelpful behaviors. Techniques like relaxation training, assertiveness training and cognitive restructuring (i.e., reframing negative thinking)

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.

Eric Castano

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Joe Collins

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C: (909) 240-0509

Bob Ghan

(714) 916-3299

John Heckman

(805) 559-4993

Chris Loomis

H: (626) 447-9011

C: (626) 230-3137

Richard Parmelee

(951) 870-5950

Dave Philippon

(909) 296-0203

Ray Terhorst

(818) 383-5539

John Valencia

H: (909) 599-1160

C: (951) 316-3633

Marty Weirich

(360) 790-7351

Daryl Williams

(951) 764-3723

Revised 6/13/23

can help officers stay mentally resilient without turning to substances.

Mindfulness practices, which emphasize staying present and observing thoughts and feelings without judgment, have been shown to reduce anxiety, self-doubt and emotional reactivity. Approaches like mindfulness-based stress reduction (MBSR) and acceptance and commitment therapy (ACT) are practical tools that can be incorporated into daily routines. Building self-compassion, being as kind to yourself as you would be to a partner or colleague during tough times, is also a key part of emotional resilience.

Another effective method is reframing how we see stress. Instead of viewing it as purely harmful, recognizing stress as a signal for growth or readiness can make a difference in how it's managed. Developing this mindset helps officers stay focused, adaptable and solution-oriented in high-pressure situations.

Physical activity is also one of the most accessible ways to manage stress. Whether it's cardio, weight training, yoga or even a walk in nature, regular movement boosts mood, lowers stress hormones and builds overall resilience. Even listening to calming music after a long shift can

lower stress levels and help recovery.

Taking care of your mental and emotional well-being isn't just about getting through tough days. It's about building the strength to keep doing the important work you do. By being proactive, staying connected and using practical strategies to manage stress, everyone in law enforcement, whether sworn or professional staff, can better navigate the challenges of the job.

If you're looking for additional support or strategies, don't hesitate to explore options including the Peace Officer's Fellowship (POF), a 12-step program pioneered by Alcoholics Anonymous but tailored specifically for law enforcement personnel. Since POF's inception in the 1970s, our Department has been a steadfast pillar of support, helping employees tackle a range of issues, from alcohol and prescription medication misuse to substance dependence. You can reach out to any of the people named in the table above. In addition to the POF, the Substance Abuse Resource Program, Peer Support, the Chaplains Program and, of course, talking with a police psychologist at Psychological Services Bureau are also always within reach through the Department's wellness app or by calling (213) 738-3500. ☆

HEY, CAPTAIN!

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Thank you to the units highlighted in blue, who contributed articles for this issue.

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- ★ Carson Station
- ★ Emergency Operations Bureau
- ★ Facilities Services Bureau
- ★ From the Docs
- ★ Industry Station
- ★ Norwalk Station
- ★ Parks Bureau
- ★ Peace Officer's Fellowship
- ★ Peer Support Program
- ★ Psychological Services Bureau
- ★ Retired Deputies
- ★ San Dimas Station
- ★ Temple Station
- ★ Transit Services Bureau
- ★ West Hollywood Station

Administrative Services Division
Advanced Officer Training Unit
Aero Bureau
American Legion Star Post 309
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Avalon Station
Central Supply and Logistics Unit
Century Regional Detention Facility
Century Station
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Civilian Training Unit
Communications and Fleet Management Bureau
Community College Bureau
Community Partnerships Bureau
Compton Station
Contract Law Enforcement Bureau
County Services Bureau
Court Services Bureau
Court Services Transportation Bureau
Court Services West Bureau
Crescenta Valley Station
Data Systems Bureau
Deputy Leadership Unit
East Los Angeles Station
Food Services Unit
Gender Responsive Services
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Inglewood Court
Inmate Reception Center
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LASD Office of PREA Compliance
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Los Angeles Sheriff's Department Grizzlies
Los Angeles Sheriffs' Museum
Marina del Rey Station
Major Crimes Bureau
Malibu/Lost Hills Station
Men's Central Jail
Metrolink Bureau
Mira Loma Detention Center
Mounted Enforcement Detail
Narcotics Bureau
North County Correctional Facility
Operation Safe Streets

Palmdale Station
Personnel Administration Bureau
Pico Rivera Station
Pitchess Detention Center, North Facility
Pitchess Detention Center, South Facility
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REVISED 7/14/25

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Pictured are Leonard Plotkin, JD and Cheryl Plotkin

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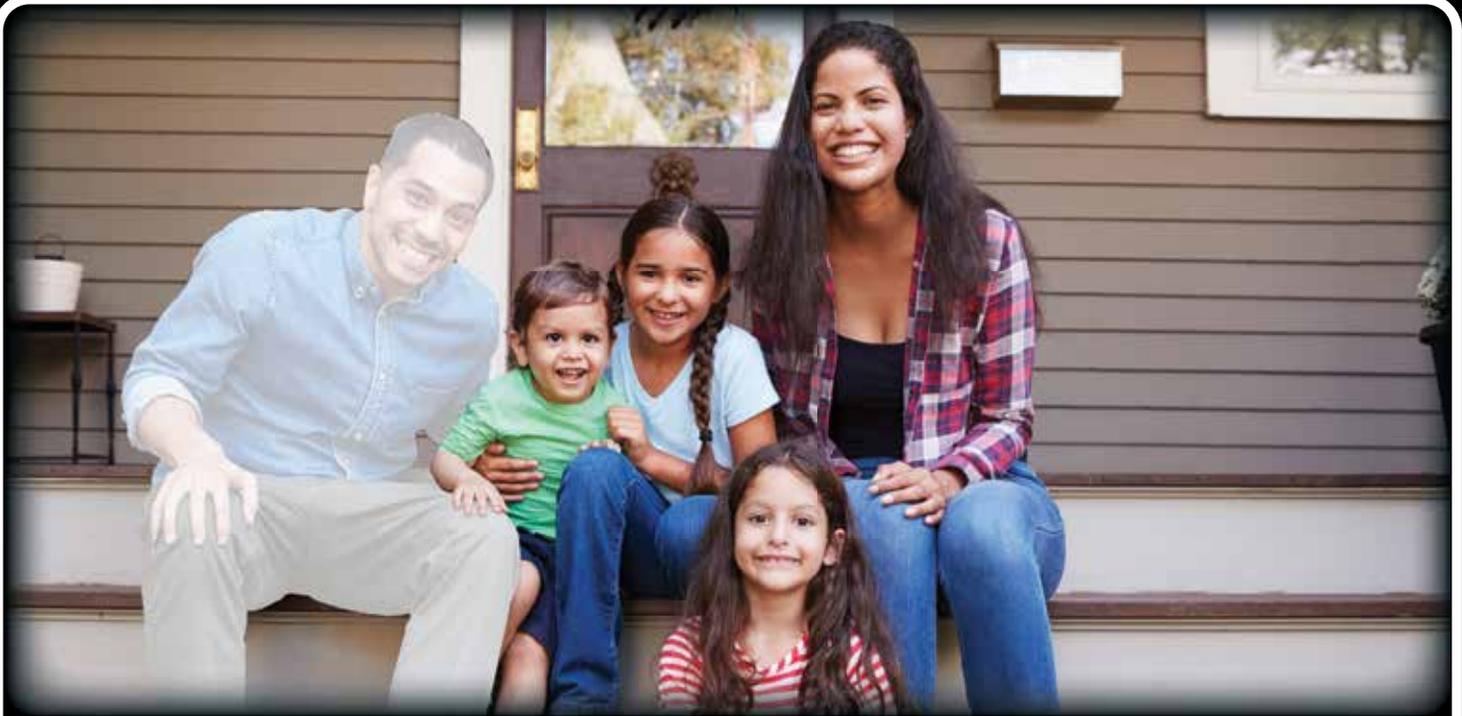


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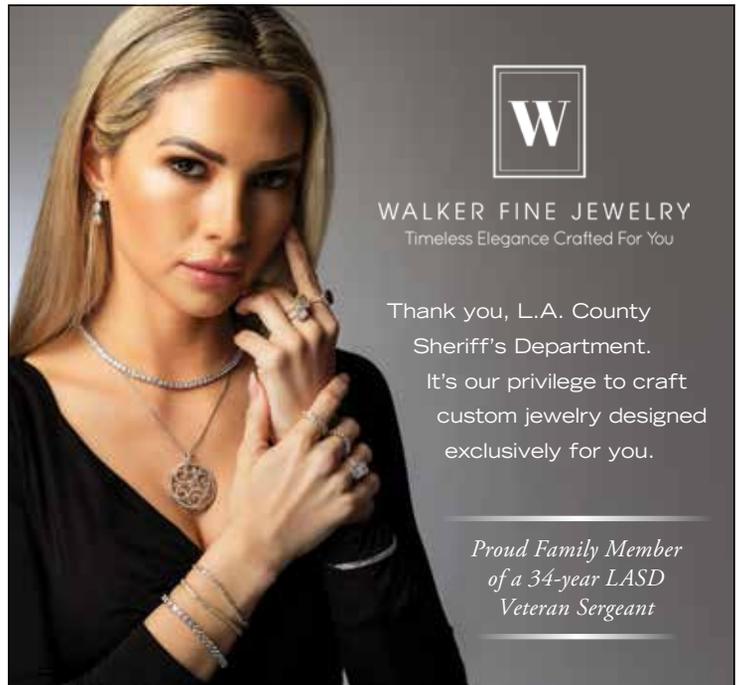
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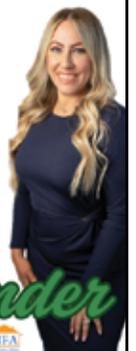


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