



VOL. 86 NO. 5

SEPTEMBER 2025

# STAR NEWS

SHERIFFS' RELIEF ASSOCIATION



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# STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

Vol. 86 No. 5 .....September 2025

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#### OFFICERS

President..... Conrad Meredith  
Vice President ..... Oscar Martinez  
Secretary-Treasurer ..... Bob Boese

#### TRUSTEES

Mike Abdeen, Aily Baldwin, Ernie Bille, Sue Burakowski, Mike Fratantoni, Joe Hartshorne, Sean Jacobs, Diane Stone and Glenn Walsh  
Interim General Manager ..... Mai-Tram Pham

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# Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, July 10, 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; Trustees Aily Baldwin, Mike Fratantoni, Joe Hartshorne, Sean Jacobs and Glenn Walsh; and Mai-Tram Pham, Interim General Manager. Trustees not present: Mike Abdeen, Ernie Bille and Diane Stone.

The meeting was called to order at 4:03 p.m. A motion was made by Trustee Baldwin, seconded by Trustee Hartshorne and unanimously carried to approve the minutes of the June 12 meeting and the May Foundation expenditures.

## COMMUNICATIONS

Staff reported that communications were received from the following during the month of June:

From Hollace Ehlers to the benefits managers, "Sirs, thank you for your help and assistance. He sincerely enjoyed serving and protecting Los Angeles County."

From Susan Brusby to David Mertens, "I called at nearly closing time Friday, June 27, and spoke to Dave. He told me his last name and I didn't write it down. (Sorry, Dave, but you know who you are). I called to ask if there was anything I needed to do to have my husband's name included on the 'In Memoriam' page of *Star News*. He asked me a few questions and discovered the notification I made to LACERA about my Dave's death never reached them for whatever reason. I'm sure I missed something, as my head was in a fog for a few months. Some would say it is still there, but I think I'm coming around slowly!"

"By the time our conversation was over, I learned that Dave would be in the August edition of *Star News*; they were sending me a flag and flag holder with Dave's name and service dates engraved on it, and a check for \$10,000! 'What?' was my only response. I was completely overcome with surprise and gratitude. I absolutely know that Dave is smiling in heaven and was probably prompting me to make that phone call.

"Dave spent 20 years in the Department and loved his job(s) completely. Over our nearly 30 years together, I have listened to many wonderful stories during his time in the Department. Some very funny, some very scary and some very sad. I thank you for your incredible contribution to those brave men serving in the Sheriffs' Department. I have such admiration for them all and great pride in marrying

one of them. I am sending along a copy of Dave's obituary. I know anyone working in the Department today probably never knew Dave.

"Because of a house fire shortly before he retired (which prompted his early retirement), I have very few pictures of him in uniform or otherwise during his time in the Department. If there are any floating around over there, I would love a copy. Thank you again for all you do."

## BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING JUNE: \$157,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$1,030,500

## MEMBERSHIP REPORT

There were 71 new membership applications that were received during the month of July. A motion was made by Trustee Baldwin and seconded by Trustee Fratantoni to accept these new applications: Aslam Abdulkarimov, Joseph E. Alarcon, Alejandro Alcocer, Angel A. Arroyo, Patricia Barrera, David E. Blanco, Ramona L. Braswell, Darian O. Carbajal, Jacqueline H. Cardona, Stephanie-Mari Carranza, Sebastian Carrillo, Julie C. Carton, Anthony Corrales, Abraham J. Cortes, Rafael E. Cruz, Robert P. Davis, Cristina DeLaCruz, Sophia Delgado, Desiree N. Dennie, Dalia Escamilla, Erik Espitia Chanon, Hagop J. Frias, Manuel A. Gallegos, Alexander Gervacio, Alejandro Gonzalez, Vinny C. Gonzalez, Alberto Guevara, Andrew A. Gutierrez, Dominik J. Hernandez, Richard Hernandez, Stone W. Holmes, Fabiola Juarez Basurto, Felopateer MH. Labeeb, Aydee Leal, Cheuk Yin Lee, Chih-heng Liao, Tianze Lu, Eleazar J. Macias, Matthew Magdaleno, Jessica L. Maralit, Alex Menera, Vance P. Morgutia Acuna, Carla G. Motta, Victoria N. Moulin, Geor Muratalla Valencia, Elias Navarro, Adrian D. Navejas, David A. Olazabal, Joshua J. Olvera, Gabriel R. Ortiz, DeShanai L. Padilla, Rony Paredes Salguero, Albert C. Redd, Joselito N. Riguerra, Kaydee L. Rizzo, Isabel Rodriguez, Rafael Rodriguez, Alejandro M. Romero, Dillon A. Roos, Fernando Salas, Rudy Salas, Juan Sanchez Cruz, Adrian M. Santillan, Suhey B. Santos, Daniel D. Sierra, Thalia N. Sisneros, Lus A. Valle Galdamez, Kevin Vicenteno Barajas, John T. Vo, Eakita M. West Robertson and Jonathan B. Williams II.

We had 2 deaths of active members, 16 deaths of retired members, no cancellations of active memberships, no cancellations of retired memberships, 1 new honorary associate member and 3 deaths of

honorary associate members for the month of June. Our membership has grown to 20,606.

## GUEST SPEAKER

Chris Shields worked on our loan system software in the past and was meant to support us with his former business partner. Bill McSweeney and SRA staff were confident he could help us move forward in updating that system. Chris presented the Board with his vision, a realistic timeline and an estimate of costs. A motion was made by Trustee Martinez and seconded by Trustee Walsh to approve the project. Trustee Baldwin voiced concern about having our lawyer, Michelle Abernathy, go over the contract. The Board would also like to invite Michelle to attend our next meeting so everyone can meet her in person.

## ELECTION NEWS

A motion was made by Trustee Martinez and seconded by Trustee Hartshorne to move forward with Survey and Ballot Systems to conduct our election. The Board was happy with the way last year's election was handled and the cost.

## BC BUILDING

David Senft reported that he was prepping to meet with LASD Facilities (Jennifer Fang) to get their blessing to work in that Sheriff-designated area of Biscailuz/Eastern Avenue Complex. Not anticipating any pushback, but maybe some concessions on parking.

## EMPORIUM REPORT

Emporium staff would like the bush in front of the entrance to the store be removed and cement poured. This would allow for a better flow of traffic when large classes come to pick up PT gear. The Board would like staff to get approval from Facilities and a quote for the work to be done.

Online sales for the Emporium were briefly discussed.

## PUBLICATION REPORT

None at this time.

## SHERIFFS' RELIEF FOUNDATION REPORT

A motion was made by Trustee Walsh and seconded by Trustee Martinez to approve a donation to the CHIA Scholarship.

*continued on page 6*



# Retired Deputies

By Peter Mack

Email: romeopm7227@gmail.com

or marshal569pm@gmail.com

**O**n July 16, **Inmate Reception Center Retirees** gathered for a luncheon at *Peppertree Café* in Glendora. Those in attendance were Randy Bass, Richard Brodka,

Richard Ojeda, Velia Ojeda, Ty Labbe, Tom Zeller, Bill Jackson, Ron Camp, Earl Otoide, Becky Townner, Tony De Leon and Gary Goldenberg.

On Thursday, July 17, 19 of our **RELAC RV**

**Group** got together at the *Original Roadhouse Grill*. This restaurant is located in the Long Beach

*continued on page 6*



*Inmate Reception Center Retirees*



*RELAC RV Group: Chickee and Norman Nelson*



*RELAC RV Group: Leon and Dian Stegal, and Jeff Clifton*



*RELAC RV Group: Janet Cerato and Janice Hayhurst*



*RELAC RV Group: Dorie Fregeau and Jesse Murph*



*RELAC RV Group: Mike and Veronica Reyes*



*Southern Was Fuzz. Standing: Pat Maxwell (LASD), Mike Westfall (LASD), Steve Kleffman (LAPD), Deb Westfall, Betty Kleffman (LAPD), Debbie Centofante, Mike Scholl (LASD), Monique Pettett (U.S. Park Police), Gene Pettett and Byron Burnham (LASD). Kneeling: Mike Centofante (LASD).*

Towne Center at 7391 Carson Blvd. in Long Beach. We had a good time eating, laughing and talking. We could solve the world's problems, but who is going to listen? The weather was nice and it was a nice day for getting out and about. Those attending the luncheon were Betsy Morgon, Fred Weinberg, Randy Forney, Jesse Murph, Norman and Chickee Nelson, Dave and Jan Coleman, Janet Cerato, Janice Hayhurst, Bob and Linda Reyes, Jeanne Klauk, Dorie Fregeau, Mike and Veronica Reyes, Leon and Dian Stegall, Jeff Clifton and Linda Gutierrez. The food was still good, and there was a lot of it. Again, most of us had doggy bags with us when we left! We had a new waitress this time, and she was good. She wasn't a Betsy Morgon, but she was good anyway. She handled all 19 of us thoroughly and fast. She was by herself and did a good job.

This RELAC Group meets somewhere around the area every three months. Our next meeting will be on the fourth Thursday of the month, September 25, hosted by Jeanne Klauk at *Geezers*. If you have any questions, you may contact Mike Reyes at (909) 556-8751.

The **Southern Was Fuzz** held their lunch gathering on Friday, July 25. The gathering spot was the *Old Glory Distillery* in Clarksville, Tennessee. A good time was had by all. We completed the lunch with a toast to all our fallen brothers and sisters. Those in attendance were Pat Maxwell (LASD), Mike Westfall (LASD), Steve Kleffman (LAPD), Deb Westfall, Betty Kleffman (LAPD), Debbie Centofante, Mike Scholl (LASD), Monique Pettett (U.S. Park Police), Gene Pettett, Byron Burnham (LASD) and Mike Centofante (LASD).

The **Retired Marshals** held their monthly luncheon on Wednesday, August 6, at *Chili's* in Lakewood. Those in attendance were Sam "Buford" Combes, Cris Lokuan, Robert Ichikawa, Peter Mack, and Al and Bette Blomker.

The **Desert Heat Retirees** got together for their August luncheon, which was held at the Eagles

## Trustees Monthly Meeting *continued from page 4*

A motion was made by Trustee Martinez and seconded by Trustee Boese to approve a donation to the MCJ BBQ Fundraiser for Deputy Marcos C. Pena.

### SPECIAL EVENTS

The annual Board Christmas dinner location was briefly discussed. Nothing is currently booked.

Ideas for next year's SRA picnic were discussed.

A Magic Mountain event was suggested as an alternative. Staff will research.

### OLD BUSINESS

Trustee Martinez shared AW Associations West as a possible resource.

A motion was made by Trustee Baldwin and seconded by Trustee Walsh to move forward with the company FunEx. FunEx will bring our members a larger array of discounts.

### NEW BUSINESS

There will be no meeting in August.

### ADJOURNMENT

At 6:01 p.m., a motion was made by Trustee Martinez, seconded by Trustee Boese and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in honor of the 419 years of combined service of those who passed this month. ☆

Lodge. Those in attendance were Tommy Jimenez, David Faria, Jack Barnes, Walt and Barbara Boskovich, Dave Smiley, Jerry Gillen, George Bachmeier, Gary Missakian, Jaime Caloca, Mike and Leseah Castorina, and Brian Smith. Next month, we will be back at the Elks Lodge in Lake Havasu City, Arizona. — Jerry Gillen ([Inx1993@yahoo.com](mailto:Inx1993@yahoo.com)).

The **Lakewood Station ROMEOs** held their August luncheon at *Taco Nazo* in Bellflower. We had a great turnout. In attendance were Salley Mosley, Sally Harwell, Tammy Bishop, Ron Bishop, Peter Mack, Les Fatone, Gerry Berry, Mark Warner, Sheri Mallon, Alan Petit, Steve Haas, Larry Blackwell, Tim Crise, Paul Sepulveda, Rick Monteverde, John Lay, Robert Balin, George Boswell, Jerry Greene, Bill Richardson, Bill Richardson, Chickee and Lilly Nelson, Betsy Morgon and Robert Pryor. — Peter Mack ☆



*continued on page 8* Retired Marshals



Retired Marshals



Retired Marshals



Lakewood Station ROMEOs



Lakewood Station ROMEOs



Lakewood Station ROMEOs



Lakewood Station ROMEOs



Lakewood Station ROMEOs



Lakewood Station ROMEOs



Lakewood Station ROMEOs



Lakewood Station ROMEOs

# Where to Turn in a Time of Loss

## WHO TO CALL AND THINGS TO DO WHEN A LOVED ONE PASSES



The emotions we have when a loved one passes can be debilitating and leave us in a state where we're not sure of what important details need to be taken care of.

Here is a list of important phone numbers to start with.

- Sheriff's Relief: (562) 946-7081
- LACERA: (800) 786-6464
- Social Security: (800) 772-1213
- First City Credit Union: (800) 944-2200
- POPA Credit Union: (800) 369-7672
- RELAC: (800) 537-3522
- ALADS: (323) 213-4005
- PPOA: (800) 747-7762
- Empower (Horizons): (800) 947-0845

### OTHER IMPORTANT CONTACTS TO HAVE:

- Insurance companies (home, medical, car, etc.)
- Credit card companies
- Banks, credit unions, savings and investments
- Mortgage company
- Auto loan
- Auto registration

Notify relatives and friends, pace yourself, take time to grieve and take care of yourself. Please be sure to ask for help from friends or family as needed.

ARE YOU  
*Retiring*  
IN THE  
NEXT YEAR ?

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

*If at all possible, please use a Gmail address.*



# PEER SUPPORT PROGRAM

By Jason Kiger

## GETTING OUT OF THE STUCK

**T**here comes a time in the job, or in life, when everything starts to feel heavy. You still show up. You still wear the uniform. You still do what needs to be done. But inside, you feel stuck. Not weak. Not broken. Just ... stuck. It can feel like you're running in place. Maybe you've lost your drive, your patience or your connection to the people around you. Maybe you feel numb, exhausted or angry all the time. You might catch yourself thinking, "What's wrong with me?" The answer? Nothing is wrong with you. *You're human.*

This career doesn't come with a pause button. We see things most people never will. We carry stories we don't always share. And over time, the stress builds up. It's not just the calls. It's the overtime, the trauma, the pressure to stay strong and the silence about how much it really costs emotionally. I've been there. Many of us have.

When you're in this kind of stuck, everything feels like too much and not enough at the same

time. You're going through the motions, but something inside feels frozen. If that's where you are right now, here's what you need to know: *you're not the only one — and you're not stuck forever.*

Start small. You don't need a big fix. Drink a glass of water. Step outside after your shift. Take a walk instead of crashing on the couch. Say something kind to yourself, even if you don't believe it yet. These actions aren't magic solutions, but they're motion, and motion breaks the stuck.

Don't try to power through this alone. I know we're trained to run toward the chaos, to be the one others count on, but that doesn't mean you have to carry this weight by yourself. Talk to someone — a trusted friend, a Peer Support member, a psychologist, a chaplain. Call Psychological Services Bureau at (213) 738-3500 or CopLine at (800) 267-5463 if you're looking for a place to start. You don't need a speech. Just say, "I'd like to talk to someone. I'm not OK today." That's enough.

Reconnect with something that reminds you that you're more than the job, even if it's for just five minutes — music, prayer, exercise, a moment with someone who doesn't ask you about work. You deserve to feel human, not just like a badge.

You've made it through tough calls, long nights and close calls. You can get through this, too. *Stuck is just a moment, not a destination.* You are not weak. You are not failing. You are carrying a heavy load and it's OK to set it down sometimes. It's OK to ask for backup, even when the battle is happening inside.

Law enforcement families carry a lot. We see things. We feel things. We push through things most people couldn't imagine. But you deserve support, too. The badge may be heavy, but you don't have to wear it alone.

How do I contact a PSB psychologist or Peer Support member? Call Psychological Services Bureau at (213) 738-3500. ☆

## 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.*

**Lindburg Atkins**  
Data Systems Bureau

**Debra A. Bradford**  
Century Regional Detention Facility

**Jane M. Carson**  
Communications and Fleet Management Bureau

**Annette M. Davis**  
Civil Management Bureau

**Joe Gallegos**  
Scientific Services Bureau

**Jill V. Gardner**  
Marina del Rey Station

**Robert A. Griffiths**  
Transit Services Bureau

**Therese A. Griffiths**  
Transit Services Bureau

**Elie El Hadchiti**  
Communications and Fleet Management Bureau

**Rosalina L. Harris**  
County Services Bureau

**Kresimir M. Kovac**  
Technology and Support Administrative Headquarters

**Eduardo Moreno**  
Pitchess North Facility

**Angela F. Myles**  
Custody Food Services

**David M. Pittack**  
Education Based Incarceration Bureau

**Reese E. Randolph**  
Century Regional Detention Facility

**Stephen M. Roybal**  
Inmate Reception Center

**Tammy L. Schlunegger**  
Transportation Bureau

**C.L. Thames Jr.**  
Temple Station

**Rebecca C. White**  
Transportation Bureau



By La Puente SAO  
Industry Station

Industry Station deputies participated in the World Police and Fire Games in Birmingham, Alabama. Deputies Anthony Chavez and Travis Graham were part of the LASD Wrestling Team and both medaled in their matches. Deputy Aaron Abellano participated in five swimming events and medaled in four! We are so proud of our athletes who represented Industry Station and the Department to agencies all over the world.



Industry Station's County Team executed a search warrant in Hacienda Heights targeting an illegal marijuana grow operation. Southern California Edison estimates that the residence was consuming around \$18,000 worth of electricity per month, leading to an estimated \$500,000 in utilities over several years, all acquired by illegally bypassing the panel and meter.

*continued on page 12*

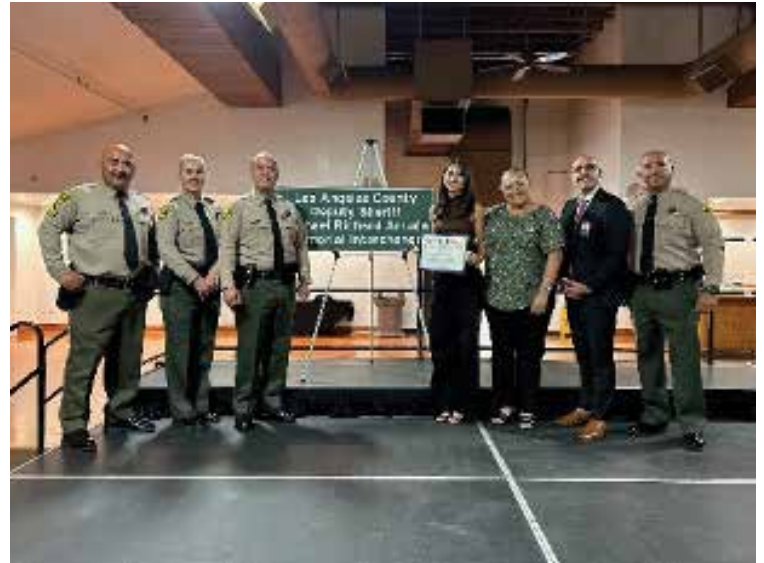




Furthermore, deputies seized marijuana with an estimated street value of over \$3 million during this operation.

Industry Station hosted a dedication ceremony for the Deputy Michael Richard Arruda Memorial Interchange. This project was initiated several years ago to honor one of Industry

Station's fallen heroes, Deputy Michael Richard Arruda (EOW: 6/15/2004), by dedicating a stretch of freeway in his memory. We are pleased to announce that the 60 Freeway/Seventh Avenue interchange is now officially designated as the Deputy Michael Richard Arruda Memorial Interchange. ☆



**Does Sheriffs' Relief have your current address?  
Are your beneficiaries up to date?**

Call SRA at **(562) 946-7081** or **(800) 544-4772** today.  
You can also go to [www.sheriffsrelief.org](http://www.sheriffsrelief.org) to contact us.



By **Diego Arias**  
Community College Bureau

It was another rewarding month at Community College Bureau, filled with memorable highlights, important training and meaningful interactions across our campuses.

One standout moment occurred near Pierce College, where our deputies and security officers discovered a turtle stranded on the roadway. Demonstrating our dedication to community care — no matter how big or small — we safely escorted our turtle friend back to the campus pond, where it continued its adventures safely.



We were honored when the president of the Associated Student Organization at Los Angeles Trade Technical College presented medals to our deputies. This recognition highlights the strong, valuable relationships we've established with students and campus organizations, underscoring our ongoing commitment to campus safety and student welfare.

Understanding the importance of continuous improvement, we conducted a Sage Deuce refresher training session at East Los Angeles College. These trainings ensure that our deputies consistently apply advanced tactics, adhere to updated protocols and implement effective strategies during daily operations.

Our deputies and security officers routinely respond to emergencies, including fire alarm



activations across various campuses. Recent alarms underwent thorough inspections in coordination with campus maintenance staff, ensuring each situation was quickly confirmed as Code 4 — safe and secure.

Our commitment to fostering community relationships was exemplified by Captain Renteria's meeting with representatives from the Los Angeles Community College District's Dream Resource Center. This valuable dialogue aimed to strengthen partnerships and support shared community-focused initiatives.

We were excited to welcome three new sheriff's security officers into our bureau this month. They successfully completed extensive training, covering essential skills such as CPR, tourniquet application

and tactical communication to ensure they are fully prepared for duty.

Pierce College, our largest campus at over 400 acres, continues to host important specialized training events, including popular K-9 training sessions. These sessions support interagency collaboration and greatly enhance operational efficiency Department-wide.

In addition, Sheriff Luna, Captain Renteria and Lieutenant Gonzalez held a productive meeting with LACCD leadership, further solidifying our mutual dedication to campus safety and ongoing collaboration.

It's always a pleasure serving Community College Bureau. ☆



# TEAM *TEMPLE*

By PIO Team  
Temple Station

## JULY FOURTH CELEBRATION

We proudly participated in the Fourth of July celebration, joining the community in honoring our nation's independence. Deputies engaged with residents, helped ensure a safe and festive environment, and enjoyed the opportunity to build positive connections through family-friendly activities. Their presence underscored the Department's ongoing commitment to public safety and community partnership during this cherished holiday.



## SCHOOL VISIT

Recently, our deputies dropped by Ark Christian Academy, where the students and staff warmly welcomed them. The deputies had a great time chatting with the kids, who gifted them with creative thank-you cards and colorful paintings. All the artwork put big smiles on everyone's face and was a sweet reminder of how much the community appreciates them. It was an awesome chance to hang out with local kids and make the bond between law enforcement and the community stronger.





**BASEBALL TOURNAMENT**

This summer, our deputies not only took part in a variety of community events, but also represented our station in our Department's baseball tournament. Displaying the same dedication, teamwork and spirit they bring to their daily work, they gave it their all on the field — and their hard work paid off with a third-place finish! We are proud of Team Temple for showing pride, passion and true sportsmanship while representing Temple Station. Great job, team!

and ensuring the safety of our communities. Whether responding to calls for service, conducting proactive patrols or investigating criminal activity, they remain vigilant and committed to protecting lives and property. Their hard work, professionalism and quick response in dynamic situations reflect the deep sense of duty and the Department's mission to uphold public safety. Through teamwork and strong community partnerships, Temple Station remains focused on reducing crime and maintaining peace across our service areas.

**FIELD WORK**

Our deputies continue to work tirelessly in the field, dedicating themselves to combating crime

*continued on page 18*



## COMMUNITY OUTREACH

While actively combating crime in the field, Temple Station is also dedicated to proactive community engagement. Whether it's Coffee With a Cop, summer games in the park or informative seminars, we strive to provide valuable crime prevention tips and empower residents with knowledge to help them avoid becoming victims. Through these relaxed settings, our goal is to strengthen relationships between deputies and the community. ☆



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# LAW ENFORCEMENT MILITARY BALL

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STAR POST 309



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scan QR Code



By D'Andre D. Lampkin  
Parks Bureau

### SECURING THE STAGE: LASD PARKS BUREAU JOINS HOLLYWOOD BOWL THREAT ASSESSMENT

Last month, members of the Los Angeles County Sheriff's Department Parks Bureau took part in a Joint Regional Intelligence Center (JRIC) site visit of the Hollywood Bowl, an internationally recognized venue nestled in the Hollywood Hills. As the summer home of the Los Angeles Philharmonic and host to a broad range of musical and cultural events, the Hollywood Bowl attracts thousands of visitors during peak seasons. It is one of several high-traffic recreational locations under the patrol jurisdiction of Parks Bureau.

The site visit brought together representatives from the Federal Bureau of Investigation, allied law enforcement stakeholders and Parks Bureau personnel, including Threat Liaison Officer (TLO) Deputy D'Andre Lampkin and



# JRIC

## Joint Regional Intelligence Center

South Zone Deputy Laurie Henigan. The collaborative engagement focused on strengthening venue security protocols, enhancing intelligence-sharing processes and preparing for threat contingencies in and around the amphitheater.

### INTERAGENCY COOPERATION IN ACTION

This visit also served as an opportunity to assess the current security posture of the venue and identify ways to strengthen interagency coordination in preparation for both everyday operations and high-attendance events. Participation of the Parks Bureau TLO plays a critical



role in this process. Topics discussed during the site visit included the Hollywood Bowl Unmanned Aircraft Systems program, the emergence of autonomous vehicles and their implications for venue security, the use of advanced video analytics for real-time monitoring and strategies for mitigating threats to critical facilities. These discussions emphasized the need for continual technological adaptation and cross-agency communication to effectively respond to evolving security challenges.

## HIGH-PROFILE VENUE PREPAREDNESS

The TLO program, developed by LASD in partnership with the JRIC, plays a critical role in bridging communication between law enforcement and the homeland security community. TLOs are more than conduits for information; they are on-the-ground specialists trained to identify, assess

and report suspicious activity that may indicate emerging threats. Certified through JRIC, TLOs operate with a high level of proficiency and situational awareness, liaising with local, state and federal entities to protect the public.

Large gathering places like the Hollywood Bowl remain attractive targets for domestic and international threat actors. In recent years, similar open-air venues and entertainment centers worldwide have been targeted, including the 2017 Manchester Arena bombing and the 2015 Bataclan theater attack in Paris. Locally, incidents of credible threats targeting soft targets have prompted ongoing vigilance, particularly during high-profile or heavily attended events.

## EARLY IDENTIFICATION AND REPORTING

Parks Bureau personnel are reminded of the Department's internal notification procedures

for reporting homeland security-related activity as outlined in MPP 5-09/490.10. Early identification and accurate reporting are essential to preventing and mitigating threats.

Reporting methods include:

- Web and mobile: *P3tips.com/1295*
- Email: *LEADS@lasd.org*
- Phone: LASD Sheriff's Intelligence Unit at (323) 267-4870
- Afterhours: Contact the Department Operations Center (DOC) at (323) 980-2101

Through proactive collaboration, specialized training and a united public safety front, Parks Bureau continues to help ensure the safety of Los Angeles County's parks, amphitheaters and gathering spaces. The efforts of Deputy Lampkin, Deputy Henigan and all involved in the site visit serve as a testament to the Bureau's commitment to protecting the public while fostering community trust. ☆

# ☆ IN MEMORIAM ☆

FRANCISCO L. ALVARADO	RETIRED 01/14/93, DECEASED 07/25/25	DEPUTY/MCJ
MICHAEL F. CALDERON	RETIRED 01/17/15, DECEASED 07/07/25	CUSTODY ASST./CERRITOS STATION
JOHN E. CALVILLO	RETIRED 03/29/14, DECEASED 07/22/25	DEPUTY/COURT SERVICES EAST BUREAU
JOAQUIN CARLIN-RODRIGUEZ	ACTIVE, DECEASED 07/03/25	SECURITY OFFICER/COUNTY SERVICES BUREAU
SHARON Y. CATHCART	RETIRED 03/21/05, DECEASED 07/03/25	DEPUTY/ANTELOPE VALLEY COURT
DALE CHRISTIANSEN	RETIRED 06/17/96, DECEASED 07/06/25	DEPUTY/HOMICIDE
ROBERT A. HARMS	RETIRED 01/31/12, DECEASED 07/07/25	SERGEANT/NARCOTICS
VIRGINIA B. HONOHAN	RETIRED 09/05/84, DECEASED 07/20/25	LIEUTENANT/WEST HOLLYWOOD STATION
JOHN A. JOHNSON	RETIRED 03/17/81, DECEASED 06/28/25	LIEUTENANT/LAKEWOOD STATION
VICTOR M. LEMUS	ACTIVE, DECEASED 07/18/25	DETECTIVE/SEB/ARSON EXPLOSIVE DETAIL
GILBERT W. LESLIE	RETIRED 03/17/91, DECEASED 07/25/25	LIEUTENANT/HOMICIDE
WILLIAM OSBORN	ACTIVE, DECEASED 07/18/25	DETECTIVE/SEB/ARSON EXPLOSIVE DETAIL
GLENN W. PAYNE JR.	RETIRED 03/30/94, DECEASED 07/21/25	SERGEANT/EAST L.A. STATION
NICHOLAS G. RAMPONE	RETIRED 03/31/16, DECEASED 07/22/25	LIEUTENANT/CRIME LAB
JOHN A. SMITH	RETIRED 03/16/94, DECEASED 06/27/25	DEPUTY/HOMICIDE
MELVIN M. SNOKE	RETIRED 03/17/79, DECEASED 07/07/25	DEPUTY IV/PERSONNEL
EDWIN THATCHER	RETIRED 05/03/96, DECEASED 07/29/25	LIEUTENANT/NORWALK STATION
BENNIE WARD	RETIRED 03/31/92, DECEASED 06/07/25	DEPUTY/METRO-VICE
MARTIN J. WEIRICH	RETIRED 03/30/99, DECEASED 07/23/25	DEPUTY/EMPLOYEE SUPPORT SERVICES
PHILLIP E. WILSON	ACTIVE, DECEASED 06/25/25	CASHIER II/IRC

CRAIG MCNEIL PASSED AWAY ON JULY 10, 2025. HE WAS THE HUSBAND OF ACTIVE MEMBER QWEVA MCNEIL (WELCH).

JOHANNA RICHARDSON PASSED AWAY ON JUNE 19, 2025. SHE WAS THE WIFE OF RETIRED MEMBER WILLIAM D. RICHARDSON.

VANETTA STRINGER PASSED AWAY ON JULY 16, 2025. SHE WAS THE WIFE OF ACTIVE MEMBER LAMONT STRINGER.



By Jessie Ramirez  
Carson Station

As we enter the final quarter of the year, we're reminded that our Department's strength lies not only in our commitment to service, but also in the relationships we foster — both within our team and with the community we serve. With students back in school and the holiday season just around the corner, now is the time to refocus, reconnect and continue building trust through every interaction.

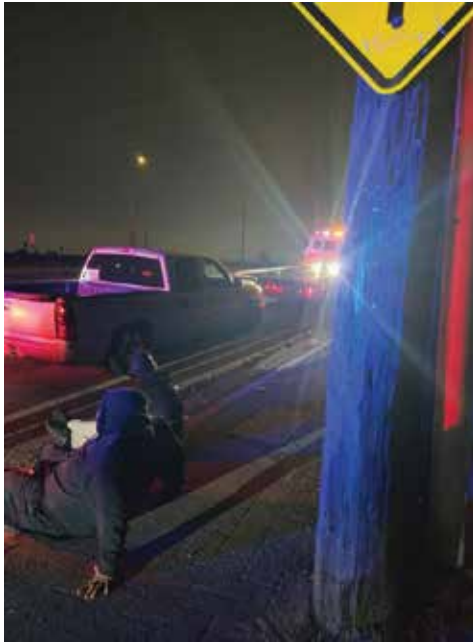
### JUNE CAPER OF THE MONTH

Kudos to Deputy Ernesto Damian for his arrest for *driving a vehicle without the owner's consent*, 10851(a) CVC. A records check revealed prior convictions for vehicle theft, resulting in an additional charge of PC 666.5(a) — *vehicle theft with prior convictions*. And further investigation by Deputy Jimmy Nguyen resulted in an additional charge for *transportation of a controlled substance*

for sale, 11379(a) HS. Outstanding teamwork, Deputies Damian and Nguyen!

### BABY BOOM ALERT: THE TRILOGY CONTINUES!

That's right — our stork subscription is still active! We're excited to announce another adorable (and delightfully loud) addition to our work family. Meet the newest mini deputies! Our newest



recruits have arrived — already commanding the 3 a.m. diaper-change summit and refusing to nap through staff meetings. This little leader is taking charge and setting the bar high early on!

Please join us in congratulating two proud fathers and their families on their newest members: **Deputy George Atayde** and **Deputy Randy Ortiz** and their respective families! Another round of joy, love and tiny footsteps has arrived — congratulations to both!

## SPECIAL ASSIGNMENT TEAMS HIGHLIGHTS

Over the past four weeks, Carson's SAO teams have remained highly active across a wide range of enforcement and community engagement efforts. In addition to numerous arrests, our deputies have been instrumental in supporting firework suppression efforts, conducting parole compliance searches, engaging in homeless outreach and participating in plainclothes surveillance operations.

We've also maintained a strong presence at several major community events, including the Filipino Festival, Samoan Festival and Juneteenth celebrations. In preparation for these events, our deputies conducted thorough threat assessments to help ensure safe and successful gatherings.

Carson SAO teams, with assistance from the LASD Narcotics Bureau, conducted a targeted street racing enforcement operation. The results of the operation were significant:

- 20 arrests (evading, speed contest and spectating)
- 19 vehicles impounded/towed
- 11 traffic citations issued
- 2 vehicles cited for modified emissions and referred to the state referee

These efforts underscore the continued dedication of our deputies to public safety, proactive enforcement, and effective investigative work.

## COUNTY AND DEPARTMENT SERVICE AWARDS

This month, we proudly acknowledged the outstanding service milestones of two of our dedicated team members:

Deputy Nathan De Boom was honored with his 10-year County Service Pin, marking a decade of professionalism, reliability and commitment to public safety.

Also honored was Deputy Jose "Joey" Ramirez for receiving both his 20-year County Service Pin and 20-year Department Service Pin, recognizing two decades of distinguished service.

We commend both deputies for their long-standing contributions and thank them for their unwavering commitment to the Department and the Carson community.



## CARSON STATION SOFTBALL TEAM

On July 28, Carson Station proudly participated in the Los Angeles County Sheriff's Department Softball World Series, held at the West Covina Sportsplex. Competing in the lower classification bracket, our team delivered a strong performance, finishing with a 3-1 record.

We started off strong by winning both of our pool play games, followed by a solid victory in the first round of the tournament bracket. Although we fell short in the quarterfinals, the team showed great teamwork, spirit and sportsmanship throughout the event.

Participation in events like this strengthens

camaraderie among deputies and fosters positive Department morale. We're proud of the effort our team put forward and look forward to next year's tournament.

This past month, Carson Station demonstrated its continued commitment to enforcement, community engagement and professional development. From arrests and training to cultural events and team sports, our deputies remain dedicated to serving both on and off duty.

We're proud of the work being done — much of it behind the scenes — and look forward to continuing our mission of public safety and community connection. ☆





By Jonathon Loo  
San Dimas Station

### FALL APPROACHES

The halls of San Dimas Station are bustling with personnel turning over new leaves in their careers. While some personnel move onward to new career opportunities, other new and returning personnel have arrived to join our team. Together, we remain dedicated to serving our communities.

### A NATIONAL NIGHT OUT

The 2025 National Night Out was hosted at San Dimas Station. This event is an annual community-building campaign that promotes law enforcement partnerships and neighborhood fellowship. The evening provided a great opportunity to bring neighbors and deputies together while cultivating a true sense of community. This year's participants included booths from local businesses and community organizations.

### INTRODUCING OUR TEAM

If one walks through our station halls late at night, you may bump into our Early Morning Watch Commander Lieutenant Robles. On any given midnight, Deputy Glover, who recently transferred from Transit Services Bureau, patrols the cold city streets. Ms. Reyes, our new secretary, has also recently joined our team. We welcome you all and look forward to working with you!

### RECOGNITION OF OUTGOING TEAM MEMBERS

Station Court Deputy Ahrari, long known for

*continued on page 25*



Photo by Virginia Lane



By Tony Campbell and Sabrina Campbell  
United Peace Officers Against Crime

Hello! We have been very busy here at UPAC with an after-school program and summer camps. We recently concluded summer camp in Big Bear Camp Arbolado. It was a wonderful experience meeting children from throughout Los Angeles County. Children attended summer camps from Carson Station, Compton Station, Century Station and South L.A. Station. It was a great team effort, with the support of Captain Alise Norman from Carson Station; Lieutenant Pasqual Aiello, Sergeant John Maranan, Deputy Nelly Estrada, Amy Valdez, Deputy Keenan McIntosh and Acting Captain Lieutenant Craig Walker from Compton Station; Captain Nicole Palomino, Sergeant Michael Del Toro, Deputy Michael Ebling

and Deputy Jaime Ruiz from South Los Angeles Station; and Captain Christopher Minott, Sergeant Saul Saucedo and Deputy Vince Labinpuno from Century Station.

The children had a wonderful experience, participating in activities that included classes on gang prevention and narcotic abuse, archery, swimming, arts and crafts, rope obstacle courses, horseback riding and numerous other activities. By the end of camp, the children had learned to say “sir-yes-sir” and “ma’am-yes-ma’am.” Explorers from the stations, including Angela Hernandez, did a marvelous job serving as camp counselors at Camp UPAC.

It is with sorrow that a great friend of the UPAC organization recently passed, William (Bill)

McSweeney. As director of the Sheriffs’ Relief Foundation, he made sure that children attended the UPAC summer camp program throughout the years. We will certainly miss Bill.

My daughter, Sabrina Campbell, from the Los Angeles County Probation Department, will henceforth take over the duties as editor for the *Star News* article for UPAC. She was not only a camper and camp counselor, but now also assists the organization as an administrator. In future articles, we will be providing information for UPAC’s 40th anniversary in 2028. Tickets went very fast at our 30-year celebration, and we look forward to your participation. It should be noted that Deputy McIntosh was a UPAC camper from 2003–2009. Stay safe! ☆

## San Dimas Station *continued from page 24*



Photo by Virginia Lane

his keen humor, has been promoted to sergeant. Our Community Action Team (CAT) member Deputy Marquez promoted to detective and will be assigned at Industry Station. And we will miss our Law Enforcement Technician Ms. Rico, who will be working at Sheriff’s Communication Center. Her steadfast communication in dispatch provided crucial benefits to our patrol units. We wish you all the best and will miss the warm friendships. We know you will do great in your new positions and roles.

### QUANTITY HAS A QUALITY OF ITS OWN

With no compromise for crime, our Summer Enforcement Team Deputies De Eugenio and Feng have been proactively conducting investigations and making arrests. Under the supervision of Sergeant Hubbard, the team has worked nights and weekends, resulting in a record number of narcotic arrests. As the team winds down from their assignment, we thank them for their relentless efforts in making the community safe. ☆





By Erin Stibal  
Facilities Services Bureau



AV Tech team



STARS General Maintenance and LET crew

### FSB SOUTH REGION CR3

The most diverse of the three FSB Corrective Repair areas is the South Region, known as CR3. Located at STARS, the CR3 team handles a majority of the patrol stations and auxiliary LASD spaces that comprise “the routes” for the maintenance crews. CR3 also handles CRDF, Hall of Justice, SBI/SBB, BRTC, Aero properties, Crime Lab and more. It covers pretty much everything that is not MCJ/TTCF or PDC up north. CR3 also consists of FSB’s warehouse operations, Sustainability, FSB’s own Training Unit, as well as the Safety Unit.

Shout-out to the FSB team at CR3 for their hard work every day!



continued on page 28 CR3 Electricians



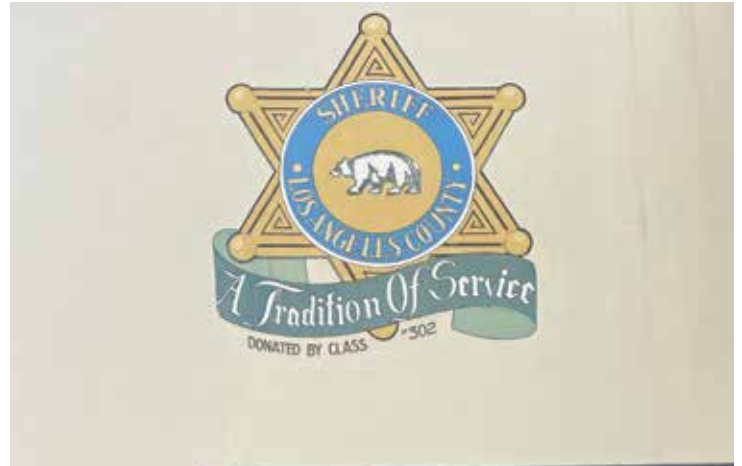
CR3 CRDF General Maintenance crew



CR3 AVSST and Alarm crew



CR3 Plumbers



HOJ General Maintenance team



CR3 Managers and support staff



CR3 SBB General Maintenance team



CR3 Refrigeration and Steam Fitters



CR3 Routes team



FSB Warehouse team



*Line Staff Employee of the Quarter David Harden with FSB Assistant Director Rich Sigur, Manager I Craig Ekstrom, Sheet Metal Supervisor Henry Hamby, Manager II Danny Lara and Director Clint Yates*



*Support Staff Employee of the Quarter Elizabeth Garcia with FSB Assistant Director Rich Sigur, Manager II Manny Zapata, Manager I Russ Ermey and Director Clint Yates*

**EMPLOYEES OF THE QUARTER**

Please join us in congratulating the FSB Employees of the Quarter for April to June 2025!

*David Harden, sheet metal worker:* Mr. Harden has excelled as the “go-to” sheet metal worker for the Projects Team during this last quarter. He has been the lead journeyman for the lock modification project at Twin Towers (one of three long-term projects that he leads) and currently has been selected to help with the cell slider gate modification project that is a major security breach. This project has not only showcased his fabrication, welding and engineering skills, but his leadership characteristics that are facilitating the success in the joint endeavor with the Corrective and Project Groups. He has also been a huge administrative asset to the FSB team by being the focal point of handling the scheduling, tracking and OT requests of six overtime projects for the Projects Sheet Metal shop. Mr. Harden has proven himself to be instrumental to the success of the Projects Sheet Metal Shop and, by default, FSB.

*Elizabeth Garcia, Operations Assistant II:* The second quarter of the year (April to June) is the busiest time at the Hertzberg-Davis Crime Lab, with the new budget proposal and year-ending closing of the books. The hardest portion of the two assignments fell on Ms. Garcia, as it was her first time handling both assignments along with the new Manager I. She went above and beyond what was expected of her: she handled routine daily operations, prepared for the FMC and JPA 25/26 budget meetings, planned retirement parties and also helped others in the JPA who were

not familiar with their own procedures since they were also new. Ms. Garcia also ensured there was a quorum for the JPA meeting in the midst of civil unrest by contacting LAPD Chief Jim McDonnell’s secretary and explaining how critical it was for him to attend.

Congratulations again to both David and Elizabeth on a job well done!

**WORKING TO RECRUIT NEW FSB TEAM MEMBERS**

This year, FSB has partnered with Personnel Administration Bureau’s Professional Exams Unit to focus on recruiting more qualified candidates

to join the FSB workforce. Oftentimes the standard job bulletins do not meet the needs of FSB nor do they reach the target audience. In addition to the creation of an FSB-specific brochure for career fairs, members of the FSB leadership team have been attending various trades/crafts job fairs throughout the county with PAB staff, including a large two-day event at Phillips 76 to hire recently displaced workers.

Also, check out the FSB recruitment video on YouTube (search “LASD Facilities Services”). Thank you to everyone involved in making it happen, from FSB staff to the team at Training Bureau’s Video Production Unit. ☆



*Building Complex Manager II David Rosas and Supervisor Juan Alvarez representing FSB at a recent job fair*



*Representing FSB at the Phillips 76 job fair were Supervisor Eric Scott and Building Complex Manager II Noemi Valenzuela.*

# LASD PRIDE



**The Bear Goes Everywhere/Badge T-Shirt**  
Colors: alpine green, ivory  
Sizes: XS-2X  
**\$21.50** Item #: 2035



**Badge/LASD Wide Mouth Flex Straw Travel Hydro Flask Bottle — 32 oz.**  
**\$40.99** Item #: 0652



**Los Angeles County Sheriff/LASD Perfect Tri Racerback Tank**  
Colors: heather teal, black  
Sizes: XS-2X  
**\$23.99** Item #: 2061



**Badge/LASD Pennant (7" x 18")**  
Color: green  
**\$8.50** Item #: 1948



**Daddy's Backup/Male Sheriff Funko Toddler Tee**  
Color: dark green  
Sizes: 2T-5/6T  
**\$16.99** Item #: 2185



**LASD Badge Charm Bracelet**  
Color: silver-plated  
**\$29.75** Item #: 1458



**LASD/Patch 12 oz. Curved Java Coffee Mug**  
Color: black  
**\$8.99** Item #: 0653



**Arched LASD Large Foam Football**  
Color: brown  
**\$14.99** Item #: 1448



**Badge/LASD Business Card Holder**  
**\$10.50** Item #: 1518



**Newest Lil' Deputy/Badge Baby Blanket**  
Color: banana/yellow  
**\$18.25** Item #: 1960



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## SHERIFFS' RELIEF ASSOCIATION EMPORIUM LOCATIONS:

STARS Center, Whittier (562) 946-7271  
MONDAY-FRIDAY, 9 A.M. TO 4:30 P.M.

PJP Rancho, Castaic (661) 257-5320  
MONDAY-FRIDAY, 9 A.M. TO 5 P.M.  
SATURDAYS, 9 A.M. TO 4 P.M.





By Leticia Reyes  
Walnut/Diamond Bar Station

### CONGRATULATIONS!

Custody Assistant Rosalie “RB” Aquino was recognized with her 25 years of service award! C/A Aquino is acknowledged for her long tenure and contributions to the County. C/A Aquino is currently a jailer here at Walnut. Her dedication to the station has not gone unnoticed.



### PLAY BALL!

On July 28, deputies from Walnut/Diamond Bar Station participated in the LASD Semi-Annual Memorial Softball Tournament. The tourney took place at the West Covina Sportsplex. Players got the opportunity to put their softball skills up against other teams in the Department. Walnut Station played against the

West Hollywood Station, Court Services Transportation Bureau and Temple Station. Although the troops did not bring home the trophy, they had a great time coming together as a team! Better luck next year! ☆



**STAY UP TO DATE!**



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



# SRA EMPORIUM LAW ENFORCEMENT GEAR

## SELF-DEFENSE TOOLS

### Personal Protection

#### SABRE RED Pepper Spray With Jeweled Design and Snap Clip

Jeweled monochromatic design shows off your personal style. Snap Clip allows for quick and easy access and can be securely attached to bags and keychains.

Colors: lavender, pink, teal

**\$13** Item #: 0273



#### SABRE RED Pink Hard Case — 54 oz.

Cool style and hot protection are combined to deliver a strong ballistic stream to reduce wind blowback.

**\$11** Item #: 0262



#### Streetwise Lifeguard Stun Gun — 16,500,000

Ergonomic design allows you to wrap your hand completely around the rubberized unit for a firm grip that feels natural. Features a bright LED light, disable pin, slide-out charging plugs that fit a standard wall outlet, and a strong stun. Holster included.

Colors: pink, black

**\$14.99** Item #: 0278



#### SABRE Runner Pepper Gel

Run without fear thanks to this pepper spray made for outdoor exercise, including an adjustable reflective hand strap that allows immediate access, stays in place during workouts and increases your visibility to drivers at night. Canister contains 35 bursts for protection against multiple threats at a safe distance, with UV marking dye.

**\$11.99** Item #: 0267



#### SABRE Pepper Spray With Quick Release Key Ring

A small but powerful container that deploys a ballistic stream to protect from a distance with a 10-foot range. Intuitive grip design allows for better aim and proper hand alignment with touch alone.

The Quick Release with detachable keychain allows maximum portability and immediate access, even when keys are in ignition or lock.

Colors: light gray, dusk purple

**\$11.00** Item #: 0259



#### SABRE RED Mint Key Case Pepper Spray

This pepper spray has 25 bursts and a true 10-foot range delivered in a powerful stream from nozzle to the target's eyes while decreasing wind blowback.

**\$9.99** Item #: 0275



#### Streetwise SMART 24,000,000 Keychain Stun Gun

Touch Sensing Safety senses when the unit is in your hand, puts the stun gun in the "ready" position and automatically turns off the safety, saving you valuable time when you need to defend yourself. Flashlight can remain on when the stun feature is used, and battery status indicator lights ensure you'll never be without a full charge.

**\$16.99** Item #: 0250



#### SABRE RED Black Hard Case — 54 oz.

A small, but powerful 0.54 oz. container that deploys a ballistic stream to reduce wind blowback. The intuitive grip design allows for better aim and proper hand alignment with touch alone.

**\$11** Item #: 0263



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# FROM THE DOCS

## PRESCRIPTION DRUG USE AMONG LAW ENFORCEMENT PERSONNEL

By Esther Ramos, Psy.D.

When teaching stress management in the Department, I often ask students whether employees, including sworn personnel, can take prescription medication for mental health issues. Many are unsure and look to me for confirmation. Since not everyone will attend my class, I want to ensure this important information reaches all employees. The answer is: *Yes, law enforcement personnel (including sworn officers) can use prescribed medication under the care of a medical doctor.* In my work at PSB, I have met with employees who take medication to manage their mental health challenges while continuing to perform their jobs effectively.

Working in law enforcement is undeniably demanding, both physically and mentally. This is why it is crucial for employees to be proactive in caring for themselves in healthy and adaptive ways. Stress management looks different for everyone but often involves physical activities, social engagement, a strong support system, healthy lifestyle choices and self-care practices. For some, prescribed medication is an essential component of their wellness plan, whether for the short term or the long term. Not everyone who experiences stress, depression, anxiety or other mental health concerns requires medication. However, individuals should have conversations with their providers (e.g., medical doctors, psychologists and other medical/mental health professionals) to determine whether it could be helpful for their recovery and overall well-being.

Despite medical recommendations, some employees are hesitant or worried about using medication. However, I often find that individuals may already be self-medicating with other substances, like alcohol,

pain medication or other drugs. Some express concerns about dependency or addiction, yet working with a medical doctor ensures proper evaluation and treatment tailored to each person's health history, reducing the risk of complications. Many of the most commonly prescribed medications for depression and anxiety, such as serotonin reuptake inhibitors (SSRIs) and serotonin and norepinephrine reuptake inhibitors (SNRIs), are not considered addictive. Meanwhile, medications that carry a higher risk of dependency include opioids (narcotics), benzodiazepines (e.g., Xanax and Lorazepam) and stimulants (commonly prescribed for ADHD). It is important to comply with the medical doctor's prescription orders, like the appropriate dosage, frequency of use and knowledge of the side effects to monitor its effectiveness and benefits. Since the first prescribed option may not always be the right fit, ongoing discussions with the prescribing doctor are essential to find the most suitable medication.

Law enforcement personnel seek medication treatment for various reasons, including relief from stress, depression or anxiety, improved energy and alertness, support in coping with trauma, assistance with sleep and management of intense physiological reactions to stress (such as panic attacks). Stress is a biological process that impacts our mood, thoughts and behaviors. When these neurotransmitters (chemicals made in the brain) drop below a certain range, it can lead to depression and anxiety. Therefore, just as people take insulin to regulate their glucose levels because the pancreas is not working properly or at all, our brains may also need assistance to regulate neurotransmitter levels to help us get back to a healthier state of mind to function.

Lastly, medical doctors can prescribe medication for mental health challenges. Psychologists, like me, do not prescribe medication, but we have general knowledge that helps individuals access the resources they need to care for their overall well-being. If you are seeing a psychologist or other mental health professional, you can discuss any interest or concerns regarding medication treatment. Ultimately, individuals should visit their primary care physician to address questions about medication use, reasons for medication treatment, possible side effects and the appropriate dosage. If more specialized or ongoing care is needed, a referral to a psychiatrist may be recommended. It is important to note that taking medication without a prescription, supervision/monitoring and the advice of a medical expert can have negative consequences for one's health, career and, in extreme cases, can result in accidental death.

If you would like help with managing your stress and acquiring healthy coping strategies, contact the Psychological Services Bureau (PSB) at (213) 738-3500 for a free and confidential consultation. PSB offers individual counseling, couples counseling, family therapy, peer support and spiritual counseling through the Chaplains Program. Additionally, for those who may be considering medication as part of their wellness plan, PSB can help facilitate conversations about treatment options and ensure guidance that aligns with your specific needs. In addition, PSB offers support for employees who need help with any misuse and abuse of a substance. Whether you need help processing difficult experiences, improving resilience or simply developing strategies to enhance your well-being, PSB is here to provide confidential and compassionate support. ☆

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**LIGHTHOUSE**  
HEALTH & WELLNESS

**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 Constance Conway  
Special Victims Bureau

### 2025 CHILD ABUSE AWARENESS PLEDGE DRIVE

From July 1 to 31, 999 for Kids and the Special Victims Bureau (SVB)/Human Trafficking Task Force (HTTF) encouraged all units and bureaus to join us in supporting the 2025 Child Abuse Awareness Pledge Drive.

The goal:

- Units with more than 100 employees: Raise \$1,999
- Units with fewer than 100 employees: Raise \$999

All donations will benefit more than 1,000 children in the Specialized Medical Placement

and Deaf Services Unit — children who are victims of child abuse, neglect or domestic violence.

*It's not too late! Contact your unit coordinator to make your donation today!*

For more information, visit [999forkids.com](http://999forkids.com).

*Disclaimer:* The 999 for Kids program is a registered initiative under the Los Angeles County Sheriff's Department, overseen by the Special Victims Bureau/Human Trafficking Task Force. All donations are tax-deductible to the extent allowed by law. We are committed to transparency and accountability in our fundraising efforts, ensuring that every contribution directly benefits the children in our program.

### 999 FOR KIDS — ICE CREAM SOCIAL PREPARATION

Special Victims Bureau invites all unit commanders to attend the annual 999 for Kids Ice Cream Social, which will be held at the Liberty Plaza in Whittier on September 11. Captain's Secretary V Usha Jeerh is spearheading the planning and execution of this highly anticipated event and is knee-deep in preparations.

Through this social, we celebrate the resilience and achievements of the children in our program.

Contributions received through the 2025 Child Abuse Awareness Pledge Drive are used to

Los Angeles County Sheriff's Department

## 2025 CHILD ABUSE AWARENESS PLEDGE DRIVE

Your donation will benefit the more than 1,000 children in the Specialized Medical Placement and Deaf Services Unit who are victims of child abuse, neglect, or domestic violence.

Poster Children Nikolaas and Legend, Detectives Liliana Becerra, Justin Waites, Gabriela Guillen

Please contact your Unit Coordinator

or Secretary Usha Jeerh at (562) 946-7905.

### GOAL - \$999

\$0 \$999

Please make checks payable to: "999 for Kids"

[www.999forkids.com](http://www.999forkids.com) Tax ID: 95-4047797





honor our poster children, Nikolaas and Legend, and scholarships will be awarded to six children.

We also take this opportunity to express our appreciation for the generosity of the participating units and bureaus for their fundraising efforts.

For questions, please contact Secretary Jeerh at [ujeerh@lasd.org](mailto:ujeerh@lasd.org).

## WELCOMES, PROMOTIONS AND CONGRATULATIONS

Welcome, Lieutenant Victor Puebla, to the SVB/HTTF family! Lieutenant Puebla joins us from East Los Angeles Station, where he served as operations lieutenant. He now oversees our West, Northwest and South teams.

Welcome, Detectives Kelly Barnes and Charell Heard. Detective Barnes is coming to us from Santa Clarita Station and Detective Heard from Industry Station.

We are happy to have them aboard!

Congratulations to our recently promoted commander, Richard Ruiz of Detective Bureau. Commander Ruiz previously served as captain of SVB/HTTF for three years, until his well-deserved promotion in April.

Farewell and congratulations to Detective Annie Ng, who will be joining the Homicide Bureau this August. Detective Ng will be missed, but we wish her continued success.

Congratulations to new grandma, Operations Assistant II Regina Topete. Ms. Topete welcomed her first grandson in June! Welcome to the world, baby Enzo!

## RECOGNITIONS

On June 17, 2024, Detective Bernard was assigned to investigate a case involving a sexual assault. The suspect entered the victim's bedroom while she was asleep. The victim immediately called 9-1-1; however, the suspect fled the location, evaded arrest and his whereabouts remained unknown.

Detective Bernard worked diligently to locate the suspect. On June 28, 2024, Detective Bernard, along with members of the Northwest team, located and arrested the suspect. During an interrogation and under *Miranda*, Detective Bernard obtained a confession from the suspect.

On July 2, 2024, the District Attorney's Office filed one felony count of sexual assault. On Monday, July 7, during jury selection, the suspect accepted a plea deal. He was convicted and sentenced to 10 years in state prison and is required to register as a sex offender for life.

## DETECTIVE DIVISION CHIEF'S AWARD

Northwest team Detective Gabriela Guillen

was assigned to investigate several cases, specifically five child and adult sexual assaults, that required immediate follow-up. While working on her current caseload, Detective Guillen worked diligently and tirelessly to seek a successful outcome for each victim, thoroughly investigated each case and closed all cases in one month.

All suspects were arrested. Detective Guillen obtained confessions for all five cases. The District Attorney's Office has filed several felony charges, and the suspects face sentences ranging from 75 years to life to multiple life sentences.

These examples represent a small portion of Detective Guillen's passion and experience as an investigator. She has played a crucial part in helping victims receive beneficial outcomes and justice. Detective Guillen has made a remarkable impact on the lives of victims of sexual abuse.

## IN MEMORIAM: OUR FALLEN DETECTIVES — A LEGACY OF SERVICE, A LOSS BEYOND MEASURE

It is with profound sorrow that we remember Los Angeles County Sheriff's Department Special Enforcement Bureau Arson and Explosives Detectives Joshua Kelley-Eklund, William

*continued on page 36*



Los Angeles County  
Sheriff's Department  
Detective Victor Lemus



Los Angeles County  
Sheriff's Department  
Detective William Osborn



Los Angeles County  
Sheriff's Department  
Detective Joshua Kelley-Eklund

Osborn and Victor Lemus, who tragically lost their lives on Friday, July 18.

These detectives served our Department with honor, commitment and strength. Their passing is not only a loss to the Department but a deeply personal one for those who knew them best.

Detective Lemus was the beloved husband of one of our own detectives, Nancy Lemus, whose strength and grace in the face of this unimaginable loss have inspired us all. He was also the cherished brother of our respected Sergeant Belen Lemus, whose steady leadership continues to guide us.

We stand with his family in mourning. We offer support not just in words, but in action, care and a continued commitment to the values Victor lived by.

May his memory remain a guidepost for us, and may we carry forward his legacy of service, courage and compassion.

**JULY AND AUGUST SVB/  
HTTF BIRTHDAYS**

Happy birthday to our hard-working staff: Lieutenant Christopher Sciacca, Secretary V Usha

Jeerh, Office Assistant II Inna Dadashova, Office Assistant I Karla Paniagua, Detective Wenceslao Agustin, Detective Karen Velasquez, Detective Allan Santos, Office Assistant I Denise Castillo, Detective Deanna Ballesteros, Detective Michael Becker, Detective Jason Elkins, Office Assistant II Tiah Sword, Detective Araceli Sanchez, Office Assistant I Wendy Larson, Detective David Van Dyke, Detective Amber Smith, Detective Jenny Sierra, Detective Roschelle Gill, Detective Tifani Stonich, Detective Terry Johnson, Detective David Brewer and Detective Joseph Tellez. ☆

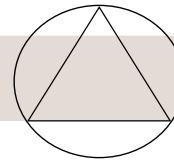
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# Peace Officer's Fellowship



By Willis Braggs

## THE IMPACT OF SUBSTANCE ABUSE ON FAMILIES OF LAW ENFORCEMENT PERSONNEL

Substance abuse doesn't just affect the person struggling; it affects their family, their relationships and their work. In law enforcement, where stress is constant and the stakes are high, this issue is especially personal. We work long shifts, face traumatic situations and carry the weight of decisions that can change lives. It's no surprise that some of our own turn to alcohol or other substances to cope. But when that happens, the impact reaches far beyond the individual.

Families often bear the emotional burden in silence. Spouses may feel torn between supporting their loved one and protecting their own mental health. Children might not understand what's happening, but they feel the instability and it can show up as anxiety, withdrawal or behavioral changes. Fear, shame and isolation can make it hard for families to talk openly and that silence can deepen the damage.

Establishing robust support systems within law enforcement agencies is vital to addressing these concerns comprehensively. Providing access to counseling, peer support groups (such as Peace Officer's Fellowship) and substance abuse programs can empower both officers and their families to navigate these difficult circumstances. Tailored resources that speak directly to the unique challenges faced by law enforcement personnel will ensure that support is relevant and practical.

That's why communication matters. Families need tools to talk honestly, rebuild trust and support each other through the ups and downs. And as a Department, we have a responsibility to make sure those tools are available. Fortunately, we've built a strong foundation of support. The team at Psychological Services Bureau includes licensed psychologists, Peer Support members and chaplains who understand the

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.

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H: (909) 599-1160  
C: (951) 316-3633

**Marty Weirich**  
(360) 790-7351

**Daryl Williams**  
(951) 764-3723

Revised 6/13/23

unique pressures of this profession and are ready to help. We've also established relationships with inpatient treatment programs that specialize in working with first responders, so when someone needs more intensive care, we can connect them with professionals who truly understand their world.

Education is one of our strongest tools for prevention and recovery. Workshops and training sessions help families recognize early signs of substance abuse, learn healthy ways to manage stress and understand how to support a loved one in recovery. If you're not sure where to start, reach out directly to our Substance Abuse Resource Program coordinator at (213) 738-3500. I'm here to answer questions and connect you with upcoming classes or resources. You're not alone, and there's no wrong door when asking for help.

Creating a culture of dialogue and compassion is how we move forward. We need spaces where people feel safe sharing their experiences without fear of judgment. When we normalize conversations about substance use and recovery, we strengthen trust and build a more resilient agency.

Addressing substance abuse within law enforcement families is a shared responsibility. When families receive the support they need, they're better equipped to develop healthier coping strategies, and that benefits everyone. It improves morale, strengthens relationships and ultimately enhances our ability to serve the community.

By taking these constructive steps, we can transform the narrative surrounding substance abuse in law enforcement. Together, we can build healthier families and, by extension, a more compassionate and effective law enforcement community. In doing so, we not only strive for the well-being of individuals and families, but also enhance the integrity and effectiveness of the entire law enforcement mission.

The Substance Abuse Resource Program coordinator and the law enforcement psychologists at PSB are committed to assisting all employees with making appropriate choices to maintain a healthy lifestyle. Call Psychological Services Bureau at (213) 738-3500 if you wish to get more information regarding treatment facilities or other resources. ☆

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Ticket price includes buffet dinner, 1 opportunity drawing ticket, & a Ladies Night commemorative coin.

# HEY, CAPTAIN!

*Sheriff Luna* is anxious to see your unit's story.  
Find a writer or be the writer.



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

- |                              |                                 |                                       |
|------------------------------|---------------------------------|---------------------------------------|
| ★ Carson Station             | ★ Peace Officer's Fellowship    | ★ Temple Station                      |
| ★ Community College Bureau   | ★ Peer Support Program          | ★ United Peace Officers Against Crime |
| ★ Facilities Services Bureau | ★ Psychological Services Bureau | ★ Walnut/Diamond Bar Station          |
| ★ From the Docs              | ★ Retired Deputies              | ★ West Hollywood Station              |
| ★ Industry Station           | ★ San Dimas Station             |                                       |
| ★ Parks Bureau               | ★ Special Victims Bureau        |                                       |

Administrative Services Division  
Advanced Officer Training Unit  
Aero Bureau  
Altadena Station  
American Legion Star Post 309  
Antelope Valley Court  
Audit and Accountability Bureau  
Avalon Station  
Central Supply and Logistics Unit  
Century Regional Detention Facility  
Century Station  
Cerritos Station  
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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  
Emergency Operations Bureau  
Food Services Unit  
Gender Responsive Services

Homicide Bureau  
Inglewood Court  
Inmate Reception Center  
Inmate Services Bureau  
Intake Specialist Unit  
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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

Norwalk Station  
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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Star Unit  
The Chaplain's Notebook  
Training Bureau  
Transit Services Bureau  
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Video Production Unit  
Weapons Training Unit

Send updates and photos to [annie@SRA1.org](mailto:annie@SRA1.org) or [annie@sheriffsrelief.org](mailto:annie@sheriffsrelief.org) by the first of the month for publication in the following month's issue.

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AQUARIUM OF THE PACIFIC . . . . . <i>Children 3–11</i>	\$39.95/\$31.95 . . . . .	\$39.95/\$31.95 . . . . .	\$44.95/\$34.95
DISCOVERY SCIENCE CENTER — LOS ANGELES . . . . . <i>Children 3–14; senior 62+ . . . . .</i>	N/A IN OFFICE . . . . .	\$18.00 and up/\$16.00 and up/\$16.00 and up (senior) . . . . . <i>\$.375 service fee per transaction</i>	\$22.00/\$17.00
DISCOVERY SCIENCE CENTER — ORANGE COUNTY . . . . . <i>Children 3–14; senior 62+ . . . . .</i>	N/A IN OFFICE . . . . .	\$19.00/\$14.00/\$16.00 (senior) . . . . . <i>\$.375 service fee per transaction</i>	\$22.00/\$17.00
HARKINS (unrestricted) . . . . . <i>Ages 3 and up</i>	\$10.25 . . . . .	N/A ONLINE . . . . .	\$11.50–\$15.50 depending on location
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UNIVERSAL STUDIOS . . . . . <i>Pricing is date specific . . . . .</i>	N/A IN OFFICE . . . . .	1-Day \$105.00/\$99.00 and up . . . . . 2-Day \$140.00 and up . . . . .	\$109.00–\$154.00/\$103.00–\$148.00 \$109.00–\$154.00/\$103.00–\$148.00

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REVISED 7/14/25

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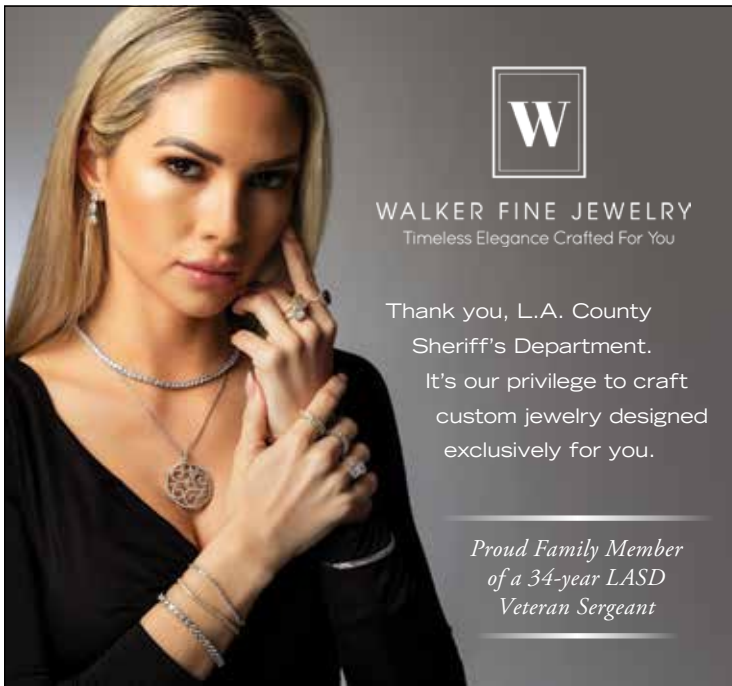
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