



Los Angeles County Professional
Peace Officers Association

Volume 51
Issue 2

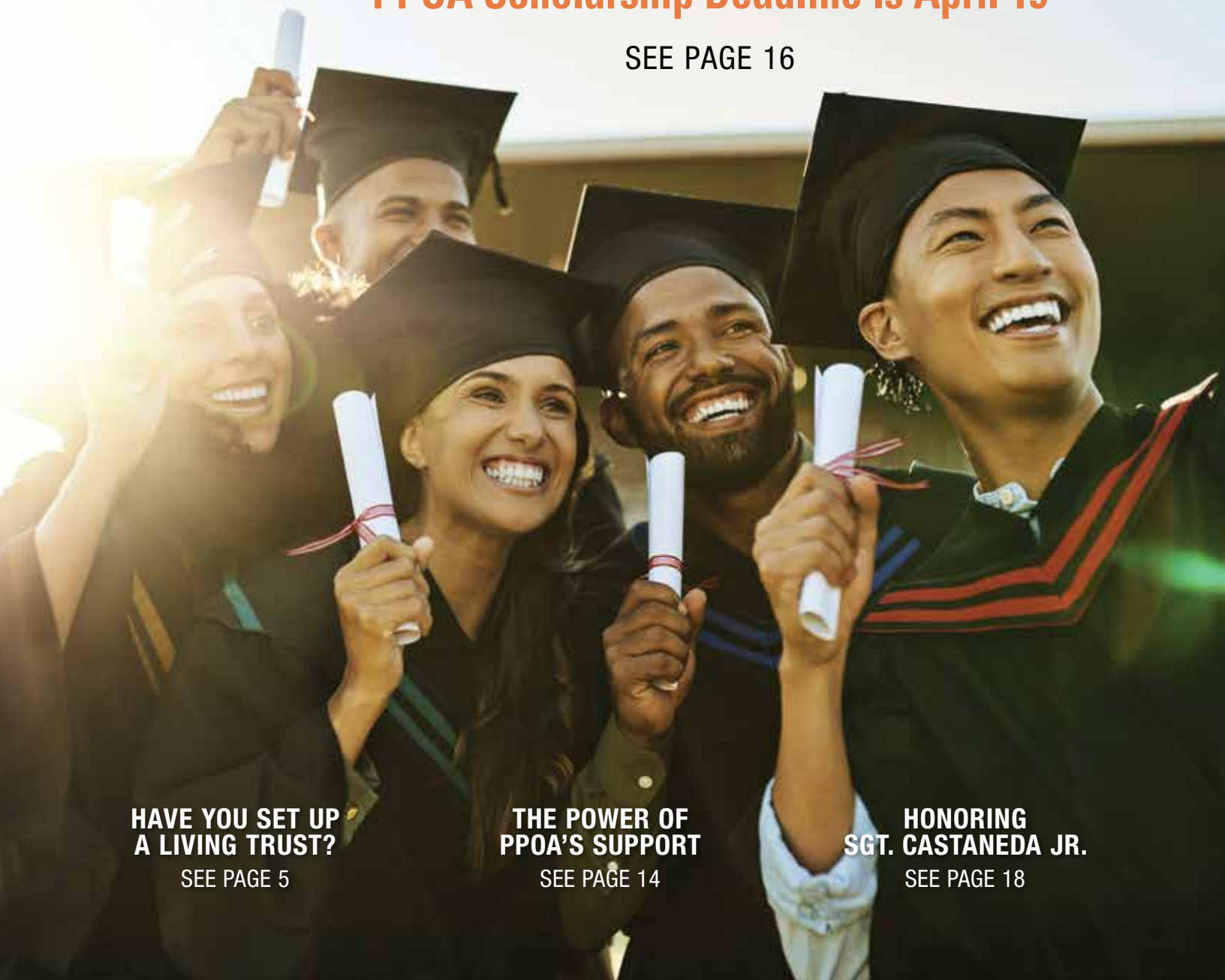
February/March
2024

STAR & SHIELD

Future Leaders Wanted

PPOA Scholarship Deadline Is April 19

SEE PAGE 16



**HAVE YOU SET UP
A LIVING TRUST?**

SEE PAGE 5

**THE POWER OF
PPOA'S SUPPORT**

SEE PAGE 14

**HONORING
SGT. CASTANEDA JR.**

SEE PAGE 18

Please contact our firm
for a free consultation
Phone (818) 788 1700
Fax (818) 788 1705



Located in the Van Nuys
Historic Library Building
14555 Sylvan Street
Van Nuys, California 91411

**STRAUSSNER • SHERMAN
LONNÉ • TREGER • HELQUIST**
INJUREDONDUTY.COM



We have devoted ourselves and our staff to providing the
highest level of personal services to our clients.

Workers' Compensation
Employment Litigation
Personal Injury
LACERA Retirements



Making a false or fraudulent workers' compensation claim is a felony subject to up to five years in prison
or a fine up to \$50,000 or double the value of the fraud, whichever is greater, or both imprisonment and fine.

PPOA Office

188 E. Arrow Highway
San Dimas, CA 91773
(323) 261-3010
(800) 747-PPOA

info@ppoa.com
www.ppoa.com

POPA Federal Credit Union
(800) 369-7672
www.popafcu.org

Star & Shield is the official publication of the Los Angeles County Professional Peace Officers Association (PPOA). Opinions expressed by individual Board members or contributing authors in this publication do not necessarily reflect the opinions of the entire Board.

The Board of Directors meets on the second Wednesday of each month in the PPOA offices at 9 a.m.

Star & Shield subscription: \$12

Executive Editor:
Steve Johnson

Staff Editor:
Greg Torres

Executive Board

Steve Johnson
President

Jay Chapman
First Vice President

Tony Coleman
Second Vice President

Christopher Lee
Secretary

Joyce Kato
Treasurer

Directors

Kevin Ahsmuhs

Walter Arcos

Roel Garcia

Luis Orozco

Jose Salgado

Jim Schallert

Joe Walker

PPOA Affiliations

California Coalition of Law Enforcement Associations (CCLEA)

California Peace Officers' Memorial Foundation (CPOMF)

Coalition of Los Angeles County Unions (CCU)

Fraternal Order of Police (FOP)

International Foundation of Employee Benefit Plans

Los Angeles County Federation of Labor

Los Angeles County Organization of Police and Sheriffs (LACOPS)

Marine Engineers' Beneficial Association, AFL-CIO

National Conference of Public Employee Retirement Systems

Public Employees Staff Organization (PESO)

Southern California Alliance of Law Enforcement (SCALE)



Contents **STAR & SHIELD**

FEBRUARY/MARCH 2024



13



18

Leadership

4 Our Future Is Our Legacy | **Steve Johnson**

5 Make 2024 the Year You Get a Living Trust | **Wayne Quint Jr.**

6 Be Strong, Be Courageous | **Jay Chapman**

7 Challenges Mount for Station Jailers — Are They Being Set Up to Fail? | **Rosario "Tony" Coleman**

8 Overcoming Challenging Times | **Luis Orozco**

9 Concealed Carry, Politics, Pension Updates and More | **Jim Schallert**

Also Inside

10 PPOA's 2024 Board of Directors

12 Tragic Numbers: 378 Officers Shot in the Line of Duty in 2023

13 PPOA Welcomes New Sergeants

14 The Power of Support From PPOA Members

16 Supporting Health and Fitness for East L.A. Station Personnel

17 PPOA Members Spotted on the Socials

18 Support for the Family of Sergeant Danilo Castaneda Jr.

19 End of Watch

20 PPOA Reps Head to State Capitol

22 Teens Invited to Test for Devil Pups Youth Program at Camp Pendleton

24 Retiree Events

24 PPOA Set to Host Annual Cigar Night at Retiree Roundup

25 Calendar of Events

26 Five Resolutions to Trim Spending and Reduce Stress

27 Classifieds

PPOA ON THE WEB

UNIFORM STORE

Get great discounts on uniforms and other products at store.ppoa.com.



@lappoa



LAPPOA



LACOUNTY_PPOA



LA County PPOA



PPOA App

Published by

911MEDIA

TNI

911MEDIA® is a division of Trade News International, Inc.
For advertising call (818) 848-6397 | 911MEDIA.com

Paid advertisements appear in PPOA publications, including print and digital formats. The inclusion of third-party advertisements does not constitute an endorsement, guarantee or recommendation by PPOA, and we make no representations or warranties about any product or service contained therein.

Our Future Is Our Legacy

For nearly 75 years, PPOA has maintained a legacy of trust and service. This heritage is evidenced by our proud membership, which is comprised of both active and retired individuals. Our legacy is exemplified through the unique power of our bargaining units; collectively, we are stronger.

In 1951, a small gathering of personnel met in downtown Los Angeles to form what would later become the Peace Officers Protective Association, POPA. At that time, member dues were about one dollar per month, there was one staff member and the average monthly paycheck was roughly \$355. In 1978, our name was changed to the Professional Peace Officers Association, but in recognition of our heritage, its pronunciation (POPA) remained unchanged.

In these early years, POPA played a key role in ensuring personnel no longer had to purchase their own firearms and safety equipment. In 1972, our association's efforts resulted in the successful implementation of the military buy-back program, allowing peace officers to make retirement contributions for their years of military service. Our legacy will advance into the future based on our foundational traditions of member care.

Within the past few weeks, I have had the honor of engaging in dialogue with many retirees, several of whom had served during the 1960s. They recognized the challenges we now face in law enforcement as things they never remotely foresaw. Society is vastly different from a mere decade ago, predominantly with regard to reformist policies, legislation and technological dynamics as they pertain to law enforcement.

Nonetheless, our retired brothers and sisters continue to express their faith that we, as active members, will traverse this new era of policing with dignity while ensuring our protection and safety. I, too, share that same sentiment and am beyond honored to be a part of this outstanding organization.

Last month, PPOA filed a lawsuit against the Office of Inspector General (OIG). The writ of mandate arises from a subpoena issued



Steve Johnson
PPOA President
Lieutenant, LASD
sjohnson@ppoa.com

by the OIG in December of 2023, which seeks protected, confidential information from our members. The subpoena is in clear violation of an order from the Los Angeles County Employee Relations Commission (ERCOM), which states the County and the OIG must, at first, meet and confer on the implementation of this process. In essence, the mandate seeks to stop the OIG from receiving these records until negotiations are complete. We will continue to update our members on the progression of these legal proceedings.

I recently attended the California Coalition of Law Enforcement Associations (CCLEA) board meeting in Sacramento. I was joined by approximately 30 representatives from similar associations and we discussed the unique obstacles that most departments are

encountering. Retention, recruitment, morale and mental health were some of the top common challenges throughout the state. Potential remedies and benchmarks for these challenges were also discussed.

I also attended a press conference while in Sacramento, which was hosted by elected officials and Department heads throughout California in support of Assembly Bill 1772, which will provide harsher consequences for serialized retail theft.

On February 1, I had the honor of attending the badge ceremony of four freshly minted sergeants and one new lieutenant from the District Attorney's Office. I would also like to acknowledge the 13 individuals of Class #110, who, on February 2, graduated from the Custody Assistant Academy. I am immensely proud of the accomplishments of both groups and wish them much success in their new roles.

On a personal note, I would like to express that PPOA is fiercely engaged in the short-term and long-term battle for your well-being and safety on multiple fronts at all times. We will continue to answer the call toward our legacy, which is to valiantly fight for our members. Please do not hesitate to reach out, and best of luck as we advance through the early part of 2024. 🇺🇸



Sheriff Eugene Biscailuz speaks at a Peace Officers Protective Association (POPA) Board meeting in the 1950s



Press conference in support of AB 1772, designed to bring consequences back to retail theft

Make 2024 the Year You Get a Living Trust

Well ... January 2024 has come and gone. Have you been able to keep your New Year's resolution so far?

Don't worry if you have not, and if it is any comfort, you are not alone! According to the Ohio State University Fisher College of Business, researchers suggest that only 9% of Americans who make resolutions complete them. Even more astounding is that 23% of people quit their resolution by the end of the first week, and 43% quit by the end of January.

If your New Year's resolution was to create a living trust for your family and you haven't started this critically important estate planning process, do not allow yourself to join the "91%" club. You still have at least 10 months to protect your family. If creating a living trust wasn't your resolution, then please make 2024 the year you get a living trust because, as all PPOA members sadly know, "tomorrow is not promised."

Since October 7, 2023, PPOA has tragically experienced the unexpected passing of six *active* members. Nobody likes talking about death. But this is exactly why every PPOA member



Wayne Quint Jr.
PPOA Executive Director
wquint@ppoa.com

family to deal with issues should you become incapacitated. It also allows you to distribute your estate to your children in a more measured and controlled way in order to avoid problems they may have when it comes to inheriting money.

In 2006, my wife and I set up a living trust as we were going to travel abroad for an extended period of time. As our two children were now young adults and we had been in our house for 18 years, we were advised to consider creating a living trust. By the way, this wasn't the first time we were advised to do so, but nonetheless, we finally acted, joining the vast majority of people who started with a revocable living trust. A revocable living trust can be revoked or amended by you and does not require legal

action. An irrevocable trust cannot be changed without legal intervention.

In 2020, my wife and I decided to "restate" our 2006 living trust, as we were blessed with additions to our family. We decided to use *United Estate Planning, Inc.* to prepare our restated living trust. The trust package was specifically designed as a means to organize our estate for rapid settlement. Additional benefits of working with United Estate Planning, Inc. were advisement, free of charge, of any significant changes in tax laws affecting our estate, complimentary lifetime legal advice regarding our living trust and updating our living trust periodically, upon our request, at a reasonable cost based upon their fee then in effect. Most importantly, because of my association with PPOA, I received a discounted price for the preparation of our living trust package!

PPOA is extremely proud to continue its professional relationship with United Estate Planning, Inc., and as one of the many benefits of being a PPOA member, a discounted price for a living trust. Please make 2024 the year that you give your family peace of mind, knowing that a key piece of your estate planning is completed. Please do not hesitate to contact PPOA for additional information or directly contact United Estate Planning, Inc. trust counselor Ron Archuleta at (714) 521-4882 (cell)/(714) 637-9840 (office), or visit www.unitedestateplanning.com. ❤️

SINCE OCTOBER 7, 2023, PPOA HAS TRAGICALLY EXPERIENCED THE UNEXPECTED PASSING OF SIX ACTIVE MEMBERS.

should create and maintain a living trust: You and/or your loved one simply won't be there to settle matters when the time comes. Not only does a living trust make good financial sense for you, but it also protects your family from the time, hassle and expense of having to go through probate. Additionally, a living trust ensures that your estate is divided up and distributed according to your wishes, which really helps your family avoid the anxiety and conflicts that almost always come with settling an estate after the death of a loved one.

Setting up a living trust for your family allows you to keep control of your assets and provides an easier way for your

Be Strong, Be Courageous

Attention, men and women of the Los Angeles County Sheriff's Department and District's Attorney's Office: We have been called on to lead others during turbulent times. The challenges we faced and continue to face have prepared us for the demands that lie ahead in 2024. As we move into 2024, we must also look back and reflect on 2023. It was not an easy year for our law-enforcement family, both locally and across this great nation. We have been impacted by legislative change and have had to overcome new obstacles in our profession. We have lost too many brothers and sisters, both professionally and personally.

In 2024, the biggest challenges we will face are not the external challenges, but the internal challenges of our own making. The true challenges that lie ahead have less to do with upcoming external events than with internal challenges against losing



Jay Chapman
PPOA First Vice President
Sergeant, LADA
jchapman@ppoa.com

commonality, courage, professionalism and compassion.

Our law enforcement profession is under scrutiny, with numerous Public Records Act requests, subpoenas for information and daily inquiries from multiple sources. Our priorities at PPOA continue to be with our members and protecting our members from those external challenges. We are committed to each of you and remain unwavering in your commitment to each other.

Our political landscape has also shifted in recent years; however, we have continued to be dedicated to the safety of all Los Angeles County residents. We have some critical elections this year locally, including the highly contested races for the board of supervisors and district attorney. We cannot control the

outcome of these elections. However, we can control how we lead with both influence and courage.

THE TRUE CHALLENGES THAT LIE AHEAD HAVE LESS TO DO WITH UPCOMING EXTERNAL EVENTS THAN WITH INTERNAL CHALLENGES AGAINST LOSING COMMONALITY, COURAGE, PROFESSIONALISM AND COMPASSION.

Our financial resources have become strained with the rising health care costs combined with across-the-board cost-of-living increases. Bargaining Unit 612 will see a 3.25% increase on July 1, 2024, but we are already looking ahead to formulate a strong contract for our Unit 612 members in 2025. As we enter this final year of our contract, we will look for opportunities in our negotiations to meet the needs of our members and their families.

It will be a challenging year, no doubt, but I believe we can accomplish more and overcome more when we stick together. We will remain steadfast and professional despite those external challenges. We will overcome the internal challenges through our shared vision and goals. Be strong, be courageous and lead with influence.

It's time to steady the ship and row through the fire. Be safe, brothers and sisters. ♥



Special Funeral Savings

ACT NOW: THIS OFFER EXPIRES MAR. 31, 2024

Save up to \$1,895*
on a prepaid Tribute Plan funeral package

Call 888-818-8644 for a no-obligation tour or appointment with Mark Ortega.

ROSE HILLS®
MEMORIAL PARK & MORTUARY

*Based on the purchase of a complete funeral Tribute plan for \$12,450 with package savings of \$650 plus an additional 10% discount for a total savings of \$1,895. Offer expires March 31, 2024 and is subject to change without notice. Additional restrictions apply. Contact your Rose Hills advisor for more details.

Whittier | COA 610 | FD 970 | CA INS LIC 0D04129

Challenges Mount for Station Jailers — Are They Being Set Up to Fail?

Incoming: Custody Assistant Class #110 graduated on February 2. Congratulations to them on their accomplishments. As of this writing, we are waiting for approval of two additional classes. If approved, they are scheduled to begin March 4 and May 20.

Questions regarding contracts are coming up as we enter the final year of our current agreement. The contract does not expire until March 2025. However, we'll be scheduling negotiations dates toward the later part of this year. Between now and then, I will make time for briefings, take questions, dispel rumors and keep you informed as best as I can. This will include emails going out to update and inform members, so please make sure PPOA has your current mailing and email addresses.

Light duties and IODs are commonplace in our line of work. In custody, the matter is generally covered by overtime or CARP behind the absent employee. At a station jail, the same scenario plays out a bit differently. Yes, the absent item is covered by the other jailers. But what happens when two or three jailers are out simultaneously? Mix in vacation and *non-jail-trained items*, and now you have a serious cluster. Now, the oncoming jailer has to do the work that was not done by the previous shift or the 16 hours prior. It creates what can be described as an unreasonable workload with no relief. Factor in Title walks every 27–28 minutes, and you have to ask, are we setting them up for failure?

There is no backfill behind the IOD items. I would suggest a relief policy. Either have one *jail-trained* sworn item to fill in or if you're down two or more items, the number one item on the transfer list and loan them to that station.

This would have been easier prior to our current staffing issue, as injuries, retirements and now specialized programs soak up line personnel in custody. There is a proposal for a three-year plan to incorporate more jailers into the patrol division, but that has to be approved.

So, what happens in the meantime? Our jailers need help. Don't wait until the next medical emergency or dead body and simply relieve the jailer, issue days off or threaten termination without speaking to the real problem. Jailer matrons are still an item, but can you hire them if you wanted? And does anyone want to do it?

When these city contracts come up, there should be a request for more jailers included. Your booking stats,



Rosario "Tony" Coleman
PPOA Second Vice President
Custody Assistant, LASD
tc Coleman@ppoa.com

increased paperwork and Title 15 walk mandate should be enough to justify the requests. Every city council member wants a safer city. Every civil rights group wants fair and proper treatment. They go hand in hand with the station jails.

On Christmas Day, we lost Custody Assistant Arturo Guzman. He was assigned to IRC and leaves behind his wife and two children. We extend our heartfelt condolences to his family, friends and colleagues at his unit. May you all be comforted throughout this time of loss.

One important reminder for all of you: Please check on yourself and check on those around you. Be present and know that you are important in life. Be safe. ❤️



IN LOVING MEMORY OF
ARTURO L. GUZMAN



JANUARY 25, 1973 — DECEMBER 25, 2023

Overcoming Challenging Times

THE DAILY GRIND

Hello, partners. As we enter the new year, I wish I had better news to share with everyone, but unfortunately, the drought continues for Sheriff Security Officer (SSO) academies. As of mid-January, there aren't any SSO classes in sight for the first few months this year.

These are trying times for our classification, the Sheriff's Department and law enforcement in general throughout the nation. The desire from individuals to begin and continue a profession in law enforcement continues to diminish, likely due to a variety of factors: the growing workload and liability far exceeding the incentives, the constant scrutiny of the public who only seek flaws in our actions and not holding the people truly harming society accountable, and overall absence of respect for law enforcement that is amplified and embellished by alleged leaders kowtowing to anti-law fringe groups.

I know things are difficult, morale is low and still descending, and it is easy to lose faith in a better future, but it is coming, so hang on, and thank you for continuing to hold the line. You are appreciated.

I will be doing my part and contacting those in charge of recruiting and processing the desperately needed academy classes and reiterating the urgency for people to join.

UPCOMING CONTRACT NEGOTIATIONS

In the upcoming months, we will begin negotiations for our bargaining unit's contract, which is set to expire in 2025. Addressing the low salary for our classifications was my primary objective when I sought the position of director, and I will seek to get us a living wage.

In the past, we have struck deals where our raises were so small they were easily offset by the growing cost of living and the climbing inflation rate. According to the California Department of Housing and Community Development, a single-person household is considered a "low-income" household if it makes under \$70,700 annually, putting a full-time and top-step sheriff security officer and sheriff security assistant salary well below that.

This is unacceptable and needs to end now.

FEBRUARY DELEGATE MEETING

Our first delegates meeting for 2024 is scheduled for February 27 at Courtyard Monterey Park (555 N. Atlantic



Luis Orozco
PPOA Board Member
Sheriff's Security Officer, LASD
lorozco@ppoa.com

Blvd., Monterey Park, 91754) at 5 p.m. You do not have to be a delegate to attend, but please reach out to PPOA to let them know you plan on attending. I look forward to seeing members there.

For those of you who are interested in becoming a delegate, please reach out to PPOA and request to sign up to become a delegate by emailing them at info@ppoa.com.

Delegates play an important role in our union by staying informed on issues affecting our classification and passing on information to the members at their assignments. Thank you to those of you who are already volunteering your time to help maintain a positive relationship between the union and its members.

MEET OUR NEW PPOA PRESIDENT

The newly elected PPOA president, Steve Johnson, has hit the ground running and has been visiting assignments throughout the county. He recently stopped by the Sheriff's Headquarters Bureau and met some of our

**THESE ARE TRYING TIMES FOR
OUR CLASSIFICATION, THE
SHERIFF'S DEPARTMENT AND
LAW ENFORCEMENT IN GENERAL
THROUGHOUT THE NATION.**

partners there. Mr. Johnson is a United States Air Force veteran and a lieutenant most recently assigned to East Los Angeles Station. As I continue to work with and learn more about President Johnson, my trust in him grows, and I expect great things in PPOA's future under his leadership.

As always, if you have any questions, concerns or just need to talk to someone, please feel free to reach out to me at lorozco@ppoa.com or (323) 400-9590. Be safe, partners, and take care. ❤️

Concealed Carry, Politics, Pension Updates and More

Recently, California changed the concealed carry law in the state to make it illegal to carry concealed weapons in many locations, even if you have a permit. PPOA has received calls and emails about this, and it appears the legal opinion is that honorably retired peace officers are still exempt from that law. It appears the intent was for those who were non-law enforcement and issued permits from local authorities, not duly sworn and trained police officers. We will keep you posted as challenges to the law work their way through the system.

The Retiree Roundup is coming up quickly, with the date set for April 7–10. It should be a great time once again, and I highly encourage you to attend. Moon Mullen puts out regular updates about the event, so watch your emails! Last year, the Cigar Night hosted by PPOA was a big hit, and we plan on doing it again, with expanded hours until 9 p.m. The entire event is a chance to connect with many folks you haven't seen in a long time!

I was recently asked why PPOA supports some legislators over others. “What can they do for us?” The problem in California is that legislators continue to lean further to the left when it comes to crime and punishment. PPOA needs to provide support to those who are like-minded both in labor issues and



Jim Schallert
PPOA Retiree Representative
LASD retired
jschallert@ppoa.com

We have several new Board members at PPOA, and I look forward to working with all of them. I know it's an odd thing to have a union that represents different groups (sworn and professional staff), but we have been successful in balancing those issues for decades.

We are still waiting for a resolution in the Blue Cross million-dollar cap. Hopefully, 2024 will provide a resolution.

The Public Employee Pension Reform Act has released the new salary cap figures for members hired from 2013 and beyond. The cap has been raised over the past several years substantially, but it still has major issues for those at the rank of lieutenant and above who were hired on after December 31, 2012.

Hope you have a great year moving forward, and I hope to see many of you at the Retiree Roundup. ♥

WE HAVE SEVERAL NEW BOARD MEMBERS AT PPOA, AND I LOOK FORWARD TO WORKING WITH ALL OF THEM.

law enforcement issues. We need to make sure those people keep getting elected. We can't ask, “What will they do for us, specifically?” when it is quite clear that if more progressives get in office, it won't be good for law and order in California.

With that said, PPOA tries to at least endorse those who are good for California and public safety. We have important political events coming up over the next several months, and we need to support those who will support public safety issues and support labor concerns.

A colorful advertisement for POPFA Federal Credit Union. At the top, it says "POPFA Federal Credit Union" and "vol: 07". The main headline is "SMASHING SPECIAL" in large, bold, yellow letters with a black outline. Below this, it says "15-MONTH TERM" in a blue box. The central focus is a large orange starburst shape containing the text "SHARE CERTIFICATE 5.00%¹ APY* MINIMUM DEPOSIT OF \$1,000 ONLY FOR A LIMITED TIME". To the right of the starburst is a gold police badge icon with the text "Exclusively serving L.A.C.S. law enforcement and their families since 1978". At the bottom, a blue box says "FOR MORE INFORMATION, VISIT POPFAFCU.ORG OR CALL 562.229.9181 TODAY!". In the bottom right corner, it says "FEDERALLY INSURED BY NCUA". At the very bottom, in small print, it says: "*APY=Annual Percentage Yield. The advertised promotional Share Certificate rate is effective as of 2/1/2024. This is a limited time offer. POPFA Federal Credit Union reserves the right to revoke or modify this offer at any time. Early withdrawals are subject to penalties and may reduce earnings. All accounts are subject to the terms and conditions set forth in the Credit Union's Account Agreement and Truth-in-Savings disclosure. The above advertised rate is for a 15-month term with a minimum deposit of \$1,000. Membership is required. Other restrictions may apply. Contact the Credit Union for more details."

PPOA 2024 BOARD OF DIRECTORS



STEVE JOHNSON
PRESIDENT
LASD LIEUTENANT
sjohnson@ppoa.com



JAY CHAPMAN
1ST VICE PRESIDENT
LADA SERGEANT
jchapman@ppoa.com



TONY COLEMAN
2ND VICE PRESIDENT
LASD CUSTODY ASSISTANT
tcoleman@ppoa.com



CHRISTOPHER LEE
BOARD SECRETARY
LASD SENIOR CRIMINALIST
clee@ppoa.com



JOYCE KATO
BOARD TREASURER
CORONER INVESTIGATOR
jkato@ppoa.com



KEVIN AHSMUS
DIRECTOR
LASD SERGEANT
kahsmus@ppoa.com



WALTER ARCOS
DIRECTOR
LASD SERGEANT
warcos@ppoa.com



ROEL GARCIA
DIRECTOR
LASD CAPTAIN
rgarcia@ppoa.com



LUIS OROZCO
DIRECTOR
LASD SECURITY OFFICER
lorozco@ppoa.com



JOSE SALGADO
DIRECTOR
LASD LIEUTENANT
jsalgado@ppoa.com



JIM SCHALLERT
DIRECTOR
RETIRED LASD SERGEANT
jschallert@ppoa.com



JOE WALKER
DIRECTOR
LASD CRIME ANALYST
jwalker@ppoa.com

SAVE THE DATE!

PPOA

16TH ANNUAL
*Peace Officer
Memorial
Golf Tournament*

Monday, June 24

FRIENDLY HILLS COUNTRY CLUB, WHITTIER

Visit **PPOA.com** for details
and registration.



BAIDA JEWELRY

The ORIGINAL Jeweler to Law Enforcement

Over 42 Years Serving Los Angeles Deputy Sheriffs
Retired LEO Owned and Operated

Up to 70% OFF
Retail Price!



100% Natural GIA™ Certified Diamonds
1000s of Designs in Stock
Lifetime Diamond Upgrade Policy
Custom Design Done on Premises

International Jewelry Center
550 South Hill St, Suite 830
Los Angeles, CA 90013
(213) 623-3780 / (213) 623-4087

www.baidajewelry.com

@baidajewelry

*GIA and Instagram Logo are registered trademarks to their respective owners.

Tragic Numbers: 378 Officers Shot in the Line of Duty in 2023

Patrick Yoes, National president of the Fraternal Order of Police (FOP), released the following statement regarding the National FOP's year-end report (tinyurl.com/yp4pc6jff) on officers shot and killed in the line of duty:

"Last year, over 330 police officers were shot in the line of duty. With the COVID-19 pandemic behind us and after so many Americans have seen the tragic consequences of the defund-the-police movement, it was our hope that these numbers would be a high-water mark. We were wrong.

"Instead, 378 officers were shot in the line of duty in 2023, the highest number the FOP has ever recorded. Thankfully, because of dramatic improvements in medical trauma science and anti-ballistic technology, the lethality of these attacks has been reduced, and only 46 of the officers shot in the line of duty were killed. There were 115 ambush-style attacks on law enforcement officers this year, which resulted in 138 officers shot, 20 of whom were killed.

"Many will often look at this data and just see numbers, but we *must* remember that they represent heroes — fathers,

mothers, sons and daughters. This scale of violence against our officers is horrifying and simply unsustainable. It is no wonder that our profession is facing a recruitment and retention crisis. What father or mother would want their child to become an officer, knowing the dangers they face every day?

"When this Congress convened, I asked that they act swiftly and pass the Protect and Serve Act, which would address the national problem of ambushes and unprovoked attacks on our nation's law enforcement officers. They have not done so. Today, given these numbers, what more would it take for lawmakers in Washington to see how necessary it is to pass this legislation?

"I call on Americans in every community across the country to join us in taking a stand — to say, 'Enough is Enough!' Truthfully, the violence against those sworn to protect and serve is beyond unacceptable; it's a stain on our society, and it must end. It is incumbent upon our elected officials and community leaders to stand up, support our heroes, and speak out against the violence against law enforcement officers." 🇺🇸

Do You Know What Your Union Is Working on Each Week?

Every Saturday morning, PPOA members receive an email documenting union accomplishments, ongoing projects, challenges facing the membership and more. Reading the **PPOA Week in Review** will help you stay connected and up to date on a range of important issues. If you are a PPOA member and have not received the Week in Review, please send your name, employee number and personal email address to info@PPOA.com.

CUSTODY ASSISTANT AHMED GUZMAN

(End of Watch: December 25, 2023)

We were profoundly saddened to learn of the unexpected passing of Custody Assistant Ahmed Guzman. PPOA extends our deepest condolences to his family and his colleagues throughout the Sheriff's Department.



SERGEANT GABRIEL CARRANEDA JR.

(End of Watch: January 8, 2024)

We were heartbroken to learn of the unexpected passing of Sergeant Gabriel Carraneda Jr. His family and his colleagues throughout the Sheriff's Department extend our deepest condolences to his family and his colleagues throughout the Sheriff's Department.



PPOA Legislative Committee Meeting

January 2, PPOA Legislative Committee members met in a meeting with the Sheriff's Department to discuss the proposed changes to the Sheriff's Department's policies and procedures. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



Custody Labor Management Committee Meeting

January 3, PPOA participated in a Custody Labor Management Committee (CLMC) meeting with the Sheriff's Department to discuss the proposed changes to the Sheriff's Department's policies and procedures. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



Meet and Confer with LASD Executives

January 3, PPOA representatives took part in a Meet and Confer with LASD executives to discuss the proposed changes to the Sheriff's Department's policies and procedures. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



Supporting Health and Wellness for Correctional Officers

December 19, PPOA announced a new initiative to support the health and wellness of its members. The initiative will provide members with access to a variety of resources, including mental health services, financial counseling, and legal assistance.



Use a Shared Foundation Board of Directors Meeting

December 19, The meeting of the Board of Directors was held at the Sheriff's Department's main office in the County of Los Angeles. The meeting was attended by PPOA members and representatives from the Sheriff's Department.



Professional Peace Officers Insurance Agency Meeting

December 19, The Professional Peace Officers Insurance Agency (PPOIA) held a meeting with the Sheriff's Department to discuss the proposed changes to the Sheriff's Department's policies and procedures. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



Executive of County Union Meeting

December 20, LA County Union held a meeting with the Sheriff's Department to discuss the proposed changes to the Sheriff's Department's policies and procedures. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



The Value of PPOA Membership

Support from the Sheriff's Department

One of PPOA's most valuable resources is the support it provides to its members. This support is provided in the form of a variety of resources, including mental health services, financial counseling, and legal assistance.



PPOA BOARD UPDATE — New Directors Elected in New President Elected

PPOA held an annual meeting on December 19, 2023, to elect new directors and a new president. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



Welcoming New Custody Assistants

December 19, PPOA representatives met with 13 newly hired Custody Assistants at the Sheriff's Department's main office in the County of Los Angeles. The meeting was held to welcome the new hires and to provide them with information about PPOA's resources and services.



Judge Rules Murderer Who Killed LASD Deputy Must Remain in Prison

December 19, A judge ruled that a man who was convicted of murdering a Los Angeles Sheriff's Deputy must remain in prison for the rest of his life. The judge's decision was based on the fact that the man had a long history of violence and had shown no signs of remorse.



PPOA Legislative Committee Meeting

December 19, PPOA Legislative Committee members met in a meeting with the Sheriff's Department to discuss the proposed changes to the Sheriff's Department's policies and procedures. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



Appreciation for Dedicated PPOA Delegates

December 19, PPOA held a meeting to thank its delegates for their dedication and hard work. The meeting was held at the Sheriff's Department's main office in the County of Los Angeles.



PPOA Welcomes New Sergeants

PPOA representatives proudly welcomed 36 newly promoted LASD Sergeants to this Association on January 4.

The Department's newest supervisors reported to the Sherman Block Building in Monterey Park to pick up their new badges and credentials and were joined by President Steve Johnson and PPOA staff members in order to answer questions and ensure the Sergeants would be protected by union representation. They began reporting to new assignments the following day and will soon be scheduled to attend their two-week Sergeant Supervisory School. 🍷



Sergeant Gerry Madrid had the honor of pinning the new badge on his brother, Sergeant George Madrid.



By Nicholas Cabrera
(son of Court Services Specialist Jose Cabrera)

The Power of Support From PPOA Members

My life story would not be possible without the support of many people I have never met. Hopefully, some of them might read this story that I am proud to share with PPOA members.

My name is Nicholas Cabrera. I am the son of Jose Cabrera, a Court Services Specialist and 33-year L.A. County veteran. My photo first appeared in *Star & Shield* magazine in 2001 when I was a toddler and in desperate need of help. I was only two years old at the time and in a fight for my life with leukemia. My parents made the long trek day after day from the Inland Empire to Cedars Sinai Medical Center in Los Angeles to ensure that I was receiving the best treatment and care. I don't remember the whole experience, but I do remember thinking at one point that it was normal for every kid to be in and out of the hospital every day of their lives.

The photo of me in the *Star & Shield* magazine and the accompanying message urged PPOA members to donate blood in order to help my situation, as well as several other children at Cedars Sinai dealing with similar circumstances. My dad still has the long list of the many blood donors from the Sheriff's Department who answered that call



A photo of Nicholas from the 2001 issue of *Star & Shield* magazine

for help. Fortunately, after battling leukemia for three years, I was finally free of the disease and ready to live my life.

My parents now look at Christmas as a time to not only celebrate the birth of Jesus but also as a way to celebrate my own birthday and smile when they realize I have been free of that nightmare for another year of my life. I have wanted to thank the

PPOA members who helped save my life all those years ago, and I am grateful for this platform to share my experience and let my voice get heard by everyone who was there for me.

I also wanted to take this time to provide an update on how my life has been since beating leukemia. Just this past December, I turned 25, and I recently graduated from

California State San Bernardino with my bachelor's degree in communications, with a focus on media studies. I have my own podcast that I have been running on social media platforms as well as YouTube called *Nerd Talk*. On this podcast, I am the main host, director and editor. We review movies, do interviews with people within the entertainment industry and have conversations about literature, gaming and more. It has been a lot of fun building that up for the last five years. Recently, I also finished writing my book. The dream to become an author and filmmaker has been with me since I was going through treatment. I have been writing this book about interconnected short horror stories for the past year now. I am very glad I am now



able to step into the publishing process and hopefully have these stories out soon.

Once again, I want to thank PPOA members and Sheriff's Department

personnel for all their love and support during my battle 20-plus years ago and now with my triumphs. Thank you very much. 🍀



On-demand designer kitchens and baths®

Take \$5,000 off kitchen and \$2,500 off of bathroom renovations!

We are running a special discount for our LASD friends and family for a limited time!

Welcome to your new kitchen and bath, completed in a fraction of the time with upfront, transparent pricing, guaranteed.

We handle everything from design, material procurement, project management, and construction for a stress-free and enjoyable experience.

Transform your home in weeks! With bathroom remodels completed in under 4 weeks and gorgeous kitchens in as little as 3 weeks. Customized to your style and expertly designed for you!

Reach out to us today for a free design consultation and proposal!

www.welcomerenovation.com

310.494.6852

See our work @welcomerenovation



Greg Takeshita, Founder (Active WHD Reserve Deputy)

Supporting Health and Fitness for East L.A. Station Personnel

President Steve Johnson and PPOA staff delivered a treadmill to East Los Angeles Station for use in the staff gym. In a continuing effort to support health and fitness for members, PPOA's Star & Shield Foundation teams up with Discount Fitness in Bellflower to secure a limited number of treadmills and ellipticals for employee gyms at facilities throughout the county. The refurbished, high-end commercial machines are purchased by the Foundation at discounted pricing and delivered by PPOA to select units with an expressed need for new exercise equipment. We've also arranged for Discount Fitness to extend special pricing to PPOA members interested in purchasing fitness equipment for personal use at home. For more info, call Discount Fitness at (562) 531-7767 and tell them you're a member of the Professional Peace Officers Association. ♡



2024 College Scholarship Program

We are proud to announce that 12 scholarships will be available to help further education for PPOA members and their dependents.

Criteria and applications will be posted by March 1 on *PPOA.com*.

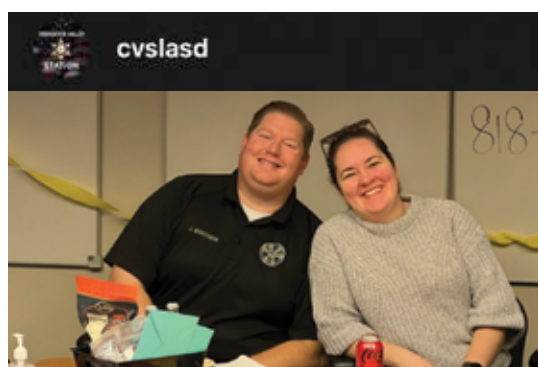
APPLICATION DEADLINE IS APRIL 19.

PPOA Members Spotted on the Socials

We are proud to see PPOA members and their partners being acknowledged for their dedication to the communities they serve. *Images courtesy of social media.* 🛡️



lasd_lhs Congratulations to Training Officer Awad and Detective Spears on their promotion to Sergeant. You will be greatly missed here at Malibu/Lost Hills Station, but we know with your work ethic you both will excel on your new journey.



cvslasd Today, we bid farewell to Law Enforcement Technician Marchman. He will be starting a new assignment at Sheriff's Information Bureau next week. While at our station, he helped maintain our vehicle fleet, did fingerprint investigations, was an Explorer advisor, deployed the station radar trailers, and helped with so many other daily tasks. Not only do we lose his great knowledge base, but we will also miss his joyful demeanor and sense of humor.



lasaa_lasd • 1d

70 likes

lasaa_lasd LASD PIO and USPF Ambassador Deputy Miesha McClendon and retired LASD sergeant and LASAA and USPF board member Jonna Wiltshire hit the Fit Expo Los Angeles to share info on the United States Police and Fire Championships happening June 8-16, 2024 in San Diego and World Police and Fire Games 2025 in Birmingham, Alabama. #uspf

Support for the Family of Sergeant Danilo Castaneda Jr.

PPOA was honored to support personnel from Norwalk Station, Training Bureau, and the Tactics and Survival Unit as they hosted a fundraiser in memory of Sergeant Danilo Castaneda Jr. (EOW: 1/2/24). The PPOA barbecue trailer was staged at the event at STARS Center in order to help grill lunch for all in attendance, and President Steve Johnson was proud to present a check from PPOA to assist with the fundraiser. 🇵🇷



Sergeant Danilo Castaneda Jr. (EOW: 1/2/24)



END OF WATCH

PPOA extends our sincere condolences to the loved ones of the following members who passed away in December:

Retired Deputy

Stuart Ward

EOW: December 10, 2023

LASD 1964-1983

U.S. Navy veteran

Retired Deputy

Russell Peck

EOW: December 23, 2023

LASD 1963-1993

Academy Class #98

Last assignment: Wayside

U.S. Marine Corps veteran

Custody Assistant

Arturo Guzman

EOW: December 25, 2023

Began career with LASD in 2015

Assigned to Inmate Reception

Center at time of passing

Retired Sergeant

Renee Dibb

EOW: December 27, 2023

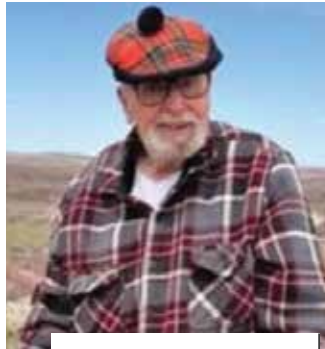
LASD 1982-2011

Academy Class #214

Last assignment: North County

Correctional Facility

Condolences may be emailed to the family: elrey26@verizon.net



Retired Deputy
Stuart Ward
(EOW: 12/10/23)



Custody Assistant
Arturo Guzman
(EOW: 12/25/23)

Correction: The date of passing for retired LADA Sergeant Deren Brady was listed in the January issue as October 17, 2023. Please note the correct date of his passing was October 16, 2023.



Support Your Foundation!

Help PPOA's Star & Shield Foundation support families of fallen officers and those truly in need. Donate online today at starandshieldfoundation.org/donate. If you would like to contribute by phone, please call (323) 261-3010.

Your gift is tax-deductible to the extent allowable by law. The Star & Shield Foundation is a 501(c)(3) organization. Tax ID #95-4752410.

PPOA Reps Head to State Capitol to Meet With Labor Leaders, Lawmakers and Law Enforcement Executives

PPOA President Steve Johnson and Executive Director Wayne Quint Jr. joined fellow representatives of the California Coalition of Law Enforcement Associations (CCLEA) for a board meeting in Sacramento to discuss issues impacting public safety employees around the state.

Following the meeting, CCLEA members attended a press conference in support of Assembly Bill 1772, which would bring consequences back to retail theft. As most are aware, Proposition 47 decimated these consequences in 2014, and a number of efforts to restore order have failed to pass the Legislative Public Safety Committee in recent years.

In an impressive display of bipartisan support, the press conference for AB 1772 brought together lawmakers from both sides of the political aisle, along with police chiefs, sheriffs and law enforcement labor leaders from all over the state. This crucial bill aims to recalibrate the balance between accountability and punishment for those engaging in multiple theft-related offenses.

CCLEA members also hosted their annual legislative reception, which provided labor leaders an opportunity to meet with senators and assembly members who author and vote on crucial legislation related to law enforcement.

CCLEA is the state's largest law enforcement organization, representing more than 40 law enforcement associations and 150,000 peace officers. 🇺🇸



Sacramento County Sheriff Jim Cooper, PPOA President Steve Johnson and San Bernardino County Sheriff Shannon Dicus

Honoring Our Fallen Heroes



CALIFORNIA PROFESSIONAL PEACE OFFICERS

WE TAKE CARE OF OUR OWN

Always have. Always will.

The beautiful bronze and granite California Peace Officers' Memorial located on State Capitol grounds in Sacramento contains the names of more than 1,600 courageous peace officers who have laid down their lives in the line of duty protecting and serving their fellow Californians. Tragically, every year more names are added to our hallowed monument.

YOU CAN HELP the CPOMF in our mission to underwrite the annual California Peace Officers' Memorial Ceremony, maintain the memorial monument, subsidize survivor support groups, and support the families of our fallen heroes through our educational grant and financial assistance programs.

California law allows taxpayers to make voluntary tax-free contributions on their personal state income tax returns to the "California Peace Officers' Memorial Foundation Fund". Simply indicate the amount to be donated where instructed on the tax return form. Importantly, the law requires that all contributions be used to maintain the California Peace Officers' Memorial and for activities in support of the surviving families of our brave men and women peace officers who have made the ultimate sacrifice. We urge the more than 100,000 peace officers serving California to help us **TAKE CARE OF OUR OWN**.

A SMALL DONATION OF \$20 MAKES A DIFFERENCE

California Resident Income Tax Return 2023

FORM

540

California Peace Officer Memorial
Foundation Fund • 408 **\$20** | 00

110 Add code 400 through code 419. This is your total contribution • 110 | 00

The CPOMF is a 501(c)(3) non-profit charitable organization, Federal Tax ID #95-4350983
For more information please visit www.camemorial.org

Teens Invited to Test for Devil Pups Youth Program at Camp Pendleton

The L.A. County Sheriff's Department will again be able to send exemplary boys and girls who are 14 to 17 years of age to a 10-day citizenship/leadership program at Marine Corps Base Camp Pendleton in Oceanside. We hope our boys and girls will be prepared physically and academically for the testing and the camp. Good grades are a necessity.

This program normally runs at the same time summer school is in session. If your child will need to attend summer school to graduate, attending this camp will be a conflict.

As part of the Devil Pups good citizenship training, boys and girls will learn the importance of the following virtues:

- Honor: to be respectful to your family, country and each other
- Courage: to set and pursue personal goals
- Commitment: a promise of resolve to recognize the value of completing your education

The U.S. Marine Corps was given the name "Devil Dogs" in World War I by enemy troops due to the Marines' accomplishments on the battlefield and "never give up" spirit. The Devil Pups name is derived from this Marine Corps history. The camp has been in existence since 1954. The Sheriff's Department has been able to send exemplary boys and girls to this citizenship/leadership program because of generous support from:

- Association for Los Angeles Deputy Sheriffs (ALADS)
 - L.A. County Professional Peace Officers Association (PPOA)
 - Sheriffs' Relief Association
 - First City Federal Credit Union
 - POPA Federal Credit Union
- The orientation will answer many

MARK YOUR CALENDARS

Testing: Sunday, April 28,
8 a.m. – 1 p.m.

Location: Biscailuz Regional
Training Center
1060 N. Eastern Ave.
Los Angeles 90063

Camp Dates: To be announced

Note: This year, there will only be one Devil Pup encampment. We are notifying everyone early so that Department applicants will have time to prepare physically.

of the commonly asked questions. All interested applicants must take a physical agility test, including sit-ups, push-ups, pull-ups and a one-mile run. Participants should eat at least one hour prior to arriving and wear gym clothes and running shoes for the physical agility testing. All applicants must also bring a container of water and/or sports drink. Parents are encouraged to also bring bottled water, pencils, a clipboard and blanket if they wish to sit down on the grass while their child participates in the physical agility testing.

Boys and girls must be in good health and physically able to participate in the strenuous physical requirement of the camp. Asthma or other respiratory illnesses will preclude participation in this camp.

It is mandatory that all boys and girls be accompanied by a parent or guardian for the testing. Department sponsors must also attend if they are sponsoring a close friend with parents who are not on the Department. For split families, the custodial parent will

have to sign the agreement paperwork. It is important that parents, guardians and sponsors attend the orientation and testing to see firsthand what is involved. Also, our boys and girls need the support of their loved ones on testing day.

At this time, it is not necessary to schedule boys and girls prior to this testing date. They need only be prepared for the testing. Please arrive early.

The program continues to be free to boys and girls who are sponsored

Chuck Norris (818) 381-7649
Patty Norris (818) 381-7698
Michelle Emeneger (714) 293-3891
Andy Thompson (714) 293-5898
John Wolak (909) 263-3068
Chris Hofmeister (818) 900-8199
Paulette Cain (909) 525-0335
Lisa Walter (818) 398-1735
Roberto Causey (909) 595-2264
Eddie Rivero (951) 215-9719
Delwin Lampkin (323) 229-6064
Kevin Thompson (562) 458-4630
Rob Hahnlein (818) 317-8782
Dorothy Howard (909) 518-0805
Kenneth Fitch (562) 405-2692
John Cook (323) 881-7800
Reggie Ducree (909) 243-4385
Rich Marascola (213) 974-4564
Bob Wiard (818) 622-9541
Mike Schaap (562) 686-8141
Paul Hardy (818) 522-2786
Joe Walker (626) 975-3724
Dean Gialamas (323) 806-6036
Mike Thompson (661) 600-2516



by Department members. We encourage you to step in as a sponsor for relatives and close friends. Due to a very limited allotment, we will not be able to select boys and girls who are not sponsored by a relative or close friend on the Department.

If you have any questions, the individuals on the previous page have firsthand experience with the actual strenuous physical requirements and the camp. Please feel free to contact anyone on the list. 🇺🇸



MISSION STATEMENT

The Los Angeles County Professional Peace Officers Association is committed to continuing a “Tradition of Success” in serving a satisfied membership through an effective and expanding professional association. We are a proactive and imaginative organization working in union with employers and other professional groups for necessary changes in policies, laws and legislation that are conducive to the well-being of our members. We will promote the professional interests of our members and the law enforcement community by protecting and enhancing their individual and collective rights.



STAR & SHIELD

Congratulations to the following PPOA members for winning the “Find the Hidden Word” contest in *Star & Shield*. If your name is listed, that means your entry was drawn as one of the winners for that month’s issue. Please call Greg Torres at (323) 261-3010 to claim your \$100 check.

CONTEST WINNERS

\$100 PRIZE WINNERS

(January issue — the hidden word appeared on page 7)

- Rebeka Carr**, Retired Member
- Sandra Figueras**, Custody Assistant
- Jaclyn Salazar**, Civilian Investigator



RETIREE EVENTS



LASD Northern Idaho Retired Luncheon

March 5

11:30 a.m.

JB's Restaurant, Coeur d'Alene, Idaho

Info: williamkpostmus1@gmail.com

LASD Retiree Roundup

April 7–10

Riverside Resort and Casino, Laughlin

East L.A. Station 100th Anniversary

June 20

Luminarias Restaurant, Monterey Park
6 p.m.

Info: Janee Salinas, (323) 981-5038
or jsalinas@lasd.org



Laughlin's Riverside Casino, Nevada

Retired Guys & Gals Breakfast Club

Every Wednesday at 9 a.m.

Mr. D's Diner, Placentia

Info: kamohagen@aol.com

Desert Heat Retirees Luncheon

First Wednesday of each month
at 11 a.m.

Elks Lodge, Lake Havasu

Info: Lnx1993@yahoo.com

Rogue Valley Retiree Lunch

Last Wednesday of each month at 11 a.m.

Grants Pass Golf Club,
Grants Pass, OR

Info: michaelbuschke@charter.net

PPOA Set to Host Annual Cigar Night at Retiree Roundup

We are proud to announce that PPOA will once again host Cigar Night on the patio at the LASD Retiree Roundup. Join us as the sun goes down and the cigars light up on **Tuesday, April 9.**

PPOA members: If you'll be at the Roundup (we encourage you to experience it!) and plan to light up a stick, please email Moon Mullen at moon5252@gmail.com so we can get a proper head count.



CALENDAR OF EVENTS

These events and more can be found on PPOA's online calendar at **PPOA.com**. Do you know of a Department-related event we can help promote? Email details to **info@PPOA.com**.

February 19

Presidents Day

The PPOA office will be closed in honor of the County holiday.

February 27

PPOA Delegates Meeting

Courtyard, Monterey Park
Eligible delegates:
RSVP to (323) 261-3010

March 1

PPOA Scholarship Applications Available

Visit PPOA.com for details

March 13

PPOA Board of Directors Meeting

San Dimas
9 a.m.–4 p.m.
Members: RSVP to (323) 261-3010

March 23–24

Baker to Vegas Challenge Cup Relay

Visit BakerVegas.net for details

March 25

Cesar Chavez Day

The PPOA office will be closed in honor of the County holiday.

April 10

PPOA Board of Directors Meeting

San Dimas
9 a.m.–4 p.m.
Members: RSVP to (323) 261-3010

April 19

PPOA Scholarship Submission Deadline

Visit PPOA.com for details

MYSTERY PHOTO

Congratulations to Lieutenant Pauline Panis for being the first PPOA member to correctly identify Marina del Rey Station as the location for the mystery photo in the last issue.



Now it's your turn to win! The first PPOA member to correctly identify where the PPOA van was parked in this photo will win a union prize pack. Email your best guess to info@ppoa.com. One attempt per member, please.

MEMBERS CAN WIN!



IT PAYS TO READ

STAR & SHIELD

THREE \$100 PRIZES

Every issue of *Star & Shield* will feature a different hidden word. The word will be used only once in the entire magazine — your challenge is to find it!

Members who find the hidden word and register through our website (PPOA.com) by the end of this month will be entered into a drawing for one of three \$100 prizes. Contest ends March 31, 2024, at 11:59 p.m. PT.

This month's hidden word is:

Bipartisan

Involving the agreement or cooperation of two political parties that usually oppose each other's policies.

Online registration only. Please do not call the PPOA office to register for contest.

Five Resolutions to Trim Spending and Reduce Stress



With 2024 upon us, now is the perfect time to make a resolution to save more money. These five tips will help you trim spending, beef up savings, and reduce stress.

Pay it off: Pay off your credit cards to save money. Let's say you have a \$2,000 balance at 18% interest. If your minimum payment is 2% of the balance due each month, it will take you 19 years to pay it off and you'll incur \$3,862 in interest. But if you increase your monthly payments to 8% of the balance due — much more than the minimum — you'll reduce the payback time from 19 years to three years and nine months, and your interest costs now are only \$433. You've just "saved" \$3,429.

Conserve: Small changes mean big savings on your utility bill.

- Properly insulate all ducts.
- Use programmable thermostats. Turn your thermostat back 10% to 15% for eight hours each day during the winter to save as much as 10% a year on your energy bill.
- Use ceiling fans to reduce both cooling and heating bills.

So, what's a buck? Grab a calculator. Add up what you spend on so-called little things that end up being budget-busters:

- If you spend \$1 a day on soda, that adds up to \$365 a year.
- If you spend \$2.75 a day on coffee, that's \$1,003.75 a year.
- If you spend \$6 every weekday on fast food, that's \$2,750 a year.
- If you spend \$6.20 a day on cigarettes, that's \$2,263 a year.

Tune it up: Regular automobile maintenance — including low-cost oil changes, filter changes and tire rotation — can save big bucks by preventing costly repairs. Keep your engine tuned and your tires inflated to their proper pressure. On the road, stay within speed limits; gas mileage decreases when you drive faster than 60 mph. Avoid "jackrabbit"

starts, unnecessary idling, remove excess weight from the trunk and combine errands.

Transfer it: Pay yourself first — set up automatic transfers to your share or money market account here at POPA FCU. Have your paycheck automatically deposited to your POPA account. Consider using direct bill payments from your share draft account for recurring payments like household bills, insurance premiums, automatic investment and savings plans, mortgage payments, auto loan payments and charitable donations. Set up a holiday club account. Participate in your employer's tax-advantaged retirement plan. If you have any questions regarding setting up any of these options on your account, please contact us from 8:30 a.m. to 4:30 p.m., Monday through Friday.

Remember, it all adds up! 💡

All POPA Federal Credit Union members are cordially invited to the POPA FCU 46th Annual Membership Meeting and Board Election on Wednesday, March 20.

It will take place at the Sheraton Cerritos Hotel located at 12725 Center Court Drive, Cerritos, 90703. Doors open at 5 p.m., dinner begins at 5:15 p.m. and the meeting will commence promptly at 6 p.m.

If you plan to attend, please call your closest POPA FCU office to RSVP. (Only account holders are invited.)



HISTORIC LASD BADGE AND BUCKLE

Description provided by badge owner (retired LASD Lt.): L.A. County Sheriff's badge, circa 1932, number 12. According to Sheriff's Personnel Bureau, the badge represents the first of the six-pointed star series. The back is stamped Chipron Stamp Co., L.A. The sterling silver buckle, 3 1/4" long and 2 1/4" wide, was made by Edward H. Bohlin, known as the "saddle and buckle maker to the stars" in the early days. The buckle is hand-engraved with rope filigree edging. The front is adorned with an applied LASD star, #12 and initials "H.G." Marked on back: Bohling made — Hollywood, CA — sterling. The badge and buckle are encased in a custom-made gold-colored shadow box with a dark navy-blue background. The badge, buckle and frame are in pristine condition. Price for all: \$6,000. Contact: (702) 227-0345. (1122)



GREEN VALLEY LAKE CABIN

Beautiful cabin in the "hidden gem" of the San Bernardino Mountains, Green Valley Lake. 1532-sq.-ft., 3-bdrm, 2 baths, 2 fireplaces, pool table. Short 3-min. walk to the lake. Sleeps 6. \$190 per night + cleaning fee. Call Tom (909) 957-8036. (1023)

LUDWIG DRUMS FOR SALE

Vintage 1976 Clear Vistalites, olive/blue badges, similar serial #s, very good condition. No cracks/chips/gouges. Solid seams. All hardware/cymbals included. Bass: 22x16, snare: 6.5x14 / Toms: 16x16, 13x10, 12x9 / Paiste: 14" hi hats & 20" ride / Zildjian: 16" med crash & 16" lite / Orig. SpeedKing & new Tama double pedals. Most hardware original Ludwig. \$4,000 obo. Text Jim: (562) 321-4122. (1022)

SCROLL SAW FOR SALE

Hawk 226 VS Scroll Saw with base table. \$200. Call Richard: (626) 444-0686. (1022)

LA HABRA ROOM FOR RENT

For 1 person, \$1,500/month + utilities. Avail. September 2023. Male or female, clean, quiet, responsible, friendly. 2-story home/upstairs room w/ view of Disneyland fireworks. Kitchen access/ light cooking. Parking in driveway. Washer/dryer available. Pool access. No overnight guests. No smoking, vaping, drugs. No pets. Month-to-month lease. Call (562) 217-7371. (1023)

2001 HARLEY ELECTRA GLIDE CLASSIC

Only 34,369 miles on it. Asking \$8,000. Call (626) 392-8507. (1023)

BROWNING SHOTGUN FOR SALE

Browning Citori model 425, 12 ga, O/U w/ 28" barrels, nickel/silver and three chokes. Factory box and papers, unfired. \$1,100 obo. Call (714) 350-7914. (0523)

SEEKING ROOMMATE IN ARCADIA

Looking for one roommate in an awesome Arcadia neighborhood. You get two bedrooms, a private bathroom and mudroom in a 4 bed/3 bath home for \$1,600 a month. No cats. I do have a dog. Call for more information: (951) 323-3030. (0124)

WANTED: VINTAGE STAR WARS AND TRANSFORMERS TOYS

Looking to buy vintage Transformers and Star Wars figures or ships in any condition from the '70s and '80s. Call or text (661) 466-3088. (0124)

ROLAND DIGITAL PIANO FP 10

Approx. 44 lbs. 88 keys, self-play. Bench seat included. Can connect to iPad or tablet. Many internal songs. More at roland.com. Used once or twice. \$300. Pick up in Irvine. Call (714) 915-1313. (1123)



PPOA classified ads are free and available only to PPOA members (one per month, 25 words max). Private party only, no business ads allowed. Send your ad to: *Star & Shield* Editor, 188 E. Arrow Highway, San Dimas, CA 91773 or email to gtorres@PPOA.com.

New submissions are added on a first-come, first-served basis each issue. Please send within first week of each month to ensure timely inclusion. Sellers are encouraged to list price of each item listed. No work numbers or County email addresses may be used in ads. Submissions must be made in writing, not over the phone. Ads run for three months. PPOA is not responsible for any claims made in a classified ad.



P.O.P.A., Inc.
188 E. Arrow Highway
San Dimas, CA 91773

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.
U.S. POSTAGE
PAID
TUCSON, AZ
PERMIT #271

LEWIS, MARENSTEIN, WICKE, SHERWIN & LEE, LLP

CELEBRATING 50 YEARS OF SERVICE TO SAFETY PERSONNEL AND THEIR FAMILIES



Our firm of 15 attorneys and over 50 support staff are dedicated to professional, personal service.

WORKERS COMPENSATION

State Bar Certified Specialist

We have successfully represented over 35,000 safety members.
Our representation continues long after your case is concluded since your right to lifetime medical care may always be challenged.

DISABILITY RETIREMENT FOR SAFETY MEMBERS

We have a pension department that specializes in this area and have successfully obtained disability pensions for *thousands* of safety personnel under PERS, County 1937 Retirement Act and other county and city systems.

PERSONAL INJURY

Our personal injury department has successfully litigated or tried over 5000 claims for automobile injuries, products liability, medical malpractice and other negligence areas.

(818) 703-6000

**20750 Ventura Boulevard, Suite 400
Woodland Hills, CA 91364
www.lmwslaw.com**

Serving Ventura, Los Angeles and Orange Counties

Making a false or fraudulent workers' compensation claim is a felony subject to up to five years in prison or a fine up to \$50,000.00 or double the value of the fraud, whichever is greater, or both imprisonment and fine.