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B. C. P.

By Chief Parks



To know where we are going means to know where we have been. We recently paid homage to the late William H. Parker at our observance of the

35th Anniversary of Chief Parker's death. His legacy is at the very core of what the LAPD stands for. As a Department, we need to continue his legacy of integrity, honesty and reverence for the law.

The Department's "Stop the Violence" campaign continues to be a successful part of our efforts to reduce crime and involve the community in our goals to make the City a safer place to live, work and visit.

Our Department, along with the Los Angeles County Sheriff's Department, recently engaged in the destruction of approximately 15,000 confiscated guns. Destroying these weapons is part of the strategic effort in gun violence reduction, as we join forces with the LASD to ensure the safety and security of the people in the communities we serve.

I would like to commend Robbery-Homicide Division and Detective Support Division for taking on the responsibility of a kidnap ransom investigation in the Southeast Area. These officers were able to rescue a victim who had been taken at

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LAPD Honors Chief William Parker



Joe Parker, brother of Chief William Parker is presented with a flag by Chief Parks.

On Monday, July 16, 2001, Department staff, City officials and members of the Parker family gathered in front of Parker Center for a memorial service honoring the 35th anniversary of the death of Chief William H. Parker.

The special ceremony featured

Los Angeles Police Museum Dedicated

On Thursday, June 28, 2001, Chief Parks, City officials and William Gorham, the oldest retired LAPD officer, attended a ribbon-cutting ceremony for the new Los Angeles Police Museum and Community Center. The museum is scheduled to open next summer.



presentations by the LAPD color guard and the LAPD Pipe Band. Deputy Chief Maurice Moore gave the opening remarks followed by a speech delivered by Chief Parks.



Chief Parker's younger brother, Joe Parker, was presented with a citation and the American flag in honor of his brother's many contributions to the

Los Angeles Police Department.

Participation by the Parker family, City, county and state officials and the general public made the event memorable for all in attendance.

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LAPDOnline Unit Wins Website Competition



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The monthly news publication serving sworn and civilian employees, and those interested in the activities of the Los Angeles Police Department, is published by the Community Relations Section, Public Relations Unit. The Los Angeles Police Department does not endorse or warrant any products, services or companies mentioned within these pages.

*The BEAT deadline for material submission is the **4th of each month** for the following month's publication.*

Submit your materials to:
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This publication is available on line at www.LAPDOnline.org.

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The Los Angeles Police Department's Web site www.lapdonline.org won first place, out of 200 entries, in the Law and Order Magazine's Web site design contest.

Law and Order magazine stated: "The LAPD site blew our judges away, from its flash introduction to great links full of information. All of that and it's still easy to navigate."

The LAPD began development of its Web site late in 1997 and introduced it publicly in 1998. The LAPDOnline staff consists of three police officers, one civilian and a sergeant to oversee the Unit.

The Department is able to continually publish new and innovative ideas through this medium due to a partnership between the sponsors, the Crime Prevention Advisory Council of

DARE America, and the LAPD. The Los Angeles Police Department's goal was to provide a Web site that would improve the Department's communications capabilities.

This goal has been achieved through the use of the Internet by promoting public safety and providing frequently requested information for all who live, work and visit the City of Los Angeles.

Though the staff of LAPDOnline Unit is honored to have won this distinguished award, they have not stopped their efforts to make the Department's Web site the best on the World Wide Web. Through continuous improvement and regardless of recognition, the Online Unit will strive to promote the highest level of service to the people of Los Angeles.



Sergeant Michael Sayre, President of the Los Angeles Police Revolver And Athletic Club (LAPRAAC), accepts a commendation from Chief Parks for the club's hard work and commitment to the Los Angeles Police Department.

Stop The Violence Fights Crime With Community Partnerships

The "Stop the Violence" campaign is continuing to make tremendous strides in reducing crime in the City. Soka Gakkai International-USA (SGI-USA), an organization committed to helping young people identify and counteract the root causes of violence in their lives, is sponsoring the *Victory Over Violence* Family Youth Festival this fall, in partnership with the Center for the Advancement of Nonviolence, the Violence Prevention Coalition and a host of other faith - based organizations.

The Department is committed as a full - fledged community partner and is involved with all aspects of the conference planning. We will have at least three booths set up at the festival. The event is expected to draw close to 50,000 people.

Many events to promote nonviolence through *Victory Over Violence* events have taken place around the nation over the past two years, including "Victory Over Violence Week" declared on the island of Oahu, Hawaii.

an inspiring program calling for a halt to violence.

- On Thursday, July 3, 2001, the Chief appeared on the 100.3 *The Beat*, Steve Harvey morning radio show. Chief Parks explained the mission of the "Stop the Violence" campaign and explained the dangers associated with the tradition of firing guns in the air during Independence Day and New Year's Eve celebrations.
- On July 8, 2001, police officers and hundreds of residents in the San Fernando Valley celebrated a 29 percent decline in crime in the area with a Stop the Violence Community Block Party at Sepulveda Recreation Center.

Recent Stop the Violence Accomplishments

- On Thursday, June 7, 2001, Chief Parks brought the "Stop the Violence" message to Spanish airwaves during an interview on La Nueva 101 FM with El Cucuy de la Mañana, (the boogyman of the morning). Chief Parks urged parents to know what their kids do outside of the house and to make sure they are attending school. Through an interpreter, Chief Parks was able to field questions regarding immigration and crime.



- The Department, in partnership with SGI-USA International and People for a Creative Peace, is providing the Los Angeles Unified School District with 162 copies of the Quest for Peace Video. The tape is

Medal of Valor Ceremonies

Luncheon
September 5, 2001
11:00 a.m.

Westin Bonaventure Hotel
Call the Los Angeles
Chamber of Commerce for
ticket info at (213)580-7585.



Dodger Medal of Valor Night
September 17, 2001
7:00 p.m.

For tickets contact Trey Magnuson
Dodgers' Group Sales Representative at
(323)224-1520.

Los Angeles Police Pipe Band Sweeps Costa Mesa Competition

By Jim Blair, Vice President, Los Angeles Pipe Band Association

For most pipe bands winning isn't everything. It is, as the legendary Vince Lombardi used to remind his great football teams, the only thing. Certainly, winning was the only thing the Los Angeles Police Pipe Band (LAPPB) did at the United Scottish Society's Annual Highland Games in Costa Mesa over the Memorial Day weekend.

The LAPPB - which is composed entirely of civilian volunteers - swept the Grade II divisional competition by such substantial margins that many felt the band properly belonged in Grade I.

More impressively the band, under Pipe Major Steve Megarity and Drum Sergeant Callum Hannah, has played together as a unit for only five months.

For Band Manager Sgt. Bruce Bogstad, the victories came as the culmination of a protracted period of rebuilding and

reorganization in cooperation with the LAPPB's non-profit sponsors, the Los Angeles Police Band Associates, Inc.

The LAPPB receives no financial support from the Department and is funded mainly through private donations. "Now," said Bogstad, "the hard work of sustaining a group with this outstanding potential really begins."

The band's musical skills weren't the only thing that had people cheering. Their kilts, woven in the new Los Angeles Police (Pipe Band) tartan, drew spectator applause as well. First introduced by a band contingent appearing at Parker Center Memorial services, the tartan features the deep blue of the LAPD, overlain with intersecting stripes of red, gold and green - the colors of the City of Los Angeles.



As pleased as the LAPPB pipers and drummers were with the score sheets, winning, in fact, is only half the job they signed on for.

As the "Official Pipe Band" of the City of Los Angeles, they represent not only the Department, but the City whenever they perform.

While competitions, parades and other events provide structured venues for this sort of public relations work, it is

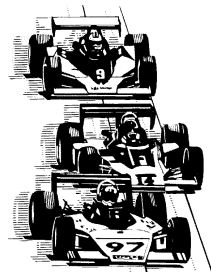
often in unplanned moments that the pipe band can make its greatest impact. An example of this occurred one evening a few days before its success at Costa Mesa. The band had just completed a performance in front of Staples Center for a group of software executives attending a major electronics show

when a man stepped out of the crowd. He explained to Pipe Major Megarity that his eight-year old son back in Michigan had just started taking piping lessons. He asked Megarity if one of the pipers could play his son a tune, while he dialed the Michigan number on his cell phone. Pipe Major Megarity had a better idea and, as soon as the youngster was on the line, the whole band struck up a rousing reel.

Not only was the boy, his father and the other tourists delighted at this spontaneous gesture, the incident later earned a positive mention in the Los Angeles Times. Just the sort of thing the Los Angeles Police Pipe Band was created to do - that and winning, of course.

Law Enforcement Appreciation Day at Irwindale Speedway September 29, 2001

- Afternoon celebrity Drag Races featuring command staff from various agencies.
- A portion of proceeds will benefit "Athletes and Entertainers for Kids."
- Races begin at 7 p.m. (NASCAR Auto Club Late Models 75, Grand American Modified 50, UW Super Trucks and King Taco Legend Cars)



For discounted ticket info: (213) 485-3281 - ask for Debby Vernaci

Chaplains Assist Officers In Need

In 1945, an LAPD civilian mechanic volunteered to serve as a chaplain for police funerals. Over the years, two distinct programs have grown from this initial act of spiritual altruism: The Sworn Chaplain Program and the Specialist Reserve Officer's Program.

The sworn program consists of sworn full-time members of the Department who are licensed, ordained, or church-approved to provide religious assistance to members of the Department in time of specific need. The term "sworn" also includes line and technical reserve officers, who are authorized to wear the uniform and badge of the

Department. Specialist Reserve Officers are the priests, pastors, rabbis, and other chaplains who are full-time clergy, but want to support the people of the Department in their spare time.

Chaplains are available to assist Department staff during high-stress times and provide the type of moral support only a chaplain can provide. Three years ago, there were a dozen geographic Areas that had only one or no chaplain at all, but today almost all Areas have chaplains or have applicants in process.

(Stay tuned for more on the LAPD Chaplains in the next issue of BEAT)

Centurions Baseball Team Kicks Off New Season

The LAPD Centurions baseball team's first annual event held on Saturday, June 2, 2001, drew a crowd of over 700 little leaguers, parents, relatives and community members.

The Centurions took on the LA Sheriff's baseball team in a nine-inning showdown that ended with a 2-2 tie. Councilman Alex Padilla delivered a speech on the importance of sports, education, and staying away from gangs and drugs.

On display was an LAPD Air Unit, several motor units, the Mobile Police Museum, a recruitment booth and a host of other informative displays.

Also available were food, giveaways, and free raffles for Dodgers tickets. The D.A.R.E. unit gave out Dodgers baseball trading cards and other D.A.R.E. merchandise.

"This was a great day for LAPD and the community. Every child and adult had a smile on their face. We're

looking forward to doing more events like this. It was well worth the effort," said event coordinator, Officer Mike Scott.

The LAPD Centurions baseball team plays locally every Sunday in the Pacific Coast Baseball League and travels to other cities and states playing in Police and Fire tournaments.

This month, the team will travel to San Jose to take on 16 other law enforcement teams for police and fire medals.

The team is looking forward to playing locally in baseball events that will help raise money and support for children's charities.



Medal of Valor Ceremony

By Officer Joe Buscaino

On Wednesday, September 5, 2001, at 11 a.m., the Los Angeles Police Department will present the Medal of Valor Awards, the Department's highest honor, to Police Officer Mark Mireles of West Valley Area and Police Officer David Orozco of West Los Angeles Area.

The Los Angeles Area Chamber of Commerce will host the 42nd Annual Medal of Valor Awards luncheon at the Westin Bonaventure Hotel, California Ballroom, 404 South Figueroa Street, Los Angeles.

Department employees may purchase tickets for the luncheon from the Los Angeles Area Chamber of Commerce, 350 South Bixel Street, Los Angeles, California, 90017, attention Jennifer Bayer, (213) 580-7585 or Dyan Holland, (213) 580-7524.

The cost for this event is \$40. Checks should be made payable to the Los Angeles Area Chamber of Commerce.

The Medal of Valor is awarded to officers who have distinguished themselves with acts of bravery or heroism beyond the normal demands of police service.

To date, the Department has awarded 496 Medal of Valor awards.

For additional information, please contact Officer Joe Buscaino, Public Affairs Unit, (213) 485-3281.

Lowering Pursuit Stress

During extended vehicle pursuits, officers have an excessive amount of adrenaline in their systems. While stress-induced adrenaline overload can be a lifesaver in a situation where superhuman levels of strength and endurance are required, it can be a life threatening hindrance during vehicle pursuits.

The accompanying tunnel vision and auditory exclusion, as well as the diminished capacity of fine motor skills, are all negative factors working against law enforcement officers. It can also have a major diminishing effect on short-term memory (decision making skills) coupled with the invariable change in tone of voice.

How much stress can a pursuit generate? A recent study quoted on the Discovery Channel's "High Speed Pursuit" special, stated that officers engaged in extended vehicle pursuits have adrenaline levels exceeding those of soldiers engaged in combat.

Adrenaline in Charge

Adrenaline overload is common among officers during vehicle pursuits. Documentation exists on the audiotapes of pursuit broadcasts revealing officers actually screaming into the microphones of their radios, sounding as if they were in rapid foot pursuit behind the fleeing vehicle. This lack of adrenaline control can be a threat not only to the officers, but also to the public. Finding a solution to control the adrenaline is a crucial aspect of engaging in a pursuit.

One way to control adrenaline rush is through the concept of controlled breathing, also known as combat breathing. This technique has been

used for thousands of years by martial artists.

Controlled Breathing

The controlled breathing cycle starts by inhaling through the nose for a count of four, exhaling through the mouth for a count of four, and is concluded by a count of four without taking another breath. The cycle is then repeated. The breathing should be deep and methodical, completely filling and emptying the lungs during each cycle.

This simple technique will lower stress levels, as well as blood pressure, and will lessen the negative side effects of adrenaline overload.

Learning the combat breathing technique is only half the battle, as the application of this technique at the appropriate time requires a more subconscious response. This problem involves remembering to utilize the technique during a very stressful pursuit situation.

By making controlled breathing a subconscious part of a survival/tactical arsenal, it will work automatically, without a conscious effort.

Applying the Technique

By making a recording of a siren and playing the recording while watching televised pursuits, officers can train and condition themselves to automatically utilize controlled breathing techniques. The sound of the siren serves as stimulus for your body to automatically begin the controlled breathing. The visual stimulus of a fleeing car will only increase the effectiveness of this self-training.

By performing this training exercise five to ten minutes daily, for

approximately a month, officers can make an incredible change in their ability to control stress during a pursuit and code-three driving. Controlled breathing will become a conditioned reaction to hearing a siren.

Editor's Note: The information used in this article was previously published in the June 2001 edition of Police Magazine, and is used with permission.

Peer Counseling Program Turns 20 Years Old

The LAPD peer-counseling program was implemented twenty years ago in August 1981, under the direction of psychologist Mels Klyver, to aid police officers through crises. The program has grown from 15 officers to 230 officers committed to providing all employees with the opportunity for peer support through times of personal or professional crisis.

The Peer counseling program offers:

- Support, validation of emotions and acceptance of the situation;
- Help in identifying professional referrals; and,
- A program of intervention to diffuse problems before they reach crisis.

All inquiries and discussions are confidential. For information or assistance call Employees Assistance Unit, (213) 485-0703.

The Following Commendations Were Received in June from Outside the Department

**POLICE SERVICE
 REPRESENTATIVE**

Briles, Gale A.
 Nelson, Stephanie

DETENTION OFFICER

Locklear, Richard

**SENIOR DETENTION
 OFFICER**

Owens, Willie

**CHIEF
 INFORMATION
 OFFICER**

Ham, Roger

POLICE OFFICER I

Michalczak, Jerome R.
 Torrance, Joseph

POLICE OFFICER II

Aguilar, Robert
 Alvarez, David
 Brenner, Lisa
 Brown, David
 Buscaino, Joe
 Dunlop, John
 Dutta, Sunil
 Franklin, Trina
 Furr, Virginia
 Greenburg, Adam
 Griffin, Edward
 Guiterman, David
 Gutierrez, Arturo
 Hutchins, James
 Jaroscak, Matthew
 Key, John K.
 Mayes, Christian
 McPheeter, Ben L.
 Perez, Rosa

Romero, Ramon
 Rothman, Robert
 Royal, Bobby
 Ruiz, Philip
 Smith, Amira
 Spencer, Bruce
 Synovec, Katharina
 Weir, Robert
 Williams, Alonzo
 Williams, Theodore
 Wilson, John
 Wise, Francois

POLICE OFFICER III

Ali, Munif T.
 Allstot, Max
 Barling, Christopher
 Barragan, Juan
 Beltran, Christine
 Boatwright, Bennie
 Brooks, Mark
 Burton, Robert
 Canister, Randy
 Chavez, Rudy G.
 Corso, Alfred P.
 Cortinas, Josephine
 Dooros, David
 Escontrias, Gilbert
 Franco, Juan
 Gay, Reginald
 Goens, Randy
 Grant, Angelica
 Hajewski, Alicia
 Heard, William
 Hiramoto, Grant
 Holzer, Thomas
 Hooper, Richard
 Ingram, Cedric
 Jackson, Glenn
 John, Clark
 Kent, Cheryl

Kilby, Russell F.
 Kuehl, Bruce
 Lee, Jarrel
 Long, John
 Martinez, John
 Matzoll, Barbara
 McNeil, Glenn
 Montoya, Renee
 Parham, David
 Sauyao, Mark
 Wolfe, Toni

DETECTIVE I

Cortinas, Josephine
 Hooper, Richard
 Kent, Cheryl
 Kuel, Bruce
 Millan, David

SERGEANT I

Goens, Randy
 Heard, William
 Martinez, John
 Moreland, Kieth
 Reyes, Alfonso
 Willis, James
 Zaboski, Michael

DETECTIVE II

Barragan, Juan
 Barling, Christopher
 Beltran, Christine
 Escontrias, Gilbert
 Szabo, David
 Teague, Maria
 Tomes, Maria
 Williamson, Joseph

SERGEANT II

Hospodar, Brian
 Lee, Jarrel
 Pasquariello, John
 Priebe, Joseph
 Simon, Andrew
 Wehage, Larry

DETECTIVE III

Barron, Patrick
 Coffey, John
 Foti, Anthony
 Galeria, Steven
 Hooshmand, Hamid
 Lindsey, Leanora A.
 Tapia, Eugene A.

LIEUTENANT I

Miller, Douglas
 Penna, Janet

LIEUTENANT II

Fletcher, Faryl
 Jones, Thomas
 Murphy, William

CAPTAIN I

Marbrey, Ronald

CAPTAIN II

Perez, Mark

CAPTAIN III

Albanese, Kirk
 Curreri, Joseph
 Hillman, Michael

DEPUTY CHIEF

Davis, J.I.

Continued from page 1

gunpoint, viciously beaten and held hostage for 26 hours.

Their hard work and dedication to this investigation resulted in five suspects being booked at Jail Division with bail set at \$515,000 each.

The Department continues to add new facets to our rich history. On June 28, 2001, the site for the new Los Angeles Police Museum and

Community Center was unveiled at a ribbon cutting and dedication ceremony.

I was pleased to host the recent building dedication of the Valley Communications Dispatch Center in Canoga Park.

I would like to thank all who attended these events for their support of the Department.

***3rd Annual Reunion Luncheon For
Retired Captains and Above
Saturday, August 18, 2001 at 12:00 p.m.
Ahmanson Recruit Training Center
Contact Dawn Danko, Public Affairs Unit, (213) 485-3281***

Roll Call of Events

- Aug. 7- National Night Out**
 - Sept. 1- Law Enforcement Night at Dodger Stadium**
 - Sept. 1- Police & Fire Appreciation Football Game
USC vs San Jose State**
 - Sept. 5- Medal of Valor Luncheon**
 - Sept. 12-POALAC's "LAPD Day" Luncheon**
 - Sept. 17-Medal of Valor at Dodger Stadium**
 - Sept. 29-Law Enforcement Day at Irwindale Speedway**
 - Oct. 20- Jack Webb Awards**
 - Dec. 15- Chief's Holiday Party**
- Call Public Affairs at (213) 485-3281 for additional information.**