

Representing Las Vegas Metro Police Department Officers and Deputy City and Municipal Court Marshals

VOLUME 6 | ISSUE 1 May/June 2011

## HEALTH AND WELFARE TRUST GIVING YOU PEACE OF MIND

See page 11



Health and Welfare Questions and Answers

**Know Your Fats** 

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#### John T. Kelleher, Esq.

John has practiced law in Nevada since 1996 when he graduated from Brigham Young University's J. Reuben Clark Law School with honors. His practice focuses primarily on family law.

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Christine has practiced law in Nevada since 1996 when she graduated from Brigham Young University's J. Reuben Clark Law School.



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Our attorneys understand that it is vital to address our clients' needs. It is our goal to assure that we clearly explain legal issues and options to our clients, so that together as a team, we can make informed decisions.

Our attorneys and staff believe that personal communication between clients and attorneys is essential in striving to meet our clients' needs. We understand that people may feel embarrassed or uncomfortable discussing issues related to their personal lives. Offering a professional and private environment to facilitate the resolution of personal matters is a priority for us.

The firm of Kelleher & Kelleher has successfully served law enforcement professionals for over a decade. Law enforcement personnel references available upon request.

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Representing Las Vegas Metro Police Department Officers and Deputy City and Municipal Court Marshals

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The Las Vegas Police Protective Association is affiliated with the following organizations at the state and national level:

NAPO – National Association of Police Organizations, representing nearly 220,000 police officer members in 4,000 police associations nationwide.

**"BIG 50"** – An informal association of the 50 largest law enforcement associations in the United States.

**SNCOPS** – Southern Nevada Conference of Police and Sheriffs



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#### **Executive Director's Message**

#### **DETECTIVE CHRIS COLLINS, EXECUTIVE DIRECTOR**

#### **A Great Team**

How do I know the PPA is a great team? Because this spring is, without a doubt, the busiest time in the history of the PPA, and I can assure you that all the work is not only getting done, but it is getting done in a very professional manner. The PPA is like a machine that consists of many parts, all of which play a part in the successful operation of the whole.

The first part of the team is our membership. When the rumors started about a reduction in our base pay, many members contacted the PPA to let us know how they felt about it. For the first time since I have been at the PPA, we even received calls and emails from the family members of our officers. These family members offered to help in any way they could. I have continued to communicate with many of them. I believe they will be a great help in addressing many issues the PPA is currently facing. Additionally, the PPA has asked for volunteers to help at political walks, and you have shown up in large numbers. Again, this is the first time anyone can recall that the PPA provided walkers to help protect the rights of public employees. The PPA is sending out an email the first of every week asking you to call various state senators and assemblymen to express your concerns regarding pending legislation that may be detrimental to public employees. We have heard from the elected folks up

#### PEACEKEEPER'S KIDS 5K

Note **change of date**. The LVMPD and the Police Athletic League will be hosting the 2nd Annual Peacekeeper's Kids 5K on **May 8, 2011**. Money raised from the event will benefit the children of our fallen Metro officers through LVPPA Metro Charities. The race will start and finish at the Police Memorial Park, located at 3250 Metro Academy Way, Las Vegas, NV 89129.

The cost of online registration:

Early, early registration, 18 and older (through March 21st): \$30 Early registration, 18 and older (March 22nd through April 29th): \$35 Registration, 18 and older (April 30th through May 3rd): \$40

Early registration, 13-17 (through April 29th): \$20 Registration, 13-17 (through May 3rd): \$25

Early registration, 12 and under (through April 29th): \$15 Registration, 12 and under (through May 3rd): \$20

Early registration, open wheelchair and handicap (through April 29th): \$20 Registration, open wheelchair and handicap (through May 3rd): \$25

The price of registration includes a commemorative T-shirt and food following the race.

Please visit us at **www.SNPAL.com** or **Active.com** to register for the Peacekeeper's Kids 5K and for information on registering as a team.

Race packet pick-up will be on May 5th and 6th at the Jerry Keller LVMPD Training Center, 9880 West Cheyenne Boulevard, Las Vegas, NV 89129. Race day packet pick-up will be available from 6 a.m. to 7:15 a.m.

Commemorative T-shirts will also be sold at the race for \$20.

in Carson City that you have responded by calling or emailing the listed senators and assemblymen. They are listening to our concerns. When you get that email on the first of every week, please keep up the emails and phone calls.

The next part of the PPA team is the Board of Directors. This group of people has become the most active Board of Directors I can remember. They, too, have sent emails, made phone calls and shown up at political walks or hung political flyers in record numbers. On more than one occasion, members of the Board of Directors have taken over the day-to-day activities of the PPA because the Executive Board has been busy fighting an issue either out of the office or out of town. Many of this same group volunteered to be on this year's contract negotiation team, knowing it was going to be a thankless and difficult task.

The next important part of the PPA team is the six members of our Executive Board. These officers work on your behalf 24 hours a day, 7 days a week. Michelle Jotz has volunteered to live in Carson City for four months so she can protect our rights during the legislative session. I am attempting to help her with the workload by being in Carson City on Mondays and Tuesdays. This only leaves five Executive Board members in Las Vegas to perform the work that is generally done by all seven of us. Oh, and by the way, most of them left to run the day-to-day affairs of the office are also on the contract negotiation team. Just because we have all this other work to do does not mean that the IAB representations stop coming in, that officer-involved shootings stop, etc.; it simply means there are fewer people to do the work.

Last but certainly not least is the staff here at the PPA. We only have a staff of five, and it amazes me that they can get everything done. The busier the Executive Board and the Board of Directors get, the more work that lands on the staff. There has never even been a hint of a complaint voiced from them; they just show up every day and get the job done. The PPA is no different than any other business; it is the staff that really runs the operation and makes it successful.

This article is a very short look into the work being done by the men and women who represent you. Without them, I don't know where any of us would be. I can tell you we would all be making less money and have fewer rights.

To finish, I would like you to know that I consider it an honor and a privilege to work with all of you as the head of this organization. I would ask that you continue to support the men and women who work on your behalf every day. As we continue to fight for you, you all should continue to fight the good fight and be safe. VB

#### INSIGHT

Democracy is two wolves and a lamb voting on what to have for lunch. Liberty is a P# 322 well-armed lamb contesting the vote.

— Benjamin Franklin



#### It's Time to Fix Fiscal Affairs

#### POLICE OFFICER MARK CHAPARIAN

Assistant Executive Director

The Las Vegas Metropolitan Police Department submits a tentative budget to the Fiscal Affairs Committee sometime shortly after the first of each year, prior to having any knowledge of what the labor contract may or may not contain. A final budget is submitted to the Fiscal Affairs Committee sometime in April of each year for approval, again with no deal agreed upon with the labor groups Metro is required to negotiate with.

Why does this happen? How can the Sheriff know how much the Department will need in its budget if an agreement has yet to be reached with any or all labor groups? The answer is simple: He doesn't know. Why would a police department submit a budget to its funding source without first knowing how much money it will need to satisfy the commitments it has made in the labor contracts it negotiates?

Yet the Department allows this to happen year after year, and has refused to negotiate earlier so it can position itself with an unfair advantage! The Department has a long practice of this type of behavior with all three labor groups and has been resistant to change. This is equivalent to writing a check to the power

company BEFORE you see the bill for the power consumption for the month. Doesn't make sense, does it? I feel that if we are a "family" here at Metro, as we are told time and time again, we should work together to resolve this issue.

The Las Vegas Police Protective Association has attempted to fix this problem with the Nevada Legislature in the past and is attempting once again this year to fix this issue permanently. Once the Sheriff has submitted his budget and it is approved, what would his motivation be to sign a contract with the LVPPA or any other group that may exceed what he has already "penciled in" that he thinks we should be entitled to? I implore the Sheriff and his executive staff to work WITH the associations to fix this unfair advantage and treat us like the "family" we are called. We have everything at stake and we are the very core of what the Las Vegas Metropolitan Police Department is. Why would we, as an organization, be afraid to stand shoulder to shoulder and address the Fiscal Affairs Committee, which is made up of City and County elected officials, and submit to them a budget that is real, accurate and inclusive of all collective bargaining agreements? Let's not forget the shenanigans the Fiscal Affairs Committee pulled in 2005, either. If you agree with me, let the Sheriff know how you feel, talk to your elected officials and support the LVPPA in its efforts to change how the Fiscal Affairs Committee does business with Metro. VB

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## Health and Welfare Questions and Answers

#### **CORRECTIONS OFFICER THOMAS REID**

Assistant Executive Director

As a member of the Las Vegas Metropolitan Police Department Employee Health and Welfare Trust (or LVMPDEH&WT) Communication Subcommittee, I deal with various service representatives from UMR who regularly respond to members' questions and concerns when they call into UMR. I asked these hard-working folks to provide me with the most common questions our members ask. I hope these answers to the questions below help you get the most out your health plan benefits.

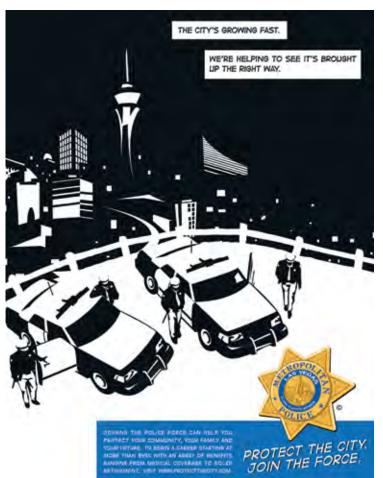
#### 1. What are my health plan deductibles?

This calendar year, plan deductibles are \$250 for an individual and \$500 for a family (for Beech Street "in-network" providers).

#### 2. How do I add/drop a dependent on our health plan?

You can contact UMR at the number on your ID card, (888) 868-1395, to obtain an enrollment form and more detailed information.

#### 3. How do I find our "in-network" medical, dental, vision and prescription drug plan providers?



- Visit www.beechstreet.com for medical providers.
- Visit www.mydentalppo.com for dental providers.
- Visit www.davisvision.com for vision providers.
- · Visit www.envisionrx.com for drug plan providers.
- 4. Where is UMR's Las Vegas, NV, office located?

UMR is located at 700 East Warm Springs Road, Suite 210, Las Vegas, NV 89119. P# 7739

#### 5. What is the office visit benefit?

For regular office visits, the benefit is 100% of eligible expenses for Beech Street providers. There is no co-pay unless you see a specialist. If you do see a specialist, the co-pay is \$25 for Beech Street providers.

#### 6. Does the plan pay for chiropractic services?

Yes.

7 Do I have to preauthorize my non-emergency.

#### 7. Do I have to preauthorize my non-emergency outpatient surgery/hospital stay?

Yes. Contact UMR at the number on your ID card, (888) 868-1395, to do so.

#### 8. How much do I pay for coverage for each dependent?

This answer depends on a few factors. Please contact LVMPD payroll or UMR for a current list of employee contribution rates.

#### 9. Do I need a referral to see a medical specialist?

No, your plan allows direct access to a specialist without having to go to a primary care doctor first.

#### 10. Who is considered an "eligible dependent" that I can add to my health plan?

Eligible dependents include an eligible employee's or retiree's:

- (a) Legal spouse of the opposite sex who is a legal resident of the United States.
- (b) Domestic partner, as defined by Nevada law, who is a legal resident of the United States. Domestic partner coverage requires the employee to sign a declaration of domestic partnership and receive acceptance with the State of Nevada of their approved domestic partnership registration. The value of benefits an employee receives for a domestic partner is considered taxable by the Internal Revenue Service.
  - (c) Children under age 26, including:
- (1) Stepchildren who live with you in a normal parent-child relationship, legally adopted children and children under a court-appointed legal guardianship may be included the same as your own children.
- (2) Adopted children. Coverage for adopted children will in all cases be identical to coverage for biological children.

#### 11. I received poor care from an "in-network" provider. How do I report this health-care provider?

You can call UMR at (866) 868-1395 and they will forward your complaint to the regional Beech Street representative who will look into the situation. Beech Street is the company that credentials the "in-network" providers.

#### 12. What is the difference between UMR and Beech Street?

UMR is our medical claims payer, and Beech Street is our network of participating providers. UMR is responsible for processing claims and handling customer service calls, but Beech Street is the organization that negotiates the actual rates and holds the contracts with the providers.

As always, if you have questions on what the LVMPDEH&WT will cover or any other particulars about your insurance not answered here, please call UMR, or you can contact me at **treid@lvppa.com**. **VB** 



#### The Big Move of 2011

#### POLICE OFFICER PAUL BIGHAM

Secretary

The big move to the new LVMPD headquarters is coming up soon. Most of us know that. This article will provide you with some of the details as to who is moving, where they are moving and what is involved in the move that you may not already know.

The Department expects the construction phase of the new buildings (yes, there are three buildings) to be done by June 2011. Prior to that time, and just before any units can move in, they will be installing new furniture systems. They expect this part of the process to take a few months. It is anticipated this part of the move will occur sometime between late February and June 2011.

This will be a very big undertaking by the Department and will require moving teams to get it all done. At this time, the team captain is Csaba Maczala and move team coordinators are Lieutenant Tim Leveque, Lieutenant John Farrell and Lieutenant Blake Quackenbush.

One of the first moves to the new buildings will be network equipment for IT and ISD. The first people scheduled to move will do so beginning July 5, 2011. It is my understanding that the first to move will be those who are currently working at 101 Convention Center Drive. This includes Personnel, Payroll, CIRT and Health and

Safety. The Department expects to have them moved and in place by July 15th. The Department figures to have the last folks moved in by October 31st.

The address for the new headquarters is 400 South Martin Luther King Boulevard, Las Vegas, NV 89101. It is at the northwest corner of South Martin Luther King Boulevard and Alta. As I mentioned, there will be three buildings: A, B and C.

Building B is the centerpiece of the three buildings. It will be the tallest structure and will house the Sheriff's office, plus many other agency departments such as Personnel and Payroll. Building A will be to your left as you face headquarters. Located in this structure will be some places to keep in mind such as IAB, in-service training and advanced training, along with a number of interview rooms that will be on the first floor. The second floor will house Crimes Against Youth and Family, Sexual Assault and Abuse Neglect, while the third floor will house Robbery/Homicide and Quality Assurance. On the fourth floor, you will find Gang Crimes, Violent Crimes and the Career Criminal section. In Building C, you will find Financial Crimes, Firearms, the Records Bureau and CIRT.

There are many other departments I did not name that will be in the same buildings as those above. This should make it easier when trying to find certain units instead of them being scattered all over the Valley. At least when someone asks you where the Police Department is, you can tell them, not give them multiple answers and only confuse them more. VB







## LVPPA Metro Charities and Fundraisers

#### **CORRECTIONS OFFICER KENNETH LOCHNER**

Treasurer

During the month of March, the PPA and another organizer put on a softball tournament called "Baconball." This past March was no exception as we had another great Baconball event with a great number of teams competing in the tournament. Two of the teams involved that co-hosted the tournament were Sin City and Vegas Heat (both made up of Metro players). This year, LVPPA Metro Charities was involved in a home-run contest.

Ford Country, who believes in the mission of the LVPPA Metro Charities, was kind enough to participate as well. Ford Country backed the home-run contest by paying \$5 for each home run in the first 29 games, and in the championship game (which happened to have Sin City) \$25 for each home run. There was a good group of teams and it was very competitive. The first day, Saturday, ended with a lot of people coming out. There were some folks out there from the PPA who were offering challenge coins and T-shirts in return for a donation to the Charities, in addition to support for our local teams. Ford Country showed up the first day with 20 cases of water to give away to the teams competing in the tournament.

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ECO Insurance Group, Inc. 8936 Spanish Ridge Ave. Las Vegas, NV 89148 702.795.0407 ecoinsurancegroup.com The second day was just as busy, with the teams showing up early to compete on the field, and some who even started competing in the bar by drinking pitchers of beer. The park where this tournament was held is Big League Dreams (BLD), formerly the old Freedom Park, an amazing place where the fields are named after and replicate major league parks. The actual fields are all turf with seats set up around each field like regular parks. They have snack bars that sell a variety of foods that, by the way, are pretty good, as well as beer and mixed drinks at the bar.

By the end of the second day, the teams I believe had broken in the neighborhood of 23 to 25 bats (hosts of the tournament provided them) and in the first 29 games hit around 285 home runs with another 12 in the championship game. The LVPPA Charities received donations for a total of about 50 challenge coins and 20 shirts. Overall, it was a great weekend of fun for the teams, as well as for LVPPA Metro Charities, which received donations of around \$2,300. I would like to thank all the teams from the different states that traveled to the tournament (California, Michigan, Kansas City), as well as any I may have missed. Without you, we could not have pulled it off. I also would like to thank Ford Country for their kind support of the home-run contest and backing the LVPPA Metro Charities. I would also like to thank Sin City and Vegas Heat for their hard work in co-hosting the tournament.

There are more upcoming events that LVPPA Metro Charities is sponsoring/hosting/endorsing. Sunday, May 8th, is the Peacekeeper's 5K run organized by Officer Lardomita. The LVPPA Charities hopes to be at the Police Olympics in August to set up a booth during check-in and at some of the competitions. There is also a bike race in October called Bike Race 444 being held in Las Vegas with Officer Terrance Cunningham. Also in October is the World Series of Softball back at BLD.

There are a few events listed above that we can all be involved in to benefit the families of fallen officers. The LVPPA has a public relations firm helping with the fundraisers to hopefully grow the ones that are annual and for the ones that are not, help them raise has much as possible for a great cause.

If you have any questions about LVPPA Metro Charities, or if you want to help with any of the fundraisers noted above, please give the office a call at 384-8692. Or, you can contact me on my cell at 328-0896 or email me at **klochner@lvppa.com**. The PPA would love to have your help. **VB** 





#### Who's Got Our Backs?

#### DETECTIVE MICHELLE R. JOTZ

Director of Governmental Affairs

By the time you are reading this, the 76th session of the Nevada State Legislature will be wrapping up its 120-day regular session. And, if the rumors in the Legislature are true, we'll be gearing up for the special session. I've learned some very interesting things while up here in Carson City over the last three months. First and foremost, what they taught you in your high school government class is nowhere near what happens. I distinctly remember the video of the bill singing, on the steps of the Capitol building, "I'm just a bill ... on Capitol Hill." The theory is that laws are made when legislators introduce bills to the Legislature to improve our state, and those same legislators then use sound judgment to vote on those bills. HA! No such thing. Frequently, there is no sound judgment, or any judgment for that matter. Most of the time, laws are made based on relationships.

The PPA and SNCOPS took some grief from the membership over our endorsements and, although I tried to answer everyone who inquired, I'm sure I missed some of you. It was interesting when I recently had an opportunity to sit down with Senator Schneider and speak with him about our endorsements

and the way our members vote. He said he was disappointed that a good portion of our members are Republican and tend to vote Republican, but then want the Democrats to support them. You see, it was those same Republicans who submitted bills trying to eliminate collective bargaining and trying to make our PERS (retirement) benefit a defined contribution plan rather than a defined benefit. I sat in a meeting with other labor representatives while Assembly Minority Leader Pete Goicoechea told us that he would leverage public employees for the budget. Don't get me wrong here. There are definitely fights where the Republicans have been our friends. In fact, Assemblyman Hambrick went out on a limb in order to carry our coroner's inquest bill even though he knew it would be a political hot potato. The Republicans have been very supportive of law enforcement, but also want to decimate our benefits and retirement. That's a difficult position to be in when talking about who to support.

I think you get my point here. Hopefully, collective bargaining will have withstood another session at the time this article goes to print. Every session, we come back to the Legislative building playing defense for our benefits and our right to have a contract, and it won't get any easier in the special session or in the 77th legislative session in 2013. Just some food for thought the next time you are voting for state representatives.

Stay safe. **VB** 

#### To All Las Vegas Police Protective Association

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#### Why We Serve

#### **DETECTIVE DARRYL CLODT**

Sergeant-At-Arms

I can remember years ago seeing the old Adam-12 shows on the television and loving them. It wasn't long till I knew I wanted to become a policeman, too. I remember thinking, man, what a difficult job! Yet somehow on T.V. they always managed to make the right decisions and the good guys always won in the end. I don't know about the rest of you, but for me, I started this process of working to become a police officer as a kid, which for me included joining a cadet program in the Douglas County Sheriff's Office. In my family, I am the third generation that is involved in law enforcement — my grandfather was a deputy and my dad retired from Douglas County as a sergeant. And now here I am working for Metro. The Douglas County cadet program I was involved in allowed the participants to have a wide range of experiences, including working in records, in dispatch and at the jail. The Douglas County P# 9895 cadet program did not involve any actual street time back then, as ours does here at Metro. And while they were generally very strict about that, I was fortunate enough to be offered the opportunity to work with the juvenile probation officers, which gave me the chance as a cadet to work a little street time. This

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is where I had my very first experiences in policing and this was also where I developed my first true reasons for why I serve.

Looking back, it seems I turned age 18 rather quickly, but I obviously could not be a cop at that age, so instead I joined the United States Air Force. As a member of the USAF, I went into the Security Police. That was certainly a decision that took me all over the world. It was truly one of the best choices I have ever made. I went to Asia, Central America and even the exotic North Dakota! I got a little taste of what it is like to serve and why. When the time came to choose my last duty assignment before getting out of the Air Force, I chose Nellis Air Force Base, figuring it would bring me close to Los Angeles and my home, Tahoe, Nevada. It was then that I tested to become an officer with the Las Vegas Metropolitan Police Department and was fortunate enough to be hired.

It was shortly after that when I began this career in law enforcement. As a young officer, I wanted to be where the action was, and so I went to work on the west side for my first five years, working on the graveyard shift. This, as you know, is an area in our city that was just voted one of the most dangerous places in America to live. Working that area of town at that time was really a blast. It was a great time working with great people, and the focus for all us then was simply one thing: Arrest the bad guys; take care of the good guys.

It is sad to say that this is not the Department's focus today. This agency conducted about 900 to 1,000 Internal Affairs interviews last year. Yet, I wonder, did we arrest the top 1,000 gang members, murderers, auto theft suspects? It seems sometimes as though the focus has shifted from policing our community to policing ourselves. And, of course, as you start to progress in the job it becomes painstakingly clear that it is not like the movies. The press depicts a view of what we do that is not always correct or accurate. I remember personally being followed one day, all day, by a news crew that shot some footage of me stopping one of our notorious gang members. That media crew then included that footage as part of a story they were doing about racist cops, which is not at all what was going on during the stop that I performed. It made me mad and it was not fair. It made me ask why I bother to serve.

Yet I know why I serve, and no matter what happens that will never change. Just keep in mind, as you make your way through this career you have chosen, why you serve. And whatever happens, don't let the bumps in the road that will inevitably occur allow you to forget why you chose this career and why you serve. VB

#### INSIGHT

There are good reasons why everybody should heed politicians' advice not to believe the media. One of the best is that the media reports what politicians say.

Russell Baker (1925 - ), opening paragraph,
 "Mugged by Facts," The New York Times, 25 August 1992



#### The Health and Welfare Trust Gives You Peace of Mind

JOHN DEAN HARPER General Counsel

My inspiration for this story came after a family member was hospitalized the day after the new year. I am writing this story from a hospital room in Cedars-Sinai while that family member recovers from a surgical procedure performed by a specialist. When I started working with the Association, I had been covered by the Health Trust operated by the Association. Back then, I was single and couldn't really care less about the benefits. Any veterans reading this are probably muttering to themselves about how much they hated that plan and all those associated with it. The only good thing about it was that it gives me something to compare the current Employee Health and Welfare Trust to.

Today, I have a family and, despite my daily denial, my wife and I are getting older. With age come a few more trips to the doctor and maybe a few monthly prescriptions. And with age and the law of probability, the chances are that someone in the family is going to be hospitalized. Also, with age or wisdom comes the realization that you really are not going to be a major league baseball player, a movie star or the president of the United States, but that one part of being successful is having peace of mind.

Counting this most recent go-around, my family member has been hospitalized three times since the beginning of the year, with the first trip requiring a ride from City Fire. Since then, there have been diagnostic tests, blood tests, follow-up appointments and ultimately a referral to a specialist at Cedars-Sinai. Once the fear of seeing a family member being transported and the member being released after three days in the hospital passed, the potential financial implications set in. Used to traditional medical plans, I started calculating the believed 20% co-pay in my head. The numbers were very scary to me.

I saw Mark Chaparian, one of the Association's assistant executive directors and a trustee on the Employee Health and Welfare Trust, in the hallway and asked him what percentage I would be responsible for paying. When he told me that the plan had an annual cap of \$2,000 per individual, plus the family deductible of \$500, I was stunned. What happened to all the stories of people going bankrupt and losing their houses because they could not pay their portion? Those stories are real, but not with our plan.

I started thinking about the attributes of the plan that I had not thought of before. If your prescription is a generic, there is no co-pay. If you go to a primary care physician, there is no co-pay, and it only costs you \$25 for a specialist. There is no cap on the amount of benefits an insured can receive in a lifetime. You can walk into Steinberg Diagnostics or Nevada Imaging Centers and obtain a diagnostic test. You can walk

into Quest and obtain a blood test. And, to me, the most important feature of the plan is that you are not limited to physicians in Las Vegas; you can see any provider in Beech Street's network.

My family member had a condition that ultimately required a test/procedure that had a very high percentage of complications. The physician in Las Vegas recommended a specialist at Cedars-Sinai. Thankfully, he was on the list.

There is more. We have coverage for chiropractic care and acupuncture up to \$1,000 annually and some of the best dental and vision care in the Valley. This is not a paid advertisement. I still have some issues with the plan when it comes to workers' compensation matters and the fact that they seemingly send out a subrogation agreement every time you go to the doctor. However, the peace of mind that goes along with the Employee Health and Welfare Trust cannot be calculated in dollars. Our members can concentrate on getting well and not having to ration health care or worry about how they are going to pay the bills. VB



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## ACTUAL COMMENTS MADE BY POLICE OFFICERS

These are actual comments made by 16 police officers.

The comments were taken off actual police car videos from around the country.

- 1. "You know, stoplights don't come any redder than the one you just went through."
- 2. "Relax, the handcuffs are tight because they're new. They'll stretch after you wear them awhile."
- 3. "If you take your hands off the car, I'll make your birth certificate a worthless document."
- 4. "If you run, you'll only go to jail tired."
- 5. "Can you run faster than 1,200 feet per second? Because that's the speed of the bullet that'll be chasing you."
- 6. "You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?"
- 7. "Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I'm the shift supervisor?"
- 8. "Warning! You want a warning? OK, I'm warning you not to do that again or I'll give you another ticket."

- 9. "The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"
- 10. "Fair? You want me to be fair? Listen, fair is a place where you go to ride on rides, eat cotton candy and corndogs and step in monkey poop."
- 11. "Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."
- 12. "In God we trust; all others we run through NCIC."
- 13. "Just how big were those 'two beers' you say you had?"
- 14. "No, sir, we don't have quotas anymore. We used to, but now we're allowed to write as many tickets as we can."
- 15. "I'm glad to hear that the chief (of police) is a personal friend of yours. So you know someone who can post your bail."

And the winner is ...

16. "You didn't think we give pretty women tickets? You're right; we don't. Sign here." **VB** 



#### **Know Your Fats**

#### BY JIM MUTH, MS, MPA

One of the single most important components of understanding dietary guidelines is knowing the different fats in the foods you eat and how those fats affect your risk for coronary heart disease. Elevated lipids are a significant risk factor associated with coronary heart disease. During your annual physical, medical providers should discuss your lipid panel in detail and make recommendations to those of you with elevated cholesterol regarding fats in your diet and how to reduce consumption of dietary fats. But many individuals continue to have difficulty differentiating "good" fats from "bad" fats and which fats affect the "bad" cholesterol (LDL) and which affect the "good" (HDL) cholesterol. These are critical values in understanding how to approach a dietary management program for elevated lipids.

Knowing which fats raise your LDL cholesterol and which ones don't is the first step in lowering your risk of heart disease. Saturated fat, transfatty acids and dietary cholesterol raise LDL cholesterol. Monosaturated and polyunsaturated fats don't. But what are these fats and what food groups contain them?

Saturated fats: These fats are the main source and cause of high blood cholesterol. The American Heart Association recommends that you limit your saturated fat intake to 7% to10% (or less if your risk for CHD is high) of your total caloric intake. If you have CHD or are at increased risk for CHD, your LDL cholesterol level should be less than 100 milligrams per deciliter. Saturated fat is found primarily in foods from animals (beef, beef fat, veal, lard, pork, butter, cream, whole milk) and some plants (coconut oil, palm oil and cocoa butter). Also, these fats are solid at room temperature.

**Hydrogenated fats:** During food processing, liquid vegetable fats undergo a chemical process called "hydrogenation," a big, fancy word for making these liquid fats solid. Essentially, it turns these liquid fats into "saturated" fats. This is common in some margarine and shortening. Read the labels on these products and try to limit the saturated fats in these products to 1 to 2 grams per tablespoon.

**Polyunsaturated fats:** These fats are essentially vegetable fats. The most common of these are safflower oil, sesame seeds and oil and sunflower seeds and oil. These fats are liquid at room temperature.

**Monosaturated fats:** These fats include canola oil, olive oil, peanut oil and avocados. Both polyunsaturated fats and monosaturated fats may help lower your blood cholesterol level when you use them in place of saturated fats. But a moderate intake of **all** types of fat is best.

**Trans-fatty acids (TFAs):** The term "trans" refers to the physical positioning of the hydrogen atom that is chemically attached to the fat molecule in the laboratory. The process is called "hydrogenation," or adding hydrogen. They are found naturally in small amounts in some animal products such as beef, pork, lamb and butter fat. But they are more common in food products such as margarine and shortening and are the **major** source of TFAs in the American diet. Partially hydrogenated vegetable oils account for 75% of the TFAs found in our diets. Food manufacturers use TFAs to increase shelf life and harden products such as margarine and use them for deep frying, especially in the fast food industry.

Why are TFAs harmful? Clinical studies have shown that TFAs tend to raise total blood cholesterol. Some studies indicate that TFAs raise total cholesterol more than saturated fats. TFAs also have a tendency to raise

LDL, or the "bad" cholesterol. Because there are no standardized methods, it is difficult to estimate the TFA content of foods. It is also difficult to estimate intake, especially long term. Recently, however, the FDA passed a regulation requiring TFAs to be listed on nutrition labels. The good news about TFAs is that food manufacturers and restaurants have changed menus in an effort to eliminate TFAs in the foods they produce.

What can I do to reduce my intake of TFAs? The American Heart Association's Nutrition Committee strongly advises that healthy Americans over age 2 limit their intake of saturated fat to 7% to 10% of their total caloric intake. Individuals should adjust their total fat intake to meet their caloric needs. People who are overweight or obese should limit their total dietary intake of fat to 30% of their total calories or less. The American Heart Association recommends that individuals follow these tips:

- Use naturally occurring, unhydrogenated oils such as canola and olive oils.
- Read the labels on processed foods and make sure the foods are prepared using unhydrogenated oil rather than hydrogenated oils or saturated fat. It is not difficult to read a nutrition label once you become accustomed to it.
- Use margarine as a substitute for butter. Most margarines are now made without TFAs and some are a blend of both olive and canola oils.
- French fries, doughnuts, cookies and crackers are examples of foods that may be high in trans-fats. Again, the major fast food chains and restaurants are limiting or no longer use TFAs in their food preparation. They typically have nutritional information posted in the restaurant. Use these foods as "cheat" foods, eating them infrequently.

Limit the amount of saturated fat in your diet. If you don't consume much saturated fat, you will automatically be reducing your dietary intake of TFAs.

(continued on page 14)

#### INSIGHT

Leaders are people who do the right thing; managers are people who do things right. Both roles are crucial, but they differ profoundly. I often observe people in top positions doing the wrong thing well.

—Warren Bennis (1925 - ), Why Leaders Can't Lead: The Unconscious Conspiracy Continues, 1989

#### **KNOW YOUR FATS**

(continued from page 13)

#### **How to Interpret Your Lipid Profile**

Interpreting your lipid profile can sometimes be confusing. The following information should help you understand what the numbers mean. Each individual may have additional risk factors (family history of CHD, smoking, hypertension, obesity and diabetes) that influence how aggressive your doctor may be in treating you for elevated lipids if clinically indicated. These values are **ideal** and are not necessarily the values you need to achieve.

**Total cholesterol:** 140 to 200 milligrams per deciliter. Not the most important number in your profile.

**HDL** (good): 40 to 60 milligrams per deciliter, but the **higher** the better. These guys help protect you from CHD.

LDL (bad): 70 to 130 milligrams per deciliter, but the lower the better. The most important number in your profile. If you do not have any of the other risk factors listed above, then 130 milligrams per deciliter is acceptable. If you have two or more of the above listed risk factors, then getting your LDL less than 100 milligrams per deciliter is more ideal. May require significant dietary modification and medication.

**HDL ratio:** This is the relationship between your total cholesterol and your total HDL. Simply divide your total cholesterol by your HDL to get this number. It is typically listed on your lab report. A ratio of 4.5:1 is ideal. The closer to 1:1 we can get it, the better. It's not practical, however, to achieve this. Remember to discuss these numbers in detail at the time of your annual physical.

For more information on lipid profiles, low-fat diets, dietary fats and TFAs, log on to the American Heart Association's website at www.americanheart.org.

#### **Summer Sun Protection**

Spring is here and summer is but a few months away. This is the time of year when winter blues are replaced by warm, sunny weather and our itch to be outdoors is in need of a good scratch! The low UV index of winter (1 to 3) is replaced by the high UV index of summer (7 to 10).

Remember, our skin is very susceptible to the harmful rays of the sun, making it exceedingly important to protect ourselves. Make sure, especially you fair-skinned folks, when outdoors for any length of time to wear a broad-brimmed hat that covers your face and neck, long-sleeve shirts and SPF 15 or greater. Might also be a wise policy to have a thorough skin cancer screening with your primary care provider or dermatologist to ensure that your skin is healthy. What

you do now has a profound effect on your skin as you age. Enjoy the pleasures of the outdoors, but remember to protect yourselves from harmful UV rays!

#### **Setting Sensible Weight Loss Goals**

Setting realistic weight loss goals is actually quick and easy. Here are five ways to set sensible weight loss goals:

- **Resolve to lose slowly.** Ideally, losing 5% to 10% of your starting weight is easily achievable. If you weigh 200 pounds, losing 10 to 20 pounds is realistic.
- **Do the math.** Set a realistic goal of 1 to 2 pounds per week. If you need to lose 25 pounds, figure you are embarking on at least a three-month program. In other words, **don't hurry.** If 50-pound weight loss is the goal, plan on six months. Aim to burn 500 to 1,000 calories a day either by reducing the total calories in your diet, exercising or the best of **both!**
- Set short-term goals. Reach for "mini-milestones." Instead of focusing on 25 to 50 pounds, celebrate the first 2 to 5 pounds. Much more rewarding.
- Track your progress. Record your success in a way that works for you. Take advantage of online programs, use a notebook or keep a journal.
- Think long term. Thinking big is good, but it means starting small and keeping your eye on the big picture.

#### **Quick Nutritional Tips**

#### Want to lose a few pounds for summer?

Use an indelible ink pen to mark one-half-cup measurements on your favorite glass, mug, cereal/ice cream bowl and dinner plate to help guide your serving sizes and easily shave some calories.

Do grapes and grape juice have the same nutritional benefits as red wine?

For those of you who don't drink alcoholic beverages or wine, there is good news! Resveratrol, the major antioxidant found in red wine, is present in dark red grapes and grape juices. The amount of grape juice thought to be beneficial is just one cup. Your best bet is 100% pure Concord grape juice. Light-colored juices do have resveratrol, but it is less concentrated than in dark grape juice.

#### **Author Profile:**

Jim Muth is an exercise physiologist/wellness coordinator at the office of Keith Bowman, MD. He performs stress tests, consults in weight management programs and does body mass index (BMI) readings. Contact Muth at jmuth@kbomanmd.com. VB

# Would you like to proudly display your support for the Police Protective Association? I Support Those Who Protect Others Las Vegas Police Protective Association, Metro Inc. Visit the PPA to obtain your bumper sticker.



The LVPPA invites all members to help take care of our own. The LVPPA has started a 501(c)(3) charity organization called the LVPPA Metro Charities, Inc. The goal of this organization is to help the survivors of fallen officers. The long-term goal of the charity is to ensure that survivors have the opportunity to go to college. As such, the charity will donate the cost of Nevada state tuition rates to the survivors of fallen Metro officers, to include children and spouses. The charity is off to a strong start, but we need your help and ask all officers to donate. Please look into your hearts and determine if you can give. The back of this form is a payroll deduction form. Just rip out this page, fill out the back with your deduction amount in block 5200 under LVPPA Metro Charities, then send the form in a 1000 miler to the LVPPA for processing. The LVPPA Metro Charities hopes that you will never need this, but will be here when you do. **VB** 



#### LAS VEGAS METROPOLITAN POLICE DEPARTMENT

#### **PAYROLL RECURRING DEDUCTIONS SHEET**

Vage Type	Deduction Type	Deduction Amount	Start Date	Stop Date	
		DUES			
5009	Black Police Dues (24 pay periods)				
5010	NLPOA Dues (24 pay periods)				
5007	PMSA Dues (24 pay periods)				
5005	PPA Dues (24 pay periods)				
5006	PPACE Dues (24 pay periods)				
5008	SPA Dues (24 pay periods)				
	MISCELL	ANEOUS DED	UCTIONS		
5405	City Hall Parking (24 pay periods)				
5200	LVPPA Metro Charities (24 pay periods)		ASAP		One Time Recurring
5403	Police Museum (24 pay periods)				☐ One Time ☐ Recurring
5404	Prepaid Legal Svcs. (24 pay periods)				
5400	United Way (26 pay periods)				☐ One Time ☐ Recurring
	Other				
		LOANS			
					Declining Amount
4532	Misc. Payback (one time deduction)		Reason:		
5200	PPA Assoc. Loan (24 pay periods)				\$
5220	PPACE Assoc. Loan (24 pay periods)				\$
OLLO	ODA I				\$
5210	SPA Loan (24 pay periods)				
	SPA Loan (24 pay periods)  Purchase Retirement (24 pay periods)	To purchase retiremer your request through F			\$

#### CONGRATULATIONS

### TO THE CONTEST WINNERS FROM THE LAST ISSUE!

**Hidden Symbol Contest (\$250)** 

Lourdes Rubio, P# 8078

P# Contest (\$50)



Andrew Velasquez, P# 8444



Kenneth Askins, P# 5036

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#### THANK YOU LETTERS

PPA,

Thank you very much for the beautiful flower arrangement you sent in sympathy to me and my family in the loss of my father. They helped to comfort us.

Jack Farran and Family

To Those at the PPA,

I thank all of you (PPA) for P# 484 what you do and for keeping us in the proverbial "loop" when it comes to items that could potentially affect us. I will do anything to help the cause. Enjoy and much thanks.

Regards, Bill Steinmetz

Thank You Letter to the Las Vegas Police Protective Association

On July 10th, 2010, I was involved in an officer involved shooting that ultimately would result in the longest and arguably highest profile Coroner's Inquest in the history of our agency. This life changing event placed an unbelievable amount of stress on myself as well as my family. The Las Vegas Police Protective Association was there for me and my family from the beginning until the end.

I would like to thank Tom Reid and Michelle Jotz for all their support from the beginning at the scene up until the final disposition at the Use of Force Review Board. I would also like to thank Michelle for her great article in the Vegas Beat magazine "Dodging Paper Bullets". Next I would like to thank Kathy Collins for her expert legal advice and for attending every single day of the six day inquest. I would also like to thank NWAC LVPPA union representative Ray Berni for his support and words of wisdom as well.

Last but not least, I would like to thank Chris Collins for his outstanding leadership of the LVPPA and his commitment to protect the members of the Las Vegas Police Protective Association as well as look out for our best interests. I've seen first hand how great of an organization the LVPPA is. Thanks for Everything!

Sincerely, W. Mosher

#### **EDITORIAL POLICY**

- Opinions expressed in LVPPA Vegas Beat are not necessarily those of the Las Vegas Police Protective Association.
- 2. No responsibility is assumed for unsolicited material.
- 3. Letters or articles submitted shall be limited to 500 words and must be accompanied by writer's name but may be reprinted without name or address at writer's request.
- 4. Freedom of expression is recognized within the bounds of good taste and limits of available space.
- 5. The Board of Directors reserves the right to edit submissions and/or include Editor's Notes to any submitted material.
- 6. The deadline for submissions to *LVPPA Vegas Beat* is approximately 30 days prior to the issue date.





2011

May 8 Peacekeeper's Kids 5K Race

May 8 Mother's Day

May 30 Memorial Day

June 2 General Membership

Meeting, 5:00 p.m.

June 19 Father's Day

June 21 First day of summer

#### RETIREMENTS

2/28/2011 Philip J. Leeke, P# 2653 CO Sergeant

4/03/2011 Donna J. Smith, P# 3348 CO II

4/12/2011 David R. Borst, Sr., P# 3579 CO II

4/13/2011 James H. Mitchell, P# 1829 PO II

6/29/2011 Michael H. Romero, P# 3673 PO II



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<sup>\*</sup> General Membership Meetings are quarterly rather than monthly. If you need to present something before the Board prior to a regularly scheduled General Membership Meeting, please contact the PPA office so you can be accommodated.

#### Discount Theme Park Tickets

"Gate Price" reflects one day admission only.

Tickets may be purchased in person P# 9170 at the LVPPA office located at

9330 W. Lake Mead Blvd, Suite 200 during normal business hours. (M - F 8a - 5p)

ACCEPTABLE METHODS OF PAYMENT ARE CASH OR CHECK.

Credit and Debit cards are NOT accepted.

For questions and information, please contact the LVPPA at (702) 384-8692.

The LVPPA makes no profit from the sales of Theme Park Tickets; however, our ticket costs are rounded to the nearest dollar

THEME PARK	TICKET	GATE PRICE	LVPPA PRICE
Knott's Berry Farm	One Day Ticket - Adult	\$46.99	\$31.00
	One Day Ticket - Child (3 and up under 48" tall)	\$24.99	\$22.00
	2 and under Free		
Legoland	Two Day Ticket - Legoland Only - Adult/Child 3-12	Adult -\$84.00/Child - \$74.00	\$56.00
	Two Day Ticket - Legoland Hopper -Adult/Child 3-12		
	(Legoland, Sea Life, Water Park)	Adult -\$91.00/Child - \$81.00	\$66.00
	2 and under Free		
Magic Mountain	One Day Ticket - Adult	\$59.99	\$27.00
	One Day Ticket - Child (under 48")	\$34.99	\$17.50
	2 and under Free		
San Diego Zoo	One Day Ticket - Adult	\$40.00	\$35.50
	One Day Ticket - Child (3-11)	\$30.00	\$27.00
	2 and under Free		
Sea World	Two Day Ticket - Adult	\$69.00 one day ticket	\$58.00
	Two Day Ticket - Child (3-9)	\$59.00 one day ticket	\$51.00
	2 and under Free		
Universal Studios	One Day w/6 months free Ticket —		
	Adult/Child under 48"	\$74.00 one day	\$64.00
	2 and under Free		
Wild Animal Park	One Day Ticket - Adult	\$40.00	\$35.50
	One Day Ticket - Child (3-11)	\$30.00	\$27.00



#### INSIGHT

Destiny is not a matter of chance, it is a matter of choice;

it is not a thing to be waited for, it is a thing to be achieved.

- William Jennings Bryan (1860-1925), speech,

Washington, 22 February 1899

## Now There Are 500 More Reasons Why It Pays to Read



## This issue contains TWO ways to win your share of \$500 CASH!

## Giveaway #1: One \$250 prize

Members who find the hidden in this issue of Vegas Beat and register through www.LVPPA.com will be entered into a drawing for \$250. You must enter by Monday, June 13, 2011, to be considered eligible. Telephone entries will not be accepted. Visit our website for more details.

## Giveaway #2: Five \$50 prizes

We've hidden five personnel numbers within this issue of Vegas Beat. If your number is among them and you call (702) 384-8692 to let us know that you found it, you'll win \$50. If you didn't find your number this time, try again in the next issue where we'll hide five more!

Excludes P#s listed in Retirement and End of Watch sections of Vegas Beat

## Cash is great, but our giveaways aren't the only reasons to read Vegas Beat.

Each issue gives you the latest information on

- Contract negotiations
- Benefit changes
- Retirement considerations
- Hot topics on the job
- Association news
- Upcoming events

For so many reasons, it pays to read Vegas Beat.

## WHAT WE DO FOR YOU FEBRUARY/MARCH 2011 REPRESENTATION STATISTICS

		LABOR MANAGEMENT	BOARDS	
	Hearing Date	Alleged Violation(s)	Original Discipline	Decision
	2/10/11	Police Business Confidential; Dissemination of Criminal History Information	40 hour suspension	Apeal Denied
		PRE-TERMINATION HE	ARINGS	
	Hearing Date	Alleged Violation(s)	Original Discipline	Decision
	2/23/11	Gross Insubordination	Recommended Termination	Not terminated - 40 hour suspension
	2/28/11	Gross Insubordination	Recommended Termination	Terminated - appealed to arbitration
	3/14/11	Conduct Unbecoming	Recommended Termination	Terminated - appealed to arbitration
	4/6/11	Cheating on Employment Promotional Exam	Recommended Termination	Not terminated - no discipline
		ARBITRATIONS		
All. Violation Date	Hearing Date	Alleged Violation(s)	Original Discipline	Decision
N/A	N/A	N/A	N/A	N/A
		CITIZEN REVIEW BOARD C	OMPLAINTS	
Dismissed	Alt. Recommended	Referred to IAB for Review	Concurred w/ IAB Finding	Pending CRB Decision
0	0	0	0	3
	OFFICER	INVOLVED SHOOTINGS/USE OF	DEADLY FORCE INCIDENT	rs
Date		Use of Force Board Decision	Inquest Decision	
7/18/10		Justified	N/A	
8/27/10		Justified	Pending	
9/5/10		4/11/11	N/A	
10/11/10		4/11/11	N/A	
11/15/10		Pending	Pending	
11/15/10		Pending	Pending	
12/11/10		Pending	N/A	
12/26/10		Pending	N/A	
12/28/10		Pending	N/A	
1/12/11		Pending	N/A	
2/15/11		Pending	Pending	
2/17/11		Pending	N/A	
2/23/11		Pending	Pending	
2/23/11		Pending	N/A	
3/8/11		Pending	Pending	
3/15/11		Pending	N/A	
3/28/11		Pending	N/A	
4/3/11		Pending	Pending	
	INTERI	NAL AFFAIRS SECTION AND BUR	_	
	Declined	Represented	Total	
	54	134	188	
		ACCIDENT REVIEW E	OARD	
	Excusable	Non-Negligent	Negligent	Rescheduled
	4	1	36	0

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