

LAPRA 2016 Fitness Challenge Ends Sept. 30

The LAPRA 2015 Fitness Challenge ends on Friday, September 30. This year 69 teams are participating, showing drive, commitment and dedication to losing weight and getting healthier. Cash prizes will be awarded to the top six teams that lose the greatest percentage of total team weight with prizes ranging from \$1,500 to \$10,000 that goes toward the team's Division Station Fund. An additional team prize of \$2,000 that goes toward the team's Division Station Fund will be awarded to any team that wins one of the top six team prizes with the final 20 members being sworn officers assigned to a field position (as defined by the LAPPL MOU, Article 5.4 Uniform Field Officer Incentive). Teams that don't take one of the top six prizes can still earn a \$500 prize toward their Division Station Fund if the team (final 20 members) loses five percent or more of their total team weight.

Individual prizes are also awarded for the greatest percentage of individual weight loss over the course of the Fitness Challenge. Individual prizes range from \$1,000 to \$5,000.

Ending Weigh-in Reminder

Each team's final ending weigh-in must be completed between Sept. 22 and Sept. 30. A Fitness Challenge Application must be completed with each team member's name (up to 25), serial number, Division of assignment and ending weight listed. The application must be signed by the team captain or co-captain and Commanding Officer and delivered to LAPRA no later than 5:00 p.m. on Friday, Sept. 30 via fax (213-674-3715), email (FitnessChallenge@lapra.org) or dropped off at LAPRA (600 N. Grand Ave., Los Angeles, CA 90012).

Late applications will not be accepted. ■

Each team's final ending weigh-in must be completed between Sept. 22 and Sept. 30.



Attention Fitness Challenge Team Captains

Please send an email by Oct. 10 to fitnesschallenge@lapra.org with the number of team members who will be attending the awards luncheon on Oct. 26. And please encourage team members attending the awards luncheon to carpool.

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Fitness Challenge Awards Luncheon Set for Wednesday, Oct. 26

The winners of the 2016 Fitness Challenge will be announced at the awards luncheon set for Wednesday, Oct. 26 from 11:00 a.m. to 12:30 p.m. at Elysian Park Field. All Fitness Challenge participants are invited to join us for a healthy lunch and to find out who this year's top teams and individual winners are. Raffle tickets will also be distributed with a variety of prizes available. For more information about the awards luncheon go to www.lapra.org.

LAPRAF Announces 2016 Academic Scholarship Winners

Four exceptional high school seniors are ready to pursue their college goals and career dreams with scholarships awarded by the Los Angeles Police Relief and Assistance Foundation (LAPRAF). The 2016 LAPRAF Academic Scholarships, presented to the winners at a July 20th luncheon, recognize academic excellence, leadership and a dedication to community service. Each \$10,000 scholarship is divided into four annual awards of \$2,500; recipients must maintain an acceptable grade point average and carry a full load of college classes each year.

The LAPRAF scholarship committee received 72 applications for the 2016 awards, and this year's winners include two brothers. Meet this year's scholarship recipients:

Ariana Soto shared her passion for computer science by helping others succeed at it. As a sophomore at St. Lucy's Priory High School, Ariana founded a chapter of the national non-profit "Girls Who Code" organization to offer her all-female classmates greater opportunities to explore computer science and engineering; she is proud that the popular club she established will continue to serve young women in the future. In addition to holding multiple leadership roles, Ariana played AYSO soccer, ran track and field, and volunteered at the West Covina Public Library and the Youth Science Center in Hacienda Heights. Ariana plans to study computer science at Harvard University.

Emilee Madison Hall was inspired to become a physician by her love of science and serving others. As a summer Leadership Intern at her



Our 2016 LAPRAF Academic Scholarship winners pictured from left to right are Ariana Soto, Emilee Madison Hall and David Paillet. Not pictured, Gregory Paillet.

community's Camp Invention, the Canyon Country resident designed educational games and activities focused on various aspects of STEM to inspire children ages 5 through 12 to pursue a career in these fields. The Village Christian High School valedictorian was a peer tutor in math and science and lettered in girls varsity soccer. Emilee will attend UC Berkeley in the fall to study molecular and cellular biology and pursue a pre-medicine tract.

David Paillet achieved the highest honor in the Boy Scout organization when he attained the rank of Eagle Scout. Eagle Scouts are recognized for their work ethic, leadership skills and community service; David's Eagle Scout project benefitted the International Bird Rescue in San Pedro, an organization that reflects his love of animals. As a member of the National Honor Society and California Scholarship Federation, the Palos Verdes High School student participated in many service activities and was required to maintain a high GPA. He also

performed in advanced orchestra and in musical competitions against other high schools. David will attend UC Berkeley, where he plans to major in engineering.

Gregory Paillet has long been fascinated by the starry night sky, and last summer his fascination led to a semifinalist position in astrophysics in the prestigious Siemens Science Competition. At Palos Verdes High School, Gregory also served as president of the Math Club, managing the formation of competitive teams, introducing conceptual topics and sharing his passion for mathematics. He honed his leadership skills through years with the Boy Scouts of America. His community service includes projects with the National Honor Society, California Scholarship Federation and Los Hermanos. Gregory looks forward to studying aerospace engineering at Massachusetts Institute of Technology (MIT). ■

Financial Assistance for Those Who Serve

Established in 2007, the Los Angeles Police Relief and Assistance Foundation (LAPRAF) provides financial assistance and other support to active and retired officers and their families who find themselves in dire financial circumstances. Donations provide care for our police officers and their families including basic living expenses and other financial assistance. The LAPRAF also provides academic scholarships for the children of police officers who are members of the Los Angeles Police Relief Association (LAPRA).

To donate, you can contribute a small ongoing amount through charity deductions from your paycheck or pension check, or you can make a tax-deductible direction donation. You can also add the Foundation as a beneficiary to your trust or will. For more information on how you can make a donation, please call 213-674-3724.

Visit a Doctor without Going to a Doctor's Office

LiveHealth Online is the telemedicine program through Anthem Blue Cross that lets you have a face-to-face conversation with a doctor on your computer or mobile device. It can save you money, time and a trip to the doctor's office.

If you are enrolled in the Anthem Blue Cross Prudent Buyer PPO, LiveHealth Online is included as part of your health plan. The cost of a LiveHealth Online visit is the same or less than a primary care office visit. To find out how much your visit will cost, enter your member ID on LiveHealth Online and the cost will be shown before you visit with a doctor.



With LiveHealth Online you can:

- Use it at work, at home or on the go. You never need an appointment.
- Log in and talk to a doctor within a few minutes.
- Connect with a doctor any time of the day or night, 365 days a year.

To get started using LiveHealth Online, go to www.livehealthonline.com and click on “**Get Started**” to set up an account and complete your profile. You can also download the mobile app. Search “LiveHealth Online” from the App Store on or Google Play. If you have questions or need assistance, call LiveHealth Online at 855-603-7985. ■



Save Money with Tax Savings Accounts

Open Enrollment for your City of Los Angeles Flex Benefits is Oct. 1 through Oct. 31. This is your once-a-year opportunity to make changes to your City-sponsored benefits and enroll in one or more tax savings accounts. When you enroll in tax savings accounts, you set aside pre-tax dollars from your paycheck to cover eligible expenses. Because you contribute pre-tax dollars, you can save from 20% to 40% on your out-of-pocket costs for eligible expenses.

During Open Enrollment, you can enroll in a Healthcare Flexible Spending Account and contribute up to \$2,550 for 2017, and/or a Dependent Care Reimbursement Account and contribute up to \$4,992 for 2017. You can enroll or make changes to a Transit Spending Account or Parking Spending Account (up to \$255 per month for each account) at any time during the year. To learn more, review your upcoming Open Enrollment materials and visit myflexla.com.



Los Angeles Police Relief Association, Inc.
 600 North Grand Avenue
 Los Angeles, California 90012

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**Come to the 2016 Fitness
 Challenge awards
 luncheon on October 26.
 Look inside for details.**

The GUARDIAN is a quarterly publication for members of the Los Angeles Police Relief Association. All rights reserved. If you have an idea for a future newsletter article, send an email to guardianeditor@lapra.org. Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

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Mark Your Calendar
City of Los Angeles Benefits Open Enrollment for Active Employees
 Oct. 1 - Oct. 31
 Visit per.lacity.org/bens/ or call 213-978-1655

LAPL Upcoming Membership Outreach Days
 Thursday, Oct. 6 — Harbor Station
 Thursday, Oct. 20 — Devonshire Station
 Thursday, Nov. 3 — North Hollywood Station
 Thursday, Nov. 17 — Mission/Davis Academy
 Thursday, Dec. 1 — Topanga Station

LAPRA Fitness Challenge Awards Luncheon
 Wednesday, Oct. 26, 11:00 a.m. to 12:30 p.m.
 Elysian Park Field

LAPRA & LAPPL Annual Open House
 Wednesday, Dec. 7 at LAPPL, 1308 W. 8th St.,
 Los Angeles, CA 90017