

LAPRA 2017 Fitness Challenge Ends Sept. 30

The LAPRA 2017 Fitness Challenge ends on Saturday, September 30. This year 73 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 \$750 to \$3,500. New for 2017, we are introducing a "Keep It Off" incentive worth \$350 for individuals who lose 15% more of their entry weight by the end of this year's Fitness Challenge and manage to keep the weight off through April 25, 2018. Visit www.lapra.org for more information about the Keep It Off incentive.



Attention Fitness Challenge Team Captains

Please send an email by Monday, October 9 to fitnesschallenge@lapra.org with the number of team members who will be attending the awards luncheon on October 18. With limited parking available, please encourage team members attending the awards luncheon to carpool.

Ending Weigh-in Reminder

Each team's final ending weigh-in must be completed between Sept. 21 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 Saturday, Sept. 30 via email (FitnessChallenge@lapra.org). The deadline to drop off a completed application at LAPRA (600 N. Grand Ave., Los Angeles) is 5:00 p.m. on Friday, Sept 29. ■

Inside This Issue

Students Pursue Dreams with LAPRA Scholarships.....	2
LAPD Health Fair.....	3
Heal House Calls.....	3
Taking Care of Our Own.....	3

Fitness Challenge Awards Luncheon Set for Wednesday, October 18

The winners of the 2017 Fitness Challenge will be announced at the awards luncheon set for Wednesday, October 18 from 11:00 a.m. to 12:30 p.m. at the Elysian Park Academy located at 1880 Academy Dr, Los Angeles, CA 90012. 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 be distributed with a variety of prizes available. For more information about the awards luncheon, go to www.lapra.org.

Students Pursue Dreams with LAPRAF Scholarships

Four ambitious high school seniors will begin their college careers this fall with academic scholarships from the Los Angeles Police Relief and Assistance Foundation (LAPRAF). The scholarships recognize academic excellence, leadership and dedication to community service. Each recipient must maintain an acceptable grade point average and carry a full load of classes each year to receive \$10,000, divided into four annual awards of \$2,500.

The scholarship committee received 78 applications for 2017 and presented the awards to the winners at a luncheon on July 19 at The Palm Restaurant in downtown Los Angeles. Meet the students who are planning careers that will improve life for others:

Allison Williams will study biochemistry at the University of California, San Diego. At the Troy Tech program at Troy High School, she studied computer science and completed a summer internship at Cal State Fullerton. There she performed laboratory research on neurotransmitter molecules and presented her findings at the Troy Tech Fair.

“Watching my great-grandmother suffer from Alzheimer’s disease ignited my desire to pursue medical research in hopes that I might help find a cure for such a devastating disease,” said Williams.

Williams was school president of the Habitat for Humanity club and also volunteers every week at St. Jude Medical Center.

Andrew Costley wants to help solve global problems with a degree in chemical engineering from the



2017 LAPRAF Academic Scholarship winners pictured from left to right are Aracely Valencia, Andrew Costley and Allison Williams. Not pictured, Samantha Abolos.

University of California, Santa Barbara.

“The best solutions to world problems are the ones that emerge from engineering innovation and are supported by science,” said Costley. “My goal as an engineer is to create systems in which human life may improve.”

At Mira Costa High School, Costley is involved in Model United Nations, where student participants debate real-world international issues. He is also an award-winning cross-country runner, team captain, and volunteers for the Together We Tutor club.

Aracely Valencia will attend Stanford University to study political science. She was 11 years old when her father was shot in the line of duty, which fueled her desire to become a criminal prosecutor.

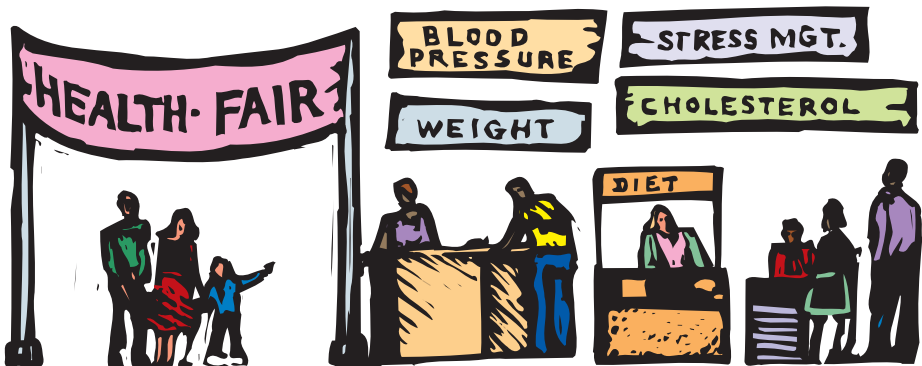
“My goal is to represent the people and preserve truth and justice,” said Valencia. “I hope that through reforming the criminal justice system I might bring justice to not only victims of the past, but of the future.”

At Highland High School, Valencia has been captain of the varsity tennis team, an actor in a Shakespearean play, lead attorney in her first mock trial competition, and organized a prom for special needs students.

Samantha Abolos wants to study chemical and biomolecular engineering when she enters Johns Hopkins University in Baltimore, Maryland.

“My dream is to help people by inventing a device or a cure that someone who is suffering can use to eliminate that suffering - or even just ease it,” said Abolos.

She is a member of the Science National Honors Society and the International Baccalaureate Program at Ralph L. Fike High School, where she will complete 150 hours of creativity, activity, and service. She helped create a tutoring program for middle school students and will volunteer to do art therapy with disabled children at Johns Hopkins Hospital. ■



Come to the LAPD Health Fair

Wednesday, October 11 • 8:00 a.m. to 2:00 p.m.
Elysian Park Academy

Stop by the LAPD Health Fair on Wednesday, October 11 at the Elysian Park Academy, 1880 N. Academy Road, Los Angeles, CA 90012. Learn about your health from more than 35 medical and health vendors onsite providing information, demonstrations and giveaways.

**FREE
FLU
SHOTS**

Free Health Screenings

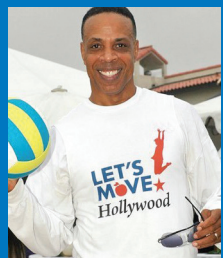
- Blood Pressure
- Cholesterol
- Glucose Screening
- Stroke Prevention
- Pulmonary Function
- Thyroid

Fitness Class with Special Guest Celebrity Trainer Dion Jackson

10 a.m. to 11 a.m.

\$500 Station prize for the Division with the highest number of participants.

Go to www.lapra.org to register for the class.



For more information, contact Sergeant Jeffrey Owen #34660 Medical Liason Section, Personnel Division (213) 486-4600.

Taking Care of Our Own

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.

The LAPRAF also provides academic scholarships for children of LAPRA members attending college.

Please consider a financial donation, small or large, so we can help even more officers and their families who need assistance. For information on how you can make a donation, call LAPRA at (213) 674-3724.

See a Doctor in the Comfort of Your Home with a Heal House Call



Heal is a doctor house call app that helps you see a doctor at home, available 7 days a week from 8 a.m. to 8 p.m. Using the website, mobile app, or by calling a patient support rep, you can connect with a doctor that is available to come to you. If you live in California and are enrolled in the Anthem Blue Cross Prudent Buyer PPO, a Heal House Call is covered the same as an in-network office to your doctor (90% after your calendar year deductible). If you are enrolled in the Anthem Blue Cross CaliforniaCare HMO or the Kaiser HMO, the cost for a Heal House Call is \$99.

For more information, visit www.heal.com or call (844) 644-4325.



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

PRESORTED STD
 US POSTAGE
 PAID
 ACTION MAIL



**Come to the 2017 Fitness
 Challenge awards
 luncheon on October 18.
 Look inside for details.**

Los Angeles Police Relief Association — 2017 Board of Directors

President Kevin McCarthy 213-972-2460

Vice President Ruby Flores 213-216-3973

Secretary Connie Dial, Insurance, Benefits & Membership 213-674-3701

Treasurer Tim McBride, Finance/Audit 213-674-3701

Directors/Committee Chairs

Dana Berns, Emergency Relief 818-832-3712

John Shah, Administration 213-486-6043

Gerald Woodyard 213-486-6000

Paul Enox, Retired Liaison 310-989-2456

Jules Sohn 310-883-8956

Darius Trugman 213-674-3701

Lugman Watkins 213-674-3701

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 benefits@lapra.org. Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

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

LAPD Health Fair
 Wednesday, Oct. 11, 8:00 a.m. to 2:00 p.m.
 Elysian Park Academy

LAPRA Fitness Challenge Awards Luncheon
 Wednesday, Oct. 18, 11:00 a.m. to 12:30 p.m.
 Elysian Park Academy

LAPRA/LAPPL Holiday Luncheon
 Wednesday, Dec. 6, 11:00 a.m. to 3:00 p.m.
 Elysian Park Academy

LAPPL Upcoming Membership Outreach Days
 Thursday, Oct. 12 - Devonshire Station Member Outreach
 Thursday, Nov. 2 - Central /PAB Member Outreach
 Thursday, Nov. 16 - Mission Station Member Outreach