

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

December 2018

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See our website for more

Information: post.nv.gov

And Facebook at

[Facebook.com/NVPOST](https://www.facebook.com/NVPOST)

POST Professional Certificates Awarded

POST is proud to list the following officers
that have been awarded Professional Certificates during the month of November!

Boulder City PD

Glenn, John A.; Intermediate

City of LV Dept of Public Safety

Barney, Scott W.; Supervisor

Jones, Jason C.; Intermediate

Clark Co School District PD

Beck, Kevin R.; Advanced

Douglas Co DA

Putzer, Brian G.; Intermediate & Advanced

Fallon PD

Shyne, Daniel M.; Supervisor

LV Metro Detention Center

Christopherson, Rick R.; Intermediate & Advanced

McCleery, Jeremy L.; Intermediate & Advanced

Riesepow, Michael W.; Intermediate, Advanced & Supervisor

LV Metro PD

Diebold, Justin D.; Supervisor

Dinh, Christopher P.; Advanced

Harris, Matthew S.; Intermediate & Advanced

Hatfield-Cook, Gabriella K.; Intermediate & Advanced

Mahon, Kara L.; Intermediate & Advanced

Marshall, Joseph A.; Intermediate

Theobald, Ronald J.; Advanced

Todd, Tyler M.; Supervisor

NV. Dept. of Corrections

Gang, Philip R.; Intermediate

NV. Dept. of Public Safety

Evans, Aaron D.; Supervisor

Madsen, James C.; Supervisor

Scott, Sean O.; Supervisor

Sparks Municipal Court

Darby, Donald L.; Advanced

Sparks PD

Hurley, Eron M.; Intermediate & Advanced

Winnemucca PD

Garrison, David L.; Intermediate & Advanced

This communication is intended for all of Nevada Law Enforcement. Please forward this document or make it available to anyone for which the material may be of interest. This document is also available from the Home page of <http://post.nv.gov>

NRS/NAC & POST Regulations

[NRS 289.550](#)

Certification from POST requirements.

www.leg.state.nv.us/NRS/NRS-289.html

[Reciprocity Eligibility Requirements](#)

[NRS 289.460 Category I](#)
[NRS 289.470 Category II](#)

Peace Officer Definitions by Category.

www.http://post.nv.gov/Training/Reciprocity/

[NAC 289.110](#)

Minimum standards for appointment

[www.leg.state.nv.us/NAC/NAC-](http://www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec110)

[289.html#NAC289Sec110](http://www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec110)

SNALET/NALET Meetings

The January 2019 SNALET meeting will be held on January 16, 2019 at 9:30 A.M. located at Clark County School District Police Dept. 120 Corporate Park Drive - Henderson

The January 2019 NALET meeting will be held on January 24, 2019 at 9:30 A.M. located at 102 A/B - Regional Public Safety Training Center - 5190 Spectrum Blvd. - Reno

POST Academy 2019-01 Enrollment Deadline Approaching

The POST Academy 2019-01 begins January 28, 2019. The deadline for the submission of completed enrollment packets is January 7, 2019.

POST no longer accepts names or reservations for spots in the Basic Academy. Spots are received on a first come first served basis of completed enrollment packet submissions. For further information on the POST Basic Academy Enrollment Policy, please see the third page of the [Enrollment Packet](#).

If you have any questions, feel free to contact the Training Division Administrative Assistant, Amanda Socha at 775-687-3310 or at asocha@post.state.nv.us

POST Online Training: nvelearn.nv.gov

Did you know POST offers professional training courses for law enforcement? These courses are self-study and available through the State of Nevada Online Professional Development Center (nvelearn). All you have to do is create an account by accessing the website: <https://nvelearn.nv.gov> (also listed on POST's website under Training Opportunities). These courses are available 24x7, 365 days a year, and from any computer with internet access!

To begin your classes today, click [HERE](#)

POST Commission Meeting

The next Commission Meeting will be held on February 5, 2019 at 10:00 am. It will be located at POST, 5587 Wa Pai Shone Dr. Carson City, NV

Rio Salado College, a Maricopa County Community College in Tempe, Arizona, is proud to announce its Credit by Examination program in Law Enforcement Technology. This program is for individuals who are interested in receiving college credit for graduating from one of the NV POST certified category I basic academies.

Eligibility:

Graduated from a NV POST certified category I basic peace officer academy certified for a minimum of 560 hour academy since January 2017

Contact Darcy Breault, Public Safety Programs Coordinator, regarding any specific questions at 480-517-8461.

POST Training Division has a supply of PR-24/Side handle batons, available to any Nevada Law Enforcement agency that can make use of them. If you are interested, please contact Training Officer Dean Paris at 775-687-3304 or dparis@post.state.nv.us to make arrangements to pick them up.



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Management Program

POST is in the process of up-dating all of its programs. The current Management program is undergoing an update. Anyone that has started taking the modules are encouraged to complete the program during the 2018 calendar year. We will be changing the Independent modules and books so that information in the books can be better used in the classroom setting.

POST Administration Manual

We've made changes to the POST Administration Manual: Please review [HERE](#)

New research has shown holiday weight gain accumulates.

By Training Specialist Eric Schinzing

Although the topic of holiday weight gain comes up every year, research has found the occurrence is more a reality than a myth. Starting in October, Americans begin putting on extra pounds from sweets and treats and peak sometime after Christmas into the New Year. Coincidentally, it is just after this time in which new gym memberships become the trend.

According to research from Cornell University, people's weight increase during the holiday season. On average Americans gain approximately one to two pounds during the holiday season. While this weight gain is not significant, research also shows those "extra" pounds accumulate over the years. A trim and fit officer can send the right message to the community and this includes criminals as well. So stay mindful of your health during the holiday season while enjoying time with friends, family and food.

In preparation for a big party or feast, do not skip meals during the day as this may result in overeating. It is always important to have a healthy breakfast, even for those on shift work like peace officers. Research shows those whom eat a healthy breakfast consume less calories throughout the day. Additionally, include a lot of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large and buffet-style and include second and third helpings. Some strategies to help you put less food on your plate is to use a smaller plate or start by filling your plate with healthy choices like vegetables and salad prior to entrees and desserts. It will be easier to pass on extra dessert. Finally, after eating, get some physical activity. This is a great time to go for a walk or play an active game with friends and family.

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