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Kathy Floyd

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Adam Houle

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Scott Johnston

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Warren Turner

Training Specialist

Cindy Lee

Program Officer

Kayla Parsley

Admin

TRAINING

Boe Turner

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Brian Mehrer

Academy Commander

Andy Borkowski

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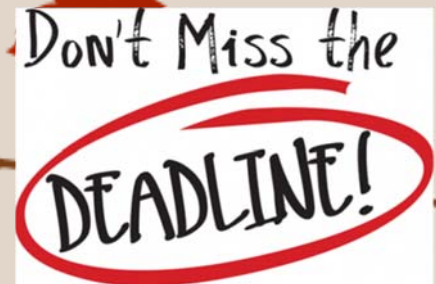
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POST Academy 2018-01 Enrollment Deadline Approaching

The POST Academy 2018-01 begins January 22, 2018. The deadline for the submission of completed enrollment packets is December 28th, 2017.

REMINDER! 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



2017 Annual Compliance

It is that time again for an officer's annual compliance training to be completed. All reporting of annual compliance for 2017 should be submitted to POST by December 31, 2017. Every year as a requirement to maintain basic certification, an officer must demonstrate proficiency in the five required critical skills plus 12 hours of agency training (or have a valid excuse as indicated by the pull-down selection in the Formatta Form). The initial compliance reports have been run and sent via email to the agency single-point-of-contact providing the status of officers in their agency. For questions about compliance, contact Kayla Parsley at 775-687-3331 or kparsley@post.state.nv.us. Agencies that are submitting spreadsheets for import should send them to Kayla Parsley at kparsley@post.state.nv.us.

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Benefits of exercise as a stress reliever by Training Specialist Eric Schinzing

When it comes to good mental health, physical activity matters. Exercise improves overall fitness including the ability to improve mood and feelings of wellbeing. Although many Americans know this and the media routinely states the benefits of exercise, less Americans are physically active.

Law enforcement is a high stress occupation. The highest levels of stress are taken by those who take on the roles of authority figures and place themselves in dangerous situations. Few careers introduce individuals to the constant exposure of people suffering, threats to their person and repression of emotions. It is a burden of protecting the public which comes at the cost of prevailing stress.

A great stress coping mechanism for officers could be exercise. It is a well-known and accepted fact that the majority of society feel good about themselves after exercising. Preliminary evidence suggests physically active people have lower rates of stress induced anxiety and depression than sedentary people. It is also an accepted fact that exercise enhances the body's ability to respond to stress. Thirty minutes of exercise at moderate intensity just three days a week is adequate for health benefits. The health benefits from regular exercise should be emphasized and reinforced by every law enforcement agency to their officers. A decrease in stress by exercise could assist in the following:

1. Improved sleep
2. Increased interest in family/friends/loved ones
3. Better endurance
4. Increased energy and stamina
5. Improvement in mood
6. Reduced tiredness that can increase mental alertness
7. Weight reduction
8. Reduced cholesterol and improved cardiovascular fitness
9. Fewer sick days
10. Decreased possibilities of injury while on duty

The biggest excuse for not exercising is a lack of time. There is no doubt police officers have to balance their busy schedules of work and family/social life. Many also donate their time to community services like helping at local youth functions or other societal tasks to benefit the less fortunate. However, how can one ever have time to exercise if one never takes the time to exercise?

A physical problem related to chronic stress include the lowering of the immune system. Chronic stress can eventually lead to serious life-threatening illnesses such as heart disease, obesity, diabetes, headaches, accelerated aging and gastrointestinal problems. The Journal of American Medical Associations recent research indicates stress may affect the development of cancer. The positive mental and physical benefits of exercise is something every officer should consider when dealing with stress.

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G.I. Bill Benefits

Attention Veterans Attending the POST Academy 2018-01

If you are a veteran and qualify for GI Bill Benefits, and would like to apply for those benefits prior to the academy, please complete:

- Form 22-1990 (if you have never applied)
- Form 22-1995 (if you have already applied for benefits)

POST will also need a copy of all certificates, copy of transcripts (unofficial is acceptable), and all training that may qualify for prior credit (DD-214, Military Transcripts, College Transcripts). Please bring all required documents including these forms, filled out and completed, the first week of the academy.

If you have any questions please visit:

<http://www.benefits.va.gov/gibill>

<https://gibill.custhelp.com/app/home>

You may also contact 888-GIBILL1 (888-442-4551)

Wanted Couches

POST is in need of some lightly used, still in fairly good condition, couches for our cadet dorms. If you have any couches you'd like to donate please contact Eric Schinzing at 775-687-3308 or at eschinzing@post.state.nv.us.





POST News

November 2017

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Congratulations to the Graduates of POST Academy 2017-02

The Nevada Commission on Peace Officer Standards and Training (POST) is pleased to announce the graduation of POST Academy Class 2017-02 which occurred on Thursday, November 16, 2017. Eighteen Category I Officers and one Category II Officer, representing 13 agencies from around the state took oath of office. The following cadets were awarded special recognition for superior achievement:

- Deputy Christopher R. Arrison from Lyon County Sheriff's Office, Superior Marksmanship
- Deputy Jordan R. Hadlock from Carson City Sheriff's Office, Physical Fitness
- Deputy Manda S. Howard from Humboldt County Sheriff's Office, Academic Achievement
- Deputy Scott Wharton from Douglas County Sheriff's Office, Outstanding Graduate



PPFT Administrators Course

On December 7th from 0800-1100; located at Kollar Hall. You must bring the Nevada Peace Officer Standards and Training Physical Fitness Test with you.

This can be found on the website at: http://post.nv.gov/Training/POST_Academy/Physical_Fitness/

You will **not** be completing the physical fitness test so athletic apparel is not needed.

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POST Professional Certificates Awarded

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

Carson City Juvenile Probation Services

Banister, Ali M.; Supervisor

Lawlor, Linda L.; Supervisor

Carson City So

Henneberger, Daniel G.; Intermediate

Humphrey, Brian C.; Executive

Prazak, Justin C.; Advanced

Churchill Co So

Cooley, Jeffrey H.; Supervisor

City of LV Dept. of Public Safety

Dent, Tiffany M.; Advanced

McCoy, Zachary K.; Intermediate and Advanced

Douglas Co So

Kruger, Joel L.; Supervisor

Miller, Ronald K.; Supervisor

Rodriguez, Richard; Advanced

Torres, Francisco A.; Supervisor

Windsor, Adam R.; Supervisor

Elko Co So

Nunes, Luiz C.; Supervisor

Silva, Michael M.; Intermediate

LV Metro Detention Center

Donohue, Christopher E.; Supervisor

Lyon Co Juvenile Probation

Kirkley, Brian A.; Advanced

Stone, Rosa L.; Advanced

Mesquite PD

Averett, Quinn C.; Supervisor

Rowley, Christopher E.; Supervisor

Tobler, Bradley K.; Advanced and Supervisor

NV Dept. of Corrections

Kassebaum, Shari L.; Intermediate, Advanced, and Supervisor

NV Dept. of Public Safety

Honea, Kevin E.; Management

NV Gaming Control Board

Woods, Justin E.; Supervisor

Nye Co So

Jensen, Kevin; Intermediate

Mendoza, Monique; Advanced

Teter, Joshua M.; Intermediate

Reno PD

Carranza, George L.; Intermediate and Advanced

Lahren, Chad A.; Supervisor

Valles, Carlos S.; Intermediate

Southern NV Adult Mental Health Services

Parkson, Kyle W.; Intermediate

Sparks PD

Broce, Christopher S.; Intermediate

UNR PD

Borkowski, Andrew J.; Intermediate

Washoe Co So

Frisch, Paulette L.; Intermediate

Leonard, John J.; Supervisor

West Wendover PD

Lining, Donald L.; Supervisor

Petro, Catherine A.; Supervisor

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