



**ADMINISTRATION**

**Mike Sherlock**

*Executive Director*

**Tim Bunting**

*Deputy Director*

**Kathy Floyd**

*Executive Assistant*

**Shirley Micallef**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

**STANDARDS**

**Scott Johnston**

*Chief*

**Warren Turner**

*Training Specialist*

**Cindy Lee**

*Program Officer*

**Kayla Parsley**

*Admin*

**TRAINING**

**Boe Turner**

*Chief*

**Brian Mehrer**

*Academy Commander*

**Andy Borkowski**

*Training Specialist*

**Eric Schinzing**

*Training Specialist*

**Cameron Carmichael**

*Training Specialist*

**Amanda Socha**

*Admin*

775-687-7678

See our website for more  
Information: [post.nv.gov](http://post.nv.gov)

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

**POST Academy 2018-01 Registration is Open**

Registration is currently open for the POST Academy Class 2018-01. The enrollment packet is available on the [Training](#) section of our website. The deadline for the submission of completed packets to be received by POST is 5:00 PM on December 28, 2017. If you have questions, contact Amanda Socha at [asocha@post.state.nv.us](mailto:asocha@post.state.nv.us).

**POST Academy Graduation November 16, 2017**

The graduation ceremony for POST Academy Class 2017-02 will be held on November 16, 2017 at 10:00 A.M. on the east lawn of the POST Building 6 at the Stewart Facility in Carson City. This graduation class will include 18 category I and 1 category II officers from various County Sheriff's Offices, Juvenile Probation Services, City Police Departments, State Agencies, Justice Courts and Tribal Police Departments.

**POST Staff Member Retirement**

Please join us in congratulating Shirley Micallef! After more than 10 years with POST, Shirley has more than earned her well-deserved retirement! We will miss her and all she does!



## ADMINISTRATION

**Mike Sherlock**

*Executive Director*

**Tim Bunting**

*Deputy Director*

**Kathy Floyd**

*Executive Assistant*

**Shirley Micallef**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

## STANDARDS

**Scott Johnston**

*Chief*

**Warren Turner**

*Training Specialist*

**Cindy Lee**

*Program Officer*

**Kayla Parsley**

*Admin*

## TRAINING

**Boe Turner**

*Chief*

**Brian Mehrer**

*Academy Commander*

**Andy Borkowski**

*Training Specialist*

**Eric Schinzing**

*Training Specialist*

**Cameron Carmichael**

*Training Specialist*

**Amanda Socha**

*Admin*

775-687-7678

See our website for more  
Information: [post.nv.gov](http://post.nv.gov)

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

By T.O Schinzing

### BODY MASS INDEX TO DETERMINE HEALTH AND PHYSICAL FITNESS

Millions of Americans visit physician offices for a physical each year. For Nevada Peace Officers and Fire Fighters an annual physical is mandatory under NRS 617. Heart and lung diseases are presumptive occupational hazards of their occupation.

A physician may use one of many tests to determine a patient overall health. Body mass index or BMI is one of those tests to determine if a person is overweight or obese. BMI is used in population studies by doctors, personal trainers and clinicians to determine health.

BMI has been used for over 100 years to determine if a person is overweight or underweight. BMI was invented by Lambert Adolphe Jacques Quetelet in the 1830s. BMI was originally called the Quetelet index. Quetelet was a Belgian astronomer, mathematician and some consider him one of the modern founders of statistics as a scientific discipline. "Quetelet was fascinated with regularity in statistical patterns in collected data on rates of crime, marriage, mental illness and mortality, including suicides" (Desrosieres, The politics of Large Numbers, 1988). When Quetelet devised his BMI method, there were no computers or electronic equipment like those so abundantly used in the medical field now. Professor Nick Trefethen, a mathematician from Oxford University has questioned the current use of BMI calculation calling it a "bizarre measure".

BMI is commonly used by some insurance companies to determine a workers health care costs and at times used to determine health insurance premiums. It is assumed a person's lifestyle is unhealthy because their BMI is high.

The BMI calculation divides a person's weight by their height to the power of 2, or squared. In his book, The End of Average, Todd Rose states how society has used standards and norms as a means of classifying individuals into groups. These range from regulation of military uniforms, airplane cockpits, required test scores in education, college admissions and the selection of employees. Rose notes we have created an emphasis on conformity and the rise of "averagarians." The BMI scientific calculation for an individual's fitness or health is draconian. BMI has multiple significant flaws, it does not measure overall fat or lean tissue like muscle. The simplicity of BMI is it can be used on the masses, but is it a medical diagnostic tool? Should the medical field be using BMI has a standard to determine fitness or health?

For example a person who never exercises, is 6 feet tall and weighs 203 pounds, would have a BMI of 27. An Olympic athlete, is 6 feet tall and weighs 215 pounds, would have a BMI of 29.2. According to the BMI calculation, the Olympic athlete would be borderline obese and less healthy than the person who never exercised. As muscle weights about 18 percent more than fat, clearly the Olympic athlete is fitter and the BMI calculation is clearly not accurate.

The International Journal of Obesity completed a study of cardio metabolic health (cardiovascular and metabolic health) from 2005 to 2012. Using blood pressure, triglyceride, cholesterol, glucose, insulin resistance and C-reactive protein data in a comparative study of metabolic health versus unhealthy individuals which were stratified by BMI. Nearly half of the BMI overweight individuals and 29% of obese individuals were metabolically healthy. Moreover, over 30% of the BMI normal weight individuals were cardio metabolically unhealthy. In 2016, 54 million Americans were classified as overweight or obese, but were cardio metabolically healthy. Another 21 million were classified as normal but were unhealthy. The medical findings using BMI as the main indicator of health misclassifies healthy and unhealthy individuals. However, due to its simplicity the BMI calculation has yet to be abandoned. When you get your next fit for duty physical pay careful attention to how much weight is given to your BMI.

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>





**ADMINISTRATION**

Mike Sherlock

*Executive Director*

Tim Bunting

*Deputy Director*

Kathy Floyd

*Executive Assistant*

Shirley Micallef

*Business Process Analyst*

Adam Houle

*Facilities Supervisor*

**STANDARDS**

Scott Johnston

*Chief*

Warren Turner

*Training Specialist*

Cindy Lee

*Program Officer*

Kayla Parsley

*Admin*

**TRAINING**

Boe Turner

*Chief*

Brian Mehrer

*Academy Commander*

Andy Borkowski

*Training Specialist*

Eric Schinzing

*Training Specialist*

Cameron Carmichael

*Training Specialist*

Amanda Socha

*Admin*

775-687-7678

See our website for more  
Information: [post.nv.gov](http://post.nv.gov)

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

**DRE**

We are pleased to announce that Sgt. Daniel Bond of the Reno Police Department is the new Nevada State Coordinator for DRE! He can be reached at 775-657-4670. POST is currently assisting Sgt. Bond in transferring all the DRE Coordinating responsibilities, but this process should be quick. We would like to thank Reno PD for their assistance in taking over the DRE program!

**Arrest and Control Instructor's Course**

Sergeant Ron Elges of the Douglas County Sheriff's Office will be conducting a Nevada POST Certified Arrest and Control Instructor's course November 27-December 1, 2017 at the POST facilities in Carson City. The curriculum covered will range from use of force, searching, handcuffing through weapon retention, as well as female/small officer specific instruction. This course is free and housing can be provided in the POST dormitories if needed (space is limited). This class is limited to 26 students. To sign up for this course please contact Sergeant Ron Elges @ [releges@douglasnv.com](mailto:releges@douglasnv.com)



**ADMINISTRATION**

Mike Sherlock

*Executive Director*

Tim Bunting

*Deputy Director*

Kathy Floyd

*Executive Assistant*

Shirley Micallef

*Business Process Analyst*

Adam Houle

*Facilities Supervisor*

**STANDARDS**

Scott Johnston

*Chief*

Warren Turner

*Training Specialist*

Cindy Lee

*Program Officer*

Kayla Parsley

*Admin*

**TRAINING**

Boe Turner

*Chief*

Brian Mehrer

*Academy Commander*

Andy Borkowski

*Training Specialist*

Eric Schinzing

*Training Specialist*

Cameron Carmichael

*Training Specialist*

Amanda Socha

*Admin*

775-687-7678

**POST Commission Meeting-10/16/17**

The POST Commission Meeting was held in Las Vegas on October 16, 2017. There were several ground breaking accomplishments at this meeting.

The Workshop addressed a new POST requirement set forth by AB 151 to develop a voluntary Law Enforcement Dispatchers Certification program. The program is a 120 hour on line course separate from any other training such and NCIC certification. The Commission motioned to continue with the rule making process and have formal NAC language drafted.

The Commission approved some regulation changes that should clarify questions. For example, in the minimum standards for academies (NAC 289.140-200) many of the topics will be modified to correspond with the new NRS titles the legislature passed last session i.e. a traffic accident will be changed to traffic collision, reference to elderly will be older person etc.

NAC 289.230 where it refers to show proficiency with each firearm they are authorized to use. This was changed to show proficiency in the use of each type of firearm. NAC 289.310 deals with private training vendors and setting clearer requirements for those vendors who seek to have their course POST certified.

The Commission approved one Executive Certificate for Captain Brian Humphrey and granted one 6 month extension for an officer to meet certification requirements.

The Commission revoked Basic Certificates of former officers Rick Keema and Robert Reasoner based on criminal convictions.

See our website for more  
Information: [post.nv.gov](http://post.nv.gov)

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

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>





**POST Professional Certificates Awarded**

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

**ADMINISTRATION**

**Mike Sherlock**

*Executive Director*

**Tim Bunting**

*Deputy Director*

**Kathy Floyd**

*Executive Assistant*

**Shirley Micallef**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

**STANDARDS**

**Scott Johnston**

*Chief*

**Warren Turner**

*Training Specialist*

**Cindy Lee**

*Program Officer*

**Kayla Parsley**

*Admin*

**TRAINING**

**Boe Turner**

*Chief*

**Brian Mehrer**

*Academy Commander*

**Andy Borkowski**

*Training Specialist*

**Eric Schinzing**

*Training Specialist*

**Cameron Carmichael**

*Training Specialist*

**Amanda Socha**

*Admin*

775-687-7678

See our website for more  
Information: [post.nv.gov](http://post.nv.gov)

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

**8th Judicial District Court Marshals Div.**

Berrett, Justin D.; Advanced

**Churchill CO SO**

Timmons, Mathew S.; Intermediate

**City of LV Dept. of Public Safety**

Berkman, Harmony L.; Intermediate and Advanced

**Clark CO DA**

DeMonte, Joseph D.; Intermediate

**Clark CO School District PD**

Hewitt, Steven G.; Intermediate

**Elko PD**

Gustafson, Michael P.; Advanced

**Henderson PD**

Hartshorn, Bryan S.; Advanced

Hedrick, Charles R.; Intermediate

Henn, Itzhak; Management

Saunders, Josh R.; Advanced

**LV Metro Detention Center**

Donohue, Christopher E.; Advanced

**LV Metro PD**

Campanella, Antonio; Supervisor

Langenhan, James R.; Intermediate and Advanced

Petersen, Ryan J.; Advanced

Rhoads, Daryl J.; Intermediate, Advanced and Supervisor

Ries, Christopher M.; Intermediate and Advanced

Sink, James R.; Intermediate and Advanced

**LV Municipal Court Marshals**

Soucy, Glenn J.; Intermediate and Advanced

**Lyon CO SO**

Miller, Jeffrey S.; Advanced

Strobel, Timothy S.; Intermediate

Whitten, Peter K.; Intermediate

**NV Dept. of Public Safety**

Darcey, Christopher R.; Intermediate

Dunckhorst, John E.; Supervisor

LaChew, James F.; Intermediate and Advanced

Marco, Russell P.; Intermediate

Neiswonger, Kevin P.; Intermediate

**Nye CO SO**

Armendariz III, Elias; Intermediate

Marshall, Joseph C.; Advanced

**Sparks Municipal Court**

Darby, Donald L.; Intermediate

Sumersille, Michael S.; Intermediate

**Washoe CO SO**

Bragington, Timothy L.; Advanced

Codman, Kenneth L.; Advanced

Kyler, Brock G.; Intermediate

**White Pine CO SO**

Sommervold, Lowell J.; Intermediate