

COMMISSION ON PEACE OFFICER
STANDARDS AND TRAINING

POST News

March 2020

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Training Specialist

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Training Specialist

Amanda Socha

Admin

775-687-7678

See our website for more

Information: post.nv.gov

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

Training Requirements

Still have questions about what AB 478 means and how it affects you?

Check out all the training materials on our website!

[http://post.nv.gov/uploadedFiles/postnvgov/content/Training/POST%20Training%20Material%20AB%20478\(2\).pdf](http://post.nv.gov/uploadedFiles/postnvgov/content/Training/POST%20Training%20Material%20AB%20478(2).pdf)

Reciprocity New Hires

Hiring a new employee and they qualify for reciprocity? Check the Reciprocity page of the POST website for the list of States and Federal Training Programs we recognize. If you, as a SPOC, need clarification on the process, email Kathy Floyd at

kfloyd@post.state.nv.us

Don't forget, when its time for the PPFT, schedule all Northern Nevada tests with Randy Misch – rmisch@post.state.nv.us or 775-687-3350 and all Southern Nevada tests with Warren Turner – wturner@post.state.nv.us or 775-687-3348

POST 2020 Professional Development Course Calendar

POST will currently be offering the following courses in 2020:

Basic Instructor Development Train-the-Trainer: June 22nd-25th, 2020
POST First-Line Supervisor Program: September 21st-25th & September 28-October 2, 2020

Management Module I: October 5th-9th, 2020

The tuition for these courses will be free. Check out our website for more

info coming soon!

<http://post.nv.gov/>

SNALET/NALET Meetings

The April 2020 **SNALET** meeting will be held on April 15, 2020 at 9:30 A.M. located at Henderson PD, 225 E. Sunset Rd - Henderson

The April 2020 **NALET** meeting will be held on April 23, 2020 at 9:30 A.M. located at Department of Public Safety, 2101 Snyder Avenue - Carson City

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/](http://www.post.nv.gov/Training/Reciprocity/)
NAC 289.110
 Minimum standards for appointment
www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec1

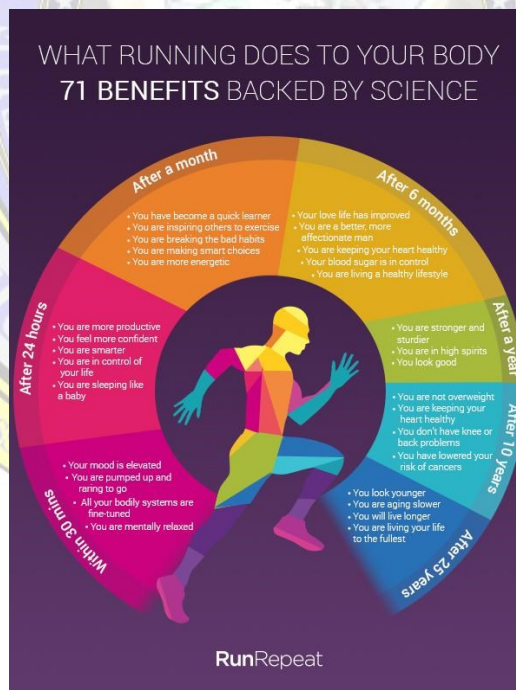
Benefits of Running

By Randy Misch

Six years ago, the FBI (Federal Bureau of Investigations), found that 80% of all law enforcement workers in the United States are overweight. When I first heard this statistic, I thought it had to be wrong but then I started thinking about the daily life of a law enforcement officer. Once an officer is hired, they will spend a majority of their time driving in a patrol car or sitting behind a desk. Staying in shape seems to be important to the new officer (right mindset out of the academy) but that mindset tends to fade after years of working overtime, going to court, and trying to make time for your family. Sometimes I think we all need a reminder about how important it is to stay in shape and a reminder of all the benefits running has to offer.

Before doing research into the benefits of running, I was under the impression that I would have to run 20 miles a week just to see positive results. However, studies show that you only have to run 5 or 6 miles a week to reap the rewards. Now, I'm not a math major but I know I can run 1 mile 5 times a week or 2 miles 3 times a week or even 3 miles twice a week. Seems like a much easier task to accomplish than I had originally believed.

Continuing with my research, I learned about the many positive benefits of running. Some of which I wouldn't have ever imagined. Some of the benefits include but are not limited to: healthy heart, strengthen joints, burn calories, tightens the core, helps with knee pain, reduces stress, look younger, and age slower. With all the benefits running offers people, and the low number of hours needed to see the benefits, I hope more people hit the ground running in the future. Below is a graph put together by Runrepeat.com on 71 benefits of running backed by science.



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>

Reserve Program

The Reserve program has been updated! For enrollment packets, please see the Forms Tab on the POST web-site.

If you have any questions or need assistance with this program, please call or email Amanda at (775) 687-3310 or

asocha@post.state.nv.us

Reciprocity Reminder

As a reminder per the Commission meeting in September of 2018 all POST Physical Fitness Tests for Reciprocity will be administered by a POST staff member.

For all Southern Nevada tests please contact Warren Turner at 775-687-3348 or

wturner@post.state.nv.us

For all Northern Nevada tests please contact Randy Misch at 775-687-3350 or

rmisch@post.state.nv.us

POST Professional Certificates Awarded

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

4th District, Elko Co Juvenile Probation

Snyder-Espinoza, Sheri M.; Advanced

Carson City Juvenile Probation Services

Felix, Ryan J.; Intermediate & Advanced

Jackson, Erin M.; Advanced

City of LV Dept of Public Safety

Lopez, Sensy; Advanced

Henderson PD

Doleshal, Matthew D.; Intermediate

Goodwin, Michael T.; Intermediate

Iuli, Pita W.; Intermediate

Machado, Julio C.; Advanced

Humbolt Co SO

Negus, Casey S.; Intermediate & Advanced

LV Metro Detention Center

Andicoechea, Jacob; Intermediate & Advanced

Ashburn, Garrett D.; Supervisor

Burleson, Robert L.; Intermediate & Advanced

Duffy, Edward A.; Intermediate & Advanced

Emil, Brian C.; Supervisor

Gardonio, David S.; Intermediate & Advanced

Hardy Jr, Hugh; Intermediate & Advanced

Keams, Jason; Intermediate & Advanced

Mordini, Michael D.; Intermediate

Mosher, Richard L.; Intermediate & Advanced

Olaco, Alberto L.; Intermediate

Quarnstrom, Robin M.; Intermediate

Reed, Ione M.; Intermediate

Schirber, Sam H.; Intermediate & Advanced

Ware, Funtaine B.; Intermediate

Weir, James P.; Intermediate, Advanced & Supervisor

Wheeler, Christopher D.; Intermediate & Advanced

Whipple, Nathan L.; Advanced

Williams, Napoleon; Intermediate & Advanced

Williams Jr., Steven R.; Intermediate & Advanced

Yanagihara, Ryan S.; Supervisor

LV Metro PD

Alexander, Nathanael R.; Intermediate & Advanced

Bowler, Benjamin J.; Advanced

Brotherson, Charles A.; Supervisor

Colucci, Angelo V.; Intermediate & Advanced

Garley, Matthew A.; Advanced

Johnson, James M.; Intermediate & Advanced

Jones, Nickolas R.; Intermediate & Advanced

Lewis, Jake R.; Supervisor

McFarland, Andre A.; Advanced

Ravelo, Eric; Intermediate & Advanced

Reese, Edward V.; Supervisor

Sclementi, Michael P.; Intermediate & Advanced

Tapia, Danny; Intermediate & Advanced

Van Cleef, William L.; Intermediate & Advanced

Vincent, Lionel O.; Advanced

Lander Co SO

Ceja Jr., Raul; Intermediate

NV Dept. of Public Safety

Guess, Gregory A.; Intermediate & Advanced

Johnson, Taylor K.; Intermediate

Lara Jr, Nicolas; Intermediate

Lund, Wylie M.; Intermediate

Mainwal, Sterling C.; Advanced

Woodbury, Daniel A.; Intermediate & Advanced

North LV PD

McAninch, Tanner J.; Intermediate

Smith, David W.; Advanced

Nye Co SO

Cleveland, Kristen K.; Supervisor

Tippetts, Adam D.; Advanced

Reno PD

Hicks, Michael J.; Intermediate

Sparks Municipal Court

Elliott, Lucas C.; Intermediate & Advanced

Walker River Tribal PD

Beck, Charles N.; Supervisor

Washoe Co SO

Bali, Toshant; Intermediate

Caldwell, Ralph T.; Management

Cossio, Phillip A.; Intermediate

Croxon, David P.; Intermediate

Kyler, Brock G.; Advanced

Lynch, Aaron D.; Intermediate

Sapida, Richard J.; Intermediate

Shipton, Zachery M.; Intermediate

Suchodolska-Zmak, Malgorzata; Advanced

Wood, Thomas L.; Advanced

Washoe Co School Dist PD

Plattsmier, Chad M.; Intermediate