



GENDARME



St. Louis Police Officers Association

The Official Publication of the ST. LOUIS POLICE OFFICERS ASSOCIATION, FRATERNAL ORDER OF POLICE - Lodge 68

Vol. 43 No. 10-11

Visit Us on the Web at www.slpoa.org • (314) 353-3200

October/November 2013



HONORARY TICKET PROVIDERS

- 314-691-1377 - St. Louis City P.D. Officer Mark O'Brien
- 314-713-6031 - St. Louis County P.D. Officer Ed Fingers
- 314-560-9226 - St. Louis County P.D. Captain Chris Stocker
- 618-973-1200 - O'Fallon Illinois P.D. Officer Dan Wunder

Tickets may be purchased at any Hair Saloon location,
the Scottrade Center Box Office,
and online at www.ticketmaster.com

BOXING

★ **Wednesday, November 27, 2013** ★

Time: 7pm Location: Scottrade Center

ABOUT GUNS 'N HOSES



Budweiser Guns 'N Hoses features three-round boxing and Mixed Martial Arts (MMA) matches between police officers, firefighters, and emergency medical personnel from Missouri and Illinois. Both male and female fighters and three to five MMA bouts are scheduled on the 17-bout card.

Presented by the non-profit St. Louis Guns 'N Hoses Boxing Association and sponsored by Budweiser and Grey Eagle Distributors, the event has raised more than \$4.1 million for The BackStoppers since 1987.

Tickets may be purchased at any Hair Saloon location, the Scottrade Center Box Office, and online at www.ticketmaster.com

Tickets may also be purchased by contacting the first responders listed at <http://www.stlgunsnhoses.com/tickets>



**GENERAL
MEMBERSHIP
MEETING
MOVED
Nov. 20th**

**HALL/
KOWALSKI
LUNCHEON
Nov. 25th**

**CHRISTMAS
IN
ST. LOUIS
PARADE
Nov. 28th**

**SLPWA
AFTERNOON
WITH
SANTA
December 8th**

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT NO. 1664

Dated Material Time Sensitive

Gendarme
Distributed by STL Police Officers' Assoc.
Fraternal Order of Police-Lodge 68
3710 Hampton Ave.
St. Louis, MO 63109

"In memory of the Saint Louis Metropolitan Police Officers who have given their lives in the performance of their duty."

During The Months Of October/November



**BE
CAREFUL
OUT
THERE!**

OCTOBER		
Peletiah M. Jenk		1883
James Brady		1890
Michael Reedy		1902
Frank J. Ahern		1904
Thomas M. Dwyer		1904
James A. McCluskey		1904
John J. Shea		1904
Edward Dellmor		1908
Edward O'Brien		1916
Preston B. Ansly		1920
George E. Geisler		1920
William A. Moller		1920
Frank O. Reese		1920
Douglas Chamblin		1927
Walter M. Bingham		1937
Louis D. Sebold		1975
Julius Moore		2009

NOVEMBER		
John Sylvester White		1877
Patrick Doran		1881
Nicholas Hunt		1897
Arthur M. Huddleston		1912
Charles F. Barneier		1915
John Flaherty		1923
Edward Kuehner		1923
Fred W. Benz		1924
Robert E. Woody		1924
Joseph P. McGovern		1928
Joseph Theobald, Jr.		1933
Harry Canton		1939
Steven J. Strehl		1993

Fade Out

Thank you for your service, and good luck in your future endeavors.

The following officers retired

	<u>Effective</u>	<u>Appointed</u>	<u>Years of Service</u>
Lt. Michael J Anderson	10/7/2013	8/30/1972	41 Years of Service

3710 Hampton Ave. St. Louis, Missouri 63109 (314) 353-3200
Annual Subscription of the Gendarme: \$8.00

Guidelines for Letters to the Editor: All letters to the editor must be signed and verifiable by phone or personal contact. Freedom of expression is guaranteed within the bounds of good taste and the limits of available space. Upon request the author's name may be withheld from publication and confidentiality is assured. The Gendarme takes no responsibility for the content of the letters in this section.

The Gendarme newspaper is the official publication of the St. Louis Police Officers' Association and is published in St. Louis. However, opinions expressed in this publication are not necessarily those of the SLPOA or the St. Louis Police Department.

Copyright Gendarme 2013

GENDARME Officers

President Rick Metz	Secretary/Treasurer Mike Kegel	Managing Editor Rick Metz	Contributing Editors Mike Herzberg Jeff Long Lou Wilson Mark Biondolino
Vice-President Brian King			

Board of Directors: **Rick Metz, Brian King**

ST. LOUIS POLICE OFFICERS ASSOCIATION Executive Board Officers

President Joe Steiger	Vice President Edward Clark	Recording Secretary Dave Rudolph
Treasurer Michael Frederick	Financial Secretary Mike Kegel	Sergeant-at-Arms Thomas Walsh
Division Representatives		
District 1 Mike Mathews	District 2 Daniel Ward	District 3 Josh Wenstrom
		District 4 Karl Laschober
		District 5 Thomas Mayer, Sr.
District 6 Donald Thurmond	District 7 Mike Betz	District 8 Kevin Newcombe
		District 9 Jeff Long
		Division 10 Michael Herzberg
	Division 11 Mark Biondolino	Division 12 Jay Schroeder
		Division 13 Joseph Marcatano

GREAT CHRISTMAS GIFTS

**Navy Blue
SLPOA T-shirt**

**Navy Blue
SLPOA Hoodies**

**Navy Blue
SLPOA Polos**

\$15

\$25

\$20

baseball/golf hats available with the SLPOA emblem in a couple of weeks

Gendarme Office: 314-353-3200
3710 Hampton Ave. • St. Louis, MO 63109
Sizes small to 2XL

(Power of Attorney) Preparations Free Simple Will & Living Will

Thursday - November 7th & 21st
8:00am - 2:30pm @ the SLMPD Police Library

Jim Chapman will be returning to the Police Library to prepare free wills and living wills. Appointments begin at 8AM and end at 2:30PM. If you need a will or a living will, **you must call Barbara Miksicek** at x5581 to sign up for a half hour appointment with Jim.

NOTE CHANGE: This benefit will ONLY be available to current or retired SLMPD employees.

GENDARME

GENDARME is printed monthly

SLPOA COMMITTEES

FOP Trustees
Ed Clark

Civic/Social Committee
Jeff Long, Chairman

Black Maria Committee
Karl Laschober, Chairman - Scott Ruddle, Robert Skaggs, Stephen Shroeder, Tyrone Swinton

Emergency Relief
Jeff Long, Chairman

Hall Improvements
Ed Clark, Chairmen

Uniform, Safety, & Equipment (USE) Committee
Ed Clark, Chairman - Joe Lankford, Nate McCraw, Rick Metz

Labor Committee
Tom Mayer Sr., Chairman - Kevin Ahlbrand, Latricia Allen, Tom Majda, Joe Steiger, Heather Taylor, Tom Walsh

Grievance Committee
Tom Mayer Sr., Chairman

Legal Committee
Tom Walsh Chairman
Tony Able, Eric Bartlett, Leonard Blansitt, Ed Clark, Dan Earley, Scott Ecker, Kent Leopold, Mickey Owens, Jay Schroeder, Joe Steiger

Legislative Committee
Dave Rudolph, Chairman • Mike Binz, Co-Chairman
Kevin Ahlbrand, Ben Bayless, Mike Betz, Mark Biondolino, Rachel Capps, Ed Clark, Samantha Dillin, Mike Frederick, Martin Garcia, Tom Mayer II, Robert Rask, David Rudolph, Joe Steiger, Lindsey Suding, Frank Williams, Louis Wilson

Pension Committee
Mark Biondolino, Chairman - Sherri Absher, Kurt Battig, Anthony Boettigheimer, Ed Clark, Tom Mayer Sr., John DeSpain, Greg Klipsch, Joe Steiger, Lance Isbell

"The objective of the Saint Louis Police Officers Association shall be to advance the moral, social and material standing of the members of the Association by honorable and lawful means. As a labor organization the Association shall endeavor to achieve Collective Bargaining with Binding Arbitration."
(Preamble of the Association's Constitution and By-Laws)

Veteran's Meeting
Nov. 13, Dec. 11th
11:30am

Police Wives Meeting
Nov. 13th, Dec. 11th
7pm

**General
Membership Meeting**
Nov. 20th, Dec. 18th

MESSAGE FROM THE PRESIDENT

By Joe Steiger, President
St Louis Police Officers Association
Visit us on the web at www.slpoa.org

Striving To Do What Is Best For The Membership

I will assume office on November 1, 2013. I want to thank everyone who supported me in my bid to become your SLPOA president. For those of you who voted for my opponent or chose not to cast a ballot, I intend on earning your respect and your support. I know this is an enormous undertaking that will require a huge commitment of my time and energy but I am prepared to take on this responsibility. I



Joe Steiger
SLPOA President

have been an active member of the Executive Board in the past and I am fully prepared to work

for our best interests. Not everyone will agree with everything the members of this Executive Board and I will do, but we will stand united and strive to do what is best for the entire membership.

I envision a more cooperative approach by the SLPOA which I hope will result in better standing and strong benefits for our membership. We will attempt to work with the other employee associations and the pension board while striving to create a relationship with City Hall and the Board of Aldermen. We will attempt to

reestablish some old relationships, to mend some hostile ones and to develop some new friendships. All this will be done in an attempt to improve our position as an organization and increase our abilities to serve our membership.

We have spent the bulk of our time in the political arena working in Jefferson City over the years, and rightfully so. We cannot afford to abandon the State Capital because our pension and many of our benefits remain protected by statute. However, with the switch to local control we do need to increase our presence at City Hall and in the Board of Aldermen, something we've ignored for many years while under State control. If we intend on being a successful organization and a strong advocate for our members, we need to learn to communicate better with those same people deemed our

adversaries for many years. I believe myself and the other members of the Executive Board will be able to accomplish this without jeopardizing our reputation or caving to political pressure. I believe we will accomplish more through communication and negotiation than we will through hostility.

I will try to make myself available as often as possible - whether that is in person, by phone or by email. I welcome and encourage your opinions, comments and concerns. Sharing your thoughts with the leaders of this organization is how we can truly understand your concerns and act on your behalf. I encourage you all to get involved and seek out your District/Division representative for information and to share your ideas. I look forward to serving as your president and thank you again for your support.



GERALD V. TANNER, JR.
Attorney at Law

818 Lafayette Avenue
St. Louis, MO 63104
(314) 241-1956
(314) 231-3704 - Fax
gvtanner@aol.com
www.tannerlaw.net



- In Practice Since 1982
- Located in Soulard for Over 22 Years
- Former Assistant Circuit Attorney
- Experienced Trial Lawyer

Areas of Practice: Workers' Compensation and Personal Injury (reduced fee for City Police Officers)



St. Louis Policemen's Credit Union

GUN LOANS AT THE CREDIT UNION

The St. Louis Policemen's Credit Union has established two new loans to officers in areas that we feel also show our appreciation for the fine work they do day in and out.

- Gun Loan payback up to 2 years @ 3.0%
- Minimum amount \$500 to maximum \$1500 for firearm and related accessories.
- Must show proof of purchase but information not recorded or retained.
- Must be a active duty officer or recruit in training
- Must be a member of the credit union for four months prior to application.
- Clean Credit history required.

Holiday Loans

- Up to \$3000 for 1 year @ 5.0%
- Must be a member of the credit union for at least five months.
- No open or unpaid bankruptcy within the past three years on credit report.
- Available October through January 31st

The Master Loan Schedule has been adjusted for all loans to better serve our members. Come in and see ELDA, JoANN or JUDI today for an application.

CALL 444-5392

FIELDER ELECTRICAL SERVICES, INC.



Residential • Commercial • Industrial • Institutional

- REHAB • REMODELING • REWIRING
- EXISTING STRUCTURE & REMODELING SPECIALIST
- LANDSCAPE LIGHTING • SERVICES UPGRADE
- CONCEALED WIRING SPECIALIST • BUCKET TRUCK SERVICES
- FHA & VA UPGRADES • FREE ESTIMATES
- LICENSED, BONDED & INSURED FOR YOUR PROTECTION

1827 S. Kingshighway
St. Louis, MO 63110

966-3388 • 773-4955

Interior Remodels

Home Staging

Lighting Design

Space Planning

Flooring Selection

Furniture Selection

Color Consultation

Window Treatment Design

Finishing Touches

LUCAS DRAGO INTERIORS

MAGGIE LUCAS
Interior Designer

314.795.2132

MaggieLucasLDI@yahoo.com



KIM DRAGO
Interior Designer

314.517.2288

KimDragoLDI@yahoo.com

WANTED

**Retired officer collects
St. Louis Police Department badges,
call boxes, manuals, night sticks, revolvers,
pistols and uniforms.**

Top dollar paid for gun collections.

Lt. Ray Reynolds (STLMPD 1964-1988) • (636)795-0911 • rayreynolds@sbcglobal.net

MESSAGE FROM THE BUSINESS MANAGER

By Jeff Roorda, Business Manager
St Louis Police Officers Association
jeff.roorda@slpoa.org (314)353-3200
Visit us on the web at www.slpoa.org

Let's be blunt. The laws are stacked against injured workers in Missouri, especially if you are a St. Louis Police Officer.

Workers Compensation laws were changed in 2005 making it much harder for employees to recover an award when they are hurt at work (I voted against that law, by the way).

It helps to understand that Work Comp claims are your exclusive remedy against the employer when you are injured at work. In other words, it doesn't matter how negligent or careless your employer is when you're injured at work, you get what Work Comp gives you and that's it; you can't sue your employer for more no matter how badly they screwed up. However, under the new law, if you "screw up" it can reduce your settlement or disqualify you from compensation altogether. That's a big change.

The two biggest areas where that comes into play are employee negligence or substance abuse. If you fail to



Jeff Roorda
Business Manager

follow department regulations and you're injured in the process, your settlement may be reduced. That is why you should always seek representation before you give a statement about an injury. You have the right to representation under the union contract when providing a statement or answering questions that could result in discipline (like failure to follow safety rules). As a member of a labor union in Missouri, you also have a right under the state constitution to representation. This is similar to what is called Weingarten Rights in private sector unions. Whether you ask for your division rep, your business manager or a union provided attorney, demand representation before you give a statement about your injury and assert your Constitutional Rights. The department can't say no.

Likewise, if the Department can demonstrate that you had alcohol or drugs in

your system, you're in grave jeopardy of being disqualified from a settlement. Again, it doesn't matter if the drugs or alcohol contributed to the injury, if it's in your system, you're out of luck. It is the union's position that the Department cannot require you to submit to a drug or alcohol test under the provisions of the Collective Bargaining Agreement simply because you were injured in the line of duty. So, don't take the test unless you are ordered to do so and even then, demand a union rep.

The other area that gets employees in trouble is reporting. You have the responsibility to report a work related injury within 30 days of the injury. If it is a chronic condition like carpal tunnel, that probably means reporting it within 30 days of a doctor diagnosing the condition. Always, always report it in writing. Emailing the report and ccing yourself is an excellent way to establish a record of reporting. You also are limited to filing a Work Comp claim within two years of the injury. Again, miss any of these important deadlines and you could go empty-handed, even if both hands were amputated in the injury.

You also have to make a demand of the employer for medical treatment. You can't go get treatment on your own and expect Work Comp to pay for it unless the employer refuses to provide medical treatment. Beware because your health insurance policy likely has an exclusion for workplace injuries so if you don't ask for care from your employer and you go get it on your own, you might be stuck with the bill.

You should also be cautious about seeking damages from some other party that shares liability for an injury. If some knucklehead hits you with his car, or God forbid, shoots you, pursue the Work Comp claim first. The Work Comp carrier is going to want a piece of your settlement against the bad guy. If you pursue your Work Comp claim first, your attorney should be able to insulate you against Work Comp seeking any appreciable recovery from your secondary claim.

Much like the Work Comp system in Missouri, the Second Injury Fund is also broken. SIF is confusing. Here is a simple explanation. If you have an injury to your right hand that requires you to use your left hand more often at work and you

subsequently suffer an injury to your left hand, you have an SIF claim. Unfortunately, SIF is severely underfunded. A new law passed this year increases that funding but makes it much harder to get a settlement under SIF if you have a permanent partial disability.


Speaking of disabilities, getting what you deserve from the Police Retirement System when you suffer a career-ending, line of duty injury has become increasingly difficult. In 2005, the Trustees snuck language into House Bill 323 that required that in order to get a disability, your injury has to be the "...natural, proximate, and exclusive result of an accident occurring within the actual performance of duty." That is an impossibly high standard to meet in many cases. The Trustees have used that language time-and-time-again to deny disability claims, particularly when the claimant is a member of the SLPOA. I guess they felt they needed the extra money that they're saving on your disability claim to pay for their expensive trips to sunny locales and to make up for their underperformance in the stock market...so much for looking out for cops that are hurt on the job.

Help is on the way though. In addition to Mike Frederick, who has always fought for officers that are injured in the line of duty, we now have two new SLPOA endorsed pension trustees, Jim Long and Lance Isbell, who have made public commitments to fight for injured officers to get the disability that is rightfully theirs.

I've probably scared the dickens out of you by now but my real intent here is to make sure that you understand your rights and obligations when you're injured at work. When in doubt, contact the Association. We don't supply attorneys for Work Comp claims and as a matter of practice, we don't provide one for disability claims either, unless the case has the potential to impact the rights of every member. But, you're not on your own. Call the Association. The office number is 314-353-3200. If you're not eligible for legal defense, there are other ways we can help. At the very least, we can point you in the direction of a good attorney. We're here for you...just ask!

Editors Note: Attorneys Sally Barker and Dean Christianson of the law firm Schuchat Cook & Werner contributed to this article

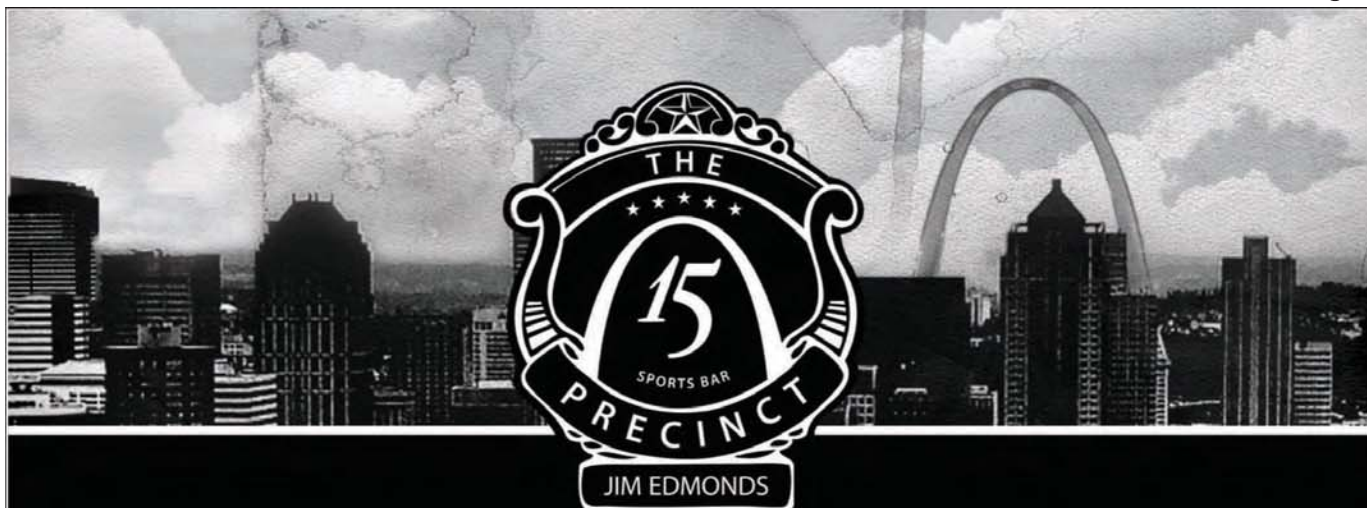
CURBSTONE JUSTICE



Great Christmas Gift

A collection of true cop stories from the fifties & sixties.
by Bill Leahy
St. Louis Coptalk's "Really Old Ex-Cop"

Order on line at:
www.curbstonejustice.com or by phone at 636-488-1602
Pay with credit card: \$24.94 plus \$5.00 shipping using Pay Pal -OR-
Purchase after the Police Veteran's monthly meetings at
3710 Hampton Avenue
Price at the hall is \$24.95...save \$5.00



'PROUD TO HOST THE OFFICIAL GUNS 'N HOSES AFTER PARTY'

A PORTION OF ALL PROCEEDS WILL GO TO BACKSTOPPERS



DON'T WANT TO DEAL WITH DOWNTOWN PARKING?

COME MEET AT THE PRECINCT FOR A BITE TO EAT AND A COCKTAIL BEFOREHAND.

A FREE SHUTTLE WILL BE RUNNING EVERY 15 MINUTES TO AND FROM THE SCOTTRADE CENTER.

AFTERWARDS, STAY TO ENJOY THE OFFICIAL AFTER PARTY!

NOW BOOKING FOR YOUR NEXT SPECIAL EVENT, RETIREMENT OR HOLIDAY PARTY
FOR BOOKING INFORMATION CALL MARK AT 314.920.1168



'YOU WILL WALK INTO THE PRECINCT AS A CUSTOMER, YOU WILL LEAVE AS A FRIEND, AND PART OF OUR FAMILY.'

MONDAY - SATURDAY 11 AM - 3 AM | KITCHEN OPEN LATE NIGHT

1900 LOCUST AVE, ST LOUIS, MO, 63103 | 314.588.8899

WWW.PRECINCTSTL.COM

United Mine Workers of America



TELEPHONE
17031 291 2400

UNITED MINE WORKERS' HEADQUARTERS
18354 QUANTICO GATEWAY DRIVE, SUITE 200

Triangle, VA

22172-1779

November 5, 2013

Officers and Members
St. Louis Police Officers' Association
Fraternal Order of Police, Lodge 68
3710 Hampton Avenue
St. Louis, MO 63109

Dear Brothers and Sisters,

On behalf of all the members of the United Mine Workers of America (UMWA), we would like to recognize each member of the St. Louis Police Officers' Association, Fraternal Order of Police, Lodge 68 who worked so diligently to coordinate, facilitate and police the rallies, marches and other events the Union conducted in the city of St. Louis. During the past eleven months your efforts have not only ensured the safety of thousands of mine workers and supporters, they also protected these citizens' right to peacefully protest.

We realize that events of this size and frequency can be taxing on the individuals charged with overseeing and controlling the situation. However, the professionalism and respect demonstrated by each member of Lodge 68 for all the event participants was truly remarkable. There is no question that these men and women, whose job can be difficult in the best of times, feel a real sense of community, service and fairness. We thank each of them for all they do on a daily basis as well as during the events that the UMWA held.

Because of the UMWA events in St. Louis, we were able to achieve a settlement with Peabody Energy and Patriot Coal that will provide \$400 million in funding for health care benefits for retirees, dependents and surviving spouses. While this is a significant amount of money it does not provide the lifetime benefits that were promised and earned. Therefore, the Union's fight for fairness for our members and their families continues. However, we have terminated further actions in the City of St. Louis. We will now focus on legislation in Congress to address a long term solution this issue.

Should you or the members of the Fraternal Order of Police, Lodge 68 need the assistance of the UMWA for any reason, please do not hesitate to contact our office.

In Solidarity,

Cecil E. Roberts

Cecil E. Roberts
International President

Daniel J. Kane

Daniel J. Kane
International Secretary-Treasurer

cc FOP, National Association
Jeff Roorda, Business Manager, Lodge 68
City of St. Louis, Board of Alderman

Come Discover St. Louis' Place for Pasta and Much, Much More



5453 Magnolia (at Southwest)

LUNCH: Mon.-Fri. 11:00-2:00
DINNER: Mon.-Thurs. 5:00-10:30
Fri.-Sat. 5:00-11:30

781-1135

Gourmet Italian Food, at Reasonable Prices
33 PASTAS • STEAKS • VEAL • CHICKEN • SEAFOOD

Gone, but not forgotten

We stand on the shoulders of those who have gone before us

Wilfred T. Long	09/13/13
Robert E. Richards	09/27/13
Richard B. Arthur	10/04/13
Ronald L. Medlin	10/19/13

A special thanks to Retired Police Officer Timothy "Tuna" Tumbrink who dedicates his time ensuring that the men and women of the St Louis Metropolitan Police Department are properly honored on "findagrave.com"

2013 Medal of Valor Luncheon

I want to share with you my great appreciation for the hard work and dedication you put forth each day. Your efforts have reduced crime in the City of Saint Louis and have created a safer and more sustainable place to live, work and visit. I am very proud of each of you!

Often your work requires you to risk your life to save others or to defend yourself. These acts of bravery are recognized within this department, but they are also recognized by the community. One way this occurs is through the Medal of Valor, which has been awarded each year since 1969 by the Crusade Against Crime to the officers of the Saint Louis Region.

Each year the SLMPD is the most recognized agency and this year is no different. Please join me in congratulating the following officers who have been chosen to receive the Medal of Valor for their acts of bravery:

- Officer David Christensen
- Officer Jennifer Hendricks
- Officer Joshua Witcik

- Officer Don McGhee
- Officer Demurriel Young
- Officer Nathan Dresch
- Officer John Baumgartner
- Officer Michael Blanks
- Officer Bennie Blackmon

The officers will be recognized at a lunch ceremony on Thursday, November 14, 2013 at 12:00 pm at the Hilton at the Ballpark in downtown Saint Louis. The lunch will be held in the hotel's Grand Ballroom.

Tickets to attend this event are for sale and can be purchased by contacting Sergeant Matthew Simpson (msimpson@slmpd.org or 314-973-0299). Tickets are \$35.00 a piece and all proceeds pay for the event. The Crusade Against Crime is a non-profit. I encourage everyone who is able to attend.

I am proud to serve this community with you and look forward to supporting these officers on November 14th.

Chief Sam Dotson



TOOL AND MANUFACTURING CO.

2539 St. Louis Ave. St. Louis, MO 63106

421-5484



9222 CLAYTON RD LADUE, MO 63124

314-432-8008

www.lordosdiamonds.com



Jim Lordo



Mike Lordo



Lt. Mike Jarvis
Retired SLMPD



Sgt. Jerome Klipfel
Retired SLMPD

Lordo's Diamonds

Jeweler to St. Louis area's finest for over 50 years

SLPOA'S Annual

CHRISTMAS COLORING CONTEST

1st Prize - \$25

(5) Runner-Up Prizes - \$10 each

ELIGIBILITY

Open to all active and retired SLPO members' children, stepchildren, and grandchildren (6 thru 12 yrs of age)

WHAT KIND OF DRAWING ?

Original drawings about Christmas as the child views it in his or her own mind.

ART REQUIREMENTS

Drawings must be 8 1/2" x 11" white paper, Crayons, colored pencils or markers only.

DEADLINE

Drawings must reach the Association Office no later than **Sunday, December 15th, 2013.**

ENTRY REQUIREMENTS

Each entry must specify the parent's name and district or unit to which assigned, address, and phone number plus the name and age of the child. Please Print.

(List this information on the back of the drawing)

MAIL OR DELIVER TO:

Christmas Drawing
St. Louis Police Officers
Association
3710 Hampton Ave., St. Louis,
MO 63109



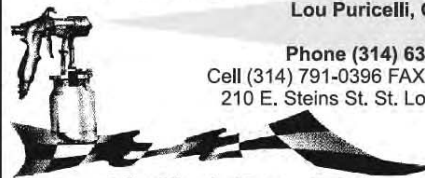
Automotive Unlimited, Inc.

Lou Puricelli, Owner

Phone (314) 638-0402

Cell (314) 791-0396 FAX (314) 638-1264

210 E. Steins St. St. Louis, MO 63111



Police Officer for 35 years - Retired

First District Officer

CUSTOM St. Louis City Badge Print

* Personalize Name Tag & DSN *



Order online at www.LucksArt911.com

- * CUSTOMIZED Name Tag & DSN
- * Professional framing and matting available
- * Portion of each sale to Backstoppers, Inc.
- * Prices starting at \$55

LUCKS ART 911



St. Louis Policemen's Credit Union

PRE-APPROVAL FOR A VEHICLE LOAN

One of the best ways to buy a new or used vehicle is to arrive at the dealership knowing what you can comfortably afford to spend. Getting pre-approved for a vehicle loan is quick and easy at your Credit Union. Application forms are available on the STLpolicecu.com website and pre-approval usually takes no more than one day. Our rates are very competitive and we even extend new car rates up to vehicles three model years old.

Make it a point to check your credit history annually using as an example a free site called annualcreditreport.com or other sites that are available. It is an important first step to check your credit history before any major purchase to make sure your credit score is based on factual information. Unpaid bills and collection actions will lower your score significantly and ultimately increase the cost to borrow money. The Credit Union is here to benefit the member when borrowing money and we will always be fair and work with your interest in mind. Compare us to banks or other financial institutions that make their money on fees and you will discover that this Credit Union is still doing business without the use of add on fees. Come see Elda, JoAnn or Judy to get started on that loan.

Call 444-5392



Saint Louis Police Officers Association

3710 Hampton Ave.
Saint Louis, MO 63109
314-353-3200 Phone
314-353-4767 Fax

FOR SALE @ \$75,000 OR
RENT @ \$650 A MONTH



2 BEDROOM
SPACIOUS CONDO
IN ST. LOUIS HILLS



CAROL HAMILTON
BUYING/SELLING EXPERT
314-974-3007

REALTY EXECUTIVES OF ST. LOUIS 12016
TESSON FERRY RD. ST. LOUIS MO, 63128
314-756-8212





TAKING CHRISTMAS ORDERS NOW!

AFFORDABLE ITEMS FROM St. Louis Knightstik, Inc. IN GOLD & STERLING SILVER



St. Michael Medals



Silver K-9 Ring
w/ 14k Gold Emblems



Silver Mobile Reserve Ring
w/ 14k Gold Emblems



Silver Ring
w/ 14k Gold Badge

Call for prices **RETIRED P.O. DON PIPES**
314-330-3200 • 636-629-3862
PIPE7557@GMAIL.COM
 Will ship to any town within mainland United States

slpoa.org



THIS IS THE ST. LOUIS POLICE FOUNDATION CALL BOX!

Call directly to ask for the things you need
to do your job better and more safely!

SUPPORT REPORT

The St. Louis Police Foundation has
provided funds to purchase the following:

- 73 Vehicle Upgrades to Chevy Tahoes
- Remington 870 Shotguns for Patrol Officers
- M-4 Patrol Rifles
- Tasers for All Patrol Officers
- Entry Tool Kits for Sergeants and Special Units
- 7 License Plate Recognition Systems
- 4 All-Terrain Vehicles
- S.T.R.I.K.E. Shields
- Catered Holiday Meals for On-Duty Officers
- Accidental Death Insurance Benefit for All Officers On and Off Duty

**These items valued at over \$850,000
and there is so much more.**

More than \$5,500,000 raised since 2007!

**Any police officer can make a request at
www.stlouispolicefoundation.org. Let us know what
you need to continue to be St. Louis' finest!**

FRAUD PREVENTION TASKFORCE

By Dan Rechten, Director

Circuit Attorney's Office

www.rechtiend@stlouisco.org (314)612-1412

Visit the CAO Website: www.circuitattorney.org

Password Security



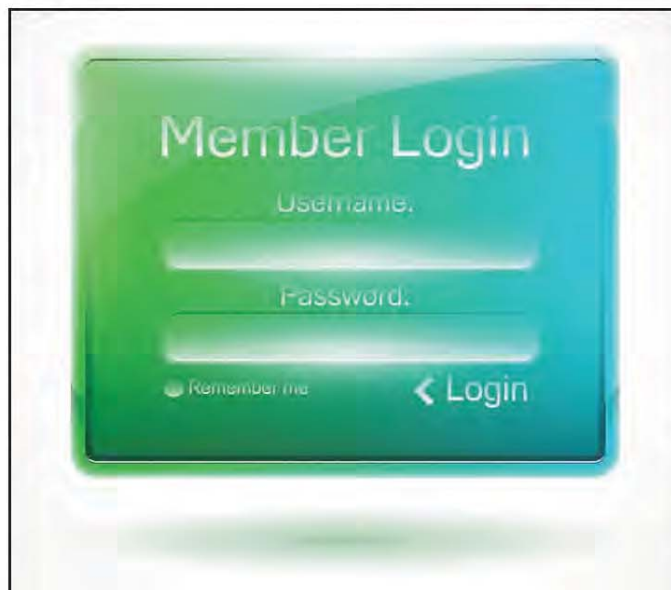
In a recent article, *The Wall Street Journal* highlighted several password security issues. Some of those concerns include:

- Eight character passwords, even ones with mixed case letters, numbers and alphanumeric symbols, are no longer secure enough for banking and e-commerce.
- 90 percent of user-generated passwords, even those considered strong by IT departments, are susceptible to hacking.
- In a recent study of user-generated passwords, the 10,000 most common passwords would have accessed 98.1 percent of all accounts.
- The average user has 26 password-protected accounts, but only five different passwords among these accounts.
- Because entering passwords into a mobile device is difficult, they tend to be less secure than those used on a personal computer.

Hackers generally

discover passwords in two ways: "brute force" and "dictionary" attacks. In a brute force attack on an eight character password, a

regarding password expiration, minimum length, use of the full symbol set and password resets are vulnerable and need to be



program applies each of the 6.1 quadrillion possible combinations until the password has been found. In dictionary attacks, hackers create a file or dictionary of common password phrases, words and symbolic variations, making cracking an account exponentially easier.

Organizations must establish better password security policies. Current rules

strengthened.

To strengthen password security, organizations should:

- Produce randomly generated usernames and passwords.
- Utilize password creation systems that prohibit obvious passwords such as "password."
- Avoid password reset

clues such as "mother's maiden name" which are easily found by hackers.

- Use "password keeper" accounts like KeePass or LastPass, which are single sign-on accounts that hold several highly secure passwords to improve the ability to randomly generate longer, more secure passwords.

What does the future hold for password security?

Multifactor authentication which requires more than just a user name and password is a strong candidate. Additional authentication methods could include a one-time password sent to the user's cell phone, a dongle which plugs into a USB port or a biometric feature such as a fingerprint or iris scan. This year, it is expected that many technology and telecommunication companies will implement some form of multifactor identification. The value of the information being protected will determine the complexity of the authentication process: password authentication for bank accounts will be more complex than social media sites, which would be more complex than gaming sites.

Former SLMPD Officers SLPOA Approved Legal Counsel



MILLIKAN | WRIGHT LLC
TRIAL ATTORNEYS

Personal Injury Workers' Compensation Civil Litigation

1826 Chouteau St. Louis, MO 63103

Office: 314.621.0622 Brian P. Millikan bmillikan@millikanlaw.com
Fax: 314.621.8071 Scott A. Millikan smillikan@millikanlaw.com



Officer Down Memorial Page

Remembering All of Law Enforcement's Heroes

"When a police officer is killed, it's not an agency that loses an officer, it's an entire nation." -Chris Cosgriff, ODMP Founder

Officer Down Memorial Page
PO Box 1047
Fairfax, Virginia, 22038-1047

CERTIFIED PRE-OWNED

314-487-4075 or 618-281-5111
www.GeorgeWeberChevy.com
 701 Old State Route 3
 COLUMBIA, IL

**OVER 200
PRE-OWNED
VEHICLES!**

NO GIMMICKS! NO HIDDEN REBATES!

We will sell the following Chevrolets to Police Officers, their Families and retired Police Officers at GM Supplier Price*:

• Corvette	• Spark
• Sonic	• Camaro
• Malibu	• Impala
• Equinox	• Traverse
• Tahoe	• Suburban
• Avalanche	• Colorado
• Silverado	• Cruze

And we will make a \$100 donation to the Backstoppers in your name.

(314) 487-4075
 (618) 281-5111
 1-800-784-1155

John Isbell
Father of a Police Officer

Jonathan Hegger
Son of a Police Officer

Sam Ventimiglia
Former Police Officer

* Certain specialty vehicles may not apply. Or Invoice, whichever is lower. (Pre-owned cars also qualify for \$100 Backstoppers donation)

VETERAN'S CORNER

By George Ratermann, President

St Louis Police Veteran's Association

Web: www.slpva.com Email: mail@slpva.com

Monthly Meetings: 2nd Wednesday of the Month



SLMPD Widows Invited To Christmas Luncheon

The SLPVA membership extends an invitation to all SLMPD widows (and widowers) to attend the December 11th Christmas Luncheon as our guests. All that they have to do is drop by the SLPOA Hall on December 11th at 11:30 AM and join in the holiday celebration. No RSVP required but if anyone wishes more information or has a question about the Christmas Luncheon an information line has been setup at 314 329 1005. If there's a question or comment, leave the message after the tone and we will call you back.

Of course, all SLPVA members are welcome to attend the Christmas Luncheon with their spouse or a guest. Chef Dan Riley will prepare a traditional and delicious meal.

I-70 MEMORIAL SIGN DEDICATION

A memorial sign in honor of P.O. Daryl A. Hall and SGT Jeffry Kowalski was approved by the Missouri State Legislature. Officer Hall and SGT Kowalski were both SLMPD members who were killed in the Line of Duty. A Memorial Dedication Luncheon will be held on Monday, November 25 at 11:00 AM at the

St. Louis Dream Center, 4324 Margaretta Ave. Contact SGT Taylor for tickets at 444 5820 or by e-mail at htaylor@slmpd.org. There is no charge for luncheon tickets. Jeff Roorda, SLPOA Business Manager and a member of the Missouri Legislature, sponsored the bill to establish the memorial.

2014 COOK OUTS

It's not too early to start thinking about our 2014 Cook Outs on May 14th and September 10th. The members voiced their support for keeping the Cook Outs in Lemay Park at our October 9th meeting. Lemay Park is close to I-55, well equipped for the Cook Out with a large pavilion, water, electric, restrooms, and ample parking on a level site. That's meets all of our requirements. So mark both dates on your calendars—SLPVA Cook Out, 11:30 AM, Lemay Park, May 14th and September 10th.

AND 2014 DUES

The new year also means it's time to pay your SLPVA dues for another year. Dues remain \$15 per year. Most of our members pay by having the \$15 deducted from their January

pension check. It's the most convenient way to pay the dues both for the member and the organization. If you'd like to sign up for dues withholding from your January pension check there's still time to complete the paperwork. There's a link on our website to download the PDF deduction form at <http://slpva.com/join.html>. Print it, fill in the blanks and mail to Ed Vaclavik, SLPVA Treasurer, 15830 Cedarmill Dr., Chesterfield, MO 63017-8714.

Members who do not have dues withholding can pay their dues at any monthly meeting or by mailing a \$15 check to Ed Vaclavik, SLPVA Treasurer, 15830 Cedarmill Dr., Chesterfield, MO 63017-8714.

Minutes of the October 10, 2013 St. Louis Police Veterans' Meeting

The 420th meeting of the St. Louis Police Veterans was called to order by President George Ratermann at 11:30 AM. President Ratermann led the membership in the Pledge of Allegiance and Secretary Chris Zarbo then read the opening prayer.

President George Ratermann then made the following announcements:

- 1) The widows would be invited to the December (Christmas) meeting if there were no objects.
- 2) There is a Highway Memorial Sign Dedication Luncheon for (Cont. on Pg. 11)



St. Louis Policemen's Credit Union

GET THE FACTS-FOR FREE



The Credit Union is offering you the opportunity to get a **FREE** report on a used vehicle between now and December 31st. After January 1st you can get a report at a greatly reduced charge over the normal retail fee found on the internet. In case you don't know the report gives you the history of the vehicle starting from the day of delivery and everything of importance that happened along the way. It can alert you to major accident or water damage, salvage title issues, odometer rollbacks and lets you be the judge as to whether or not you want to proceed with the purchase given the "facts."

Finance with us and city payroll or pension check deduction is quick and easy. We offer competitive rates on all modes of vehicle transportation. It is no wonder 228 of your fellow credit union members have financed their vehicles with us to the tune of two million plus dollars.

See JoAnn, Judy, or Elda and get pre-approved for your next vehicle loan.

Call 444-5392



Philibert Security Systems Inc.

"Looking Out For You"

Special Offer

Monitoring as low as **\$7.95** per month for police officers in St. Louis City, County and surrounding municipalities
Active or retired

Already have a system?

We can usually switch you over for as low as **\$50.00**

Your alarm system can be linked to a Smartphone, iPhone, iPad or computer.

Contact us for more information.



Philibert Security Systems

735 Marshall Avenue, Webster Groves, MO 63119

(314) 962-2000 1-888-PHILIBERT

www.philibertsecurity.com

*Peace of mind Latest technology
Webster Groves family-owned business for 40 years
Employees you get to know and who know you*



20% Discount on Grooming Services for all Department Employees.

Owned by a retired city officer

St. Louis Muttropolitan

PET GROOMING - All Dogs and Cats
DOGGY DAYCARE
BOARDING

5280 Fyler (at Sublette)

(314) 647-7911

info@stlmpg.com



JACOBSMEYER REALTY
TIM McDONOUGH
POLICE FAMILY!
HELPED OVER 100 FIRST RESPONDERS BUY OR SELL THEIR HOME!
CALL 314-496-HOME (4663)
5833 Hampton Ave.
TRMMCD@Charter.net

Veteran's Corner cont. from pg. 10

Daryl Hall and Jeffrey Kowalski on November 25th, 11:00 AM at St. Louis Dream Center, 4324 Margaretta. Tickets are free. Contact Sgt. Taylor at 444-5820.

3) Jack Billings and Rick Moore ask that we put together an information sheet on what to do when a SLMPD retiree dies.

4) The Credit Union is having a balloting at the SLPOA Hall on October 15, 4 to 7 on expanding membership.

5) The SLPOA Dinner Dance is being held here at the hall on October 19th, Open at 6:30, Dinner at 8:00.

6) Pension Election – Results were Jim Long and Ken Bradshaw elected.

7) President Ratemann asked the membership if they wished to

buying and selling a home, financing and title insurance fees. Also, sending you or your Charity a reward after your real estate transaction closes.

Secretary's Report: A motion was made by Jim Wurm, seconded by Mike Mosier to accept the minutes as printed. Motion passed on a voice vote.

Treasurers Report was given by Ed Vaclavik. A motion was made by Herman Ubben, seconded by John Cullen to accept to the treasurer's report subject to audit. Motion passed on a voice vote.

President Ratemann stated the following member passed away, Robert Richters. And, member Eugene Bauer's wife passed away. Members Dave Kassabaum is back in the hospital and Richie Williams is

WINTER MEETING SCHEDULE

December 14 th	Christmas Luncheon	SLPOAHall 11:30 AM
January 8 th	Monthly Meeting	SLPOAHall 11:30 AM
February 12 th	Monthly Meeting	SLPOAHall 11:30 AM

change the location of the 2014 picnics or stay at Lemay Park. Motion made, seconded and passed on voice vote to stay at Lemay Park.

8) We will be collecting bars of soap again for the needy at the November and December meetings.

President Ratemann then introduced guest speaker John Kurz with Homes for Heroes. He then introduced Betsy Wells and Brian Theis who all spoke on how the Homes for Heroes program works. How it can help with

having bypass surgery.

Old business: None

New business: Craig Kriska (SLCPD) is going to get the park permits for next year's picnics Mr. Pona said there were 67 members in attendance today. Four attendance prizes were awarded.

A motion was made by Rick Moore, seconded by Jim Glascock to adjourn. Motion passed on a voice vote. The meeting adjourned at 11:56 AM.

Rent the Hall



To rent the SLPOA Hall Call 314-353-3200

• Meetings • Birthday Parties
• Fundraisers

Great Rates • Convenient Hours
Call to Reserve

Cash or Checks accepted

8th ANNUAL

BARWICK/NEWTON NATIONAL LAW ENFORCEMENT MEMORIAL FUND

TEXAS HOLD-EM TOURNAMENT

DATE: SATURDAY FEBRUARY 22nd, 2014
DOORS OPEN @ 6:00PM
POKER STARTS @ 7:00PM

LOCATION: Crowne Plaza HOTEL
11355 National Bridge BRIDGETON, MO 63044

COST: \$50 DONATION TO CHARITY PER PLAYER
Attendance prizes will be available

MAIL REGISTRATION TO: CHRIS WELBY
11955 NATURAL BRIDGE
BRIDGETON, MO 63044
CONTACT Detective CHRIS WELBY @ 314-954-1555

THE FUND'S SINGULAR FOCUS IS TO COVER TRAVEL EXPENSES FOR FAMILY MEMBERS
OF FALLEN OFFICERS SO THEY MAY PARTICIPATE IN THE MEMORIAL CEREMONIES
FOR THEIR FALLEN HEROES AT POLICE WEEK IN WASHINGTON

100% OF PROCEEDS GO TO THE BARWICK/NEWTON FUND 501(c) 3

BEER & FOOD PROVIDED

MAKE CHECKS PAYABLE TO: BARWICK/NEWTON FOUNDATION
MAIL CHECKS TO: CHRIS WELBY 11955 NATURAL BRIDGE BRIDGETON, MO 63044

STEPHEN W. THURMER

Attorney at Law

SLPOA Approved Legal Counsel

1900 Locust, Suite 302

St. Louis, MO 63103

(314) 421-3100 - Office

(314) 607-1599 - Cell

Email: thurmer@sbcglobal.net

The Freshest...



The Healthiest

We sell only **Premium Extra Virgin Olive Oils & Superior Quality Balsamic Vinegars,**
Over 22 flavors to choose from - Stop in and sample!
If you are not in the area, shop online!
Taste the Difference!

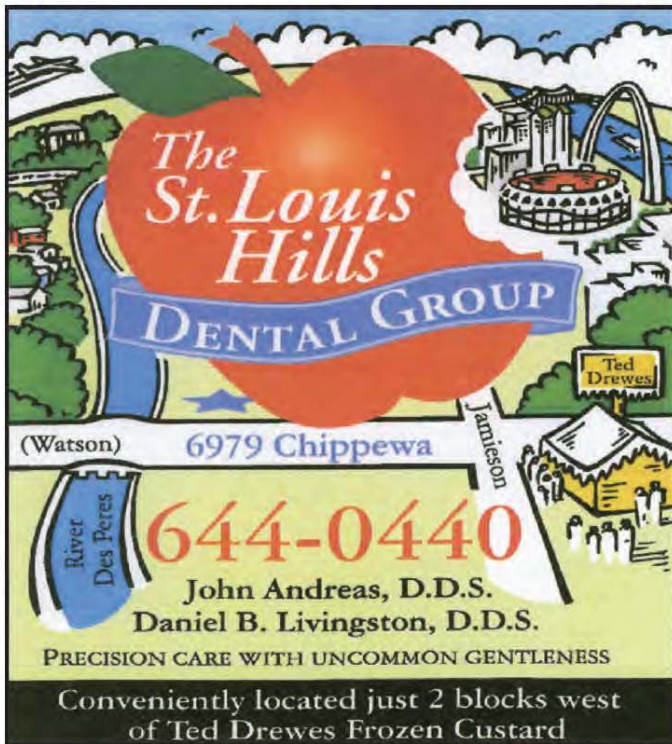


202 S. Buchanan Street
Edwardsville, Illinois 62025
New location open in Park Plaza!
(618) 656-4645

105 E Argonne
Kirkwood, MO 63122
Across from the farmers market
www.oliveoilstoreandmore.com

Lesh's Flowers
"They're Fresher from Lesh's"
4617 Hampton Ave. St. Louis, MO 63109
314-832-3500
"There is no substitute for Quality"





**The St. Louis Hills
DENTAL GROUP**

(Watson) 6979 Chippewa Jamieson

644-0440

John Andreas, D.D.S.
Daniel B. Livingston, D.D.S.

PRECISION CARE WITH UNCOMMON GENTLENESS

Conveniently located just 2 blocks west
of Ted Drewes Frozen Custard

In your line of work it's vital to maintain your health.

Boehmer Chiropractic

Dr. Rachel Boehmer

7930 Big Bend Road, Suite H
Webster Groves, MO 63119

p. 314.968.7200

f. 314.968.7318

www.drboehmer.com



Are you experiencing:

- low back pain
- headaches
- neck pain
- sciatica
- foot pain
- shoulder pain
- stressed out
- carpal tunnel
- hormonal imbalances (male and female)
- not sleeping well

As a wife of an SLMPD officer I am very familiar with all these problems and more...

I look to find the underlying cause of my patient's problems through full spine films, including mathematical x-ray analysis, and biochemical nutritional analysis. With this information a personalized treatment plan is formulated, including such treatments as: low-force chiropractic adjustments; intersegmental traction; hydrotherapy; and nutritional protocols.

Many insurances accepted - contact us for more information!

Office
314-535-1162

To Call a Cab
314-652-3456



LACLEDE CAB COMPANY

600 S. Vandeventer St. Louis, MO 63110

In Support of the
St. Louis Police Officers' Association
Thanks for a Job Well Done!
We Appreciate all you do to keep us safe!

Dave McNutt, Owner
Adam McNutt, President

Ted Hyla, Vice President (retired Major, St. Louis County PD)

Stay Safe!

McCARTHY & LEONARD KAEMMERER, L.C.

ATTORNEYS AT LAW

- Approved legal counsel for St. Louis Police Officers' Association for Internal Affairs Investigations and Board Trials
- 25% Discount to SLPOA Members on Wills, Real Estate, and Contracts Cases
- Expertise in Personal Injury, Workers Compensation, and Criminal Law
- Free Initial Consultation on Divorce and Business Law

400 South Woods Mill Road, Suite 250
St. Louis (Chesterfield), MO 63017

(314) 392-5200 • (314) 392-5221 (fax)

Weichert, Realtors®

Ellsworth & Associates

Owner/Agent/Police Officers Wife
Call Wendy Burgoon at **314-504-6172**



Owned & Operated by
St. Louis Police Officer, Ret.
5923 Weber Rd.
314-487-2224

WILL MATCH ANY COMPETITOR'S MONITORING PRICES!

BURGLAR • FIRE • PHONE & CABLE
SURVEILLANCE CAMERAS
24 HOUR LOCAL MONITORING
COMPUTER & STEREO WIRING
LONG RANGE RADIO INTERCOMS

Residential • Commercial

Financing Available

Free Estimates

Licensed • Bonded • Insured

GABRIEL, McCARTNEY & WAGNER P.C.

Workers Compensation • Personal Injury • Gen. Civil Litigation

LACLEDE GAS BUILDING
720 OLIVE STREET, SUITE 2990
ST. LOUIS, MISSOURI 63101
(314) 231-4630
caw@gmwlawfirm.com



WILLIAM GABRIEL
JAMES W. McCARTNEY
CHRISTOPHER A. WAGNER
MICHAEL A. CHEVHAL

CHAPLAIN'S CORNER

By Clarence Hines



Clarence Hines

I saw the following poem originally posted on Coptalk by Mike Hanlen (Thanks Mike!) I think it captures perfectly the essence of a Police Officer. It certainly resonates in my heart and makes me wonder how officers can keep it all together. The reality is there are so many who can't and don't. There are many of our brothers and sisters who are suffering in silence, or turn to other things to dull the pain. While so much of the following poem clearly elevates us to heroic status, we know there is a real cost for being a lawman. We often don't feel like heroes or even care if others call us heroes; for we know in our hearts that we serve not because we want to, but because we have to. We have been called and equipped by God to be a law man. That makes the cost worth it in my opinion. May this poem

encourage you as much as it did me. To the police officers who may be struggling, please reach out to PAS or a police chaplain. I love you all and I'm always praying for you my law enforcement brothers and sisters. Stay safe and be blessed!

I am a police officer

I went to college, got a degree
I applied at local, state, and federal agencies
I endured testing, drug, psych, polygraph, and comprehension
I went through backgrounds, family / friends, co-workers, neighbors – interviewed
I trained, before, during, after, the academy -
I sacrificed time, sleep, and hobby -

I am a police officer

I learned, lasted, endured, changed -
I worked midnights, patrolled the streets while you slept
I stopped the guy that was lurking outside your walls
I came fast when you called for help
I stopped that man who was looking to do you harm

I am a police officer

I've broken ties of family, friends who choose a different path
I've been looked down upon, up to, and cast aside
I've answered questions, given advice, and even cried

I am a police officer

I've seen the things they won't even put in the news
I've held your babies after a crash
I've comforted you, calmed you, and told you to wait
I've seen you at your worst, your best, and in between

I am a police officer

I've asked you questions that touched your soul
I've started the process to help make you whole
I've talked to your sons, your daughters about unthinkable things
I've gone after the one who invades your dreams
I've held your hand when no one else would
I've seen and done more than anyone should

I am a police officer

I know about things that would keep you up at night

I Am a Police Officer

I go to sleep and rise again for the fight
I risk my body, my mind, and my soul
I take the lumps that at times only I know

I am a police officer

I am criticized for being too cold
I am told not to be warm or let emotions get hold
I am demonized in the news
I am blamed for financial woes
I am taken for granted by you
I have friends who have taken a life
I've known friends who have given theirs for you

I am a police officer

I strap on a gun, a bullet proof vest, Taser, pepper spray, baton
I load a shot gun, slug gun, and rifle
I look for trouble before it finds you
I step between you and those who would do you harm
I give you orders, advice, and strength
I come when you call, nothing to big, or to small
I am professional, in word and in deed
I am aggressive to those who do wrong
I am comforting to those in need
I am all things to you

I am a police officer

I am injured
I am stressed
I am fulfilled
I am trying to do the right thing
I am here, I am there, I am where you don't want to be

I am a police officer

I have been bitten, and pushed
I have been struck by fist, feet, bottles, bats, and cars
I have been spit upon, thrown up on, and more
I continue to come back for more

I am a police officer

I am brave, I am strong
I am soft, I am caring
I look to help, to change what I can
I am human too, look me in the eye
I live, love, work, play, and die
I have kids in school, go to church, and pray
I am involved with the community in which I play

I am a police officer

Next time you drive down the street
Don't look in your mirror in fear
Think of me, pray for me and give me your ear

I am a police officer, I am here
<http://lawenforcementtoday.com/2013/10/03/i-am-a-police-officer/>

Lords Blessings,
Rev. Clarence E. Hines (SLMPD Chaplain)
cehines777@yahoo.com



Timothy J. McCann, M.D.

Internal Medicine • Hospitalist

Office Hours By Appointment

3338 Watson • St. Louis, MO 63139

Phone: 314-647-0554

Fax: 314-647-8387 • Exchange: 314-995-0203

TODT, RYAN & McCULLOCH L.L.C.
ATTORNEYS AT LAW

Joseph G. McCulloch

Retired Police Officer 1998
joe@todt-ryan.com

Personal Injury • Workers' Compensation • Divorce Criminal

415 N. Second Street
St. Charles, MO 63301



Office: (636) 916-1500
Fax: (636) 916-1303
Cell: (314) 749-9685

Construction Appliance
by AUTCOhome

Showroom:

1694 Larkin Williams Rd. • Fenton, MO 63026

Office: 636-349-4946 • Fax: 636-349-6844 • Cell: 314-308-3225
www.autcohomeappliance.com • e-mail: art@autco.com



Arthur W. Stumpf

VISIT
BAYER'S GARDEN SHOP

A COMPLETE LINE OF GARDEN SUPPLIES:
FERTILIZERS • INSECTICIDES
PLANTS • SHRUBS • SEED • POTTERY • STATUES



3401 Hampton Ave.
St. Louis, MO 63139
314-781-2314

Old State Road
Imperial, MO 63052
636-464-2314



HEALTH AND FITNESS

By Colleen Rossomanno
Exercise Physiologist MS, HFS, ACSM

One exercise that should be a part of just about everyone's routine is the squat. The squat targets the butt, hips, legs, calves, shins, thighs, and (believe it or not) your abs too! The legs move the weight, abs and lower back stabilize it, arms squeeze the bar (if doing a weighted squat), etc. Whether you are performing a body weight squat or a weighted variation, this exercise is a great addition and necessary exercise for your workout routine. Furthermore, a squat will help you build muscle quickly, gain strength and flexibility, and strengthen your knees.

Squats strengthen your legs by working them through a full range of motion, which will help in not only physical tasks, but everyday activities. No more bending over to pick up an object, you can just squat and protect your back at the same time. They can also enhance your flexibility because you need flexibility to do a regular squat. Unlike what many individuals have heard a squat, when done properly, will also strengthen your knees by improving the surrounding muscles. However the key word here is properly because just like any other weight training exercise or

movement for that matter, when done incorrectly especially for a period of time, you WILL HURT YOUR KNEES. Therefore it is important, to execute the move correctly in order to get the desired results from the exercise while preventing future injuries.

When first beginning to do a squat, take your time, move slowly through the exercise and

only go as deep as you can do comfortably to maintain form. As your strength and flexibility increase, you will be able to perform a deeper squat than previously, but only when your body is ready or else form will inevitably be compromised.

Step 1 Starting Position:

Begin standing with feet slightly wider than hip-width and toes turned out slightly. Hands are by the sides with palms facing inward. Pull the shoulders down the back toward hips.

Step 2: Engage

abdominal/core muscles to stabilize the spine ("bracing"). Keep chest lifted and chin parallel to the floor. Shift weight back into the heels as the hips begin to push toward the wall behind you.

Step 3: Downward

Phase: Begin this phase by hinging at the hips, shifting them back and down. The hips and knees bend simultaneously. As you lower your hips the knees bend and will start to shift forward slowly. Try to prevent your knees from traveling too far forward past the toes. Keep the abdominals/core muscles engaged and try to keep your back flat (do not tuck the tail or arch the low back).

Step 4: Continue to

lower until thighs are parallel or almost parallel to the floor. If the heels begin to lift off the floor or torso begins to round, return to start position. Be aware of any movement that may occur at the feet, ankles and knees. Work to ensure that the feet do not collapse in or out and the knees remain lined up with the second toe.

Step 5: From the

Lowered Position: Keep the knees aligned with the second toe and body weight evenly distributed between the balls and heels of both feet. If you can view this from the side, your shinbone should be parallel with your torso and the low back should appear flat or may be showing the beginning of some rounding.

Step 6: Upward Phase:

While maintaining the position of your back, chest and head and with the abdominals engaged, exhale and return to start position by pushing your feet into the floor through your heels. The hips and torso should rise together. Keep the heels flat on the floor and knees aligned with the second toe. **Think about inhaling on the way down and exhaling while exerting on the way back to the initial standing position.**



www.edwardjones.com

Make Your Financial Future a Priority.

Unlike other chores that pile up in the driveway, clutter the garage or run wild in the front yard, your financial situation is a little less obvious. That's why it's so important to take advantage of our complimentary financial review at least once a year.

We will discuss the different strategies available to help put your finances in line with both your short- and long-term goals.

To schedule your complimentary financial review, call or visit today.



Kelly M McGinnis
Financial Advisor

1610 Gravois Suite A1
High Ridge, MO 63049
636-677-1951

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC



MISSION

The St. Louis Police Foundation provides monetary aid, services and goods to the St. Louis Police Department. The Foundation supports programs, initiatives and projects that are strategically focused to complement the Department's policing strategies and ensure the highest level of police service to the St. Louis community.

St. Louis Police Foundation

9761 Clayton Road
St. Louis, MO 63124
314.825.3455

**NOVEMBER 2013**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EXECUTIVE BOARD MEETING & SWEARING IN NOON	2
3 DAYLIGHT SAVINGS ENDS (FALL BACK)	4 PERIOD 12	5	6	7	8 PAYDAY	9 VETERANS DAY PARADE
10 US MARINE CORPS B-DAY (USMC-1775)	11 VETERANS DAY	12	13 VETERANS MTG 11:30AM POLICE WIVES MTG 7PM	14	15	16
17	18	19	20 MOVED GENERAL MEMBERSHIP MEETING	21	22 PAYDAY	23
24	25 HALL / KOWALSKI LUNCHEON	26	27 GUNS & HOSES	28 THANKSGIVING DAY CHRISTMAS IN ST. LOUIS PARADE	29 BLACK FRIDAY	30 SMALL BUSINESS SATURDAY

DECEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 PERIOD 13	3 ST. NICHOLAS DAY	4	5	6 PAYDAY	7 PEARL HARBOR DAY
8 SLPWA AFTERNOON W/SANTA	9	10	11 VETERANS MTG 11:30AM POLICE WIVES MTG 7PM	12	13	14
15	16	17	18 GENERAL MEMBERSHIP MEETING MOVED	19	20 PAYDAY	21
22	23	24	25 MERRY CHRISTMAS	26	27	28
29	30	31 NEW YEARS EVE FUN W/O GUNS 1ST NIGHT				

JANUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEARS DAY	2	3 PAYDAY	4
5	6	7	8 VETERANS MTG 11:30AM POLICE WIVES MTG 7PM	9	10	11
12	13	14	15	16	17 PAYDAY	18
19	20 MARTIN LUTHER KING JR DAY	21	22	23	24	25
26	27	28	29 GENERAL MEMBERSHIP MEETING 7PM	30	31 PAYDAY	

National Law Enforcement Officers
Memorial Fund (NLEOMF) www.nleomf.org
Missouri Law Enforcement Memorial
(MOLEM) www.missourimemorial.com

Great Deals from the Dave Sinclair Automotive Group

Your Substation for New and Pre-Owned Cars, Trucks, SUV's and Conversion Vans
Come See former Police Officers: Les Williams, Tim Hagerty (SLCPD),
Brian Dolan (SLMPD), Drew Perez (SLMPD), Rick Hayes (SLCPD), Allen Jones (SLCPD)
Don't look at joints with 50 or 60 cars in stock, come choose from thousands
priced ready to go.

"Thank you, and here's my address..."

DAVE SINCLAIR AUTOMOTIVE GROUP

7466 S. Lindbergh (at Lemay Ferry), St. Louis, MO 63125 (314)892-2600

Your Electric is Our Business!

Over 20 years experience to help guide you along the way.

YOU ELECTRIC
for your home + your business
stl.com

Want new lighting?

Need a panel upgrade?

**Want to know about the safety and code compliance
of your electrical system?**

Call for
FREE ESTIMATE!

314-814-3897 • www.youelectricstl.com

"Hands down, Your Electric and Mark is
the only electric service we will ever need!"
Sergeant William Boyd Kiphan II

Mention this ad
10% OFF Total Job
(up to \$100)
will be donated to BackStoppers

St. Louis Police Wives Association

Cordially invites all
Police Officers
and their families
to join us for:

An Afternoon with Santa

Sunday December 8th
Noon - 3:00pm
3710 Hampton Ave. 63109

There will be snacks for each child in attendance, along with games, prizes, face painting, crafts, a Christmas story corner, and pictures with Santa

PLEASE RSVP
by November 28th
to Debbie 314-775-8802