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POA NOTEBOOK

SAN FRANCISCO POLICE OFFICERS' ASSOCIATION
To Promote the Ideals, Policies and Accomplishments of the Association and its Members

VOLUME 28

SAN FRANCISCO, DECEMBER 1996

NUMBER 12

So Long, Al

To: San Francisco POA General Membership
From: Chris Cunnie, Vice-President
Date: December 13, 1996

On behalf of all of the members of the POA Executive Board and Board of Directors, it is with great sadness that we accept Al Trigueiro's resignation as president.

Al has served the Association with dignity and dedication for eight years, the last six of those as president. During Al's years on the Executive Board, the POA made great strides for our members, most notably the passage of Proposition D which gave us collective bargaining for wages and benefits.

For the last eight years, Al has been there for each and every one of us. Now is the time for him to enjoy life. We wish Al, his wife Moira and their sons, Christopher and Anthony, the best.

The Association will continue on the course that Al set during his presidency. We are preparing for negotiations with the city on our re-opener in January, and we are committed to upgrading Tier II for our Members.

We are grateful to Al for all of his hard work and sacrifice. We want him to know that we will continue the good fight.

Innocent?...Let Them Prove It!

The OCC Philosophy

Hon. John Kecker, President
San Francisco Police Commission

Re: Office of Citizen Complaints'
Third Quarter Report

Dear President Kecker:

I have reviewed the Office of Citizen Complaints' Third Quarter Report for 1996, and I am troubled by Director Mary Dunlap's comments about the agency's sustained case rate.

Ms. Dunlap states that the sustained case rate for this period is "somewhat below normal." However, she writes, she is confident that rate will rise and "close strongly in the final quarter of 1996." Ms. Dunlap attributes the "temporary drop" to a number of factors that all deal with internal issues at her agency.

On behalf of the nearly 2,000 members of our Association, I wanted to express my concern over Ms. Dunlap's ambition to sustain as many cases as possible against our officers. Ms. Dunlap seems to ignore the possibility that the sustained case rate may be lower because officers are not engaging in inappropriate behavior.

Ms. Dunlap's cover letter accompanying her third quarter report is indicative of an attitude that has always prevailed at the OCC — sustain as many cases as you can regardless of what the facts and the

evidence indicate.

In the last year, we have seen OCC cases fall one after another when they are subjected to the scrutiny that comes with a Commission hearing. Most particularly, your Commission threw out all but a handful of the voluminous charges filed in the Harrison Street case against six of our members. At the Commission's urging, the OCC was forced to drop charges of lying and evasion against nearly all of the officers charged in the Harrison Street and Aaron Williams' cases. Most recently, the OCC failed to convince a majority of the Commission to sustain a charge of excessive force against Officer Marc Andaya.

Our members will continue to abide by the rules of this department and cooperate with OCC investigations, but we are all mindful that when we walk in the door of that agency we are presumed guilty.

Ms. Dunlap summed up the philosophy of the OCC when, shortly before the Harrison Street case began, she was interviewed by the media. Asked about the four officers charged, she was quoted as saying, "If they are innocent, let them prove it."

Sincerely,
Chris Cunnie,
SFPOA Vice President
SEIU LOCAL 911

President Trigueiro Resigns

To: San Francisco POA
General Membership
From: Al Trigueiro, President
Date: December 13, 1996



This is to notify you that I have resigned from the Office of President of the San Francisco Police Officers' Association. I want to thank you for having provided me with the opportunity to represent you as your Treasurer from 1989-91 and as President since then. It has been a privilege, the memories of which I will cherish for the rest of my life.

Being President of the POA has been and will continue to be both demanding and rewarding. As I look back, I can point to many improvements that we were able to obtain together. Still, there are a few things I wanted to accomplish before leaving office — but I expect that is always the case. The fact is the job, like yours, is continuous with new challenges arising on a daily basis. In any event, I have decided its time for a change, for me and the POA.

There are a few things I would like to pass along. First, I urge you to continue to support the POA. It is your organization, a remarkably democratic one, which is the only vehicle that can assure that police officers in this City are treated properly. If there is one thing I have come to better understand since taking office, it is how much we can accomplish together and how little when we are not.

Second, it is good to be reminded who we are here for. The people of San Francisco really do appreciate and support their police officers. Appeals, properly made to them on our behalf, have been successful and will be again.

Finally, do what you can to become and remain informed regarding what is going on within the POA. Because our Association is open and democratic, the quality of its proposals, positions, endorsements and direction is directly related to the level of your participation.

Again, thank you for having bestowed upon me the privilege of representing police officers these past several years.

*The POA Wishes You
A Merry Christmas
And
A Happy New Year*



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Widows and Orphans Aid Association

The regular monthly meeting of The Widows & Orphans Aid Association was called to order by President Mark Sullivan at 2:03 P.M. Wednesday, November 20, 1996 in Conference Room, Ingleside.

Roll Call of Officers: V. Pres. Milon Excused. All other officers present with members Ray Crosat, P. Pres. M. Duffy, Dave Fontana, Al Aguilar.

Minutes of Last Meeting: Approved as presented in writing to membership.

New Members: Montion McKee/2nd Forencich the following be accepted as new members: Clarence Anderson, Douglas Arnold, Richard Arzave, Jr., Brian Barba, Amalia Barcena, Richard B. Bodisco, Eduardo Castillo, Dennis Cesna, Mark Claussen, Robert Delon, Robert Encinas, Issac Espinosa, Timothy Farrelly, II, John Gerrando, Timothy Fitsgerald, David W. Garcia, Joe Giannini, Anne Hoks, Derrick Jackson, Jon Kasper, Stephen Kirwan, Scott Kendall, Stephanie Long, Jose Lopez, Sandy Lum, Joseph L. Harte, Steven Matthias, Jeremy R. Miller, Michael D. Nelson, Glenn Ortega, Roger Peters, Shaughan Ryan, Daniel Simone, Marie H. Swann, Frances H. Terry, Pilar Torres, Thomas Van Overen, Thomas J. Walsh, Karen White. — Approved.

Suspensions: Pres. Sullivan removed the following from The Rolls, for non-payment of dues for a period exceeding six months. Hector Basurto, Michael Logan, Jr., Christina Serujo, Gary Klingsberg. Secretary to notify all by Certified Mail.

Treas. Parenti present the usual bill, taxes, salaries, etc. Approved.

Treas. Parenti reported — No deaths this month. Keep up the good work.

Communications: Following donation received and acknowledged by Secretary: Layton Duffy — in memory of Amelia Montella.

Unfinished Business: Parenti reported on a meeting he and McKee had with Tired Accounting. Although our financial standing is in good and sound condition, due to new Govern-

ment regulations, we must make extensive corrections in our membership records. Motion Mc Kee/2nd Jeffrey.

President to appoint a committee for purchase of a computer, software needed to operate and programmer to set up the compliance with new regulations. Approved. President appointed Jim Sturken, Mark Hurley and Treasurer Parenti.

Report of Trustees: Representatives from B of A unable to attend, however Mr. Bricker, reported by phone that the Portfolio had a slight increase, Bond Market holding steady due to a slight decrease in Interest Rates. Prices seem to be heading upward to a small degree, but the Feds do not seem worried by this. Our stocks have stayed fairly level.

New Business: The following members were nominated for the year 1997— President — Robert Kurpinsky, Vice President — Frank Forencich, Secretary — Robert McKee, Trustees — David Fontana (Hondas), John Garrity (Northern), George Jeffrey (Retired). President and Vice President serve for 1 year, other officers to 2 years.

Good of the Association: President Sullivan set next regular meeting for 2:00 P.M., Wednesday December 18, 1996 in Conference Room, Ingleside Station.

Adjournment: There being no further business to come before the membership, the meeting was adjourned at 2:45 P.M. in memory of all Past Deceased Members.

Fraternally,
Robert J. Mc Kee
Secretary

The Bank of America will be sending out dues notices to all retired members and any others on cash payment. If you do not receive same by January 10, 1997, contact voice mail 681-3660. Let ring 5 times.

To all active members: Yearly letter will be mailed in January, so if you have moved in the past year and have not notified us, please do so by above mentioned.



Police-Fire Post #456 News

by Greg Corrales

"In peace, sons bury their fathers; in war, fathers bury their sons."

— Herodotus

On 25 November, "Mister American Legion," Edward J. Sharkey, passed away. With his passing, Police-Fire Post 456, the American Legion and America lost a true friend and patriot. Those of us who attended Mr. Sharkey's 100th birthday party last May noticed that he did not seem as remarkably spry as he had been throughout his nineties. Despite his obvious slowdown, it just doesn't seem possible that he is gone. Ed Sharkey had been a member of the American Legion since its inception, right after World War I. I was a rare Police Post installation of officers that did not find Ed Sharkey making a speech, even as recently as two years ago, when he was 98 years old. Mr. Sharkey always had a special place in his heart for the Police Post. He was Police Post 456's American Legion "juice", and it was potent "juice", indeed. I know that I owe my appointment to the American Legion

State Law and Order Commission to Mr. Sharkey.

Mr. Sharkey was the managing director of the War Memorial Building from 1939 through 1966. I am told that he ran the War Memorial with "an iron fist." That doesn't surprise me. In 1967 Mr. Sharkey served the American Legion as the Department of California commander. He also served as the Department of California Adjutant from 1967-68 through 1973-74. For his service to our country during the first World War, Mr. Sharkey was awarded the Distinguished Service Cross and the French Croix de Guerre. Although physically small in stature, Edward J. Sharkey was bigger than life. Mr. Sharkey was a part of my life for 27 years, a part of the American Legion for 78 years, and a part of America for over 100 years. It wasn't long enough. Rest in peace Mr. Sharkey!

Any Vietnam veteran with prostate cancer can apply for federal compensation if they served in-country during the war, under a new VA regulation that became official last month. The regulation, published in the 7 November issue of *Federal Register*, also provides for veterans suffering from acute and subacute peripheral neuropathy linked to their wartime exposure to Agent Orange if the illnesses showed up within a year of their Vietnam service. Vietnam veterans are not required to prove exposure to agent Orange; the VA presumes that all of the approximately 2.6 million veterans who

(See POLICE POST, Page 18)

Editorial Policy

The *Notebook* is the official newspaper of the San Francisco Police Officers' Association and is published to express the policies, the ideals and the accomplishments of the Association. It is the *Notebook's* editorial policy to allow members to express their individual opinions and concerns within the necessary considerations of legality and space. Submissions that are racist, sexist, and/or unnecessarily inflammatory or offensive will not be published. Contributors must include their names with all submissions but may request that their names not be printed. Anonymously submitted material will not be published. The SFPOA and the *Notebook* are not responsible for unsolicited material. The editors reserve the right to edit submissions to conform to this policy.

The San Francisco Police Officers' Association

NOTEBOOK

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USPS #882 320
PUBLISHED MONTHLY \$10 PER YEAR
OFFICIAL PUBLICATION OF
THE SAN FRANCISCO POLICE OFFICERS' ASSOCIATION
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- Members or readers submitting letters or articles to the editor are requested to observe these simple rules:
- Address letters to the Editor's Mail Box, 510 7th St., San Francisco, CA 94103.
- Letters must be accompanied by the writer's true name and address. The name, but not the street address, will be published with the letter.
- Unsigned letters and/or articles will not be used.
- Writers are assured freedom of expression within necessary limits of space and good taste.
- The editor reserves the right to add editor's notes to any article submitted, if necessary.
- Articles should be typed, double-spaced.

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Around The Department

by Al Casciato



...Happy Holidays:

The Holidays are a time for family and reflection. The new year will bring many challenges and changes; some will be viewed as good and some not. The one issue that will be resolved in 1997 is retirement.

Affecting all, retirement is by far the most important issue for the POA, and each of us must support the efforts being made to improve benefits. January will bring reopened contract negotiations and the June ballot will probably have a police-only retirement Charter amendment. The November ballot will probably have health, dental and some retirement issues if they are not resolved in June.

No matter what happens in '97 (federal litigation, discipline), retirement must be your first priority, whether you are in your last year or first year of work.

...Gourmet:

Susie Defilippo, wife of **Captain Jerry Defilippo**, Richmond Station, is the proud owner of the *Amadeo Restaurant* in Glen Ellen. Susie has lots of duties for Jer once he retires — (he might not retire just to have a place to escape to) — In the meantime, if you need reservations or want to see Jer on the weekend, give him a call. You can guess where he'll be.

...Get Well Wishes:

This month finds many of our friends and comrades in ill health. Our well-wishes and prayers go out to all. Most distressing is the three officers in their mid-late 40s who suffered heart-related afflictions recently. Maybe a very practical present would be a treadmill EKG or heartscan for all those 40 and over. Hopefully the Health Service System will negotiate preventive medical procedures instead of reacting after the fact. In the meantime, we need to watch out for each other.

...Retiree:

Retired **Lt. Roy Hicks** is now residing in Payette, Idaho where he is a columnist for the *Independent-Enterprise*, a local weekly. Roy's column is known as the opinion of the "Country Curmudgeon." How appropriate (smile). Well, if you get by Payette, Idaho drop by the paper and visit the "Curmudgeon."

...Police ATMs?

In Los Angeles, the LAPD Credit Union has 14 ATM machines in district stations available to members and the public. Here in San Francisco we need some machines also — The Hall of Justice, Mission Station and the new Potrero Station would make logical starting points. Mission and Potrero Stations would be safe

havens for the public to use the machines, since the ATMs in the surrounding neighborhoods close at dusk/8 PM for safety reasons. Also, with the \$1.50 per transaction fee being charged Credit Union members, our own machines make sense. If you like the idea, send a note to **Duane Collins**, who is exploring the idea at the Credit Union.

...50th Anniversary:

Retiree **Ray & Mary Crosat** celebrated their 50th wedding anniversary on December 5, 1996. Son, **Sgt. Bob Crosat**, Legal Office, organized a surprise party of 25 close family and friends at Harris' steak House on Van Ness Ave. Celebrants had a very good time reminiscing about the 50 years of wedded bliss and Ray's 30 years in the Police Department. Congrats and many more.

...Births, Births, Births:

Northern Station's **Keith and Tina Pasquinzo** welcomed their second child September 1, 1996 at California Pacific Medical Center, **Kennedy Marie**, 7 lbs., 2 oz., 19 inches. Big brother **Nicholas**, age 2, is very proud of his little sister and is enjoying his new role.

Richmond Station's **Troy and Diana Carrasco** welcomed their second son October 24, 1996 at Children's Hospital SF. **Dominic Joseph**, 8 lbs., 2 oz., 20 1/2 inches, joined brother **Stephan**, 18 months. Mom, Dad and brothers are doing very well.

Mission Station's **Steve and Jackie Thoma** proudly announced the birth of their fourth child November 22, 1996. **Carlie Marie**, 7 lbs., 1 oz., 20 inches long, joins brother **Steven**, 6, and sisters, **Stephanie**, 6 and **Kelly**, 3. Dad is taking time off to entertain big brother and sisters while Mom and Carlie spend some time bonding.

Congratulations to all: Our best wishes for future happiness and success.

...F.A.T.S. Update:

Sgt. Jerry D'Elia, Co. G, reports

that over 400 members of the Department have undergone the "Fire Arms Training System" Exercise. The training is done so well that it is a must for every officer, every member of the press public officials and citizens who want to come as close to a shoot-out without really being in danger. The only thing that opens the eyes any more is the real thing.

...Discount Ski Tickets

Ski season is here again and the POA once again has discount ski tickets for Northstar-at-Tahoe and

Sierra-at Tahoe Ski Resorts. The prices are \$37 for adults and just \$5 for children ages 5-12. Tickets must be purchased in advance and turned in at the Resort ticket booths. Call Matt Castagnola at TAC (553-1278 or Pgt. #708-8091 for tickets... Let's Ski!!!

*** Happy Holidays***

Announcements, notices or tidbits can be faxed to 552-5741 or mailed to Around the Department, 510 - 7th St., S.F. CA 94103.

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Retired Members Column

by Mike Sugrue



Pre-Retirement Seminar

I would like to take this opportunity to thank everyone who helped make the 1996 Pre-Retirement Seminars a success.

Without the following people, the program would never have gotten off the ground.

First of all, I would like to thank Chief Fred Lau and his staff for having all the retirement booklets and various papers, used for the seminars, printed for the program. This was a great financial savings.

Next, thanks goes to Al Trigueiro and his staff, especially LaVerne, Louise, and Yvonne, who answered the phones, took reservations and handled all the checks as they arrived. If I owned a business, I would surely want these ladies working for me.

Many thanks go to the Property Clerks, Sgt Ed Dullea, Officer San Sui, and others who gave me all the necessary tools for the program, such as note pads, pencils, envelopes, and one "Mark-A-Lot" black marking pen. I don't know why one Marks-A-Lot black marking pen, but I used it.

Special thanks to the Arguello Catering Company for their excellent service in providing the Continental breakfast, great box lunches and drinks.

Last but not least, the great speakers, who really made the program. Without them, the Pre-Retirement Programs would not exist.

First, Retired Capt. Mike Hebel, who spoke on the retirement ben-

efits. If Mike doesn't know something about the retirement system, it doesn't exist.

Next, Officer Duane Collins spoke on State and Federal Taxes. Since the beginning of the program, almost 13 years ago, Duane has helped me and many others with their problems concerning taxes. One year I got back \$600 that I didn't know I had coming.

Following Duane, Retired Deputy Chief Stan Cordes spoke on the Psychological and Emotional impact of retirement. Stan also acted as the Master of Ceremonies and his Irish jokes rally kept the program moving.

Retired Deputy Chief George Eimil followed Stan. George spoke on Wills and Livings Trusts. Over the years, I have talked to many people who have attended the seminar and they told me that George had saved them thousands of dollars in legal fees by following his program and suggestions.

Last, are Officer Mickey Shea and Fireman Tim Heffernan of the Stress Units in the P.D. and F.D.. They let participants know and or advise, even after retirement, the families of policemen and firemen, if problems arise of a personal nature. They have all the information for helping the family.

A special thanks goes to the officers at the Police Academy, Sgt. Ken Cottura for making a room available for the seminar.

I want to acknowledge the help my wife Kass has been in the planning and setting-up of these seminars, since their inception 13 years ago. As the date for the seminars neared, she helped me with all the "last minute" things needed to be done—like going to the P.O.A. office for checking numbers signed up, numbers paid in advance, etc.. She went with me to the Property Clerks' office for materials. As each seminar opened, she checked the roster to be sure all were accounted for, that enough lunches had been ordered and put out the seminar materials. I've been very glad to have had her assistance in getting these seminars together.

So, at the end of a very successful year of 1996, I want to wish everyone a very Merry Christmas and a Happy New Year.

Get ready gang, April is coming!!!

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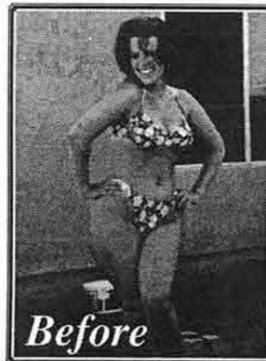
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Increasing Dangers Posed By Assault Weapons To Law Enforcement Officers

(NAPS) — There is growing evidence to reveal that assault weapons are posing increased dangers to America's police officers. A report, released by Handgun Control Inc., is entitled *Cops Under Fire: Law Enforcement Officers Killed With Assault Weapons Or Guns With High Capacity Magazines*.

According to the report, "at a minimum, assault weapons are involved in 13 percent of fatal shootings of law enforcement officers," yet, they account for less than one percent of the privately owned firearms in the United States. Some incidents that stand as graphic reminders of what the availability of military-style assault weapons on America's streets has meant for the country's law enforcement community include:

- Northridge, CA, February 22, 1994 — Officer Christy Lynne Hamilton, the oldest rookie in the history of the Los Angeles Police Department, was gunned down with an AR-15 assault rifle by a teenager who had already used the gun to kill his father. Officer Hamilton graduated from the Police Academy three days prior to the shooting.

- Washington, D.C., November 22, 1994 — In the Headquarters of the Metropolitan Police Department, an angry young man armed with TEC-9 assault pistol took the elevator to the third floor where he shot and killed Sergeant Hank Daly, FBI Special Agent Martha Dixon-Martinez and FBI Special Agent Mike Miller. FBI Special Agent John Kuchta was seriously wounded.

- Chicago, IL, March 8, 1995 — Officer Daniel Doffyn, a rookie with the Chicago Police Department and still in his probationary period, responded to a robbery in progress call and was killed by a known gang

member armed with a TEC-9 assault pistol. Another officer was wounded in the attack. Prior to this incident the assailant had been involved in a shoot-out with a rival gang.

Unfortunately, these are not isolated incidents. There is growing evidence that criminals, particularly young offenders, have armed themselves with assault weapons and semiautomatic handguns sold with high capacity ammunition magazines — and police officers are paying a terribly high price.

"Clearly assault weapons are fast becoming the weapon of choice among violent criminals and they have made the police officer's job more dangerous than ever before," reports Craig Floyd, a spokesman for the National Law Enforcement Officers Memorial Fund.

Some in the police profession have begun calling assault weapons "cop killer guns," and there is evidence to support the claim. According to the National Law Enforcement Officers Memorial Fund, assault weapons claimed the lives of at least ten police officers during 1995 or about 12 percent of all felonious deaths.

The report by Handgun Control Inc. summarizes the results of a study conducted to examine the danger that weapons banned in the 1994 crime law pose to law enforcement officials. The study analyzed 122 fatal shootings of law enforcement officers between Jan. 1, 1994, and Sept. 30, 1995. The study found that, of the 92 cases where the make and model of the gun could be identified, 36 percent involved an officer being killed with either an assault weapon or firearm that was sold or equipped with a large-capacity magazine.

What is the Critical Incident Response Team?

The policies and procedures established for the Critical Incident Response Team are described in General Order 8.04. Basically, it states that when a death occurs as a result of a member's action, the Critical Incident Response Team shall be notified. It is mandatory that affected members participate. The team also shall be notified and shall respond to any incident that, from the perspective of a supervisor, adversely affects any member.

What happens when the team is notified? There are currently ten CIRT teams with an average of three members per team. If a critical situation occurs, a supervisor at the scene may ask Operations Center to notify the on-call Critical Incident Response Team. The on-call team member is paged and given information about the incident. That team member makes a determination if response to the scene is needed. If response is needed, the on-call CIRT members respond to the scene of the incident, the station, or wherever the affected members are.

The team provides support for the affected members, including notification of their families, and assists members in whatever way may be beneficial.

Within 72 hours, a formal debriefing of the critical incident is conducted. The affected members are allowed to express their emotions in a safe and confidential environment. The debriefing process also informs members of some of the normal emotional and physical symptoms that they may experience after being involved in a critical incident.

What is a critical incident? This is not specifically defined in the G. O., except when a death occurs as a result of a member's actions, or a supervisor feels a member has been adversely impacted by an event.

There is nothing in the General Order that precludes members, on their own, from contacting the Critical Incident Response Team, or the Behavioral Science Unit (BSU), which oversees the CIRT.

In the past, members have contacted us to say they felt that they and other members of their watch had been impacted by a particular event. In such cases we will make arrangements to assist the affected members.

Once a month, there is a meeting about the CIRT activities conducted by the CIRT Chair, Sgt. Forrest Fulton, Lt. Gabe Harp, and Off. Mick Shea. All CIRT members are invited to participate in these meetings.

Certainly, an officer-involved shooting is a very serious event that will be addressed automatically by the Critical Incident Response Team. However, other incidents such as the abuse of a child, a SIDS case, a police vehicle accident, or a suicide, are also potentially traumatizing. There is help available.

If you have been involved in an event that is affecting you in a negative way, you may seek out the Critical Incident Response Team, a Peer Support Program member, or you can call the Behavioral Science Unit at # 557-6748 for assistance.

The chart illustrates the number of times the Critical Incident Response Team has been utilized.

YEAR	*1993	**1994	1995	1996
CIRT NOTIFICATIONS	12	25	22	26
SFPD MEMBERS DEBRIEFED	95	266	78	80+

* The first CIRT activation was July 1, 1993 in response to the shooting incident at 101 California St.

**Large number of members debriefed because of the terrorist attack that resulted in the death of Officer James Guelff.

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Policing Old San Francisco:**Post-earthquake Crime Wave**

by Kevin J. Mullen

Following the great geological upheaval of April 1906 which devastated physical San Francisco, the city was visited with a corresponding social aftershock. Immediately following the earthquake and fire the city was plunged into a major political scandal which, before it ran its course a couple of years later, saw the entire Board of Supervisors resign in the face of bribery charges.

Mayor Eugene Schmitz was convicted of accepting police graft for awarding liquor licenses to "French Restaurants," and escaped a prison term by the most tenuous of legal technicalities. Chief of Police Jeremiah Dinan retired from office facing a charge of perjury.

During the same period, and perhaps in part because of all the political disruption, the city was visited by a wave of crime. Thousands of San Franciscans, their homes destroyed and jobs gone up in smoke, left town. In a stroke, the population was reduced by half, from 350,000 to 175,000 and, with no tax base to pay them, 80 percent of the city's police officers were forced to take leaves of absence.

During the disaster itself, saloons had been ordered closed to reduce the potential for drunken disturbances, and the thin police lines were augmented by National Guard forces and self-appointed citizen police who executed several people summarily. In the immediate aftermath of the disaster, order was reasonably maintained.

By Summer, the militia was withdrawn and the saloons reopened, and with the infusion of ready money in the form of insurance payments, an "eat drink and make merry" attitude seized the town. The ferries which had transported San Francisco families to Oakland a few months earlier returned with a less savory passenger list.

"[R]umors of a thieves' paradise," says chronicler Walton Bean "had increased the number of criminals by attracting newcomers from all over the country." Human scavengers prowled the unlighted downtown ruins, looking for targets of opportunity. The St. Francis Hotel warned its guests not to venture more than a block from the building after dark, for fear they would be robbed.

The fears were not unfounded. On August 20, 1906 Johannes Pfitzner was bludgeoned to death with a window sash weight during a robbery at his shoe store at 964 McAllister street. A few weeks later, on September 14, William Friede was found dying, his head crushed, in his clothing store at 1386 Market street.

On October 3, a customer entered the Japanese bank at 1588 O'Farrell street to find the bank's president, M. Munekato dying of a brutal head wound. His seriously injured clerk, A. Sasaki, lay next to him. A 14 inch length of gaspipe covered with blood was found nearby.

"That this city has become a refuge for desperate criminals is evident," bristled a contemporary editorial. "The city is infested with people who do not work and are well supplied with money. Brutal robberies occur in broad daylight and in crowded streets." While deploring the idea of vigilante justice, the editor reminded his readers that earlier San

Franciscans had been unwilling to "patiently stand still and be murdered."

"Hardware dealers sold an estimated twenty thousand pistols in one month," says writer Lately Thomas, "and women walked the streets clutching long hatpins." The Governor offered a \$1,500 reward for the arrest and conviction of the "gaspipe" murderers. In response to the crisis, officers placed on leave were returned to duty and at a special meeting of the Police Commission on October 10, Chief of Police Jeremiah Dinan was given his marching orders.

"His tenure of office will be short," said the Commission, "unless he proves himself able to cope with the present situation." For his part, Dinan gave orders to his men to take their guns and clubs to "idlers and criminals around the refugee camps." Every man or youth who could not give a satisfactory explanation of his activities, the chief said, was to be put on a ferry to Oakland.

On Saturday November 3, three men entered the jewelry store of Henry Behrend at 1323 Steiner street. In Behrend, the "gaspipe gang" met their match. The intended victim resisted and in the resulting struggle one of the robbers accidentally injured one of his crime partners with an iron bar. Two of the robbers fled but the injured Behrend managed to hold his assailant until the police arrived.

Under police questioning, the arrestee admitted that he was Louis Dabner, the son of a respectable Petaluma family, and identified one of the other robbers as his roommate, John Seimsen. Dabner confessed to the three murders as well as a number of as yet unsolved robberies that had fueled public concerns about crime. On Apr. 27 1908 Dabner and Seimsen were hanged from the same scaffold at San Quentin.

* * *

It was also one of the most dangerous periods in the city's history for police officers. In the two years following the disaster, four police officers gave their life in the line of duty. First was Officer James S. Cook. In the aftermath of the fire, officers were assigned to guard the banks in the burned district.

Officer Cook who had been guarding a bank at 7th and Market reported off duty at midnight August 29, 1906 and proceeded down 7th Street to the Southern Pacific Railroad yards where he hoped to catch a freight to his home in the Ocean View.

At Brannan Street the officer came on four men stealing some telephone company cable from a large spool. When Officer Cook approached the men, one of them pulled a pistol and shot him in the stomach three times. As he fell, Cook returned fire but did not hit his assailant. Before he died on September 5th, Officer Cook identified a man named John Dunnigan as his assailant, but the identification did not hold up and charges against Dunnigan were eventually dismissed.

Less than two months later, on the evening of November 16, retired officer George P. O'Connell, 55, was chatting with friends at the bar in a saloon at the northeast corner of 6th and Brannan streets — a block from where Cook had met his death in

September — when the front and side doors were suddenly thrust open by two armed men wearing blue handkerchief masks.

The robbers ordered the patrons to "throw up their hands," but O'Connell drew his own pistol and fired on the man at the front door. Both robbers returned fire killing O'Connell and another patron. But O'Connell got one of them; responding officers found a dead bandit, still wearing his handkerchief mask, a few feet from the front door.

The man was identified as Frank Burke, an ex-con who was known to frequent Sullivan's saloon "a rendezvous for thieves and cutthroats," on 6th Street just south of Brannan. Officers entered the place and arrested an ex-con named John Byrne who fit the description of the other robber and was found to have a similar handkerchief in his pocket. A pistol was found under the backstairs of the saloon.

Byrne was found guilty at trial and sentenced to be executed. Before his date with the hangman, his sentence was commuted to a term in prison. He was paroled in April 1921 and died six months later.

In the midst of everything else that was going on, the city was visited with a major labor disturbance as the embryo Carmen's Union struck against the United Railway Company which was in the process of consolidating rail lines in the city into what would become the Market street railway. When strikebreakers were imported to replace the striking union men, violence and hard feelings resulted.

At 3:00 a.m. on Monday September 2, 1907, Labor Day, Officers Peter Mitchell and Edward McCartney came upon a boisterous crowd leaving Crowley's saloon at 24th and Howard Street. (South Van Ness.) The officers accosted two of the men at 24th and Shotwell streets.

The officers ordered the men to be quiet and to go home. The larger of the two men commented that he was under the impression that the "streets were free." At that point, according to Police Captain Thomas Duke's account, "the officers then shoved both men violently and told them to move on or be locked up."

The men disappeared down 24th Street and the officers crossed over to get a cup of coffee when they saw men coming back up their side of the street. Officer Mitchell, according to his later account, seized the smaller of the two men and Officer McCartney advanced toward the larger man. As McCartney closed with the man, his adversary drew a pistol and fired twice on the officer striking fatally in the neck.

Mitchell disengaged from his combatant and by the time he lowered his mortally wounded partner to the pavement, both men had disappeared into the dark. On the basis of Mitchell's description, officers suspected that the killer was in some way connected with the street railway company. They were informed at the carbarn at 24th and Utah that the larger man could have been one of two men, one of whom was John Tansey, a striking carman.

Police arrested Tansey in his bed at 1025 Vermont Street. He denied any involvement but Officer Mitchell positively identified him as the shooter. The next day, a man named



Officer William H. Heins, murdered in the line of duty.

Bell was identified as the second man. Bell quickly admitted that he had in fact been with Tansey the night in question and Tansey was the shooter.

By the time Tansey was brought to trial, Bell had disappeared and Tansey admitted by then that he was present but tried to lay the shooting off on Bell. Tansey was convicted of manslaughter and sentenced to ten years in prison.

* * *

On the night of June 4th, 1908, Officer William H. Heins was filling in for vacationing Officer Jack Cameron on the Barbary Coast beat (Pacific Street from Battery to Stockton). About 1:15 a.m., two identical twin brothers, James and Thomas Young, 22, sons of United Railway Inspector Beaugard Young who had shot a union carman during the recent labor troubles, were drinking with some sailors in the OK dancehall on Pacific just east of Kearny Street.

Thomas Young got in a dispute with a waiter named Robert Pacheco over the cost of a beer and pulled a pistol. As he fired, a nearby waitress, Lucile Sharp, pulled down his arm and the weapon discharged harmlessly into the floor. The powder flash caught his trousers on fire, however, and he made for the door.

Some nearby sailors disarmed Thomas Young but as he departed from the saloon, his brother, James, handed him another pistol. Officer Heins, who had been on the corner of Pacific and Kearny when the shot was fired, took off after him. As Young neared Montgomery Street, Heins ordered him to stop and fired a warning shot into a vacant building.

Young fell, feigning an injury, and when the officer approached and grabbed him by the scruff of his neck, turned and fired on him, striking him in the chest and wounding him fatally. Both Thomas and James Young ran around on to Montgomery Street where Thomas passed the pistol back to James.

Police Chief William Biggy, who had replaced Chief Dinan the year before, was on the street nearby that night and responded to take charge of the investigation. Thomas was seen to run into a darkened vacant lot on Montgomery near Jackson and James proceeded up Jackson to Kearny where he entered the International Saloon.

Officers surrounded the lot and sent for lanterns to make a search. Shortly thereafter, Officers John B. O'Connor and John Evatt entered the lot and arrested the killer. They also recovered a distinctive red tie he had secreted near his hiding place.

(See CRIME WAVE, Page 12)

THE MEMBERS SPEAK

The opinions expressed on this page are solely those of the author. They do not reflect the official views or policies of the SFPOA.

No Excuse

by Sgt. Joseph Allegro, CPC/Honda

On December 11, 1996, Retired Superior Court Judge Jack Berman will sentence a defendant to six (6) months in County Jail. The defendant drove 35 m.p.h. through a red light and struck two (2) police officers on motorcycles stopped at the light — seriously injuring one. He then attempted to leave the accident scene but was held by citizens. At the time of the offense, the defendant had a blood alcohol content nearly 3 times the legal limit.

On November 8, 1996 Judge Berman

took it upon himself to take the case away from the District Attorney's Office and offered his own plea bargain to the defendant. The defendant (who had 3 prior drunk driving convictions; but not within the enhancement time limit) then plead guilty to 5 felonies in return for the six month County Jail bargain.

The citizens of San Francisco deserve to be protected from drunk drivers. There is no excuse for the inappropriate justice in this sentencing and probably many other cases. It is my opinion that Judge Berman should have stayed retired.

Sick and Tired

by Roberto Salinas, Muni Company

For those of you who know me, I need to say, but for those of you who don't, let me tell you, I usually mind my own business, do my job to the best of my ability, and let people talk their bullshit. I have been hearing a lot of people bad mouth Muni Company; how we do nothing; never answer up on the radio; etc. (I use to think that myself until I came to work here a little over two years ago.) Well, I have ignored all the "bullshit talk", because, as a supervisor at Muni Company (and proud of it) with almost 25 years of service, I know exactly what every officer at Muni Company is doing every day. Finally, today, Saturday, November 11, 1996, on my day off, I find myself typing up three Captain's complimentary reports for excellent police work performed by my squad alone. (Because there wasn't enough time in the course of my normal work week and no I was not on overtime.) My wife was watching television by herself in the living room. (Believe me, she things we could find better things to do on my days off, then type up Captain's commendations.) Suddenly, I stopped and analyzed (as everyone says now) the "big picture". Roberto Salinas is "Sick and Tired" of keeping silent and it is time to speak up. On any one day there are over 700 muni buses on San Francisco streets. We have a complement of under 50 people (including the Captain, Lieu-

tenants, Sergeants and Patrol Officers). Daily we get calls from Muni Transit of problem bus lines (our job) and the officers are assigned to these lines (on foot). Do we have vehicles? Yes, but they are only to be used to respond to their assignments and back. If an officer is assigned to the #9 muni bus line out in the Potrero (on foot) and you were a citizen that needed help on the #30 Stockton line in the Central Police District, would you want to wait for that officer to respond from Point A to Point B? Get a clue. All of you are suppose to be intelligent people. I have been out there with the best of you (Thank You) and the worst of you (the ones talking all the bullshit). So if you really think that Muni Company does nothing then give Captain Richard Hesselroth or myself a call so we can see what we can do about getting you transferred to "Muni" so you too can do nothing. (Our P-1 list is not very long.) People know me. From Police Chief Fred Lau all the way down to a number of patrol officers. (No, I don't have juice nor am I connected.) But I still have a couple of friends in the department and I am sure that I can help you get to "Club Muni". Believe me, we need all the help we can get to do nothing. For those of you who don't know, our address is 1345 Turk St., San Francisco, 94115, phone 415-553-9290. Give me a call.

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THE MEMBERS SPEAK

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Lady, That's Not News To Me.

by John Sterling

Deaths in the family and plane crashes always come in bunches. Deaths in police custody appear to fall in the same pattern. I want to focus on the one that happened here. The other cases will find their own defenders. It is politically incorrect to debate this issue from the police point of view but I will risk it. I watched a local TV news station where an iron-jawed female reader-of-news mouthed off with self-righteous air that a certain cop is now "free to walk the streets again" after being cleared of liability in the death of a person in his custody. The last part of her declaration is fact; the first part is personal opinion and a personal social commentary. It is a snide inference that a predator was let loose to prowl again among unsuspecting and innocent citizenry. As a consumer of relevant news, my inquiring mind does not want to know what she thinks. I just want the facts, ma'am, just the facts. If she craves for more air time to pollute the news with her punditry, let her appear on Larry King, Don Imus, Howie Stern, or on our local boy, the Bernie Ward show. She can also move to the sports and weather segment on the news. She'll fit in with those clowns easily.

The case she referred to was dragged, pounded, stretched and picked at by very competent authorities. In the local political cauldron they must stew in, they could have washed their hands of the cop and let him hang on his own petard. Sometimes, integrity wins over the expedient. If our reader-of-news [remember that she is only that, a reader-of-news, and she has no credentials as an examiner of facts] wants to exhibit her discernment and sophistication, let her wave her broom at those examining authorities for letting him off the hook. She can also whine about a certain celebrity, accused of double murders as being "free to walk the streets again." If she is interested in knowing how deaths in the hands of cops compare to let's say deaths in the hands of doctors, she will discover that the police "victims" are customarily combative, intent on killing cops with a high success rate, and that the encounters are unplanned and unpredictable. On the other hand, deaths that occur while under the care of doctors, patients are trusting, they are paying for the care, the encounter is meticulously planned and plotted, and what's more, the poor sap is

immobile and comatose. When their "victims" die, the doctors do not say "OOPS!", they glance at each other and say, "riiiggghht." Mistakes are made. When a cop makes one, he is a beast. When others make it, it's tragic. When cops cause deaths, it's in the open, and howls of indignation follow. When others make mistakes, it is hidden and away from public scrutiny.

There is a very practical reason why cops are armed and permitted to use force. Their job is law enFORCEment. They apply the law not on the lawful but on the lawless. They are paid a mere fistful of dollars to separate the bad from the good and the pretty. Forcing the baddies to give back the goodies they take from the pretties is not a neat and tidy enterprise. In this case here, the "victim" was not on his way to a religious retreat, nor did he casually walk toward the cop and asked politely, "Do you wish to converse with me, Officers?"; and without provocation was suddenly beaten to death. The cops were duly investigating an incident that led them to the "victim" who opted to fight literally to the death rather than to cooperate. A death caused more by self-induced preexisting factors than any means applied by the cops. If this reader-of-news is going to continue making mindless comments on cop behavior, her credibility would rise if she got off her make-up chair and rode for one night in a San Francisco police patrol car just to experience how cops earn their living. Tattling about life sounds better if you have one.

City and police administrations hire and train ordinary people to protect its citizens from other nasty citizens. In the police academy gym, trainees are shown how to overcome forces that are unwill-

ing to abide. Practical demonstrations are rehearsed. A docile co-trainee is propped up to play the role of a resister. With a forceful voice command you practically order the 'suspect' to handcuff himself. No rough stuff is allowed lest someone gets injured on city property and lawyers start salivating. This is your preparation for your quixotic quest. To right the unrightable wrong, to fight the unbeatable foe, to bear the unbearable sorrow, and to go where the brave dare not go. The city is then off the hook with hey!, they did their part. Their responsibility ends when the hired gun goes beyond one too many windmills. On the street, there are no docile dummies to control, no chorus line, no gentle fondling. Body contact turns into the dance of the macabre. If a suspect is in a frenzy and beyond control, [resisting arrest is now a laughable offense, and the D.A.'s office laughs along] your option is now simply to survive. You are forced to instinctively use means no one showed you how to use before. You want to make it through the night and you can't call time out. When an irresistible force meets an immovable object, something has to give, something has to give. Attending cop funerals and watching their widows and orphans are unpleasant too. When a

citizen is confronted by a cop they have the right to remain silent and to refuse to cooperate, but they are obligated to be civilized about it. When you're toe to toe and your entire life is flashing before your eyes, the Police Association and the Police Administration can't come to your defense at that moment, only your instinct to survive can. Unfortunately, when the dust settles and others are lusting for compensation, only you are held responsible. The ones who hired and trained you leave you out to dry. You become a disposable hired gun against the well crafted careers of your police bosses. At another time and place, the police bosses from the Sergeant to the Chief would be drawing lots as to who shall commit harakiri to atone for the dishonor brought on all. When two forces clash, the result is often tragic. Should it happen, let's not show mocked surprise like Captain Renault from the movie Casablanca when he said, "Shock! Shock! That there is gambling going on inside Rick's Cafe!"

When this reader-of-news makes a guest shot on the Bernie Ward Show, can you have her deliver a message to Bernie for me? "Hey Bernie, go on a diet, you're occupying too much space. We can use the food you don't consume on food drives."



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THE MEMBERS SPEAK

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For What It's Worth

There's Something Happening Here, It Just Ain't Exactly Clear

by Mike Dempsey

Recently, I attended a series of hearings in front of the Police Commission. These hearings were the result of an investigation (???) by the OCC whose new motto is "if these Officers are innocent, let them prove it" (quote from Mary Dunlap, director OCC).

Feeling that perhaps the reason it was difficult for me to understand why good, hard working cops were being subjected to this witch hunt was my own vision of the word fairness, I decided to become an Enlightened One. I would view the proceedings through the eyes of those I call the TRIERS and DECIDERS.

Trying to understand how the Enlightened Ones view the role of a police officer was very difficult. First, I had to shed 24 years in Patrol. When that didn't do it, I went further back and discarded 3 1/2 years of Uncle Sam duty. I realized that our character, our attitudes, our reactions, our discipline, our perceptions are determined by our life experiences. I was ready, I had the minimal of life experience, I was Enlightened!!!

I began to follow along on this journey to justice. The questions were tough. Define proper use of force — excessive force — verbatim what does Rule 5.10 say — what are the steps of force — how do you escalate — how do you de-escalate? 5.01 is great. Written in black and white, a how to win a fight guideline. Cops have it made, it's all right there.

More questioning. This was getting good. How can you continue to fight after

being injured? Reports written immediately after a violent encounter shall be complete and accurate. I was really getting into this, there Robots, oops, Police Officers should do their jobs by the numbers. There is no room for FEAR, ADRENALINE or STRESS in this now clinical Enlightened World. We need to empathize with the TRIERS, whose goal was to take the DECIDERS down the road to justice.

I awoke with a jolt, frightened and shaken by this nightmare. I had to take a few moments to towel off the chilling sweat enveloping me.

Back to reality. I made a mental note to advise the Supreme Rulemaker that new requirements were needed before graduation into adulthood. Successful completion of a violent encounter (a fight) would be a good one.

Grabbing my temporarily discarded life experiences off the Enlightened Ones' shelf, I thought of the Police Officers, who even though seriously injured in struggles continued the fight because of their heart (adrenaline) and desire to survive; to the victims who fought to survive or to protect even though injured; the suspects who continued to resist or flee even though mortally wounded. Hell, professional athletes play through serious injuries all of the time. It was obvious the TRIERS had never ventured out of Enlightenment into the REAL WORLD.

The TRIERS went south to get an expert on the stand to testify about Police Excessive Force. He called the length of the encounter "unbelievable." This hired

bun said it was impossible for a fight to last this long, as he recalled the prior resisters (ex-LASO) he encountered among the ticket scalpers at the Rose Bowl (honest). On cross examination, he admitted that crack cocaine wasn't around when he was getting experted. Part of his testimony included a statement that should be written into every Officer's notebook: "If a suspect puts his hand on my gun, I would expect my partner to pull his weapon and shoot him in the head." Without doubt, the POA should split a retainer with the TRIERS to keep him available.

When I became a Police Officer, most of us were veterans of Uncle Sam. We followed right along in the footsteps of the tough guys — lick your wounds and go forward. Officers have always been involved in critical incidents. They've been seriously injured or killed. They've seen victims and suspects seriously injured or killed. There was no room for emotion — we were the tough guys. We turned the cheek or kept a stiff upper lip. The emotions that we all felt were kept inside. Maybe that's why booze was such a problem.

Dark ages gone — Enlightenment is here!!! Most Officers don't have the benefit of Uncle Sam's servitude, and their life experiences are different from ours. But, not to fear, stay in patrol and you'll catch up.

One dark and stormy night, the radio crackles 10/25 code 3. In seconds, you're in the struggle of all struggles that isn't going well. You realize that your side is losing. You see things that hammer home the frailty of life. Your next breath could be your last. But the fight goes on. The bad guy grabs for a weapon (the bigggg weapon). Thwarted there, he gains control of a less deadly but still dangerous weapon. Okay, quick mental review of 5.01. We started here, he goes here, we go there, but he did this. That's not fair, 5.01 doesn't cover this. You realize that 5.01 ain't part of his library. Okay, what's an impact weapon? Click my heels, I want to go to Kansas. Where is the clinical environment when I need it. This is the trenches, you're in the mud, shit does happen. Just another one of those life experiences that we grow from by participation. Survival is the goal. Fortunately, more help arrives. The bad guy is controlled, and the situation stabilized. Away from the scene, the situation again goes sour. Just add that tot he pile of life experiences you've collected tonight.

Lick the wounds, it is time for the reports and interviews. Separate yourself from the overwhelming beast called real life that crawled into brain and body. It's time to document what occurred. You try not to dwell on your new life experiences: the violent struggle that you almost lost, the vision that you or a friend could have been killed, the frailty of life, not being in control of a situation, the injuries suffered by your friends. Try to forget that your heart is still pounding and you still haven't caught your breath. There is no room for Fear, adrenaline or stress. You're tough. You're a cop.

My point? We're human. That's the bottom line. We're individuals living out their calling in life. Sometimes the I's don't get dotted and the T's don't get crossed. Sometimes the environment is not sterile and clinical. It can be dark and scary. Sometimes our options are chosen for us. Control may not be the operative world. Just hanging on is the best you've got for right now. Run 100 yards full speed, and then try to thread a needle. That's what it can be like on the street.

The real world can't always be Enlightened. It can't always be Dark and Scary. It can't always be Safe and Clinical. That's life. The one thing we should all hope for is FAIRNESS.

It is very difficult for me to see good people, hard working Police Officers subjected to a process that started with a conclusion and then the investigation began. OCC staff members who express frustration (sounds like a vested interest) at the results of their investigations should reexamine their motives or agendas. Your job is to investigate complaints made by the public against San Francisco Police Officers in a manner that is both FAIR and IMPARTIAL. Guilty until proven innocent doesn't sound FAIR and IMPARTIAL to me.

I mentioned the expert hired gun used by TRIERS and the testimony he gave. Two experts from SFPD also gave testimony on the use of force and the effects of crack cocaine. Lieutenants Kitt Crenshaw and George Stasko deserve recognition for the manner in which they answered. They were both professional, and the crossed the clinical world with real life experiences. Thanks for being FAIR!

There's something happening here, I just hope it got clearer.

(Special appreciation to Buffalo Springfield).



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Changing of the Guard

by Mark R. Hawthorne

Tuesday, November 19th, 1996, marked a significant turning point in a little thought of, but very critical, committee assignment, the Blood Committee. Tom Vigo (Robbery) was recognized at the P.O.A. for his many years of dedicated service as the Chair of the Blood Committee with the presentation of an award in the form of a plaque presented by Deputy Chief William Welch. Chief Welch spoke of the many accomplishments and hours Tom has contributed in undertaking the efforts to insure that all those in need received the 'Gift of Life.'

Tom has been the Chair of the Blood Committee since 1976 and in his efforts to improve the program, established the designated donor program. Tom has done many good things for many good people in his years working with the blood committee. But as with all things in life, change is inevitable. Knowing he was going to be leaving the blood committee, and retiring from the department, Tom did not want to see his efforts and dedication to the program falter. During the December '95 blood drive at Irwin Blood Bank, in the hospitality room, he solicited my assistance in carrying on the program he had so painstakingly developed over a period of 20 years. (Translation — I volunteered to take over the program when Tom retired.) I have worked with Tom closely over the

past year, understanding the duties and responsibilities associated with the committee. What I found is what Tom has known for quite some time, being Chair of the Blood Committee is low profile, but when blood is needed, one must rise to the occasion and fulfill the need. Tom probably won't admit it, but he is an excellent resource as well as an excellent educator. (he's a pretty good guy too!)

I would like to take this opportunity to personally thank Tom for his efforts and diligence and recognize his contributions to the many hundreds or thousands of people he has assisted in time of crisis over his past twenty years. I would ask that all of you reading this article to join me in acknowledging, and telling Tom, "A job well done." Tuesday, November 19, 1996, marked the changing of the guard of the Chair of the Blood Committee. As Chair, I can only say that I will continue to carry on the fine tradition established by Tom Vigo. That means I will be asking all of you to give me a pint at the appropriate time. (You think Tom was merciless, I'm just as thirsty. Should you have any questions, I can be contacted at the Crime Scene Investigations unit at 553-9683. Otherwise, I look forward to seeing you at the next blood drive. (Tom was also asked to act as Chair Emeritus of the Blood Committee. We are awaiting his answer, but I'm sure we will see him at the blood drives)



Tom Vigo, left, former Blood Committee Chairman, being congratulated by the new Chairman, Mark Hawthorne.

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CRIME WAVE

(Continued From Page 7)

Detective Angelo Rocca arrested James Young in the International saloon and recovered the murder weapon.

Six horse drawn patrol wagons filled with officers responded from other stations to the original call. The first word was that Heins had been shot by a sailor, and a general fight ensued between the responding officers and navy sailors visiting the "Coast." When the officers got the story sorted out correctly and it became apparent that Young had done the shooting, there was talk of dealing with the situation summarily, but cooler heads prevailed and the matter was left to the courts.

Officer Heins was given a hero's funeral at St. Bridgid's Church at Van Ness and Broadway. His entire company from Central Station attended as did the Chief and Commission. Mounted officers stopped all traffic down Van Ness following the funeral as the cortege made its way to Market Street where it was placed on the car to Holy Cross Cemetery.

In the aftermath of Hein's shooting, Chief Biggy ordered double details of uniformed and plain clothes officers to the area "with specific instructions to wage relentless war on the men who make it their refuge. . . ." And department officials "expressed the determination that the murderer of Policeman Heins should

pay the full penalty of the law and as quickly as the machinery of the courts could be made to work."

But the intended result was not to be. The Barbary Coast dives were to flourish for another decade before being shuttered during the First World War, and Young was to escape "the full penalty of the law."

At the first trial for the two Youngs, the jury could not agree. At the second trial James tried to save his brother by claiming that he was the actual shooter. That story didn't fly, and Thomas Young was convicted and sentenced to a term of imprisonment for life. James received a ten year sentence. Thomas was eventually paroled in 1932.

By the end of 1908, Chief Biggy was under fire himself, accused by his political enemies of treating the vice operators in the Barbary Coast with kid gloves. In late November, Chief Biggy disappeared off the police launch in the Bay and was later found drowned. Questions remain about the circumstances of his death.

Six months after Officer Heins was killed, Sgt. Anton Nolting, also assigned to Central, was patrolling a few blocks from where Heins had been killed, at Clay and Montgomery, when he shot and killed by an AWOL soldier named Thomas Jordan who he was trying to arrest for discharging a firearm.

It was truly a crazy time in a town with a very full history of crazy times.

December 12, 1996

1996 San Francisco City and County Combined Charities Campaign Final Results

Dear Combined Charities Campaign Captains:

I would like to thank you for the contribution and effort you made toward the success of this year's charities campaign. The police department played a significant role in the raising of money for a wide variety of worthy charities. The cumulative participation and energy of the individual charities captains was the largest single factor in raising over \$30,000 by this department.

Among the most outstanding efforts were:

- The enthusiastic solicitation by Captain Greg Corrales at Ingleside Station that resulted in the raising of the most funds overall, \$6,369;

- Lt. John Erlich and Sgt. Paul Maniscalco, who coordinated the drive at Southern Station, were able to collect an average of \$75 per person, one of the highest in the department;

- At Traffic Company, I am proud to say, we came in with the highest percentage of overall donor participation, 98%.

I hope you will take satisfaction knowing that your work and commitment will serve to better the lives of many people.

Sincerely yours,
Captain Willis Garriott
Department Coordinator
Combined Charities Campaign



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by Ray Shine, Co. K

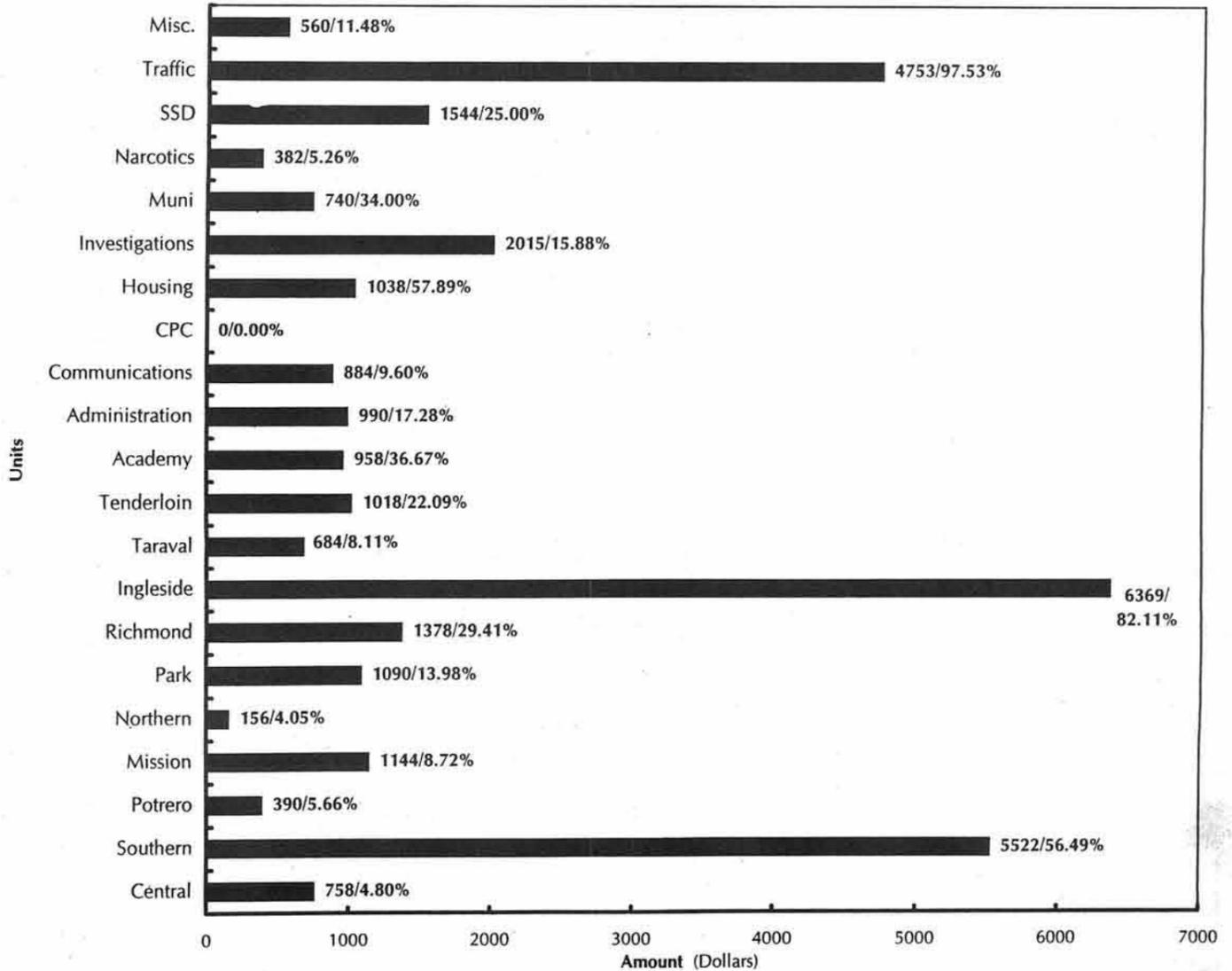
The City and County Combined Charities Campaign concluded December 6. This may prove to be the most successful drive in the department's history. In just one month's time members of the SFPD committed over \$30,000 in personal donations to a variety of worthy charities. By comparison, the 1995 SFPD donations totaled only \$6,000. This difference computes to an impressive increase of 500% over last year and shows that the men and women of the police department are among the most generous and caring of all city employee groups.

Both Chief Fred Lau and the department coordinator, Captain Willis Garriott, express profound respect for, and appreciation of, the members of the department who gave to this effort. They also acknowledge the charities representative at each station and detail whose commitment to the campaign was instrumental in its overall success.

Well done SFPD! Thank you all, and have a safe and prosperous new year.

Combined Charities Campaign

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From The Chaplain's Desk

Overcoming Energy Depleters, Part 2

Keeping The Indicators On Full: Managing Our Emotional Life

by Rev. Mike Ryan, Police Chaplain

Ours is an energy depleting world. As we noted in Part I of this series, stress and fatigue go hand in hand in today's society. In order to overcome the various issues which deplete us of energy, we noted first of all that it was necessary to manage the pace of our lives and guard against crisis mode living. We wrote of the value of *people, play, purpose, and prayer* as good ways to get a grip on the pace of our lives.

A second key energy depleter is a mismanaged emotional life. Pastor Bill Hybles, of the Willow Creek Community Church in South Barrington, Ill., introduced me to a great analogy; it's that we all have a metaphorical dashboard in front of us as we race through life. On the dash board are three gauges: a physical gauge, an emotional gauge, and a spiritual gauge. These gauges run from full to empty, depending on our pace of life. He share his mistaken conviction that if he stayed in good physical shape, watching his diet, exercising and resting, and if he maintained good spiritual disciplines, that he could stay "supercharged" in his service as a pastor. However, like too many of us Pastor Hybles said that he forgot that he was also an emotional being. It took near burnout for him to stop and look at the fact that he had been mismanaging his emotional life. By the time he realized it, his "emotional gauge" was on empty! We are emotional beings. The prob-

lem with those called to serve in law enforcement is that they must learned to "turn-off" certain feelings in order to stay in control at critical times. It's important to know that, although we stuff our feelings, they don't go away. Energy is drained from our "tanks" and the gauges hover dangerously close to empty too often for too many of us.

Certain events push us toward depletion. As crisis, a critical incident, prolonged exposure to stress, confrontation, any high risk encounter, health problems, relational problems ... the stuff of life in police work. Add encounters with supervisors, career development frustrations, a few teenage children, aging parents, etc. and we understand why there is such burnout in the helping professions. When our "tank" is on empty, if we're not careful, we can do harm to ourselves and other relationships. Symptoms include bouts with fear, anxiety, hypersensitivity, anger, irritability, amnesia, helplessness... We can have difficulty concentrating and in making decisions. Physical symptoms include fatigue, insomnia, and a variety of health problems.

Watch out for the quick fix! When we're in such a state, we want to get a "quick fix." So we turn to inappropriate things: alcohol, tobacco, drugs; we overeat, overspend, or act out in some other destructive way. We want to ease our pain and eliminate the stress. We look for the quick fix to do so. The dilemma is that quick fixes only solve the situation for the mo-

ment, they don't solve the problem. To recover, we need to fill our tank slowly and once we do, begin to manage the pace of our lives.

Willard Mills, author of *Coping With Stress: A Guide To Living*, writes, *When we are tired and run down, we are more prone to overreact to stressful situations than when we're well rested. Fatigue leads to anger, moodiness, bad decisions, deteriorated/neglected relationships. The more we push ourselves, sleep erratically, eat improperly, and exercise irregularly, the more we find ourselves tense, irritable, and unreasonable, the more we'll overreact to stressful situations.*

Steps to take to manage our emotional lives and refill our tanks:

1. Get adequate rest. Stress and sleep disorders go hand in hand. Talk to your physician if you have significant problems with sleep.
2. Slow down, from eating to talking. Don't talk "shop" over a meal.
3. Music is great; each person is an expert at what she/he considers soothing music. Listen to what works for you!
4. Develop "present" awareness. Much energy is invested in obsessing about past issues or future problems. Focus on the NOW and silent the constant inner chatter that depletes energy and contributes to stress.
5. Play. Laugh more. God took time to rest; so should we! There is nothing like laughter to lighten an heavy heart.
6. Revise those "should's" and "have to's." Growing up we learned rigid ways of thinking which are unrealistic and counterproductive in the present. For example, "I must never get angry" "I must please everyone" "I must never think about

my own needs" "It can always be done better." Look at the unrealistic expectations these reflect.

7. Learn to tolerate uncertainty. The price of freedom is uncertainty.
8. Anticipate change. Prepare for it; flex with it. Seek to control the world you can and leave the rest for someone else to worry about.
9. Develop competencies. Each of us can be an "expert" at something!
10. Establish and maintain boundaries. Know when to say, "No!" Saying, "Yes!" to yourself and your family is an important replenisher.
11. Satisfy wants. We must care for ourselves if we are to have energy to care for others. Giving yourself the gift of time, space, love, a special meal, etc. give you a positive handle to look forward to experiencing.
12. Resolve conflicts quickly. One writer, Eric Allenbaugh (*Wake Up Calls!*) says it this way: "Shovel while the piles are small." We never truly appreciate the amount of energy it takes to stay alienate and angry with someone.
13. Clarify and live according to your values. Determine for you what is REALLY important.
14. Reduce demand by establishing priorities. Again, this enables us to set boundaries and maintain control over our lives, guiding us toward right living.

Do not minimize the importance of taking care of your emotional self. Make a decision today to start managing your life so the indicators stay as close to "full" as possible. (Next month: Part III: Managing Your Relationships!) Chaplain Ryan can be reached through the department's Behavioral Science Unit (557-6748) or at 415/591-3847 or paged at 415-915-5016.

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Honor Your Wife

by Daniel Hampton

GALATIANS 3:28, "There is neither Jew nor Greek, there is neither male nor female; for you are all one in Christ Jesus." Did you know that before the fall of Adam and Eve (before they sinned) they were equal partners in the Garden of Eden? They both walked and talked with God in the garden and enjoyed fellowship with Him. When Eve was deceived by Satan, she lost her equality with Adam—God told her, "...you will have pain in childbearing.... your husband will rule over you." Eve was deceived, but Adam's sin was rebellion—he purposely sinned by eating the fruit that had been forbidden. The result of their sin brought into the world a physical death for man, beast, and all creation as well as a spiritual death because sin separates man from God. Adam and Eve were expelled from the garden and the fellowship with God was severed.

From the time of Adam's and Eve's expulsion from the garden, women have always struggled with men. Women have an innate sense, dating back to the Garden of Eden, that they are equal with men. Men have mistreated women since that time. They have lorded over women from the

earliest historical accounts. Men would treat women as chattel (possessions), have numerous wives, pass their inheritance to sons only, etc. If divorced, women were dispossessed of children and material goods and left on the streets to fend for themselves. Many were forced to become harlots to survive. Yes, men have dishonored women from time immemorial.

But there is one man, our Lord. Jesus Christ, who came to earth to rectify this wrong and save all mankind from their sins. Jesus purposely went to Calvary to be crucified on the cross and pay the penalty for your sins and mine. He died and all His blood was spilled out for us. But death could not hold Jesus in the grave because once sin was paid for (by His death) the power of God raised up the crucified Christ, proving

Jesus is the Son of God. For all of us who believe in Jesus Christ, whether Jew or Gentile, male or female, God has forgiven our sins, given us the gift of Eternal Life and we have been adopted into the Family of God. So you see, Jesus Christ does bring back equality between male and female as the beginning scripture states. Now, we who are male police officers, and who are married, should do the following:

- treat our wives like royalty; never yelling or demanding, but always talking to them with kind and gracious words,

- demand that our children give honor and respect to them,

- consult them for their opinion on all matters such as the rearing of the children, the purchase of items, monetary problems, vacations, restaurants & entertainment, plans for the future,

- compromise and follow their advice as long as it does not conflict with the words of Jesus Christ in the New Testament.

Let us love our wives by the things we do for them. Some suggestions are: do the shopping, pick up the children, cook dinner, load the dishwasher, put the dishes away, vacuum, help with the children's homework, pray for and with your wife and your children, attend worship service together, rarely watch television or read the newspaper at home. Always be romantic towards your wife. Keep intimacy alive in your marriage. I wouldn't make these suggestions if I hadn't tried them myself. If we do some or all of these things, our wives will feel the honor Jesus Christ has given back to them. Remember, God sees us as equals.

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Dan Maguire
San Francisco City Attorney
1390 Market St.
Suite 250
San Francisco, CA 94102

Dear Dan,

My name is Terry Hart, I'm presently in my 26th year as a San Francisco Policeman. The reason I'm writing this letter to you is regarding the implementation of Prop C. I'd like to say at this point I'm a very respectful man, in that I never interfere in anyone's business unless it becomes obvious that things are becoming extremely unfair.

I'd like to submit to you reference points as well as a history regarding the group of some 200 police officers and firefighters who entered into what became known as the buy out group. Some of this information will be known to you of course, but without utilizing all this information in one thought process, the big picture of fairness, regarding Prop C, will not come to fruition.

If you will for just a minute think back to when you were 16 years old and just got your driver's license. A very exciting time in any young man's life. Now if you only had a car to take to high school. Seemingly a Johnnie on the Spot, your uncle, comes along and says he's going to buy you a car. Not only a car, but a new car. Your uncle goes on to tell you all you have to do is sign this piece of paper that says you'll give him one third of your inheritance when your parents pass away. Your uncle goes on to say that he will personally guarantee that your parents will not take you out of their will. Just like taking candy from a baby. Not all young men would go for their uncle's proposal, but some would. To some, 20 to 30 years may seem like a life time away. It goes without saying no one needs an uncle like that. I think you've figured out where I'm going, so here goes.

In November 1980, the voters chose to pass ballot measures F and G fathered by Supervisor

Quentin Kopp. Prop F was to give you a cash payment depending on how many years you had on the job, and Prop G provided a new retirement right called vesting. If you selected to transfer from Tier I to Tier II retirement by accepting this offer, Props F and G were the guides utilized to make that change. This measure was exclusive to police and fire personnel. A pamphlet was handed out which had a red cover and had the City and County of San Francisco employees retirement system printed on its cover. I have one in my possession. Just inside the front cover it is stated that vesting is available to you only if you transfer to the new plan. As I'm sure you know vesting gives you the right after five years to leave your employment because you resign or are dismissed and if you leave your contributions in the retirement fund you will draw a partial pension at age 50. The vesting idea sounded very good to many at the time because Chief Charles Gain was confusing the police members by doing things like taking the American flag out of the chief's office, the shot guns out of radio cars at a time when the police were out gunned by the bad guys, and would you believe rumors were flying around that we were going out of uniform and would be put into sports coats and slacks. That's just a few of this police chief's ideas that brought the police department morale to an all time low. Remember now if you stayed in Tier I retirement you could not become vested and if you decided you wanted to transfer to another police agency you could only receive your contributions plus interest and shown the door. Uncle Quentin Kopp's camp must have been extremely disappointed as some 200 police officers and fire fighters took this "buy out" within the entire rank and file of both departments. This fact alone denotes what an obvious scam this entire proposal was. Many had concluded that a buy out to be fair, would have had to be around \$250,000 instead of a mere 10% of

that figure. But then some people wanted that new car or a down payment on a home. I hope you understand now why this buy out was two parts in nature, a cash payment and vesting, both having value.

It just so happens that about 4-5 years later a ballot measure was voted in by the voters that gave Tier I the right to be vested. I remember my thought at the time was that's great, now everyone is vested, that's the way it should be. Now as I think about it I wonder just what was that value of the vesting portion of the buy out. Should those people that took the buy out be compensated by this ballot issue that made the Tier I people vested. Remember the pamphlet, it said "vesting is available to you only if you transfer to the new plan." Where's the contract obligation begin and end here.

Here we are 1996 and two new ballot measures Prop D and Prop C passed, both having to do with city employee retirees but both very different in structure and very different in the way they are funded.

Prop D passed for firefighters only and gives them structural upgrades for their Tier II members. These upgrades are to be paid for from the retirement fund. This ballot has upgrades but does not bring it all the way up to the standards of the old Tier I pension. The buy out members of the fire department will be able to accept the new upgrades in Prop D if they pay back all the money plus interest, that will vary between members depending upon the amount of their cash received. Even though the upgrades are not up to the Tier I plan that the buy out members left, they are required to pay back all the money given to them plus interest for the upgrades in Prop D. I understand you can't change Prop D but one thing you can change is the amount the members of the buy out should pay back in a prorated amount, after deducting the differences between the old Tier I pensions and the benefits of Prop D. That's if you wanted to be fair.

Speaking of fair, now we come to Prop C. The most fair measure to come along in a long time. Prop C was unanimously placed on the ballot by a very courageous benevolent pro-labor Board of Supervisors, 180 degrees out from their counter part of yesteryear, Uncle Quentin Kopp. Labeled the fair measure because the board saw fit to see that future retirees never have to experience their retirement years at the poverty level like their predecessors are today. If I may just once more in this letter say "There is a God." Unlike Prop D, Prop C is funded from the proceeds derived from the retirement fund investments. This prop is deemed a supplement to city retirees based on the idea that retirement funds invested fully fund the retirement

LETTERS

pension. And after this takes place for a period of time only then will this Prop C be implemented. Funding will come from e investments of the retirement fund, not the retirement fund itself. Big difference, all members, including buy out people, through their membership in the retirement fund are equal owners and investors of the retirement fund and should prevail in any ballot issue passed by the voters, and is funded by the proceeds of the retirement fund of which thy buy out people actually contribute 1/2% more to than their counterparts in the old Tier I. Considering the nature and intent of Prop C, the Board of supervisors and the voters would be up in arms to think someone would second guess them and discriminate against any group within the context of what I just described here. The main point to remember here is that Prop C is not part of the retirement fund, but a supplement denoted because of its structure and funding properties.

If the San Francisco City Attorney's office should decide to discriminate against the some 200 police officers and firemen that took the buy out and not include them within the implementation of Prop C, I do then respectfully request that the San Francisco Retirement Board provide me with a list of all members of the police and fire departments that took the buy out. I will use this list for the sole purpose of notifying all its members that it will be necessary to file a class action suit to obtain what was to include them within the text of Prop C. I request both names and addresses and would further request that this be done in a reasonable timely fashion, say within thirty calendar days if at all possible from the time the City Attorney should make such a decision. If I may make this request via this letter, as all retirement board members will be given a copy of this letter, I would appreciate it very much. If the retirement board would like an individual request and will please notify me of same, I will do so right away. While this list is in my possession I will observe complete confidentiality on the part of each and every ember on that list.

Of course it goes without saying, I pray the city attorney's office will find that the buy out people are able to share in the benefits of Prop C, so they too can be free from the fear that they too may fall within the line of poverty after giving of themselves a life time of service to the city of San Francisco like their counterparts within the city retirement fund. I would like to thank all parties involved in making this decision for your time and interest.

Sincerely,
Terry Hart

SAN FRANCISCO POLICE OFFICERS' ASSOCIATION

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Dear San Francisco Police Officers' Association,

Thank you for your generous \$100.00 donation. You have been part of a significant effort to improve the safety of our school-age children as they traverse the busy streets of our Taraval District.

The **Kids For Safer Streets** poster contest involved almost 600 primary grade children at 9 of our local grammar schools. Many outstanding posters were produced which graphically show all of us what we can do to enhance safety as children come and go from school and walk through the neighborhood. You and your fellow sponsors donated approximately \$1,500 in cash and savings bonds. Others generously gave candy and prize merchandise.

Every prize, gift and all of the money went directly to the children at St. Stephens, Ulloa, Robert L. Stevenson, Holy Name, St. Gabriels, St. Cecilia's, West Portal Lutheran, Lakeshore & Lawton grammar schools. Each participant received a Halloween bag compliments of SF SAFE filled with candy and other prizes purchased with donated funds. Grand prize winners received savings bonds as gifts.

Combined with increased adult education and enforcement conducted by your local Police Officers, this program was so successful that we are seriously considering a similar event for next Halloween.

Without your help, none of this could have happened. Speaking for the Officers of Taraval Station, the safety specialists from SF SAFE, the over 30 volunteers who worked with us each day and the children of the Taraval district, I commend you for your civic-minded dedication.

The posters are currently displayed outside the Taraval Police Station Community Room at 2345 - 24th Avenue. Other posters will be distributed to agreeable merchants throughout the district.

Please feel free to contact me at Taraval Station if you have any questions and drop by to see the art work through the end of the month.

Sincerely,
Captain Michael Yalon
Commanding Officer, Taraval Station

Mr. Al Trigueiro, President
San Francisco Police Officers Association
510 - 7th Street
San Francisco, CA 94103

Dear Brother Trigueiro:

The officers and members of San Francisco Fire Fighters Local 798 thank you for your support and endorsement of Prop D on the November 5, 1996 ballot.

As you know, Prop D corrected disparities in retirement benefits for those firefighters hired after November 1, 1976,

Prop D was brought to the citizens as a measure of fairness and equity and the citizens agreed.

We wish you all the best.

Sincerely,
San Francisco Fire Fighters Local 798
James M. Ahern
President

President, San Francisco Police Officers' Association
510 - 7th Street
San Francisco, CA 94103

Dear Sir:

The Retired Employees of the City and County of San Francisco want to thank you for backing us in the campaign for Proposition C which helped us win this election.

Thank you.

Very truly yours,
James J. Walsh
President



SFPOA
510 7th Street
San Francisco, CA 94103
Attn: Bob Huegle

Dear Sir:

I would like to take this time to send you a letter of thanks for the generous scholarship that you and your association has offered to me. It must have been a difficult decision to choose the winners for this scholarship, and I was definitely excited to find out that I was one of them. The money will be of great help to me and my family in paying for school tuition, books, dorm, etc.

I would also like to apologize for the tardiness of this letter being sent. At the time I received notification of this award, I was busy preparing for my midterms. Since then, various assignments have occupied my time and it isn't until now, Thanksgiving break, that I have been able to sit down and write this letter.

When this break is over, I will be heading back down to school at Cal Poly in San Luis Obispo, where I am currently studying Environmental Engineering. I hope to be a licensed engineer one day. Until then, I will have to keep applying myself at school and continue furthering with my education. Your scholarship has been a stepping stone in helping me to achieve my goals. Thank you very much!

Sincerely,
Angela J. Fong

To the Members of Mission Station:
Many thanks to all of you
Because you were so kind —
People who are as nice as you
Are very hard to find!

Thanks,
Joaquin Dominquez

To The San Francisco Police Officers' Association and its members, with special thanks to Lt. Dennis O'Leary and Lt. John Conlin and Tom Vigo, Gray's former partner and friend:

This is to express our most sincere gratitude to your agency and your members for your assistance in our time of sorrow.

Retired Lt. Harry Gray Miller Jr. loved the San Francisco Police Department and it is easy to see why.

Gray passed away on October 22, 1996. At the time of his death it had been decided that a simple memorial would be all we would do. As the days drew closer to the memorial, our feelings began to change. It wasn't until the day before the memorial that we decided how much we wanted to have a flag presentation and bagpipes play.

We telephoned the association and were overwhelmed with the kindness we were shown with such short notice.

The memorial was beautiful especially due to three of your officers who attended. Tom Vigo, Gray's former partner, was able to get a United States flag, so that it could be presented to Claudia Miller. Lts. Dennis O'Leary and John Conlin played a beautiful rendition of "Amazing Grace" on the bagpipes.

Our memories of that difficult day are nicer because of what your association and in particular, those officers, gave us all on that day.

With sincerest thanks,
the Miller Family

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POLICE POST

(Continued From Page 2)

served within the borders of South Vietnam and in adjacent waters were exposed.

The regulations result from the VA's review of a report by the National Academy of Sciences on the health effects of exposure to Agent Orange and other herbicides. In its report, the NAS also found limited or suggestive evidence to show an association with spina bifida (a congenital abnormality) in the children of Vietnam veterans. Legislation to authorize the agency to compensate these children was signed into law in September. The VA estimates that potentially up to 3,000 children of Vietnam veterans may be afflicted with spina bifida. The VA also recognizes the following diseases as presumptively related to exposure to Agent Orange and other herbicides: cancers (lung, bronchus, larynx, trachea) and non-Hodgkin's lymphoma.

There are few veterans who have not heard of the exploits of Carlos Hathcock. Hathcock as a Marine Corps sniper with over 100 confirmed kills in Vietnam. Charles Henderson wrote Hathcock's biography, *Sniper*, which chronicled his exploits, but made very little money for Hathcock. A popular movie was then made by the same name, but was labeled as fiction, depriving Hathcock of any proceeds. Most feel the movie was a rip-off of his story.

Hathcock now suffers from multiple sclerosis, and as the disease has begun to take its toll on him in recent years, medical bills and other expenses have driven him and his wife to the edge of poverty. His son, a

staff sergeant on the Marine Corps rifle team started sending money so his parents could get by. A grassroots fund raising campaign throughout the Marine Corps and law enforcement community gathered enough money to make his Virginia Beach home more wheelchair accessible and cover some medical bills. Those interested in sending a gift to the Hathcock family can mail checks or money orders to: Carlos Hathcock, 600 Raff Road, Virginia Beach, VA. 23462. Thank you.

Please make every effort to attend a Police-Fire Post meeting. We meet on the second Tuesday of every month at 1800 hours in the POA Building, 510 Seventh Street. The meetings are presided over by this year's commander, Rene LaPrevotte. Need I say more? Refreshments are served at the conclusion of business.

At a cemetery in Colma three men, a contractor, a physician, and a lawyer, joined the grieving widow at the services of their dearest friend. The widow asked if each could place an offering in the casket, as this had long been a custom in her husband's family. The contractor nodded his head and then said a short prayer before placing a hundred-dollar bill in the casket. The physician, nearly in tears, also placed a hundred-dollar bill in the casket. Then the lawyer scribbled out a check for three hundred dollars, put it in the casket, and pocketed the two hundred dollars in cash.

I would like to take this opportunity to wish everyone a joyful holiday season and a prosperous and happy new year. I wish everyone the blessings with which I have been graced. Semper fi, Jack.

Happy Holidays With Healthy Eating

For Your Heart's Sake, Don't Let Your Holiday Diet Go On Vacation During The Holidays

Foods high in cholesterol, fat and salt are common in traditional holidays meals. If eaten on a regular basis, they also may lead to higher blood cholesterol and blood pressure, which are risk factors for heart disease.

Yet holidays feasts can be festive without being fattening. Your diet should include various fruits, vegetables, low-fat dairy products, breads, cereals, pasta, grains, poultry, fish and lean meats. So create your own holidays traditions by modifying recipes and changing habits.

How do you do it? Carbohydrates should be a little more than half of your daily calories, the American Heart Association says. Limit your total fat intake to 30 percent, or about a third of your calories (10 percent saturated fatty acids, 10 percent polyunsaturated fatty acids, 10 percent monosaturated fatty acids). The rest of your calories should come from protein.

In addition, your cholesterol intake should not exceed 300 milligrams per day. And keep sodium intake to under 3000 milligrams (about a teaspoon of salt) per day.

If you drink alcohol, limit your daily intake to no more than one or two ounces. An ounce of ethanol (pure alcohol) is contained in 1 ounce of 100-proof whiskey, 4 ounces of wine, or 12 ounces of beer.

You can help avoid obesity — another risk factor for heart disease — by balancing your caloric intake with physical activity.

With A Little Creativity, You Can Even Enhance Holiday Meal Traditions

Eating right during the holidays can be difficult.

Here are a few suggestions to help you maintain the progress you've made the last 11 months.

With a little creativity, you can even enhance holiday meal traditions.

For example, use margarine instead of butter, and egg whites or cholesterol-free egg substitutes for whole eggs. Choose low-fat or fat-

free dairy products such as skim milk, 1 percent fat milk and low-fat cheese.

When choosing grain products, use whole grain breads such as 100 percent whole wheat or rye; whole grain cereals such as oatmeal or shredded wheat; and brown rice and pasta.

Use oils that have less saturated fatty acid. They include canola, corn, safflower, sunflower seed, sesame seed, soybean and olive.

Chicken, ground turkey without skin, lean beef and pork are better than beef and pork with heavy fat covering and marbling such as rib roast, T-bone steak, sausage, bacon and ham.

Bake, braise, broil, roast and sauté meats, fish and poultry because these methods require little extra fat and tend to remove fat contained in the meat.

Try a low-sodium salt substitute instead of using salt for seasoning.

Better yet, use spices and herbs to enjoy natural flavors of food.

For desserts, serve more fresh fruits and low-fat or non-fat yogurt instead of cake, candy, pie and ice cream.

To avoid gorging, don't fast before a feast. Eat a healthy snack between meals. Avoid eating every type of food just to please the host. If you do, take only a third or fourth of your normal serving size.

Plan gatherings where food is not the central focus. Have a soup or salad buffet lunch or brunch instead of the normal afternoon and evening feasts. Arrange foods on tables in decreasing order of importance. Serve dessert only after the meal.

When dining out, avoid foods with sauces, gravies and salad dressings. They add extra calories.

In short, don't be a stuffed turkey at Thanksgiving. Serve healthful meals to family and friends as a Christmas or Hanukkah gift. Most importantly make a resolution to eat healthy.

This article is not intended to provide individual advice which should be obtained directly from your health care professional.





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Farewell, District 3

by Senator Milton Marks

On December 2, 1996, I retired from the California State Senate.

Through the years we have survived earthquakes, floods, fire, social and economic crisis. California's budge, the seventh largest economy in the world, endured from prosperity to debt and back. From the Civil Rights struggle of the 1960s, replete with tides of social change, through the women's movement, striking farm workers, free speech on college campuses, debates on capital punishment, partisan division on the Senate and assembly floors, immigrants rights, and now, the end of Affirmative Action as we know it, I have stood for the same principles throughout my career and since I took office as a member of the Assembly in 1959. Now is a time for retrospection and a time to embrace the next generation.

Loyalty and trust are the ingredients we seek when we elect a representative. We expect the highest of ideals, the highest of standards and though we don't always agree with the positions our Legislators take, if they have given us their word and they come to public life with honor, dignity and honesty, we understand when they don't vote as we would.

Leadership is not just leading, it is about listening, it is about understanding, at times it requires taking a step backward, in order for society to move forward. Leaders must listen to those they represent and have the courage to vote their conscience. Though I was attacked as a 'feminist', (then likened to a four letter word) I was one of the few early advocates for a woman's right to choose and equality in the work place for women.

As a staunch supporter of equal access to quality health care, I joined with others in the Legislature, then considered 'mavericks', to ensure hot meals in schools, to ensure funding for dental care programs for our young in grammar school grades, against much criticism, I advocated to allow immigrants and non-citizens access to County medical facilities. In response to the AIDS pandemic, I voted to ensure anonymous testing so our state could guarantee the containment of this deadly disease. Sometimes our leaders must make tough decisions. That is why we elect men and women of conscience.

When I created the State Office of Historic Preservation, it was as though our historic monuments were being bulldozed for parking lots and that was the trend. Today, buildings across our City and State will be preserved for those who will follow us. Though it took me eight consecutive years of struggle, I authored California's Environmental License Plate Fund, revenue from which goes to preserve our environment. I am proud of the fact that this program has been duplicated in almost every other state in the nation since.

It has been a pleasure to serve San Francisco for so long. I have made so many friends and was a part of a unique forging of alliances between labor, people of color and gays; Between parents and health care workers, between the establishment and new young energy that will be the spokespeople of tomorrow.

As we approach the new Century, I am appalled by the apathy I see among the electorate today. This past November brought less people to the polls than any other election in the



past Century. What can the people be thinking? It is not someone else's country for which we are struggling for excellence, it is our own. Though I joined many in our community in opposition to Propositions 187 and 209, we were not able to hold back a definitive national fear of minorities, immigrants and foreigners. It seems that our Century will come to a close in an age when economics, not justice or righteousness, is driving public policy. This malaise must be evaluated by the new leadership that will assume office in December. You who reads this must be a part of the change that is on the horizon.

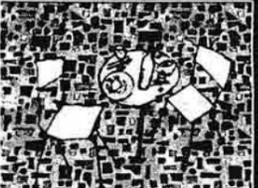
There is no excuse for apathy. When I first began in public service, I enlisted in the Army to fight against tyranny and demagoguery, consequences of apathy, malaise and isolationism. I wanted to fight against the injustice my family's servants suffered when taken away to Manzanar, stripped of their identity, their personal property, nationality and denied their basic human rights. This was the result of an apathy in the American consciousness then too. History is repeating itself and it cannot. We must not repeat our failures.

Laws cannot motivate righteousness. This is one of the many things I have learned from my forty years as your Legislator.

There is much to be done and I am grateful for having been a part of laying the foundation of our future. Keep San Francisco beautiful, diverse and empowered to face the challenges before us as we move into the next Century. Be a part of change, be a part of the hope that I was a part of at the end of W.W.II. Build on my legacy of ensuring homes, parks and quality education. Help the economy by working with your neighbor, and letting go of fear and stereotypes. You have depended upon me for all these years, and now I am relying upon you to take it from here.

Thank each and every one of you for the opportunity to serve you. If I had it to do all over again, I would do it exactly as I did the first time, and you, your parents and grandparents were all very much a part of that beautiful road I embarked on in 1958. Do as I did, expect the best out of people, policy and state. You will be delighted by what you see. Remember that there is no place for apathy in a democracy. Vote, volunteer and have the courage to grasp the very exciting future our country hold in the palm of its hand.

Senator Milton Marks was first elected to the California State Legislature as an Assemblyman from San Francisco's 21st District in 1959. In 1967, was appointed by Governor Pat Brown to the Municipal Court bench and in 1968 ran in a special election for the California State Senate, where he has served since. Senator Marks retired, after nearly four decades as a servant of the people of California.



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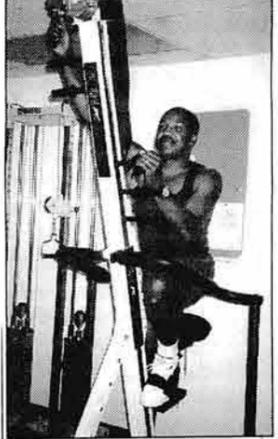
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Notebook Deadlines

Listed below is the proposed schedule of deadlines for the submission of material to be published in the *Notebook*. However, I cannot guarantee that material submitted after any given deadline will be printed in the next issue.

Month	Deadline
January	Monday, December 30, 1996
February	Monday, February 3, 1997
March	Monday, March 3, 1997
April	Monday, March 31, 1997
May	Monday, April 28, 1997
June	Monday, June 2, 1997
July	Monday, June 30, 1997
August	Monday, August 4, 1997
September	Tuesday, September 2, 1997
October	Monday, September 29, 1997
November	Monday, November 3, 1997
December	Monday, December 1, 1997
January	Monday, December 29, 1997

Anyone who needs information about submitting material to the Notebook should call Tom Flippin, Editor, at the POA office: 861-5060, or at Park Station: 242-3000.

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ADMINISTRATION OF JUSTICE COURSES Spring 1997 Schedule

ADMJ 51	Juvenile Procedures	M-W-F 10-11 AM or T-Th 8-9:30 AM
ADMJ 52	Concepts of Criminal Law	M-W-F 11 AM-12 PM or T-Th 8-9:30 AM or T 7-IOPM
ADMJ 53	Legal Aspects of Evidence	M-W-F 8-9 AM or Th 7-10 PM
ADMJ 54	Principles and Procedures of the Criminal Justice System	M-W-F 9-10 AM
ADMJ 57	Introduction to Administration of Justice	T-Th 8-9 AM or M-W-F 8-9 AM or M-W-F 11 AM-12 PM or M-W-F 12-1 PM or S 9-12PM or T 7-IOPM
ADMJ 62	Criminal Investigation	T-Th 9:30-11 AM or W 6:30-9:30 PM
ADMJ 63	Criminal Identification	M-W-F 9-10 AM
ADMJ 64	Community Relations	T-Th 9:30-11 AM
ADMJ 70A	Patrol Procedures	M-W-F 1-2 PM
ADMJ 70B	Police Department Field Work	M-W-F 1-2 PM
ADMJ 70C	Police Department Field Work	M-W-F 1-2 PM
ADMJ 70D	Police Department Field Work	M-W-F 1-2 PM
ADMJ 80	Probation & Parole Systems	M-W-F 8-9 AM
ADMJ 81	Correctional Administration & Operation	W 6:30-9:30 PM
ADMJ 82A	Criminal Justice Work Experience	Time Arranged
ADMJ 82B	Criminal Justice Work Experience	Time Arranged

All instructors are active or retired law enforcement professionals.
For additional information call
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PAL CORNER

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PAL Basketball

As the San Francisco PAL Boys and Girls Basketball season comes to an end, the following are some of the winners:

- 6th Grade Girls, 1st Place — Vikings
- 6th Grade Girls, 2nd Place — Knights

- 8th Grade Girls North Division, 1st Place — Bulldogs
- 8th Grade Girls North Division, 2nd Place — Knights

- 8th Grade Girls South Division, 1st Place — Panthers
- 8th Grade Girls South Division, 2nd Place — Rebels

- 6th Grade Boys West Division, 1st Place — Celtics
- 6th Grade Boys West Division, 2nd Place — Panthers

- 7th Grade Boys West Division, 1st Place — Panthers
- 7th Grade Boys West Division, 2nd Place — Lions

Look for the other winners in the next edition.

A special thanks to Officer Mark Ballard, Basketball Commissioner, for the time and effort he spent on behalf of PAL.

PAL Awards Dinner

The San Francisco PAL held its Awards Dinner on November 8, 1996. Lt. Dirk Beijen, PAL President, was the Master of Ceremonies and presented awards to the following youth:

- Michelle Ng, Baseball
- Joshua Calubaquib, Basketball
- Christina Grande, Basketball
- Nitty Thomas, Cheerleading
- Antonio Mims, Football
- Euginey Glebov, Judo
- Colin Anderson, Law Enforcement
- Hugh Maguire, Soccer
- Megan Vanneman, Soccer

Ten-year PAL Veteran Coaches were presented with service awards:

- Joe Duncan
- Ernst M. Feibusch
- Jamie Howell
- Bob Maloney
- Mike Yerbic

PAL Football

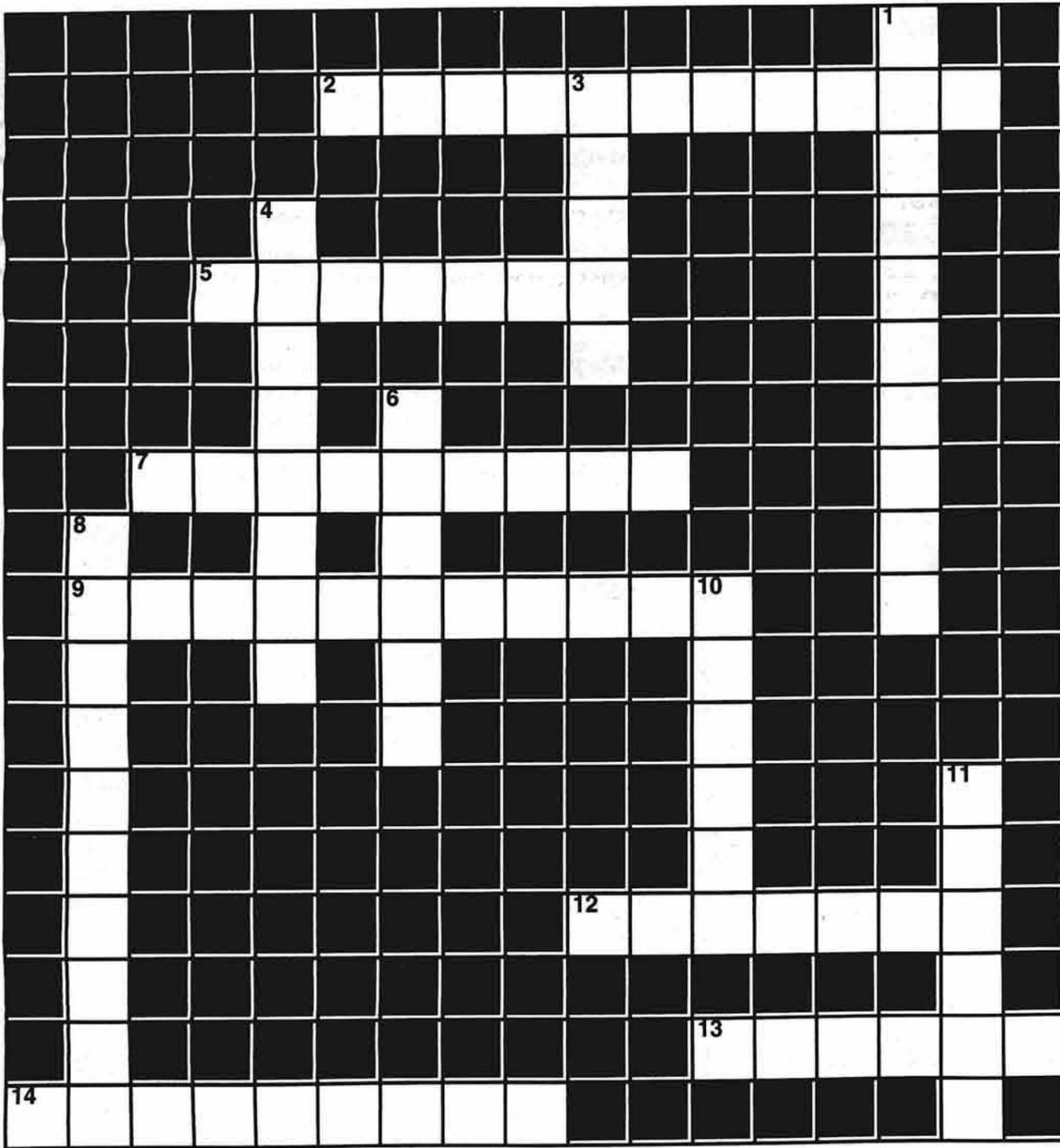
This year, 1996, marked the 37th year of San Francisco Police Activities League Seahawks football. The Seahawks were the first youth tackle football team sponsored by the PAL. Currently there are four teams in the Seahawk organization that participate in the four divisions of play

determined by Pop Warner rules concerning the ages and the weights of the participants. The four divisions are comprised of players under the age of fifteen and weighing less than 136 pounds. Typically there are 120 football players on our four teams. The football coaches are all volunteers and represent a variety of vocations, e.g. truck driver, parking control officer, financial consultant, clerk, baker, janitor. A registered nurse, Ms. Gunilla Napier, functions as our team EMT person. Ms. Napier is employed by the San Francisco Unified School District and has worked with the PAL Football Program for six years. Coaches volunteer approximately twenty hours a week in conducting the three weekly practices and coaching their teams on game day. Head coaches, Rodney Garrick, Greg Isom, Vernon "Joe" Duncan and Robert Hardy represent a total of 69 years of volunteer coaching in the PAL Football Program.

This season saw three of our team participate in the Pop Warner Redwood Empire Junior Football Conference playoffs. On Saturday, November 9th, the Seahawks Junior Pee Wee and the Pee Wee teams defeated their Southern Marin Pop Warner counterparts by the scores of 27-0 and 32-0 respectively. The Seahawk Junior Midget team defeated the Rancho Cotati Pop Warner Junior Midgets 16-0. The following week the three Seahawk teams met the Ukiah Pop Warner Lions' Junior Pee Wee, Pee Wee and Junior Midget teams and were eliminated from the playoffs by the scores of 22-0, 8-6, and 28-6 respectively. Although our season ended earlier than we had hoped, we still consider every season a successful one as it was an experience enjoyed by the youth, their parents and friends.



Cops' Crossword



ACROSS

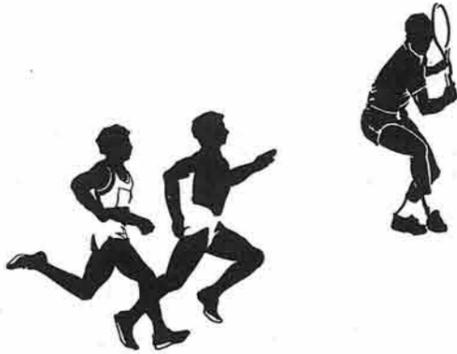
- 2. Papers the community
- 5. Controls certain substances
- 7. Messes with property
- 9. Planner
- 12. Enters with intent
- 13. Grabs and goes
- 14. Threat producer

DOWN

- 1. Violent domesticity
- 3. Opportunist
- 4. A burning yearning
- 6. Targets women
- 8. Aids and/or abets
- 10. Holds up others
- 11. End of life as we know it

(Solution next month)

**COURTESY
OF A
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SPORTS



Mid-Life Crisis II

by Lt. Don Carlson

I know — you probably thought that running (and finishing!) the 1995 San Francisco Marathon was just crazy enough to help me address the insecurity of approaching my 50th birthday. Let me tell you: I thought so, too!!

In fact, I didn't run again seriously for almost a year. But as that day in July, 1995, slowly faded in the distance behind me — and November 1, 1997 approached more quickly on the horizon — I found myself looking for another physical challenge. Well, I've found it.

During the week of June 1-7, 1997, I'm going to participate in "California AIDS Ride IV," a bicycle ride from San Francisco to Los Angeles. I won't be able to do it alone, so I'm asking for my friends to join me, but **not** by riding — unless you're up to it.

Each rider has to raise at least \$2,500 for the "privilege" of biking 500 miles for what is understandably a deserving cause, and over 2,200 riders made the journey last year. I'm selling 100 "shares" of "Don Carlson" at \$25 each. Your "purchase" of one or more shares will enable me to represent you during that week, as well as providing you with a small deductible contribution. I know that the holidays are approaching, with accompanying expenses, so if you aren't in a position to join me, I'll certainly understand. I plan to contribute whatever difference remains.

Please make your check payable to: "California AIDS Ride IV" and mail it to me by March 1st.

Lt. Don Carlson
Field Operations Bureau
850 Bryant St.
San Francisco, CA 94103
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And I can almost promise you that this will be the last time I ask you to support me in a challenge like this . . . except, you know, that "Escape From Alcatraz" Triathlon sounded interesting . . .

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SPORTS



San Francisco Police Basketball

At the end of the season, we will take the top eight teams for the "A" Division playoffs. The best of the rest, six teams, will have their own playoffs. Two champions.

Tenderloin Task Force folded. The games they played will not count toward the standings. All future scheduled games vs. TTF are cancelled! Next game, Dec. 12, vs. F.B.I. no game, and so forth.

Keep those cards and letters coming!

San Francisco Police Basketball Standings

San Francisco Fire	5	0
Southern	3	1
CHP Co-op	4	2
Potrero	4	2
Mission	3	2
Taraval	3	2
Ingleside	3	2
FBI	3	3
Airport	3	3
Narcotics	1	3
Central	1	3
Daly City	1	4
Northern	1	4
Park	1	5

Week One Oct. 15-18

Daly City PD 54
 Airport 51
 Lee 14 pts - Bosch 12 - DCPD

FBI 48
 Narcotics 33
 Black 11 pts - Guy 10

Potrero 52
 Northern 43
 Thorp 17 pts Co C

S.F. Fire 81
 Ingleside 63
 Montero 17 pts, Brown 14 pts Fire

CHP Co-op 73
 Park 39
 Mr. Bradley 25 pts CHP

Week Two Oct. 22-25

Central 56
 Daly City 47
 T. Rodriguez 24 pts. The return of "Brando" with 15 pts

Taraval 60
 Park 30
 Mr. Beckersley 19 pts

S.F. Fire 89
 Mission 82
 J. Brown 30 pts, J. Carey 20

Potrero Win
 FBI Forfeit
 Thorp - Day off!

Airport 83
 CHP Co-op 53
 Air Koste, Omera 14 pts, Mr. Murray & Webb 13 pts

Narcotics 62
 Northern 30
 Narco's Guerrero 19 pts & Kurt 14 pts

Southern 79
 Central 68
 T. Walsh 16 pts, Carl 15 pts

Week Three

Mission 68
 FBI 44
 P. Lorin 17 pts Big Country, Jake Fagan 18 pts

CHP Co-op Win
 Daly City Forfeit

Southern 79
 Northern 45
 Carl Bryant 21 pts, Al 13

Ingleside 63
 Potrero 58
 H. Soulette 24 big pts, Freddy 15 pts, Thorp 17

Airport 60
 Park 47
 Mr. Murray strikes again - 18 pts

S.F. Fire W
 FBI Still looking

Taraval 69
 Central 54
 Mr. Beckersley 18 pts

Week Four Nov. 6-8

Southern 72
 Potrero 63
 Fabio Tong 20 pts, Chow & Al 16 each

Taraval 58
 Airport 49
 Slow Eddy 23 pts, Mr. Beckersley 19 pts

CHP Co-op 47
 Narcotics 46
 Bradley 17 pts, Chase 16

Mission 53
 Ingleside 34
 Big Country 23 pts, G. Lorin 12 pts

Park 49
 Daly City 42
 Stefano Roché 12 pts & Rector also with 12 pts

Week Five

S.F. Fire 73
 Southern 67
 Brown 19 pts, Kurpinsky 16, Tong 26 pts, Walsh 13

Potrero 56 (OT)
 Daly City 49
 Thorp again, in OT, 6 pts, 18 total. 2, 2 close.

FBI 56
 Airport 52
 Black 21 pts, B. Guy 13, Mr. Murray 20 pts for air

Ingleside 70
 Northern 61
 Schaffer 18 pts, Freddy 17 pts, Fraizer 15 pts & Soulette 13 pts

CHP Co-op 57
 Taraval 44
 Chase and Bradley 14 pts ea

Mission 95
 Park 45
 Should of scored 100 pts.

Week Six Nov. 19-22

FBI 67
 Park 46
 Lucas 26 pts, it was a real kidnaping call

Northern 65
 Taraval 52
 C. Knight 21 pts, big Lynch 14 pts, no Anzore for Co I

SF Fire 75
 Narcotics 65
 J. Carey 22 pts, six - 3's

Ingleside 54
 CHP Co-op 52
 Big Freddy 19 pts and who knows how many rebounds!

Airport 58
 Central 53
 Mr. Murray 29 pts, air. Rodriguez 21 pts, Nino 4 fouls, 11 pts.

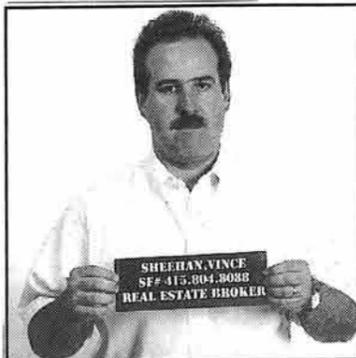
Potrero 75
 Mission 68
 Big upset, Thorp, again big 36 pts. Jake 31, but turns ankle



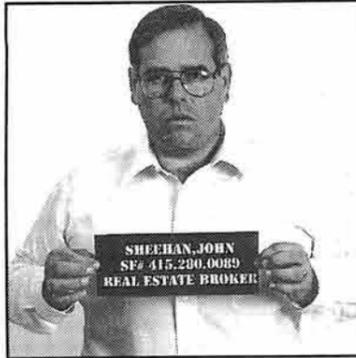
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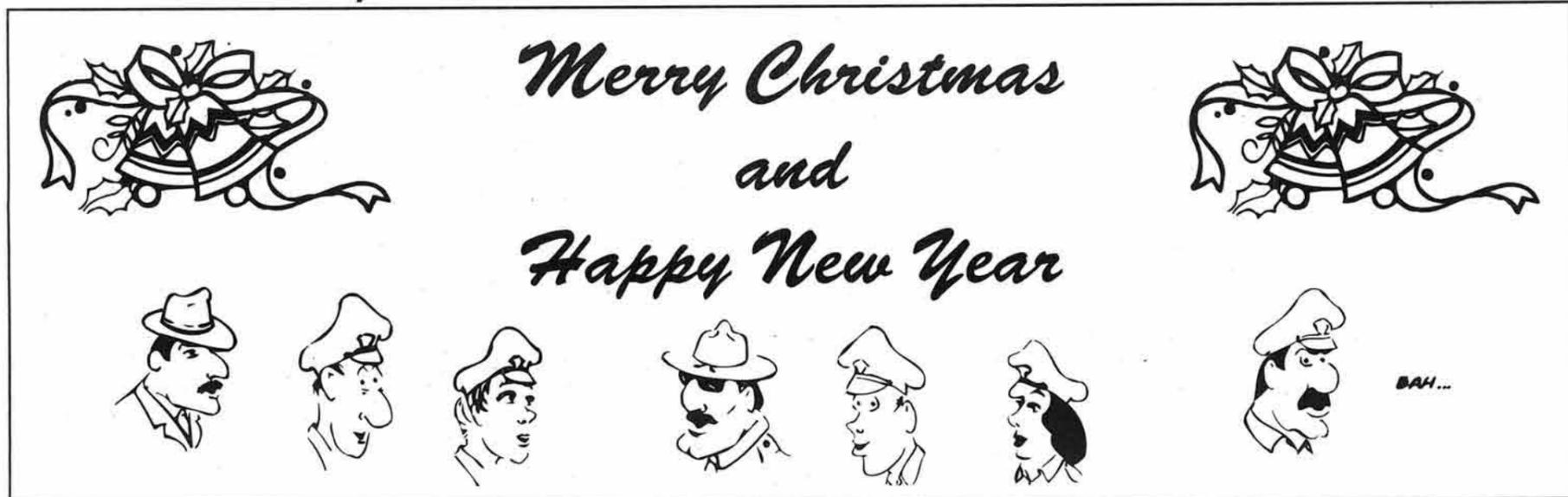


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ON THE STREET/Tom Flippin



Funny ... But True

by Tom Flippin, Editor



Our lead-off story is about a guy who is really unlucky...but he also is a strong candidate for Dumb-Crook-Of-The-Month. Victor Arreola attempted to car-jack a van down near San Diego. He ordered the family in the van to get out or he'd kill them. He started to get in the driver's door, but the vehicle's owner, Emmanuel Balbuena slammed the door on Arreola's hand. Arreola calmly walked away, and Balbuena called police. Responding officers opened the van's door and discovered a finger! Balbuena had severed Arreola's middle finger when he slammed the door on him. The cops took the finger and made the rounds of local hospitals until they found Arreola. When they told him they had something of his, Arreola looked at the finger and said it was his. But, when he was told it linked him to an attempted car-jacking, he refused to claim it after all. He continued to deny it was his, despite doctors' pleas, until it became medically impossible to reattach the finger. Police booked him anyway.

Next we've got another unlucky S.O.B., this time from the Philippines. After being away from home for several weeks, Isidro Catarlo returned...not to a joyous greeting from his family...but to his own wake. It seems both his wife and his parents believed he had drowned at sea. They identified the corpse of a drowning victim as Isidro's and notified all his friends and neighbors of his death. Besides scaring the hell out everybody, Isidro is now facing financial problems from those friends and neighbors...they want to be repaid for the money they kicked in for his elaborate wake and funeral. And to

top it all off, suspicious police said they planned to question Isidro on his whereabouts during his long, unexplained absence.

We have a lot of candidates for Dumb-Crook-Of-The-Month this month, so let's get right to the first one...

A one-time NBA player named Reggie Harding is a definite Dumb-Crook possibility stemming from an incident in his youth. Reggie was seventeen when he decided to stick up a neighborhood grocery store. To disguise himself, he pulled a ski-mask over his head, but the sharp-eyed store owner happened to notice his seven-foot height and said, "Hey, Reggie, cut it out!" Reggie cleverly attempted to fake out the store owner by replying, "It's not me, honest." Despite all his efforts, Reggie went to jail for robbery...and then to the NBA, where a high IQ is a definite must!

San Diego police didn't have too much trouble making an arrest in a recent forgery case. This dum-dum was trying to cash a very poorly forged check at a local bank. An employee asked him to wait as they processed the check and directed him to a comfortable chair. At the same time another bank employee called for the cops. When they arrived they found the "oh, so tired" suspect snuggled deep in the chair...sound asleep.

Hal Butler of Park Station contributed this Dumb-Crook saga of a guy just begging to get caught. This particular individual decided he didn't much care for the coat he had on his back and resolved to get another one. Since he's a Haight Street resident (meaning he lives on the streets...particularly Haight-Ashbury) he couldn't be bothered to buy a new coat. He had to shoplift one. He enters a clothing store, takes off his old coat, picks out a new one and walks out of the place. The owner called the cops when she found the thief's old grungy coat. Hal responded to take the report. Using brilliant investigative techniques, he checked the coat's pockets and realized that an arrest in the case might not be out of the question. The guy had neglected to remove his resume (name, address, etc. included) and a receipt from Social Security for a replacement SS card (the receipt included his SS number, of course). When Hal ran a computer check he also came up with a current address for the dummy...just to make it even easier. An arrest is expected at any moment.

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Annual Christmas
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Choice of Entrees:
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1930 hours	Dinner
2030 to 0030 hours	Dance, Raffles and ???

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Price: \$45.00 per person (before Friday, December 6)
\$50.00 per person (after Friday, December 6)

*For tickets and information, contact
Jean Solomon, Roland Tolosa or Ray Austin at Co. D, 558-5400*

No tickets will be sold after Friday, December 13
Seating is limited and no tickets will be sold at the door!

WANTED

Your stories of nuts,
weirdos, dumb crooks.
Any funny-but-true stuff!

Send to Notebook-FBT, SFPOA