

CALIFORNIA Sheriff

CALIFORNIA STATE SHERIFFS' ASSOCIATION

Volume 38 ■ Number 3 ■ July 2023



129th Annual Conference Ventura County

Page 18

***Contra Costa Sheriff's Office Hosts Law
Enforcement Junior Women's Academy***

Page 12

Summer Safety Tips

Page 14

Why We Sleep

Page 16



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California Sheriff is the official publication of California State Sheriffs' Association Foundation (CSSAF). Articles or statements of individual authors do not necessarily reflect the views of California State Sheriffs' Association Foundation (CSSAF). Published quarterly, the magazine is designed to keep sheriffs and members informed and aware regarding the association and California law enforcement.

CSSA is located at 1231 I Street, Suite 200
Sacramento, CA 95814
Telephone 916-375-8000; 1-800-761-CSSA (2772)

California Sheriff (ISSN-883-0657) is published quarterly by California State Sheriffs' Association Foundation (CSSAF), 1231 I Street, Suite 200, Sacramento, CA 95814. The **California Sheriff** magazine is available to associate members. The yearly price is \$6, which is included in the annual membership dues. Periodicals postage paid at West Sacramento, and at additional mailing offices, CA. POSTMASTER: Send address changes to California Sheriff, 1231 I Street, Suite 200, Sacramento, CA 95814

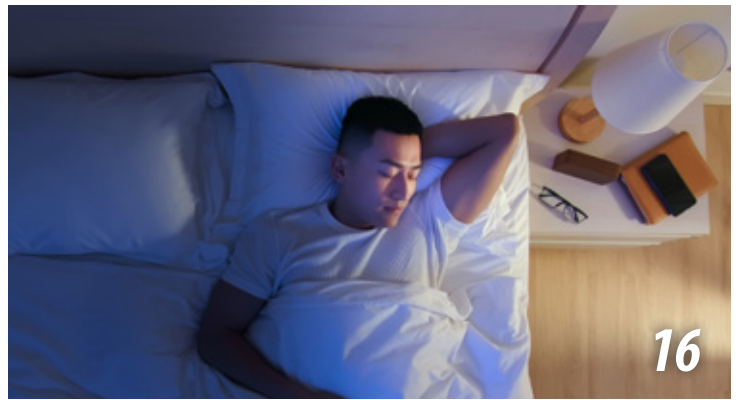
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CALIFORNIA STATE SHERIFFS' ASSOCIATION

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contents



In every issue

- 5** **President's Message**
Sheriff Mike Boudreaux, Tulare County
- 7** **Executive Director's Perspective**
M. Carmen Green, Executive Director
- 8** **Legislative Update**
Cory Salzillo, Legislative Director
- 9** **Legal Update**
James Touchstone, General Counsel
- 11** **Media Update**
Laura Cole, Transparency Engagement Advisor
Joe Vazquez, Transparency Engagement Advisor
- 21** **CSSAF Membership Program**
- 22** **CSSA Merchandise**

Features

- 12** **Contra Costa Sheriff's Office Hosts Law Enforcement Junior Women's Academy**
- 14** **Summer Safety Tips**
- 16** **Why We Sleep**
- 18** **129th Annual Conference Ventura County**

Association Mission Statement: To support the role of Sheriff as the Chief Law Enforcement Officer in each county and to speak as a collective statewide voice on matters of public safety.

Foundation Mission Statement: To provide education and training services to the 58 Elected Sheriffs of California, their departmental employees and other members of the California State Sheriffs' Association.

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The California State Sheriffs' Association Foundation is only possible through the continued support of our wonderful members! So, we would like to highlight, you!

- **For a chance to be featured on our Social Media (Membership Monday), please share with us why you were inspired to join as a member of CSSAF.**
- **Please send all responses to members@calsheriffs.org**
 - » We kindly ask that you include only your First Name and County in which you reside.
 - » No pictures needed .

Again, thank you all for your continued support of the California State Sheriffs' Association Foundation.



■ **SHERIFF MIKE BOUDREAUX**
■ **TULARE COUNTY**

I am very grateful

to be elected President of the California State Sheriffs' Association and I was very touched by everyone's attendance and kind words of encouragement at the swearing-in ceremony on April 19 in Oxnard.

Newly sworn-in CSSA Officers:

- President: Sheriff Mike Boudreaux, Tulare County
- 1st Vice President: Sheriff Don Barnes, Orange County
- 2nd Vice President: Sheriff Brandon Barnes, Sutter County
- Secretary: Sheriff Chad Bianco, Riverside County
- Treasurer: Sheriff Ian Parkinson, San Luis Obispo County
- Sergeant at Arms: Sheriff Shannan Moon, Nevada County
- Immediate Past President: Sheriff Kory Honea, Butte County

As the state's sheriffs, we all come together to discuss crime trends and current legislation to better serve our communities. We want to reduce crime in California and create safer neighborhoods for law-abiding residents.

One of my goals for this year is to increase transparency by reaching out over new social media platforms.

In April, we launched the Calsheriffs Instagram page. I'm committed to keeping everyone informed about new trends in crime fighting and new bills before the California State Legislature. Tune in to @calsheriffs to find out which bills we support and which we oppose.

Some bills we opposed include:

- **We opposed AB 93.** This bill would have prohibited a peace officer from conducting a warrantless search of a vehicle, person, or their effects, based solely on a person's consent. This bill would have specified that consent to conduct a search is not lawful justification for a search. AB 93 would have:
 - » Prohibited law enforcement from conducting warrantless searches with the person's consent.

- » Made peace officers and the public less safe.
- » Eliminated people's right to agree to a consent search.

- **We opposed AB 742.** This bill would have prohibited the use of an unleashed police canine by law enforcement to apprehend a person, and any use of a police canine for crowd control.
- **We opposed AB 1090.** This bill would have authorized the Board of Supervisors to remove a Sheriff from office for cause by a 4/5 vote. AB 1090 would have:
 - » Given power to elected board members to remove a Sheriff.
 - » Specifically targeted the "Sheriff" and no other elected officials.
 - » Elected Sheriffs could have been removed against the will of the people.

A bill we currently oppose:

- **We oppose SB 94.** This bill would give convicted murderers facing life without parole the chance to have their sentences reduced and make them eligible for parole. SB 94 would:
 - » Create the potential to release violent murderers after they served 25 years.
 - » Apply to perpetrators of heinous crimes.
 - » Make the public less safe by setting the stage for these murderers to walk free.

On a personal note, I've been proud to work beside all of California's Sheriffs and I look forward to getting to know the newly elected sheriffs, too. We all, as the 58 Sheriffs in California, represent public safety and when we stand up in unity, we will prevail.

Back when I was only 19 and was following in my father's footsteps, working at the Tulare County Sheriff's Office as a Deputy Trainee, I never envisioned becoming the Sheriff of Tulare County, let alone the President of the California State Sheriffs' Association.

This is a terrific challenge and an opportunity, too, to make California a better place, to bring back public safety concerns as the No. 1 issue in the state. I'm very confident that the Sheriffs of California will meet this challenge and overcome any adversity or ill will against law enforcement.

I'm proud of the men and women who get up every day, strap on their duty belts and pull on their boots and run into the face of danger to save others from harm. We know what public safety is all about. Together with our members and supporters we can make a difference.

Sheriff Mike Boudreaux, Tulare County
CSSA President ✨

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We thank you all for your continued support this year. We wouldn't be able to do what we do without you!

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For more information, please contact Meeting and Events Planner Alexandria Macdonald at amacdonald@calsheriffs.org or Executive Director Carmen Green at cgreen@calsheriffs.org



▪ M. CARMEN GREEN
▪ EXECUTIVE DIRECTOR



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The California State Sheriffs' Association & Foundation would like to thank our 75 Corporate 100 Partners. We truly appreciate your support!

The Corporate Partners Program provides corporations with a unique advantage because this is the only program that provides a one-on-one forum where corporations and Sheriffs can exchange information and collaborate on law enforcement issues. It provides corporations with the opportunity to showcase their latest products and services on a more intimate level with the Sheriffs and key decision makers. The many personable networking opportunities allow you to build strong relationships with the Sheriffs.

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Your active participation increases the value of your membership. We encourage you to get involved and experience the Membership Advantages of our Corporate 100 Partners Program. As part of the Corporate 100 Partners Program, you have easy access to a variety of benefits that will both save and make you money.

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- One-year subscription to CSSA's quarterly publication *California Sheriff*, "Capitol Wrap" legislative newsletter and "Client Alert" memorandums.
- Name recognition in every edition of California Sheriff magazine (including the Special Edition which is distributed every election year).
- Partner listing on CSSA website with a direct link to your company's homepage and description of services.
- Opportunity to submit articles for the California Sheriff magazine.
- Listing in CSSA's Corporate 100 Partners membership directory.
- Exclusive networking opportunities at trainings and CSSA's Annual Conference.
- Special recognition by Sheriffs at events.

Each potential corporate partner application will be vetted and sent to the CSSA Board of Directors for approval. ✨



▪ **CORY SALZILLO**
▪ **LEGISLATIVE DIRECTOR**

Springtime in the Legislature was marked by months of fast-moving policy and fiscal committee hearings for thousands of legislative proposals before the house of origin deadline on June 2. In May, CSSA held its annual Legislative Days on Tuesday, May 16 and Wednesday, May 17. Sheriffs and staff from around the state met with the Governor and members of the Legislature from both houses and both parties and discussed a number of important budget and policy issues. A couple of the policy issues we discussed that were high priority oppose legislation, which CSSA successfully help defeat:

AB 93 (Bryan, D – Los Angeles) would have provided that the consent of a person given to a peace officer to conduct a search shall not constitute lawful justification for a search, thereby banning consent searches.

AB 742 (Jackson, D – Moreno Valley) would have severely limited the use of police canines, including enacting a ban on using an unleashed police canine to apprehend a person in most circumstances.

One of the most notable hearings of the year took place in late April, after significant pressure from lawmakers from both parties, law enforcement, and the public, was the Assembly Public Safety Committee, which considered seven bills designed to deal with the fentanyl crisis.

The Committee approved the following bills, which are moving through the legislative process:

- **AB 33 (Bains, D - Bakersfield)** creates a Fentanyl Addiction and Overdose Prevention Task Force.
- **AB 474 (Rodriguez, D - Pomona)** requires the State Threat Assessment Center with CalOES to prioritize, to the greatest extent possible, cooperation with state and local efforts to illuminate, disrupt, degrade, and dismantle criminal networks trafficking opioid drugs.
- **AB 675 (Soria, D - Fresno)** prohibits the possession of a heroin analog, fentanyl, or a fentanyl analog while armed with a loaded and operable firearm.
- **AB 701 (Villapudua, D - Stockton)** adds fentanyl to the existing quantity enhancement provisions that provide stronger penalties for people trafficking large quantities of other controlled substances.

The Committee voted down two bills:

- **AB 367 (Maienschein, D – San Diego)** would have, for the purposes of a sentence enhancement for great bodily injury, include selling, furnishing, administering, or giving fentanyl or a fentanyl analog that results in a person's significant or substantial physical injury.
- **AB 1058 (Jim Patterson, R - Rocklin)** would have increased the penalties for specified controlled substances offenses if the substance is more than one ounce of fentanyl, more than one ounce of a fentanyl analog, or a substance containing more than one ounce of fentanyl or a fentanyl analog.

On parallel tracks, there were many hearings held by five different budget subcommittees in each house leading up to the Governor's May Revise, which was released on May 12, and is the adjusted version of the Governor's budget he proposed in January. The modifications made in the Governor's May Revise are based on an update of General Fund revenues. Following the month-long process of discussions and refining of the May Revise, on June 27, the California State Assembly and Senate approved the negotiated 2023-24 State Budget, which was signed by Governor Newsom in time for the start of the fiscal year on July 1.

When the Legislature reconvenes from summer recess on August 14, it only has five weeks to maneuver all remaining bills through the policy and fiscal committees of their second house, then on to the floor and back to their house of origin by September 14. October 14 is the last day for Governor Newsom to sign to veto bills passed by the Legislature. ✨



▪ JAMES TOUCHSTONE
▪ GENERAL COUNSEL

“The “Special Relationship/Danger Creation” Path to Liability”

Generally speaking, public entities have no legal duty to protect any given individual from the criminal activity of other members of the public. Courts have been reluctant to recognize theories of civil liability that would, in effect, create a legal duty of this nature. There are several reasons for this reluctance by the courts. Primarily, courts have recognized that developing adequate levels of law enforcement protection for the public is generally left to the legislative and executive branches of our government, rather than the legal branch. Specifically, it is presumed that “courts are poorly equipped to determine the amount of funding the public should spend on any particular service because they lack sufficient information about the budgetary trade-offs. The second is that justiciable standards for the adequacy of public services are hard to find. The third is that judicial involvement is unnecessary because elected officials will have a strong political incentive to provide adequate levels of police protection.”ⁱⁱ There are, however, exceptions to the general rule concerning a legal duty to provide law enforcement protection that may give rise to civil liability if a law enforcement fails to do so in a reasonable manner.

The first of these somewhat murky doctrines is generally known as the “special relationship” doctrine. This doctrine provides that a law enforcement may create a duty of care to provide police protection to a specific individual by his or her actions or statements. Examples commonly considered by courts in determining whether a law enforcement officer has created a special relationship with an individual include an officer’s promise to “take care” of someone, or “protect” someone from a known harm, and that person’s reliance upon the officer’s promise to their detriment. One case example of this is *Johnson v. County of Los Angeles* (1983) 143 Cal. App. 3d 298. In *Johnson*, the defendant officers had learned at the time of arresting the decedent that he was mentally ill, and suicidal without his medication. The officers promised his wife they would obtain medical attention for him and would notify her before his release from custody so that she could then see to his needs. The officers also specifically requested that she refrain from interfering in the meantime—a request with which she complied. The officers then failed to follow through with their promises, released the decedent without treatment or medication, and did not notify his wife of his releaseⁱⁱⁱ. He committed suicide two

days later. The court determined that the officers had created a special relationship with the wife of the decedent, and created a duty to warn her of his release, which stemmed in part from the officers’ promises and the plaintiff’s reliance on those promises to her detriment.

Contrast this case with the case of *Hernandez v. KWPH Enterprises* (2004) 116 Cal. App. 4th 170, in which the court of appeals determined that ambulance operators did not create a special relationship with a person “because they undertook to transport [her] to a hospital, at her request,” and cannot “be held to have undertaken also to protect her from her own suicidal, reckless or irrational subsequent conduct.”ⁱⁱⁱ

The recent case of *Murguia v. Langdon* (9th Cir. 2023) 61 F4th 1096 provides an example of the state created danger theory of liability. In this case, the plaintiff called 911 seeking emergency mental health assistance for Heather Langdon, with whom he lived and had five children. This call set in motion a chain of events that ultimately led to officers removing Langdon and her ten-month-old twins from the home, transported them first to a women’s shelter, and later moving them to a motel where Langdon continued to suffer from a mental health crisis. Left unsupervised, Langdon drowned the twins.

The Ninth Circuit held that plaintiff had alleged sufficient facts to state a viable claim based on the removal, transportation to the shelter, and subsequent transfer to an unsupervised motel room. In so ruling, the court explained that the state-created danger exception to non-liability of a state actor has two requirements. First, the exception applies only where there is affirmative conduct on the part of the state in placing the plaintiff in danger. Second, the exception applies only where the state acts with “deliberate indifference” to a “known or obvious danger.” In applying this exception, the court found that the plaintiff had adequately pled facts that could give rise to liability against a law enforcement officer who increased the risk of physical harm to two small children by arranging a room for them at a motel with their mentally unstable mother, transporting the mother and her children from women’s shelter to the motel, and leaving them there alone. The court explained that by removing the mother and children from the supervision of the women’s shelter staff, the officer rendered the children more vulnerable to physical injury by mentally disturbed mother as a result of their isolation with her.

These types of situations create difficulties for law enforcement officers, who are finding themselves being placed in thankless, non-

traditional law enforcement roles where they must assess whether their actions may not only increase the potential risk of harm to a citizen, but also result in liability for their agency. Misfeasance can create liability exposure, while nonfeasance generally does not. The exceptions to this general rule are illustrated in part by the cases discussed above, but are difficult to apply in many situations. Training on these issues is critical to ensure that law enforcement officers may make informed decisions concerning the potential ramifications of their decision making. ✨

The information contained in this article is for general use and does not constitute legal advice. This article is not intended to create, and receipt and review of it does not constitute, an attorney-client-relationship with the author.

¹ Zelig v. County of Los Angeles (2002) 27 Cal.4th 1112, 1127 (quoting (Sklansky, The Private Police, (1999) 46 UCLA L.Rev. 1165 at pp. 1282–1283, fns. omitted.)

ⁱⁱ Id. at pp. 304–305.

ⁱⁱⁱ Id. at p. 180.



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- LAURA COLE, TRANSPARENCY ENGAGEMENT ADVISOR
- JOE VAZQUEZ, TRANSPARENCY ENGAGEMENT ADVISOR

The headline of the Facebook post sounds dramatic: “Going Above and Beyond the Call of Duty.”

But the photo was not what the public might be conditioned to expect, a law enforcement officer running through a hail of bullets in a SWAT situation, for example.

Instead, it shows a Riverside County Deputy Sheriff from Hemet Station in full uniform calmly ambling down a sidewalk next to an elderly woman with a walker identified as Emma. It is shot from behind to preserve Emma’s dignity.

It turns out Emma had gotten lost. Deputy Weber was trying to help her find her way.

It’s an ordinary situation for sheriff deputies. But for the public, it is an extraordinary moment that cuts right to the heart of law enforcement.

As sheriff’s departments continue their efforts to build better bridges to their communities via social media, they are determined to show more transparency, providing inside looks at the days in the lives of sheriff’s office employees.

Poring over the landscape of social media posts for sheriff’s offices, it is quickly evident that an emphasis is appropriately placed on showing the nitty-gritty, often dangerous work of frontline deputies. It is important for the public to recognize the efforts to keep the community safe.

On April 28, Sacramento County Sheriff deputies recovered a loaded AR-15 rifle hidden



under some clothing during a vehicle stop. The weapon was in the possession of a convicted felon. While this sort of recovery is becoming routine for the deputies involved, it is still quite a shocking sight for the public. The photo of the rifle on Facebook reinforces the potential danger of the moment.

These days, so much of the sheriff’s story is being told through social media. Since sheriff’s offices usually oversee jails, they increasingly want and need to tell the stories of the policies and procedures involved in keeping jails safe and secure. The stories of the correctional staff are now being amplified on social media to give the public a better understanding of what happens inside.

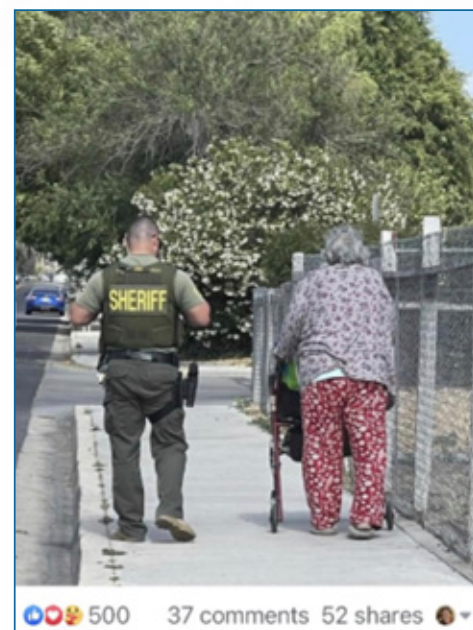
The Placer County Sheriff’s Office recently posted surveillance video of an inmate physically assaulting a correctional officer.



The caption alongside the video on Facebook said: “We are so grateful for the hard work our correctional officers and staff put in each day – their job is challenging, and their role within our jails is vital. You don’t often hear about what occurs behind the walls of the jail, and the video we are showing you is a prime example of some of the dangers our correctional officers face on a daily basis.”

So many other underreported aspects of the office are now having their stories told through the Facebook, Twitter and Instagram pages of sheriff’s offices.

The truth is, sheriff’s offices spend most of their time helping people. And while it is also true that people who were raised right are reluctant to share their stories because they don’t want to be perceived as seeking glory, the fact is, these days, the public increasingly depends on social media to find the truth. As the traditional news media agencies have depleted their ranks, law enforcement is stepping up to tell its own story.



The situation in Riverside County was resolved quickly. According to the Instagram post, “Deputy Weber was able to locate her family’s address and got her home safely. Emma insisted on walking home, so Deputy Weber walked right alongside her to make sure she got home! Great job Deputy Weber!”

Great job and great story well told by the agency involved 🌟



CONTRA COSTA SHERIFF'S OFFICE HOSTS LAW ENFORCEMENT JUNIOR WOMEN'S ACADEMY

It's not the police academy, citizen's academy or youth academy. The Contra Costa County Office of the Sheriff has created a Junior Women's Academy, believed to be one of the few programs of its kind focusing on high school aged girls interested in law enforcement.

The Junior Women's Academy (JWA) offers girls, 14-18 years-old, the chance to learn about career pathways in law enforcement and to see the day-to-day duties of women in law enforcement. The motto of the JWA was, "She's Got Your Six."

The idea for JWA came in 2022 when Undersheriff Michael Casten saw a flyer offering a 'girls fire camp' for girls interested in fire service careers. He thought this could be adapted for law enforcement. Later that summer, under the leadership of Assistant Sheriff Melissa Klawuhn, Captain Tory Kornblum, and Lieutenant Erin Bai and after months of intensive planning and coordination, the first Contra Costa Sheriff's Office JWA took place at the range facilities with 33 high school girls from throughout Contra Costa County.

During the two-day JWA, the Sheriff's Office was able to showcase the department's wide variety of assignments, resources and staff. Students learned about patrol procedures, defensive tactics, dispatch, crime scene investigations, hostage negotiations, and saw demonstrations from

the SWAT Team, K-9 Unit, Drone Team, Air Support Unit, and Marine Patrol Unit. There were also presentations on the mental health evaluation team, cadet program, civilian careers, and the volunteer search and rescue team.

While the girls spent some time in the classroom, most of it was spent outdoors doing practical, hands-on activities. There was also time for some team-building activities and fun. "Besides learning about the Sheriff's Office and law enforcement careers, we saw this as a tremendous opportunity to build relationships and for the girls to have positive interactions with law enforcement," said Contra Costa Sheriff David Livingston.

The JWA instructors and presenters were, by design, female. "The staff who participated in the event were sworn and professional women from all ranks, assignments, and classifications," said Assistant Sheriff Melissa Klawuhn. "From forensic scientists to SWAT operators, our staff showed the girls how women can be successful in all aspects of law enforcement."

The second JWA will take place this summer. It has been expanded to three days. This motto this year is, "Empower, Inspire, Uplift." Like many law enforcement agencies, the Contra Costa Sheriff's Office is trying to recruit more women into sworn and professional positions in the department.





“Sworn females at the Office of the Sheriff comprise 15.5% of the department,” said Sheriff David Livingston. “That is above the national average, but we could do better. This is a long-term effort and the JWA is one way to encourage women to consider a career in law enforcement, specifically with the Sheriff’s Office.”

After graduating from the first JWA, one student has already joined the Contra Costa Sheriff’s Office as a student-intern. 19-year-old Serenity Rios, who joined the JWA as a high school senior, appreciated seeing the diversity of assignments. “By having women instructors and staff during the JWA, it showed that women can do all of those assignments,” said Rios. She later plans to attend the basic police academy as a deputy sheriff recruit. “The JWA was an inspiration for the me and the girls.”

For more information on the Junior Women’s Academy, please visit:

<https://www.joincocosheriff.org/junior-womens-academy>

For questions, please contact Assistant Sheriff Melissa Klawuhn: mklaw@so.cccounty.us.



Serenity Rios speaks to Sheriff’s Office staff during the Junior Women’s Academy. After the JWA, she joined the Sheriff’s Office as a student-intern and plans on becoming a deputy sheriff.



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Summer Safety Tips

PLEASE REMEMBER THESE VARIOUS SAFETY TIPS WHEN ENJOYING THE OUTDOORS WITH YOUR FAMILY AND FRIENDS THIS SUMMER.

ALL-TERRAIN VEHICLES

- Children who are too young to have a driver's license should not be allowed to operate off-road vehicles. Children are involved in about 30 percent of all ATV-related deaths and emergency room-treated injuries.
- Because their nervous systems and judgment have not fully developed, off-road vehicles are particularly dangerous for children younger than 16 years.
- Don't ride double. Passengers are frequently injured when riding ATVs. Most ATVs are designed to carry only one person: the driver. Passengers can make ATVs unstable and difficult to control.
- All ATV riders should take a hands-on safety training course.
- All riders should wear helmets, eye protection, sturdy shoes (no flip-flops), and protective, reflective clothing. Appropriate helmets are those designed for motorcycle (not bicycle) use, and should include safety visors/face shields for eye protection.
- Remember that ATVs lack the common safety equipment found on all cars and trucks that are designed for street use. ATV tires are not designed to grip on pavement, so operators should not ride on paved roads. Parents should never permit nighttime riding or street use of off-road vehicles.
- Flags, reflectors and lights should be used to make vehicles more visible.
- Drivers of recreational vehicles should not drive while under the influence of alcohol, drugs or even some prescription medicines.

BICYCLE SAFETY

- Do not push your child to ride a 2-wheeled bike without training wheels until he or she is ready. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes. Consider a balance bike with no pedals for young children to learn riding skills.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one. Buy a bike that is the right size,

not one your child has to "grow into." Oversized bikes are especially dangerous.

- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing adults. Set the example: Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the Consumer Product Safety Commission (CPSC) safety standard.
- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.

BUG SAFETY

- Avoid the use of scented soaps, perfumes or hair sprays because they will attract insects.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Insects are attracted to clothing with bright colors or flowery prints, avoid dressing in these colors or patterns.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.
- Avoid using combination sunscreen/insect repellent products because sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied.



FIREWORKS SAFETY

- Fireworks can result in severe burns, scars and disfigurement that can last a lifetime.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.
- When possible, families should attend community fireworks displays run by professionals rather than using fireworks at home.
- Do not purchase fireworks by mail or the Internet.

LAWN MOWER SAFETY

- Only use a mower with a control that stops the mower blade from moving if the handle is let go.
- Children younger than 16 years should not be allowed to operate ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.
- Keep children and pets out of the yard while mowing.
- Drive up and down slopes, not across to prevent mower rollover.
- Keep guards, shields, switches, and safety devices in proper working order at all times.
- Children and adults should wear protective eye wear at all times when in the vicinity of running lawnmowers.

PLAYGROUND SAFETY

- Make sure playground equipment has been carefully maintained. Open “S” hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these. If you see something tied to the playground, remove it or call the playground operator to remove it.
- Make sure children remove helmets and anything looped around their necks.
- Metal, rubber and plastic products can get very hot in the summer, especially under direct sun.
 - » Make sure seats and slides are cool to prevent children’s legs from getting burned.
 - » Do not allow children to play barefoot on the playground.

SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY

- All skateboarders and scooter-riders should wear protective gear; helmets are particularly important for preventing and minimizing head injuries. Riders should wear helmets that meet American Society for Testing and Materials (ASTM) or other approved safety standards, and that are specifically designed to reduce the effects of skating hazards. Protective wrist, elbow and kneepads should be worn.
- Do not skate in the street while in-line skating or using Heelys, you should only skate on designated paths or in rinks.
- Most accidents occur due to falls. Inexperienced riders should only ride as fast as they can comfortably slow down, and they should practice falling on grass or other soft surfaces. Before riding, skateboarders should survey the riding terrain for obstacles such as potholes, rocks, or any debris.
- Children should never ride skateboards or scooters in or near moving traffic and riders should never skate alone.
- Children under the age of eight should be closely supervised at all times.
- If an emergency occurs, call 911.



Why We Sleep



▪ SHERIFF BOB JONSEN, SANTA CLARA COUNTY

As law enforcement professionals, our commitment to serving leads to a near-constant disruption of our sleep patterns. Our schedules are demanding and inconsistent, whether due to working long hours, covering night shifts, attending court appearances, or personal and family commitments. Most of us do this for decades without significant consideration of the toll this takes on our bodies, nervous systems, and general well-being. But after reading “Why We Sleep” by Matthew Walker, Ph.D., the importance of sleep is clear, and the need to optimize our sleep when we can becomes irrefutable.

Today we face a similar disparity, although not as evident as an urban gun battle. The cybercrime landscape presents unique and rapidly evolving dynamics, requiring law enforcement to remain innovative and vigilant so we may meet the challenge.

Dr. Walker explains that inadequate sleep negatively affects our ability to think clearly, impairs our physical performance, and increases the likelihood of becoming overweight or obese. Nearly two-thirds of adults do not manage to fit in the recommended eight hours of sleep, and our profession certainly does not easily allow an undisrupted night of eight hours of sleep with any regularity. Most people I know in our job consider it a win if they sleep for just six hours. We have a long-standing mentality to “Get up and go, and sleep when you’re dead,” but we must start thinking about sleep differently.

Dr. Walker’s research and message are clear, “less sleep leads to a shorter life.” One could also argue that less sleep leads to a less enjoyable life by various measures. He states, “Routinely sleeping less than six or seven hours a night demolishes your immune system, doubling your risk for cancer.” Insufficient sleep also seems to increase the risk of Alzheimer’s dementia and increases the risk of heart attack, and stroke. And that is only the beginning!

It is known that sleep deprivation reduces alertness, diminishes your ability to learn, decreases emotional regulation, and increases impulsivity, all without us even realizing that we are impaired in any way. And there are still those of us who think we do fine with six hours of sleep, but for more than 95% of us, the research proves this is not the case. In fact, with less than eight hours of sleep, our physical performance, often crucial in our line of work, is reduced to about 70% of our optimal performance. In addition, and potentially even more severe, we are at increased risk of injury, as shown by a study that followed professional athletes through a season. This research showed that athletes who averaged up to six hours of sleep were injured 60% more than athletes who regularly slept eight to nine hours.

The value of sleep in both physical and mental recovery cannot be over-emphasized. Neuroscientists have established that the brain uses 25% of our energy and processes approximately 90,000 thoughts daily - this is one busy system! And our brains do best with consistent and regular sleep. One specific correlation between sleep and brain health is found in the story of a protein called amyloid beta, which may play a role in developing Alzheimer’s dementia. Studies have found that insufficient sleep is associated with increased amyloid beta in the brain.

Neuroscientist Jeff Iliffe (Oregon Health & Science University) has an excellent TED Talk (“One More Reason to Get a Good Night’s Sleep”) explaining how the glymphatic system functions in clearing out waste products from the brain, including excess amyloid beta proteins. Dr. Iliffe explains, “The brain is surrounded by cerebral spinal fluid (CSF). Waste is dumped into CSF, which is then transported to the blood. To help this, CSF is pumped along the outside of blood vessels – to clean and penetrate deeper into the brain wherever blood vessels are. However, this action only happens while we sleep. As we sleep, the brain cells contract, to open up spaces between them and let the CSF flow more easily.” For the non-neuroscientists among us, think of it this way - evolution designed us to have eight hours of sleep so that the glymphatic system can complete a cleansing cycle for the brain. Six hours of sleep decreases this cleansing by 25%. Of great concern are a correlation between reduced sleep in our country over the past 100 years and a rise in dementia. This correlation alone should encourage us to recognize and value sleep as a priority.

With frequent mandatory shift work, we must pay more attention to our sleep routines. Shift work is well documented to worsen health outcomes, so we must be proactive in developing a strategy to support ourselves when serving our communities over late nights.

So to provide a few basic strategies to help you optimize your sleep, adapted from “Why We Sleep”:

- Try to go to bed at the same time every night.
- An hour before bed, dim or turn off most of the lights in your house
- Avoid TV, computers, and even phones (these all emit blue light that suppresses our average melatonin production) for at least one hour before bed, preferably two hours.
- Set your bedroom temperature between 63 to 66 °
- Know that alcohol, and sleeping medications, interfere with our standard restorative sleep, so limit alcohol intake before bed and find ways to fall asleep without prescriptions. ✨



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VENTURA COUNTY SHERIFF'S OFFICE HOSTS THE 129th California State Sheriffs' Association ANNUAL CONFERENCE

The Ventura County Sheriff's Office was honored to host the 129th California State Sheriffs' Association Annual Conference. What made it extra special for the Ventura County Sheriff's Office to host it this year was that the conference coincided with the Ventura County Sheriff's Office's 150th anniversary. The conference was packed with critical training for our state's Sheriffs and Seconds in Command, networking events designed to create and build lasting relationships, and off-site events to showcase Ventura County's diverse landscape, resources, and amazing communities.



Ventura County is a special place, which we were glad to share with the attendees. Ventura County has 42 miles of stunning coastline, an expansive national forest that accounts for approximately 50% of our total acreage, as well as picturesque valleys throughout the area. The conference's theme for this year was, "From the Beach to the Mountains and Across Our Valleys, California Sheriffs Honor the Past and Lead into the Future."

The conference opened on Sunday, April 16th, taking place at the beachfront resort of Zachari Dunes on Mandalay Beach. From this location, attendees were able to see and experience a portion of Ventura County's beautiful coastline. After a nominating meeting was held, POST Training was presented by Imran Ali, Senior Director of Training, Consulting, and Investigation Services with Eckberg Lammers on the topic of "Use of Force in America: Lessons Learned from Minnesota." A Round Table discussion also allowed each Sheriff to voice their concerns and share ideas about contemporary issues in law enforcement.

A meet-and-greet was also held for the spouses, as well as an outdoor welcome reception for the attendees.

Day Two included opening ceremonies for the conference, which included the Ventura County Sheriff's Honor Guard partnered with the Kern County Sheriff's Honor Guard, Ventura County motor officers, the Sheriff's Mounted Unit, and a flyover by the Ventura County Air Unit. CSSA President Sheriff Kory Honea (from Butte County) welcomed the attendees and thanked the host county. The keynote speaker address was given by Major League Baseball catcher and manager Mike Scioscia, who spoke about leadership lessons he learned in the league and thanked the attendees for their leadership in law enforcement. Multiple exhibit hall events took place, which allowed attendees to network and receive informational demonstrations from nationwide vendors showcasing the best technology and systems available to law enforcement. A

luncheon was held for the Sheriffs, Spouses, Seconds-in-Command, and Retired Sheriffs at the Waterside restaurant, which provided a stunning view of Ventura Harbor. The day concluded with an outdoor networking reception, which was instrumental due to the fact there were 15 newly elected Sheriffs in attendance.

Day Three consisted of three overlapping events, wherein attendees got to choose which one they wanted to participate in. One of these was a golf tournament which took place at the Saticoy Club Golf Course, with prizes awarded for overall score and closest to the hole competition. Those who participated in the golfing were able to see some of the beautiful scenery that Ventura County has to offer. The second event was a handgun shoot at the Sheriff's Range



Sheriff Mike Boudreaux with the Tulare County Sheriff's Honor Guard.



Senator Shannon Grove with CSSA President Sheriff Mike Boudreaux (Tulare County)

in Camarillo, which was hosted by Sig Sauer. There were multiple stations and contests, with prizes awarded to the overall winners. In addition, spouses also had the opportunity to test their firearms skills. The third event was a corn hole tournament on the beach, where randomly assigned teams competed to see which had the best quickly formed unit to win it all. The evening concluded with a BBQ catered by Scooter's BBQ (a longtime supporter of the Ventura County Sheriff's Office). This event was held at a mountaintop venue donated by Esper Peterson; his private ranch in Somis provides far-reaching views of Camarillo. Time was taken to give out the prizes from the earlier events.

Live country music was provided by local country music artist Justin Honsinger.

The final day started with a breakfast for the Sheriffs, Seconds-in-Command, and Retired Sheriffs. To commemorate the event, group photographs of the current Sheriffs, and separately their Seconds-in-Command, were taken. A general business meeting took place during the afternoon. While the Sheriffs were conducting business, the spouses attended a networking event aboard the Scarlett Belle Steamboat in the Channel Islands Harbor. The

installation banquet was planned by CSSA, with the outgoing CSSA president giving a speech and Senator Shannon Grove, whose area covers seven counties including Tulare, speaking about her respect for law enforcement. Senator Grove also conducted the swearing-in of the new slate of CSSA officers.

Incoming President Sheriff Mike Boudreaux (from Tulare County) received the honorary gavel and gave a speech about his pride in law enforcement, working on improving the public's perception of law enforcement, and leading CSSA into the new year.

The Ventura County Sheriff's Office wants to give a big "thank you" to all the sponsors and staff who worked to put the conference together. ✨



California State Sheriffs' Association Foundation Membership Program

Individuals and Businesses who want to take a proactive approach to support public safety in their communities may join the California State Sheriffs' Association Foundation (CSSAF). CSSAF is entirely funded by the generous contributions and support from our members. We are a qualified, non-profit organization under 501(c)(3) of the Internal Revenue Service Code, which means that your donations qualify as tax deductions. The sheriffs of California have full control and direction of all association operations and activities.

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