

# CENTURION

OFFICIAL MAGAZINE OF THE SAN ANTONIO POLICE OFFICERS' ASSOCIATION

2023 | Quarter 4



28 Blue Santa Golf Tournament Recap

14 Family Picnic | 24 More Than a Badge: Reflecting and Preparing for the Year Ahead





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## MESSAGE FROM THE PRESIDENT

Hello everyone,

The issues we've faced the last few months have been unprecedented. From officer-involved shootings, injuries from vehicle incidents, as well as illnesses, it has left a strain on all of us. Through it all, we have continued to be there for each other with prayers and any assistance we could provide to get through those trying times.

On a positive note, we were finally able to kick off a new program with the UT Health Science Center to assist active and retired SAPD officers with any mental health assistance and counseling they may need. This is another avenue for officers to use if they feel stressed or just need someone to talk to.

I want to personally thank Dr. Sally Taylor from the UT Health Science Center who helped get this initiative started and Dr. Austin Lemke who was hired to help oversee the program. Dr. Lemke is ready to assist officers and retirees in their time of need. Officers have heard me say several times at in-service, "we have to take care of ourselves and each other." The process is simple. All officers have to do is pick up the phone and call. The services provided by the program are considered "in-network" and will go through our insurance. I cannot stress this enough, if you need help, please give them a call!

On a different note, I have taken a stand publicly on several occasions demanding accountability or a resignation from District Attorney Joe Gonzales. The fight has just begun; we will continue to demonstrate to citizens the struggles we face with the District Attorney's office.

Ensuring these criminals are prosecuted not only affects SAPD officers but the citizens we have sworn to protect and serve. How many more citizens need to be robbed, beaten, or killed before the District Attorney does his job and puts these individuals in jail? On several occasions, prior cases have been dropped and criminals served a lesser sentence or avoided jail time altogether. It's time for "Let em' go Joe" to do his job and fully prosecute these individuals to the extent of the law, not find ways to circumvent it.

Now that the holidays are approaching, I want to wish each of you a very safe and happy holiday season. I also ask that you continue to pray for the safety of our brothers and sisters on duty and for those injured or ill to have a speedy recovery.

Thank you,  
Danny Diaz





“As we look ahead to 2024, we will continue to advocate for our members and our families.”  
— Danny Diaz





# SAPD YOUNG GUNS REMEMBER JUSTIN GARCIA

By Det. Valentin Figueroa

In your lifetime you will meet tens of thousands of people, some will be friends, some will be enemies, some will be faces you only recognize because their names faded with time, and some will never be forgotten because of the impact they had on you at some point in your life. Justin Garcia is one of those people I will never forget. For those who don't know, Justin is the sole reason the San Antonio Police Department brought back our traveling flag football team. One of the first things he did when he joined our department was take the initiative to reach out and get a team together due to us not having one for the past three Police Olympics. Justin was a great leader and kept our team together and successful. There was not a single time I could remember where I was with Justin and he wasn't smiling, motivating others, or bringing life into any room he was in. I can speak for everyone reading this when I say we all miss you brother!

On September 30th, 2023 the first annual Justin Garcia Memorial Scholarship LEO Flag Football Tournament was held in Edinburg, Tx. The goal behind the tournament was to raise money for Justin's family. Our flag football team, SAPD Young Guns, represented Justin the only way we knew how and that was by winning first place! We did what Justin loved and were able to talk with his family who were in attendance. This was the first of many tournaments for our fallen brother Justin Garcia. If there is ever a time you feel like you need to talk with someone, please reach out. We are all family, there isn't anything that we can't get through together!









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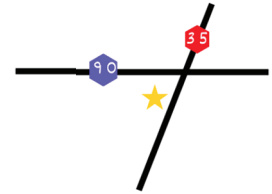
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# 12<sup>TH</sup> ANNUAL Memorial FESTIVAL & CAR SHOW

SATURDAY, MARCH 9

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# RETIRED MEMBER SPOTLIGHT

Ret. Sgt. Ellis and Ret. Ofc. Schott first met in 1970. As Schott's first patrol Sgt, Ellis took Schott under his wing and many other young officers through the weeds and helped keep them in the straight and narrow path, leading to a successful 33 year career for Schott. Now retired for over twenty years, Schott has taken the spot of helping Ellis, as he comes to San Antonio once a month to visit with Ellis after the

loss of his wife earlier this year. Each visit the two go out to lunch, and drive around the city taking a literal trip down memory lane as they share stories of the past. These are two of the men who have lived their lives building the legacy which every SAPD officer continues to carry on. Thank you Sgt. Ellis and Ofc. Schott.



Retired Sgt. James Ellis (left) and Retired Ofc. Harold Schott (right) enjoy their monthly day out on the town



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## RETIREE FIREARM QUALIFICATIONS DATES

There will be a 9 a.m., 11 a.m., and 2 p.m. qualification. There is now a background check that must happen, so retirees must sign up at least a week prior to the dates, or they will be turned away at the door.

**Tentative dates for the 2023 retiree quals.**

- December 18, 2023

2024 dates TBD, call for more information

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# Merry CHRISTMAS

AND HAPPY NEW YEAR

How time flies! I can't believe it's already the holiday season; it seems like just yesterday we were preparing for Fiesta. It has been a very hard and stressful year, but through it all we have come together and stayed strong. No matter what obstacles are thrown our way remember that you have cover on and off duty. Always take a minute to realize that we are blessed not only to have a good job but also the protections in our contract to establish a good career and life for our families.

Reflect on the good times you have been through this past year and take advantage of every opportunity to spend quality time with your families. Before you know it, our kids are grown and it's time to retire. Overtime and extra jobs will always be there, don't let it consume you.

Enjoy the holiday season and quality time with your families, make sure to cover your partners, wear your vest, and please stay safe!

Happy Holidays.

*John Darry Diaz*



# Thank You

FOR  
ATTENDING OUR ANNUAL

★ FAMILY PICNIC ★

The annual SAPOA Family Picnic was held in September and was yet another great time for members to get together and relax over a good meal of brisket and sausage. The SAPOA cook team spent the entire week at the park prepping and cooking over 1,200 hundred pounds of brisket and over 2,000 sausage links. Aside from the great meal, members were able to enjoy a DJ early in the day with live music, bounce house, and games for kids in the evening. The picnic is always a great place to find old friends, relax, and share the memories of all the fun we've had along our journey so far.









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# IN MEMORIAM OF OUR FALLEN OFFICERS

## Officer Joseph J. Pedraza

**End of Watch:** Monday, Oct 6, 1924

**Age:** 44 | **Tour:** Not available | **Badge:** Not available



Officer Joseph Pedraza and a military police officer were dispatched to the 500 block of East Commerce Street to a dance hall to investigate a disturbance. During the course of the investigation,

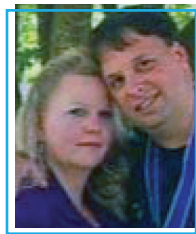
the military police officer fired a bullet that killed Officer Pedraza.

Conflicting accounts were given as to whether it was intentional or accidental, but the MP was eventually arrested and charged with murder. It is unknown if he was ever convicted for the shooting. Officer Pedraza was survived by his wife and six children. He had served on the police force since 1912.

## Patrolman John Randolph Wheeler

**End of Watch:** Friday, Oct 14, 2005

**Age:** 41 | **Tour:** 12 years | **Badge:** 1093



Officer John Randolph Wheeler was killed when his patrol car was rear-ended by another vehicle traveling over 100 mph on Loop 410. He was able to send a distress signal but could not escape the

burning vehicle. The other driver, who had a BAC over twice the legal limit, was also killed in the accident. Patrolman Wheeler's wife was the dispatcher on duty at the time of the accident.

Patrolman Wheeler was a U.S. Air Force veteran and had served with the San Antonio Police Department for 12 years. Two years earlier, he had been shot and wounded in the line of duty while responding to a robbery call. He is survived by his wife, two daughters, parents, and four siblings.



# IN MEMORIAM

## Police Investigator Otto S. Hillock

**End of Watch:** Thursday, Oct 18, 1945

**Age:** 42 | **Tour:** 19 years | **Badge:** Not available

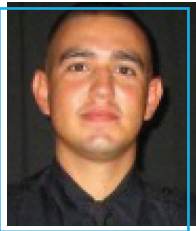


Investigator Otto S. Hillock was killed in a motorcycle accident when he collided with a bicyclist on South Presa Street and suffered severe head injuries. He had been with SAPD for 19 years.

## Police Officer Sergio Arturo Antillon

**End of Watch:** Friday, Oct 29, 2010

**Age:** 25 | **Tour:** 2 months | **Badge:** 0224



Officer Sergio Antillon succumbed to injuries sustained two weeks before when he was struck by a drunk driver on his way home after a shift. He had stopped to assist another motorist on Loop 410 when

they were both hit. In January 2012, the driver was convicted of intoxication manslaughter and sentenced to 45 years in prison. Officer Antillon had graduated from the police academy only seven weeks before the collision. He is survived by his parents and siblings.

## Police Officer Frederick W. Coblentz

**End of Watch:** Sunday, Nov 8, 1942

**Age:** 26 | **Tour:** 1 year, 6 months

**Badge:** Not available



Officer Frederick Coblentz was killed in a motorcycle accident while escorting an ambulance. His motorcycle was struck by a vehicle at the intersection of Goliad Street and Waters Street. He was

transported to Robert Green Hospital, where he succumbed to his injuries.

Officer Coblentz had been with the San Antonio Police Department for 18 months. He was survived by his wife.

## Detective Robert "Bob" White

**End of Watch:** Thursday, Nov 10, 1927

**Age:** 31 | **Tour:** 1 year, 4 months

**Badge:** Not available



Detective Bob White was shot and killed by a man whom he had stopped for acting suspiciously. The man, who had emerged from an alley near Houston and Cherry streets, claimed that he had just

chased two men who had cursed him when the officer approached with his gun drawn. The subject said that he was chased by Detective White and immediately ran into a store; as he peeked out of the business door, Detective White fired and the suspect returned the shots, fatally wounding the officer.

The subject was arrested and charged with the murder of Detective White. The outcome of the trial is unknown.

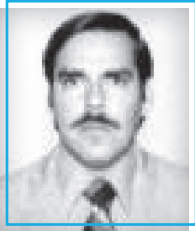
Detective White was survived by his wife and was buried in Floresville.



### **Detective Bernabe Salazar Jr.**

**End of Watch:** Thursday, Nov 16, 1978

**Age:** 31 | **Tour:** 9 years | **Badge:** Not available



Detective Bernabe Salazar was shot and killed while serving a narcotics search warrant at a public housing project. The subject fired two shots through the front door, striking

Detective Salazar in the head. The

suspect was apprehended and sentenced to 30 years in prison but has since been paroled.

Detective Salazar had served with the San Antonio Police Department for nine years. He was survived by his wife and two children.

### **Detective Benjamin Edward Marconi**

**End of Watch:** Sunday, Nov 20, 2016

**Age:** 50 | **Tour:** 20 year | **Badge:** 2382



Detective Benjamin Marconi was shot and killed in an ambush as he conducted a traffic stop of a vehicle near the intersection of West Nueva Street and Santa Rosa Street at approximately 11:45 am.

Detective Marconi was sitting in his patrol car during the stop when an unrelated subject stopped his car behind Detective Marconi's patrol car. The man walked up to the passenger side of Detective Marconi's patrol car and fatally shot Marconi twice.

The subject fled in his vehicle. He was later arrested by members of the San Antonio Police Department SWAT team. The man was convicted of capital

murder in July 2021 and was subsequently sentenced to death.

Detective Marconi served with the San Antonio Police Department for 20 years. He is survived by his two children.

### **Patrolman William Lacey**

**End of Watch:** Thursday, November 29, 1900

**Age:** 38 | **Tour:** 2 days | **Badge:** 13



Patrolman William Lacey was shot and killed accidentally by a man he was protecting during a labor dispute.

Patrolman Lacey was assigned to protect non-union workers during strikes. He was escorting one of the workers on a repair job when the man was attacked. Patrolman Lacey came to the man's aid but was shot by the suspect, who began firing at his attacker.

Patrolman Lacey had only been with the San Antonio Police Department for two days. He was survived by his wife and four children.

### **Special Officer Miguel Cantu**

**End of Watch:** Saturday, Nov 30, 1907

**Age:** 64 | **Tour:** 3 years | **Badge:** Not available



Special Officer Miguel Cantu was shot and killed in an unprovoked attack while working an assignment at the intersection of Durango Street and Matamoros Street at approximately 4:30 pm.



# IN MEMORIAM

A merry-go-round had been set up in a vacant lot at the intersection and the police chief had assigned Officer Cantu to the lot to keep order.

While Officer Cantu stood in front of a crowd of approximately 100 people, a local criminal who had repeatedly made threats that he wanted to kill a police officer, walked up behind him and shot him in the back, severing his spinal cord. As he fell to the ground he was able to draw his revolver and fired one round, which did not strike the suspect. As Officer Cantu laid on the ground the man shot him two more times, then committed suicide.

Officer Cantu was taken to a local hospital where he succumbed to his wounds about seven hours later.

Officer Cantu had served as a special police officer and sanitation inspector for approximately three years. He was survived by his wife and several children.

## **Police Officer Robert Anthony Davis**

**End of Watch:** Monday, December 1, 2008

**Age:** 26 | **Tour:** 1 year | **Badge:** 1256



Officer Robert Davis succumbed to injuries sustained four days earlier when he was struck by a patrol car setting out flares at the scene of an earlier accident.

A nearby officer was responding to backup another officer at a shoplifting call when his patrol car collided with another vehicle near the intersection of Potranco Road and Hunt Lane. The collision knocked the patrol car into Officer Davis.

Officer Davis was transported to a local hospital where he was put on life support. He was removed from life support four days later and died as a result of his injuries.

The officer driving the patrol car was also seriously injured in the crash, and sentenced to 15 years in prison. He will have to serve 7.5 years before he is eligible for parole.

Officer Davis had served with the San Antonio Police Department for 1 year and had previously served in the Persian Gulf with the United States Marine Corps. He is survived by his wife.

## **Patrolman John Stowe**

**End of Watch:** Wednesday, Dec 3, 1936

**Age:** 57 | **Tour:** 26 years | **Badge:** Not available



Patrolman John Stowe was shot and killed while attempting to apprehend a man with a gun. He was off duty in a bar when the bartender recognized him as an officer and informed him that

another patron had a gun. When Patrolman Stowe attempted to arrest the man he was shot and killed.

On February 27, 1937, the 19-year-old suspect was convicted of murder and sentenced to death but a year later his sentence was commuted to life. He was paroled on September 22, 1953.

Patrolman Stowe had served with the San Antonio Police Department for 26 years.



### Patrolman Julius N. Alberson

**End of Watch:** Thursday, Dec 4, 1941

**Age:** 29 | **Tour:** 10 months | **Badge:** Not available



Patrolman Alberson was shot and killed with his own service weapon while attempting to arrest five soldiers on East Commerce Street. He had been with the agency for only 10 months.

He was survived by his wife and son.

### Patrolman Antonio Portillo Garcia

**End of Watch:** Sunday, Dec 4, 1988

**Age:** 26 | **Tour:** 2 years | **Badge:** 74



Patrolman Garcia was killed in an automobile accident on Culebra Street while responding to an officer needs assistance call. His patrol car went out of control and struck a utility pole during the response.

Patrolman Garcia had been with the agency for two years and was survived by his mother, sister, and two brothers.

### Detective Henry C. Perrow

**End of Watch:** Monday, Dec 11, 1933

**Age:** 56 | **Tour:** 15 years | **Badge:** Not available



Detective Henry Perrow was shot and killed after cornering a suspect in an alley. A shootout ensued and Detective Perrow was fatally wounded.

It is believed that the suspect was a member of the Dillinger Gang. The suspect was shot and killed on June 4, 1934, in an unrelated shootout.

Detective Perrow had served with the San Antonio Police Department for 15 years.

### Patrolman Juan Antonio Morales

**End of Watch:** Tuesday, Dec 11, 2001

**Age:** 33 | **Tour:** 11 years | **Badge:** 0251



Patrolman Juan Morales was struck and killed by a hit-and-run driver while driving to work on his department motorcycle. His motorcycle was sideswiped on I-10, causing him to be thrown

to the ground and struck by another vehicle. A citizen followed the escaping driver and he was later apprehended. He was charged with intoxication manslaughter and manslaughter based on reckless driving.

In 1991, Patrolman Morales had apprehended the murderer of Texas Department of Public Safety Trooper Carlos Warren. Trooper Warren's murder took place earlier in the evening near Austin and the murderer fled towards San Antonio. Patrolman Morales stopped the vehicle for speeding and was met by gunfire. He returned fire, wounding the murderer, and apprehended him.

Patrolman Morales had served with the San Antonio Police Department for 11 years. He is survived by his wife and four children.

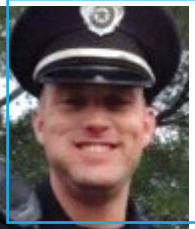


# IN MEMORIAM

## Police Officer Robert Carey Deckard, Jr.

**End of Watch:** Friday, Dec 20, 2013

**Age:** 31 | **Tour:** 7 year | **Badge:** 0582



Police Officer Robert Deckard succumbed to a gunshot wound sustained on December 8th while pursuing two robbery suspects in Atascosa County.

The suspects, who had committed 15 robberies in San Antonio over the previous several days, were driving a distinctively painted vehicle that Officer Deckard had spotted. He attempted to stop the vehicle but the suspects fled. Officer Deckard pursued the suspects on I-37, into Atascosa County, where one of the men in the vehicle opened fire on him near Exit 109.

One of the rounds passed through the cruiser's windshield and struck Officer Deckard, causing his vehicle to crash. He was transported to San Antonio Military Medical Center, where he remained in grave condition until succumbing to his wounds. He was kept on life support so his organs could be donated.

Both subjects were arrested in Wilson County later in the day after attempting to kill a Poth Police Department officer.

In April 2018, the shooter was sentenced to life without parole. The getaway driver was sentenced to life in prison in January 2019, with a chance of parole after serving 30 years.

Officer Deckard had served with the San Antonio Police Department for seven years. He is survived by his wife and two children.

## Police Officer Earl W. Kanning

**End of Watch:** Saturday, Dec 24, 1938

**Age:** 31 | **Tour:** 2 years | **Badge:** Not available



Officer Earl Kanning succumbed to injuries sustained the previous day when he was involved in a motorcycle accident while on duty.

He attempted to stop at an intersection but slid past the stop sign and collided with another vehicle as a result of wet pavement.

Officer Kanning had been employed with the San Antonio Police Department for two years.

## Police Officer Raleigh W. Taylor

**End of Watch:** Thursday, Dec 25, 1930

**Age:** 28 | **Tour:** 1 year | **Badge:** Not available



Officer Raleigh Taylor died as a result of injuries he received in a motorcycle accident while on duty nearly two weeks earlier on December 12. After the accident he was admitted to the hospital and

released a week later.

Officer Taylor died at home after spending Christmas with his family where he collapsed. An examination determined that he had succumbed to a blood clot in the brain as a result from the accident.

Officer Taylor had been with the agency for one year.



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# MORE THAN A BADGE: REFLECTING AND PREPARING FOR THE YEAR AHEAD

2023 has been a year of triumphs and challenges. The association began the year preparing for the return of a progressive activist campaign that would negatively impact our community and the citizens we've sworn to protect. Proposition A secured its place on the May election ballot with the presumption it was simply about charter reform. In just four arduous months, we were able to influence public opinion through community outreach and a strategic marketing plan to dissect the truth behind the proposition. As a result of our efforts, we were able to safeguard citizens from the dangers of progressive charter reforms by securing 71% of voter support against Prop A.

Through the process, we were also able to establish and strengthen our relationships with community leaders and organizations, utilizing speaking opportunities to understand citizen concerns and educate. By consistent communication and providing transparency, SAPOA has become a thought leader in public safety issues securing media coverage in top outlets such as The New York Times, Washington Post, CNN, Texas Public Radio, Texas Monthly, and the San Antonio Express-News.

We continue to strengthen our bond with our brothers and sisters in blue around the state. On September 8–9, 2023, the San Antonio Police Officers' Association (SAPOA) and the Deputy Sheriff's Association of Bexar County (DSABC) hosted the 47th Annual Combined Law Enforcement Associations of Texas Convention and Leadership Academy at the Hyatt Regency Riverwalk. This event brought together over 300 representatives from Law Enforcement

Associations across the state of Texas for two days of learning, networking, and recognition. The convention attendees engaged in a series of informative sessions. The morning began with a comprehensive four-hour course on union best practices and legislative updates, providing valuable insights into the latest developments in labor relations and legislation affecting law enforcement unions. In the afternoon, SAPOA President Danny Diaz and PAC Chairman Johnny Perez, along with staff from The PM Group and Noisy Trumpet presented a four-hour course on "Defending Police Unions Against Propositions." This session equipped attendees with the knowledge and strategies needed to protect and advocate for the interests of law enforcement unions in the face of various challenges and propositions. The information provided was invaluable in helping the local associations navigate complex legal and political landscapes.

**Our convention attracted statewide media due to our special guests this year. Congressman Tony Gonzales spoke on the COPS ACT, with board members and directors standing behind him in support. We were also honored to have Senator Ted Cruz deliver the keynote address. The senator also met with CLEAT members and staff! Both the congressman and the senator delivered speeches giving tremendous support for Texas law enforcement.**

SAPOA and DSABC made this a memorable event, with SAPD Honor Guard presenting The Colors and the SAPD Blue Line Choir singing our national anthem. SAPOA President Danny Diaz introduced guest speakers; Bexar County Judge Peter Sakai





delivered the welcome address and Chaplain Richard Newman who delivered the invocation. One of the highlights of the convention took place on Saturday, September 9th, during the annual luncheon. Eighteen officers from across the state were recognized and celebrated for their outstanding contributions to the field. Among the honorees was Detective Claudia Torres from the San Antonio Police Department, who received the prestigious Officer of the Year Award. This recognition was not only a testament to her exemplary work in the robbery unit but also an acknowledgment of her selfless support in helping a fellow Marine and police cadet successfully navigate the challenges of the police academy.

**SAPOA was presented with several awards to include:**

- Jerry Clancy Lifetime Achievement Award to Danny Diaz
- Grassroots Award
- Local Police Association of the Year.

Aside from political battles SAPOA has proudly advocated for its members this year. Following a string of officer-involved shootings, we were able to secure a partnership with the University of Texas Health Science Center at San Antonio to offer active and retired officers an additional resource to address officer mental health and suicide prevention. Every day, we as officers face circumstances in the line of duty that take a toll on our mental health. Through the Police Psychology Program, the goal is to remove the stigma of seeking assistance and treat issues such as PTSD, depression, anxiety, insomnia, and chronic pain.

As officers, we took an oath to protect our community and give back those in need. We help further our mission through our community outreach arm, Blue Cares. This year Blue Cares, with the help of officers and their families, successfully assembled 10,000 “We Care Kits” for officers to distribute on duty. Each personal hygiene kit consists of basic necessities such as toothpaste, deodorant, shampoo and feminine products. Realizing that school supplies were not the only essential items students lacked, Blue Cares expanded their efforts and provided disadvantaged students with “We Care Kits” in their backpacks as well to successfully kick off the new school year.

Looking ahead to the new year, our focus will remain on accountability, especially from city officials. Bexar County District Attorney Joe Gonzales has consistently demonstrated his inability to prosecute repeat criminal offenders. By consistently allowing violent criminals to be released on bail, it puts the lives of citizens in danger and hinders our efforts to effectively do our job — protect San Antonio. Gonzales continues to disregard the needs of our city by circumventing policies San Antonians rejected in the May election. Our goal is to continue to advocate for accountability or a resignation from DA Joe Gonzales. How many more officers will have to face life-threatening consequences?

2024 will be another year of change and progress. We will continue to proudly serve San Antonio and protect the community we love. 2023 has made SAPOA a key player in our community. In 2024 we will grow the coalition!





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# ROSIE'S PLATE BENEFIT

## SALES RECAP

On Monday May 29, 2023 Bobby Espinoza suffered a catastrophic stroke and underwent surgery with a long road recovery. Bobby is the husband of Rosie, who has been a member advocate for SAPOA for more than 22 years. Over the past 22 years Rosie has touched the hearts and families of so many current and former members. She has always been there and has never hesitated to answer the phone any time of day or night to help any member in need. This unexpected trial tested the resolve of Rosie and her family, but provided an opportunity for the SAPOA family to finally return in some small way the love that Rosie has shown for all of us. In late August SAPOA hosted a benefit plate sale for Rosie and Bobby Espinoza,



through generous contributions of SAPOA members, members of the community, and Sliver Eagle where Bobby worked, SAPOA was able to raise and donate over \$20,000 to Rosie and her family. While she may not be an officer, there is no doubt that Rosie is a loved member of the SAPOA family, and once again we proved No ONE in this family fights alone. Thank you to all those who volunteered their time, contributions, and donations.





# BLUE CARES GOLF TOURNAMENT RECAP

Blue Cares successfully hosted its 32nd Annual Blue Santa Golf Tournament that was generously sponsored by L3 Harris/Dailey-Wells. The organization kicked off its major fundraiser to help support the San Antonio Police Officers' Association's non-profit, Blue Cares, Blue Santa program. Some updates were made to the tournament to ensure that golfers had an enjoyable experience while also giving to a meaningful cause. Through the hard work of the Blue Cares staff, the organization raised \$120,000 to support the Blue Santa program. With the funds raised through the tournament, Blue Cares can help expand its reach to more San Antonio families who need assistance during the holidays.

Blue Cares is always in need of more donations from people like YOU. Monetary donations not only help fuel programs like Blue Santa, they also assist in the progression of other key programs. Blue Cares also provides college scholarships for high school seniors and hygiene kits to individuals in need of basic necessities. You can also help the organization by donating your time through various volunteer opportunities. For more information on how to get involved, please contact Jessica Vidal, Director of Outreach at [jessica.vidal@sapoa.org](mailto:jessica.vidal@sapoa.org).











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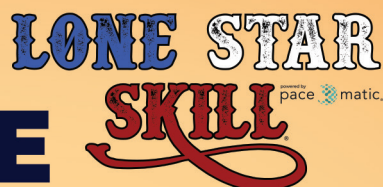
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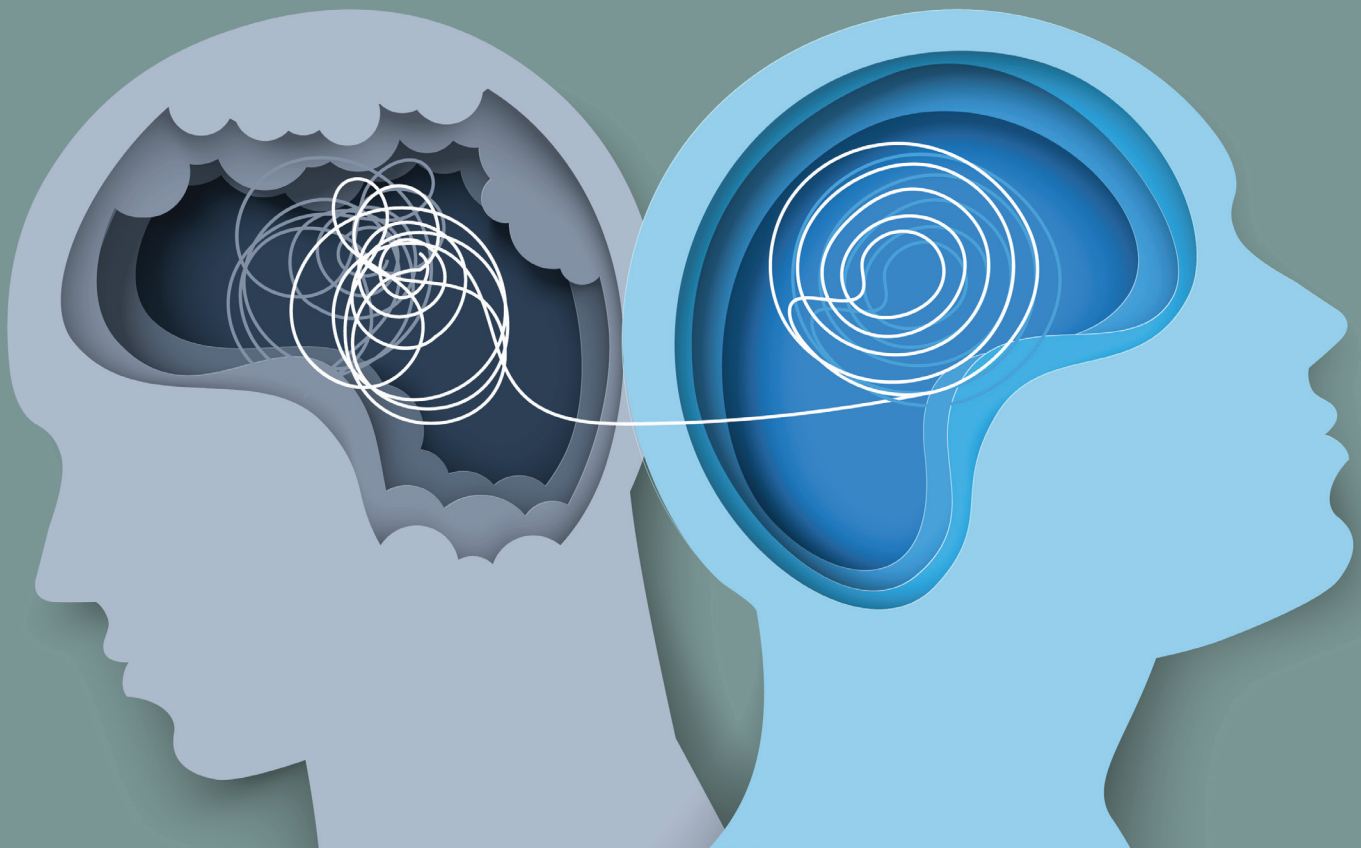
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# THE OFFICER READINESS OPS PLAN

## PART 2: ESTABLISHING YOUR OWN GOALS

By: Brandi Burque, Ph.D., SAPD Psychological Services



The terms “resilience,” “self-care,” and “wellness” are used interchangeably to discuss the importance of “taking care of oneself” especially in high stress environments, such as policing. However, in many cases, these terms describe ambiguous tasks one must do to be “healthy.” The tasks are rarely practical or applicable to the everyday life of an officer. Furthermore, they can be presented in a manner that immediately turns people away from the concepts, even though they are based in actual science and would positively

contribute to one’s personal health and wellness. In the last quarter of the Centurion, the Officer Readiness Ops Plan was presented and outlined. The purpose of this quarter’s article is to begin to highlight each of these resilience elements. As a review, the six elements are defined below:

**Tactical Element:**

- The proficiency in doing your job well

**Mental:**

- The composure and confidence under pressure



**Physical:**

- The stamina, strength, nutritional, and physical aspects of performing your job well and maintaining your overall health

**Social:**

- The social support and teamwork of your family and your colleagues

**Spiritual:**

- The “why” of what you do

**Financial:**

- The monetary stability of maintaining your life style and protection against emergencies

In 2018, Dr. William Land from the UTSA Human Performance Lab collaborated with Psychological Services and the SAPD Academy to develop the first ever assessment tool measuring the skills learned in the Performance & Recovery Optimization (PRO) program. This assessment, called the Psychological Skills Inventory for Law Enforcement (PSI-LE; Land, Guan, & Burke, 2022), was given to 576 officers at SAPD. The results were impressive. Officers who use more PRO skills (i.e., tactical breathing, performance self-talk, attention management, muscle control, mental practice, physical recharging/exercise, and Stoic mindset) are more likely to display positive emotions, feel happier, and demonstrate fewer signs of distress associated with anxiety and depression. It was also indicated they possessed a greater satisfaction with their job, health, and overall quality of life and had the ability to bounce back and adapt to stressful situations. A significant portion of an officer's resiliency is linked to the ability to manage one's situational awareness and focus, physical fitness, and utilization of mental imagery. Those who set goals also tend to have better life and job satisfaction.

Overall, officers who:

- Focus on what they can control
- Focus on the present moment and what's important right now
- Control their focus to maintain situational awareness
- Notice when they are losing focus

- Set specific goals for their physical fitness
- Eat healthy foods
- Make plans to get enough exercise during their week
- Reflect on their sense of purpose
- Remind themselves why they do their job
- Mentally rehearse their response to potential scenarios
- Mentally rehears their tactical skills
- Mentally reflect on past scenarios to inform how they should handle situations now

Have better job and overall life satisfaction, decreased distress/anxiety/depression, increased positive affect, and overall resiliency (Land, Guan & Burke, 2022).

Therefore, if turning our attention to the things in our life we can control is a major first step towards overall health and wellness, then let's focus on our first element of resilience which is the tactical element.

**Tactical Element:**

As previously discussed, the tactical element encompasses everything you need to be proficient in your job. You spend many hours at work — sometimes more than you would anywhere else — so your ability to feel confident and capable at your job accounts for a significant part of your overall life satisfaction. Further, your job is a huge part of who you are as a person, even though we ask that you define yourself outside of this profession as well. Training does not stop at the academy, nor does it stop after in-service every year. You are constantly honing your skills and adapting to change. An officer once described it as improving your “art of policing.”

Even further, managing our stress response system when we are in a tactical situation not only has long-term health impacts, but can also impact our performance. When you utilize PRO skills, such as combat breathing and muscle control, you start to gain awareness of how you are responding to a particular incident. You must learn to modulate





your stress response. This will help your cardiovascular health and improve performance. And that can only be done through realistic training. For example, the average hit rate in an OIS can range between 14% to 38%. This is still true even when an officer is consistently scoring around 90% on the range. Further, in multiple OIS studies, officers report reduced motor dexterity, 84% report auditory exclusion or diminished sound, and 79% report tunnel vision (Morrison & Villa, 1998; Morrison & Garner, 2011; Anderson & Plecas, 2000; Artwohl, 2008; Eysenck et al., 2007; Driskell & Johnston, 1998). Most of the officers report that when this does occur, responding on “auto pilot” (aka “my training kicked in”) is what is beneficial because it allows them to still perform well under pressure. The only way to get that is through continued and consistent training.

To set goals in the tactical element, you could begin by posing questions to yourself such as:

- What areas of training could I improve?
- What areas of policing or skills do I not have that I could gain?
- Are there special training topics I want to learn?”
- Is it feasible for me to start taking a martial arts class?
- Where do I see myself in the department in 5 years, 10 years, 20 years?

Of course, your long-term goals could influence your short-term goals. For example, if you want to promote to detective and work in a specialty unit, such as Covert, SVU, Homicide, etc., your short-term goals could be geared towards making that goal a reality. You may prefer to start with your long-term goals before selecting your short-term goals. Either way, the entire point of goal setting in this tactical element is to enhance your proficiency in your job skills which will increase your job satisfaction. As a result, a significant portion of your life satisfaction will increase because you are challenging yourself and working towards something that makes you proud.

**Brandi Burque, Ph.D.**

San Antonio Police Department Psychological Services

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Our club is truly humbled by your support, and we want you to know that your contributions have not gone unnoticed. We appreciate all that you have done for the Comal 4H Claybusters, and we are committed to ensuring that your investment in our club continues to make you proud.

Thank you again for your generosity and for helping us achieve our goals.

Sincerely,

Comal 4H Claybusters



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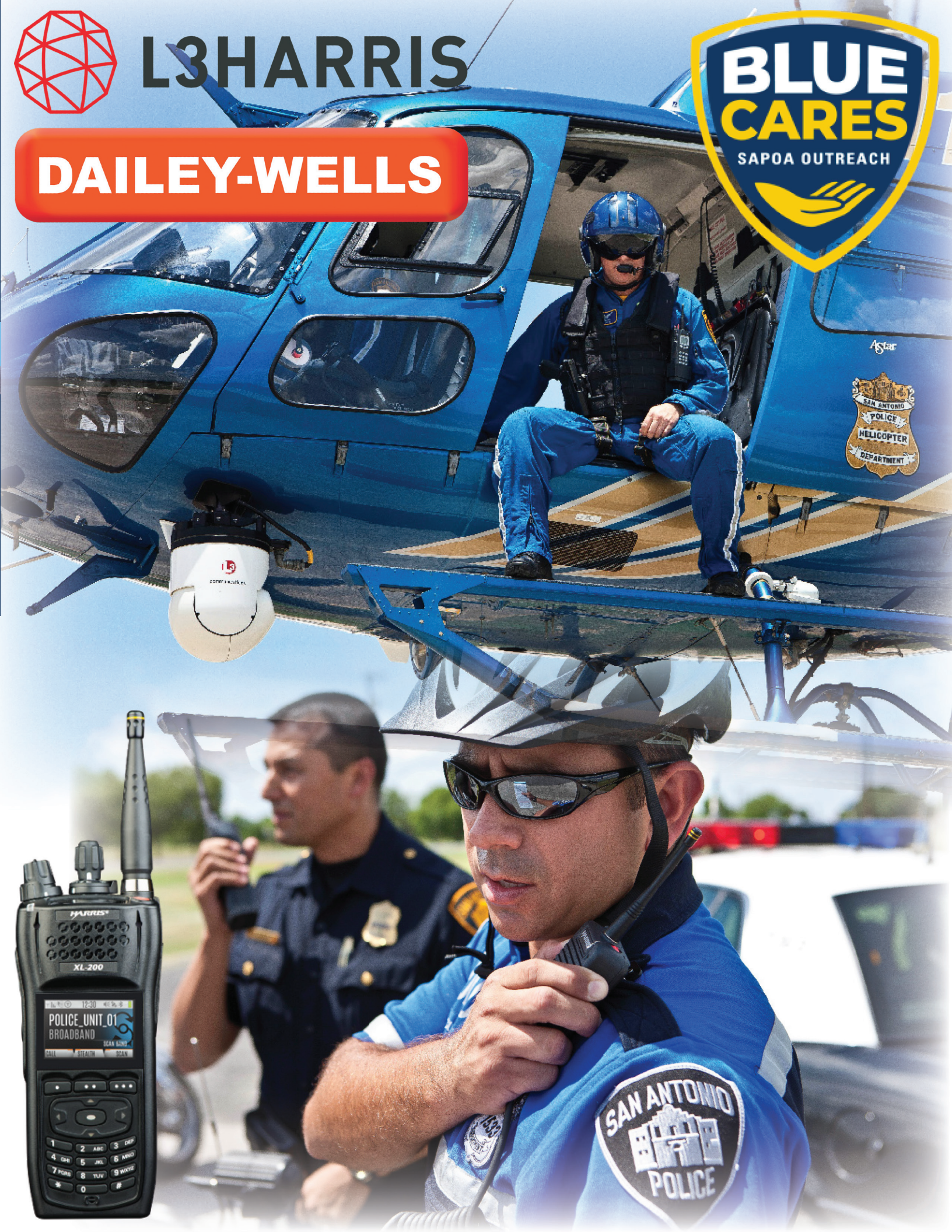
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# PREMARITAL AGREEMENTS

By Steven Carnes, Managing Attorney, Group Legal Services

“Why get a premarital agreement? If you love and trust me there’s no need for such a thing.” This is a statement I hear from clients that seek advice on premarital agreements. There is a reluctance to put something in place for a feeling that it is assuming the failure of the marriage.

Let’s start with the basics. Texas is a community property state, which means that there is a presumption that all property acquired during marriage is part of the community and belongs equally to the spouse. There are some exceptions to this presumption that will make property your separate property that is not subject to the presumption of community property. In general, if property is acquired before marriage or from gift, devise or decent, it is your separate property.

Why do we care about the distinction between community and separate property? Anyone who has ever been through a divorce can tell you about the trauma both parties will face when ending a marriage and dividing the assets and the debts. A premarital agreement and its subsequent Agreement between spouses sets the floor for what is separate and what is community property should there be a dissolution of a marriage that requires division of assets.

“Well, I read on the internet that premarital agreements are not binding.” Rather than trying to argue with internet attorneys, I will tell you that having a well drafted premarital agreement is certainly better than not having one. The process of preparing a premarital agreement requires full

cont.



PRENUPTIAL  
AGREEMENT

has been made  
and



disclosure of all assets and debts to be covered by the agreement between the prospective spouses. Failure to disclose and include an asset generally means that it is not covered by the agreement or worse, it could cause the agreement to be void. Both parties will need to list assets that include real property, financial assets and other personal property as part of the document.

If you plan on getting married and want to get a premarital agreement, you will have to have the

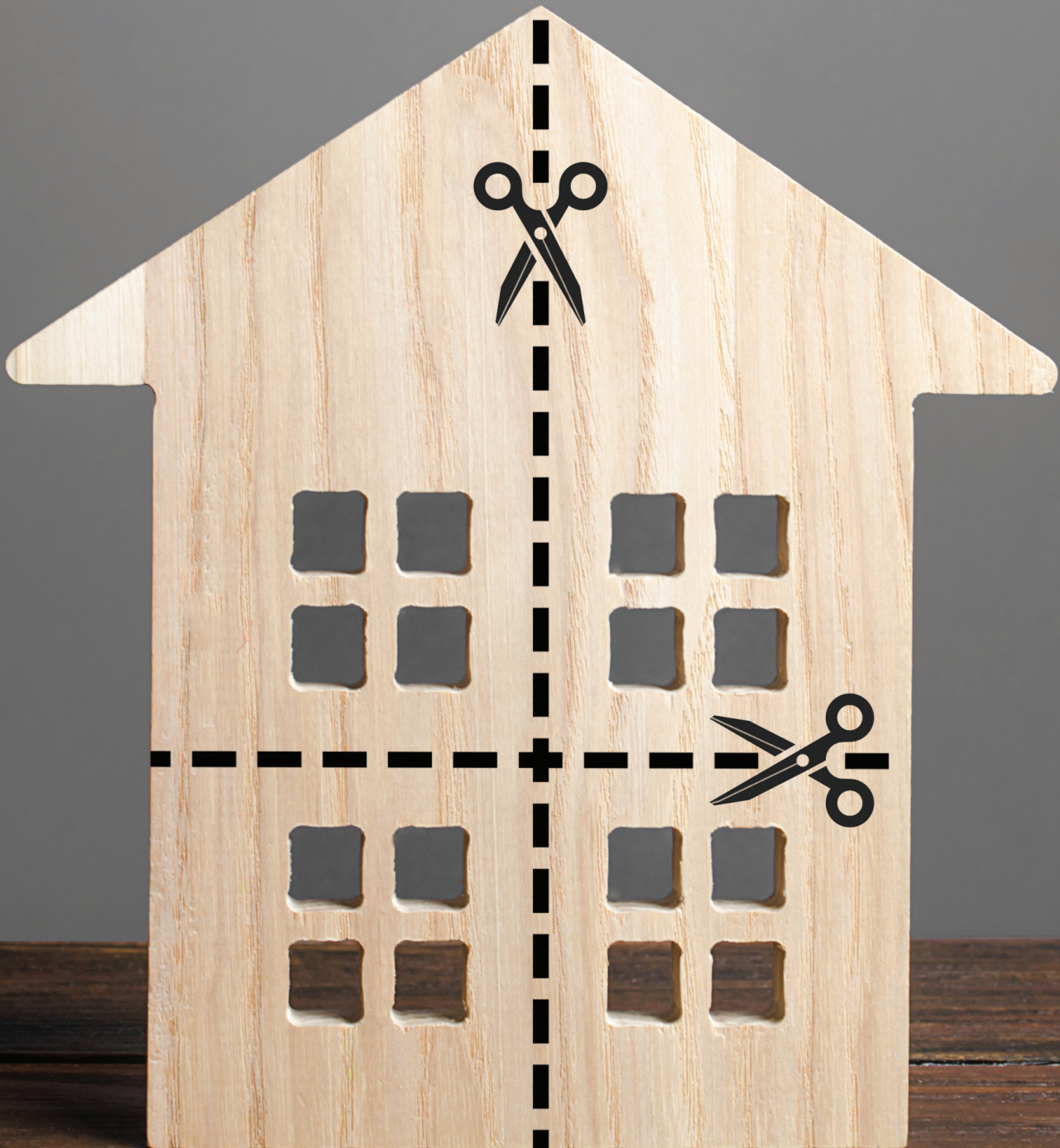
difficult discussion with your prospective spouse about your desire to get something in writing prior to marriage. Given the complexity that a premarital agreement could entail, it is important to plan early by contacting our office.

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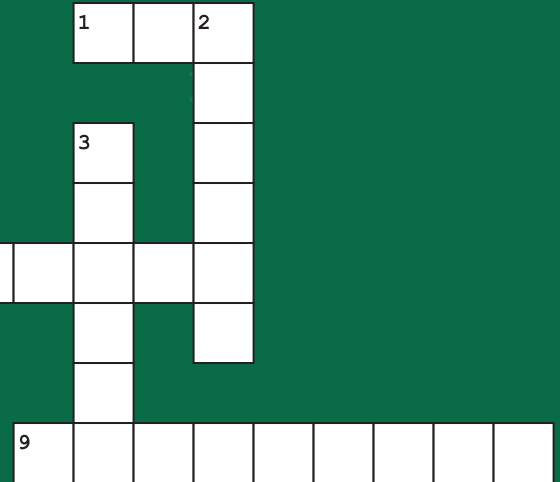
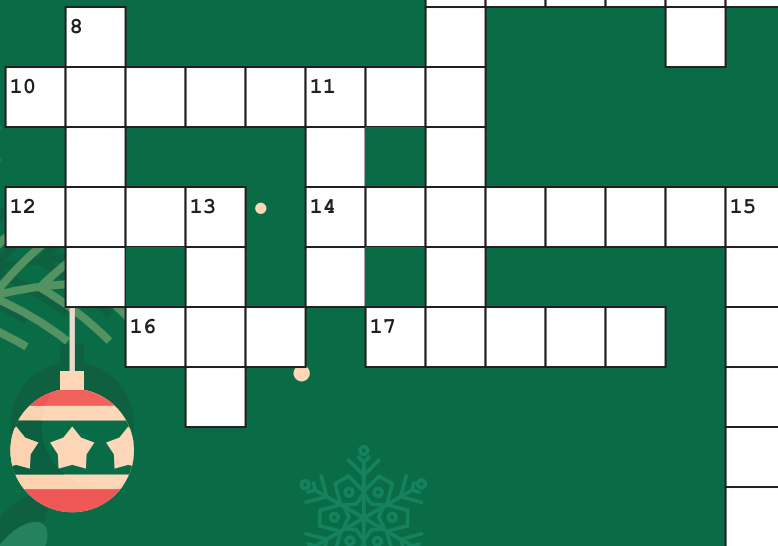
# HOLIDAY CROSSWORD

## Across

1. Pointy eared creature employed in Santa's workshop
6. Decorates the tree
7. Glowing red nose
9. Celebrated on December 25th
10. Eight day Jewish celebration
12. Blue Santa donates these
14. Hung by the chimney with care
16. Tops a gift
17. \_\_\_\_\_ and bright

## Down

2. Famous talking snowman
3. Seasonal door decoration
4. Festive feeling
5. HQ for Santa
8. Sung door to door
11. Given under the mistletoe
13. Rare in San Antonio
15. "He's a mean one..."





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<b>Full Page:</b> 8.5"x11" (Text Safe Area: 7.5"x10")	\$850	\$600
<b>Half Page:</b> 8.5"x5.5" (Text Safe Area: 7.5"x4.5")	\$375	\$275

All ads must include a .125" bleed.

## GENERAL ADVERTISING INFORMATION

Centurion is published quarterly. The deadlines for submissions are as follows:

- **Quarter One:** Includes recap of issues and events from October-December. **Submissions due by January 15**
- **Quarter Two:** Includes recap of issues and events from January-March. **Submissions due by April 15**
- **Quarter Three:** Includes recap of issues and events from April-June. **Submissions due by July 15**
- **Quarter Four:** Includes recap of issues and events from July-September. **Submissions due by October 15**

## AD REQUIREMENTS AND GUIDELINES

We accept final document sizes of 50MB or less.

## ACCEPTED FILE FORMATS:

Press Quality PDFs are accepted. All elements must be CMYK, art must be 300dpi, and all fonts must be converted to outlines prior to submission.

## IMAGES

Images must be CMYK.

For optimal resolution, artwork should be at least 300dpi at 100%. Line art should be 1000dpi at 100%.

## VOL23NO4: 2023

Managing Editor contact to be [john.rogers@sapoa.org](mailto:john.rogers@sapoa.org)

## San Antonio Police Officers' Association (SAPOA)

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