

# BOLO

## Be On the Lookout

The Newsletter for The Los Angeles Airport Peace Officers Association



[www.laapoa.com](http://www.laapoa.com)

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## On Combat

By Lieutenant Colonel Dave Grossman, U.S. Army (Ret.)

*Lieutenant Colonel Dave Grossman retired from the military after serving in the U.S. Army as a Sergeant and platoon leader, as well as a parachute infantryman, a U.S. Army Ranger and a teacher of psychology at West Point. Worldwide, police officers know and respect Dave Grossman as an author, guest speaker, educator and highly qualified subject matter expert whenever it comes to the physical effects that violent stresses produce on humans, ranging from tunnel vision and changes in sonic perception to post-traumatic stress disorder.*

*In support of LAAPOA and all LAX police officers, Dave Grossman has generously granted permission to publish excerpts from his book *On Combat in the future*. Visit [www.killology.com/bio.htm](http://www.killology.com/bio.htm) to learn more.*

### The Fog of Uncertainty

“For if the trumpet give an uncertain sound, who shall prepare himself to the battle?” — 1 Corinthians 14:8, *The Bible*

There are many burdens that weigh upon the warrior, and one of the greatest is uncertainty. Remember that the universal phobia is interpersonal aggression, and for a warrior in combat this toxic event can happen at any time. This can seem like an insane roller coaster: riding up to the brink of death and destruction, and then back, up and back, over and over, knowing with absolute certainty that at any time you can go over the edge to personal death and destruction.

The constant anticipation of being attacked can have a profoundly toxic effect, especially when this stress continues over months and years. For the police officer or soldier, there is the constant possibility that just around the next corner there might appear an individual who will dedicate all the noxious cunning and destructive venom of the most deadly opponent on the face of the earth toward snuffing your life out and sending you home to your family in a box.

Consider this experiment that one of my old psychology professors told me about, conducted on three groups of rats.

- For seven straight days, the first group got random shocks via electrodes tied to their tails. They would just be standing around doing whatever rats do, licking their little rat parts, and **bam!** They would get zapped.

- The second group of rats got a warning first. As they went about doing rat things, a bell rang and 10 seconds later they would get zapped. Later on, the bell rang again and the rats would think “uh-oh” and they got zapped. The third time the bell rang, the rats chorused, “Oh, no!” and again they got zapped. For an entire week at random intervals: bell-shock, bell-shock.

- The third batch of rats was the control group. They got the bell, but were never zapped.

At the end of the week, just as the rats were giddy with excitement that their lousy duty was over, the scientists killed them and dissected their bodies to see if they had ulcers, a good indication of stress.

The control group that received only the bell tone showed the least indication of stress, while the majority of rats in the group that received random zaps showed ulcers. The group that received the warning bell first had just a few more ulcers than the group that was not shocked at all, thus demonstrating that what caused the ulcers was not the shock, but rather the absence of a warning of an impending shock.

When you are warned that something might happen, you can more easily control the amount of stress you receive. However, if you spend your life in denial and then something happens, it hurts you, and hurts you seriously. That is why the sheep are destroyed by combat. The sheepdog, who expects the wolf and is prepared for it, thrives in the combat environment. The fog of uncertainty will dissipate when you are mentally prepared, and accept the fact that on any given day there are bad people in the world who are able and willing to hurt you.

This does not mean that the sheepdog’s job is easy. It simply means that he can exist in a realm that destroys the sheep. Even the sheepdog must learn to live with and manage stress.

### The Bathtub Model of Stress

“Stress applied to the individual is not necessarily harmful. It is only when the stress is prolonged or overwhelming and the individual is not able to cope with it that it becomes harmful physically and/or psychologically.” — Davis & Friedman, *The Emotional Aftermath of Crime and Violence*

*Continued on page 2*



## PORAC Scholarships

High school and college students may be eligible for a PORAC scholarship. Visit <https://laapoa.com/membersonly/employeeassistance.php> for criteria and an application. Applications must be received at PORAC Headquarters on April 1 by the end of the business day.

### ON COMBAT

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The “bathtub model of stress” is a useful tool for understanding the long-term effects of stress. We use this to help West Point freshman, the plebes, deal with the stress of their new environment, and believe me they definitely need it.

Think of your body as a bathtub and stress is the water that pours in. Now, the drain can only release so much, so if water comes in so fast that the drain cannot handle it, the water begins to rise. If it rises too high, it overflows and damages the floor. If five gallons are suddenly added to the tub, you have got to get out from under the faucet for a couple of days to let the water — the stress — subside.

You have to be able to control your stress throughout your entire life. Life is a paced marathon, not a sprint; think of it as a four-quarter game. If you are in good physical shape, your tub is a little larger and you can handle a little more water before you overflow. The best way to make your drain bigger, so that you process stress out faster, is to engage in appropriate management dynamics, specifically daily vigorous physical exercise.

The stress hormones flooding through your body are made for fight or flight, and cannot be ignored. They need to be used, and hard exercise is the best way to do it. When you get busy, however, it is often your workout program that is the first thing to go. Do not let this happen to you, because exercise is the very thing you need. A daily run, 45 minutes pumping weights or a basketball game are the kind of things that can help burn off the stress hormones flooding through your body. Be sure to work out with positive, quality people who can help you blow off steam. You do not get anything from your workout when you exercise with bitter, trash-talking or quick-tempered people. Such individuals only add to your stress.



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The Board of Directors meets on the third Thursday of each quarter at the LAPOA Headquarters.

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**Number: 2012-19**      **Date: 12-03-12**  
**By: Devallis Rutledge**      **Topic: Parole Search of a Vehicle**

**Issue: What is the scope of a parole search of a vehicle when a passenger — but not the driver or owner — is on parole search terms?**

Driver Douglas Schmitz had passengers in the front and back seats of his car when he was stopped. **Schmitz was not on probation or parole, but his front seat passenger was.** The officer ordered the occupants out and searched the car, finding drugs and paraphernalia in a chips bag and a shoe **in the backseat area.**

Charged with possession, Schmitz argued in his suppression motion that the search was outside the proper scope of his passenger's parole condition. The trial court denied the motion and Schmitz pled guilty. The Court of Appeal reversed, holding that the scope of a passenger's parole search was limited to his immediate area. On further appeal, the California Supreme Court reversed this ruling. The court answered two questions: "First, what is the permissible scope of the search of the car's **interior?** Second, what is the permissible scope of a search of **property** located in the car?"

First, "[W]e hold that a vehicle search based on a passenger's parole status may extend **beyond** the parolee's person and the seat he or she occupies. ... The scope of the search is confined to those areas of the passenger compartment where the officer reasonably believes that the parolee **could have** stowed personal belongings **or discarded items** when aware of police activity. ... [T]he officer need not articulate specific facts indicating that the parolee has **actually** placed property or contraband in

a particular location in the passenger compartment before searching that area.

"[I]t was objectively reasonable for the officer to expect that this parolee **could have** stowed his personal property in the backseat, **tossed items behind him** or reached back to place them in accessible areas upon encountering the police. ... [T]he parole status of the **front seat** passenger justified a warrantless search of the **backseat area** where the chips bag and shoes were located."

Second, "[W]e hold that an officer conducting a search of a vehicle's passenger compartment based on a passenger's parole status may search **items** of personal property if the officer reasonably believes that the parolee owns the items **or has the ability to exert control over them.** ... [T]he officer could search the chips bag and shoes located in the backseat area based on the passenger's parole status and applicable search condition ..." *People v. Schmitz* (2012) \_\_\_ Cal.4th \_\_\_, S186707 (emphases added).

- Although the ruling in *Schmitz* is limited to **parole** searches, the same rationale arguably justifies a similar approach in cases where a vehicle passenger is on search terms by reason of **probation** or **PRCS** status, for "the law does not presume that a front seat passenger has nothing to do with items located elsewhere in the passenger compartment of a car." *Schmitz*, supra.
- Because not all **probationers** are on search-and-seizure terms, officers should **ask probationers** to confirm their search status before searching; however, "because California law requires that all **parolees** be subject to warrantless and suspicion-less searches as a condition of their release, an officer's knowledge of a parolee's status is **equivalent to knowledge** of the applicable **search condition.**" *Schmitz*, supra, fn. 13. Likewise for those on PRCS status. PC § 3067(a).  
**Bottom line: "Allowing a search of areas where, under the circumstances, the officer reasonably expects that the parolee could have placed or discarded items furthers the purposes of a warrantless parole search to facilitate close monitoring of the parolee's conduct and to deter the commission of crime."** *People v. Schmitz*, supra.

*This information was current as of publication date. It is not intended as legal advice. It is recommended that readers check for subsequent developments and consult legal advisors to ensure currency after publication. Local policies and procedures regarding application should be observed.*

## LOS ANGELES CITY ELECTIONS

Primary Nominating Election: Tuesday, March 5, 2013

General Municipal Election: Tuesday, May 21, 2013



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