



# ~After the Badge~



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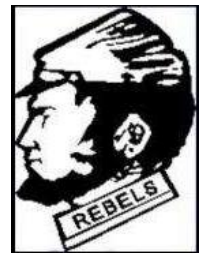
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## ~ Before, During, and After The Badge ~

The following story about Detective Paige Lyda was originally written for the "South High School Alumni Confederate" newsletter. The story is reprinted with permission

This story is about the artist who drew 'Johnny Reb', the South High School logo. Most any Denver Public High School graduate (from 1960 on) will recognize the 'Johnny Reb' logo. "I wasn't a great student;" Paige Lyda confides. He did graduate, but out of step with his classmates. Paige later went on to join the Denver Police Department in 1969 and retired - after 35 years on the force. Paige was the premier "sketch artist" or "composite artist



for the Denver Police Department, and often applied his skills on loan to other police agencies across the state.

"Composite artists" interview victims or witnesses of crimes, elicited verbal descriptions "\*!!#@\*!..\*!!#@\*!." of the bad guy (or gal), Paige then transformed that information into a visual image of the suspect. These drawings, on their own or sometimes in combination with video records, many times led to the arrest and eventual conviction of murderers, rapists, robbers, and other criminals on down the line.

## Message from the Board

- Our November Dinner at the White Fence Farm is always a favorite. Again this year we had a large turnout, good friends, good food, and all had a great time. If you didn't make this dinner you missed a lot of fun and we missed you!
- The Christmas party is right around the corner. Dinner will be prepared by Ralph Acierno Jr. and will consist of Italian Chicken, Homemade Spaghetti and Italian Sausage, Salad and Dessert. Music will be presented by Tony David and his group. The doors open at 6PM for cocktails and are an open bar. Dinner is at 7PM and dancing starts at 8PM; make your reservations early as seating is limited.
- Remember to check the DPRA website frequently for the most current information on upcoming events:  
[DPRA Website](#)





## BEFORE & DURING THE BADGE



The talent Paige Lyda first demonstrated at South High led, a Denver Post story has reported, to some 400 "composite" sketches of criminal suspects over Lyda's years on the force. Folks find their careers and life missions following paths probably innumerable. Lyda suggests that, in his case, there was a teacher at South High School who gave a nudge that maybe helped young Paige on his way.

Paige was not--he'd agree--the most earnest or committed student. One teacher nonetheless noticed him and took interest. It happened to be Mr. Douglas Bassett of the school's English department. More important for this story: Mr. Bassett was faculty sponsor for the Confederate student newspaper. He found a spot for Paige on the newspaper staff. As artist.



It's now that Paige Lyda draws Johnny Reb. He was self-taught up to that time, he reports, and there was no model for this first, sketch. An explanation Lyda offers only that "I liked to draw" and "I was kinda fascinated by the Civil War. I knew how they wore their hats and stuff". The pen-and-ink drawing was a gift for Mr. Bassett, and Lyda doesn't know if the original work still survives anywhere. The rest, as they say--for a time anyway--is history.

After leaving South, Lyda reports a 3-year stint in the Army, then study at Western State College in

Gunnison and Metro State College in Denver when that institution occupied leased space in separate buildings. A later Denver Post reports adds: "Lyda majored in art in college, went to the FBI Academy, and trained at Colorado State University and an art institute in Scottsdale, Arizona".

By 1969 Lyda had joined the Denver Police Department--a Patrolman for 16 years, then a Detective for 19 years more. He was first and always a police officer, doing all the work that job demands. Drawing "composites" was actually a sideline when needed, although it seems to have been needed pretty regularly. Lyda retired in 2004, but reports he continued as "the sketch artist to draw suspects throughout Colorado until about 2011. Lyda and his wife have moved to Arizona, where Lyda sketches and paints occasionally: "Just a hobby now."

Wait, though. We're not finished. Turns out Paige Lyda has another artistic skill: a musician. Lyda remembers at some point in his high school years singing on stage in the auditorium, accompanying himself on guitar, this appearance forming part of an otherwise unremembered school show.

South High alums along with officers living in and working for Denver PD in the 70's may recall a Denver Police Department rock band called "SQUAD IV:" The band came into being at the request of District 2 Captain Doral Smith, who hoped--Denver Police records report--a band would help police personnel "connect with the city's youth" and reduce "racial tensions" in the northeastern parts of the city. Paige Lyda, on rhythm guitar and vocals, was a founding member of SQUAD IV, along with three other players on bass, drums, and keyboard.

The band's first appearance was at a District 2 holiday party in 1972. All band members were Denver police officers, and they played regularly in uniform. Lyda remembers performing in schools



(Cont from p. 2)

and other community key venues throughout the 1970's. Sometimes the band's first numbers began behind closed curtains. When the stage curtains then opened audiences were often surprised to see that the musicians were all Denver cops. Dig it

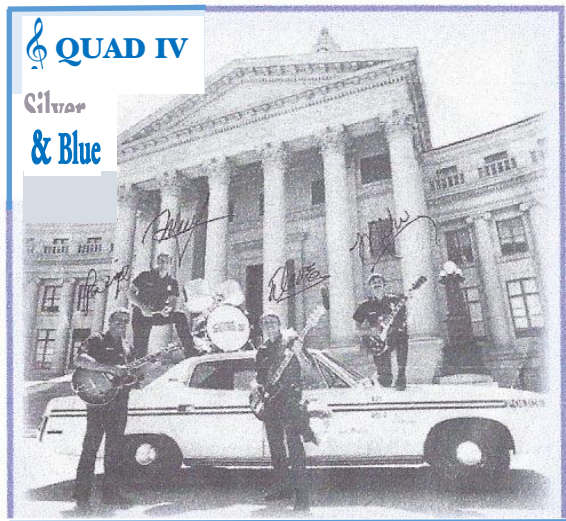


Photo Courtesy Wayne Yaffee (AM-71 0 KNUS)  
via Tom Lundin of The Denver Eye.

L-R: Paige Lyda, Wolf Krokell (drums), Dave  
Kechter and Mike Gargarro

SQUAD IV cut at least two 45-rpm records with Denver producer Don Martin. (45's were the ones with the big holes in the center, remember?) The first album, titled "Silver and Blue," features a photo of the band members posing with a police squad car

before Denver's Civic Center building. Paige Lyda stands at the left, with his guitar.

Lyda remembers performing at the Denver Playboy Club (this is a fund raiser for the bank itself) when the club leased the top floor of the then Radisson Hotel at 18th Avenue and Grant Street. The Playboy Club long ago disappeared, and the hotel now operates under the Warwick name. The band at one point played with the Oak Ridge Boys at an event in Glenwood Springs, and also in a joint concert with the Kingston Trio at a memorial event for the singer Jim Croce, who died in an airplane crash at age 30.

Lyda recalls SQUAD IV performing at South High School during this time, with a resulting "big article" in the Denver Post. Alas, Google has been unable to turn up the Post report. We'll take it on faith that this was a memorable event for South High School--and also for its now focused, accomplished, returning alum, Detective Paige Lyda.



L-R: Paige Lyda, Mike Gargarro, Jerry Martinez (drums) and Dave Kechter.



Congratulations to the following members of the Denver Police Department who, after serving with exemplary dedication and pride, have been promoted to the rank of retirement!!!

We know you are looking forward to a well deserved and fulfilling retirement. We hope DPRA is included in your plans and you will join us at the DPRA dinners, the annual Laughlin trip and all the other fun activities throughout the year

### Welcome to the following retirees:

**PO Jamie Castrodale, 90009** Served from 1990 to 2016

**PO Yvette Corella, 77057,** Served from 1977 to 2016

**PO John Stratton, 94012,** Served from 1994 to 2016

**PO Richard Major, 84056,** Served from 1984 to 2016

**PO Jode Sprague, 95052,** Served from 1995 to 2016

**PO William Tyler, 87018,** Served from 1987 to 2016

**Sgt Douglas Brandl, 80045,** Served from 1980 to 2016

**PO Ronald Thomas, 79035,** Served from 1979 to 2016

**Lt Michael Quinones, 80004,** Served from 1980 to 201



## Farewell for Now

It takes only a minute to say hello and forever to say goodbye



- **Retired Officer Robert Hilburn, 71068,** passed away August 4, 2016
- **Retired Officer Douglas Frodine, 63012** passed away August 11, 2016
- **Retired Officer Edward Soneff, 58021,** passed away September 4, 2016.
- **Retired Officer Quintin Konecny (Moose), 54008,** passed away July 10 2016.
- **Yolanda Lenthall wife of Retired Officer Osborne Lenthall** passed away October 18, 2016.
- **Retired Officer Howard Dressel, 63059,** passed away October 29, 2016.

# Anxiety and Stress in Our Lives

By Lynne Mullen

We accept as standard behavior the electronic connections between young people and their technological tools. It is becoming increasingly problematic as more and more young people are experiencing serious anxiety issues within their lives. Christine Dargon, Ph.D. has worked with children, adolescents and adults experiencing anxiety and states that anxiety disorders in all of us has become a global epidemic. She attributes a portion of this situation to the transition of some of our technology and the over-use of technological devices. Video games that we were accustomed to such as Pong, Pac Man and others, have morphed into games which are increasingly combative. Even This election season has exposed all of us to emotional distress not seen in any prior election in our memory. Watching the debates between the candidates may have ended with your jaws tightened, your fists clenched and your stomach tied in knots. Coby Itkowitz, a writer for the Washington Post, has reported about the nationwide phenomenon created by the toxic nature of the campaign which is affecting more than half of American adults. The results of the political atmosphere have been emotional and people across the country have experienced serious impacts on their health, their work performance and their relationships. For those people who regularly engage in reporting their activities on social media and rely on their computers for direction in their lives, a meditation app was developed to help us deal with election stress and anxiety.

Life, in general, presents us with regular challenges and many stressful situations. We become anxious over situations in which we are unsure of how we should respond, but sometimes anxiety and stress can become overwhelming. We are seemingly surrounded by circumstances over which we have no control.

Many of us, as children, received the news of the world by listening to the radio or reading the newspaper with our parents. Although there were serious problems throughout the world, we were not as closely connected to those problems as are children today. News reports today are filled with graphic

photos of crime scenes and terrorist attacks and reports of children and adults experiencing horrific situations.

My Little Pony, familiar to our grandchildren, has a video game which involves shooting horses. When playing these violent games, children are in a constant state of fight or flight and are constantly over stimulated. They are now engaging in riskier behavior and their interaction with adults and others has been altered by their involvement with technology. Bullying has increased and the level of aggressiveness in our world has become overwhelming. As a result, we are experiencing an environment in which people appear to be less connected to one another and concerned about the well-being of others. We are informed of almost daily hit-and-run accidents in which regard for a victim appears to be non-existent. Road rage is a common occurrence on the highway.

In part, as a result of the changes in our societal environment, we are all experiencing an increase in anxiety and stress. The rise in serious anxiety within the senior citizen population has been startling. It is estimated that at least 15% of us will experience serious anxiety, but that statistic is increasing.

We have all endured numerous episodes of anxiety and stress throughout our lives. Anxiety is defined as the anticipation of a future threat, and its cousin, stress, is defined as a short-term reaction to an immediate threat. Both anxiety and stress are a normal part of our lives, but both can become serious if they are allowed to interfere with our daily lives. It is difficult for care-givers to identify anxiety in seniors which threatens their well-being as many of the symptoms which interfere in normal living are also symptoms of other health problems.

People who are experiencing serious anxiety often have eating disruptions. They may fear gaining weight and stop eating, or they may fear starving to death and overeat to an extreme. Those seniors with serious anxiety symptoms may also view eating as the only way to calm themselves. Sleep disruptions occur when those with severe anxiety may sleep to avoid their fears or fail to sleep to avoid imagined dangers or anticipated bad dreams.



Social isolation is a serious symptom of uncontrolled anxiety, and seniors often express a genuine fear of leaving their homes. They may have lost a close connection to friends and family and their fear of the environment outside of their homes has isolated them entirely.

Post-traumatic stress disorder, commonly known as PTSD, is becoming increasingly common as an anxiety problem for many seniors. This disorder involves the continual re-enactment of a traumatic experience such as combat, being the victim of a serious crime or the exposure to a disaster. Seniors are often reluctant to obtain help to deal with their severe anxiety and need to be encouraged to seek help.

Many seniors who have experienced traumatic events do not experience long-lasting and debilitating anxiety. It is believed that we are less likely to experience anxiety as we have developed life-long strengths and coping abilities to deal with life's crises and daily ups and downs.

Stress, the short-term reaction to an immediate threat, affects us all. Anything that causes change in our lives creates stress. Often, our response to a stressful situation is known as "fight or flight". We use our ability to engage in fight or flight as our way to resolve the stressful situation, and the stresses in the lives of seniors are abundant. As a result, we experience serious wear and tear on our bodies through our efforts to protect ourselves from ever-present stress. We most commonly experience stress as a result of the losses in our lives. Many seniors lose control over the choices of housing and their environment, their physical strength and coordination, their previous sense of purpose or productivity and independence, the functioning of their memory and their close contacts with friends and family through death.

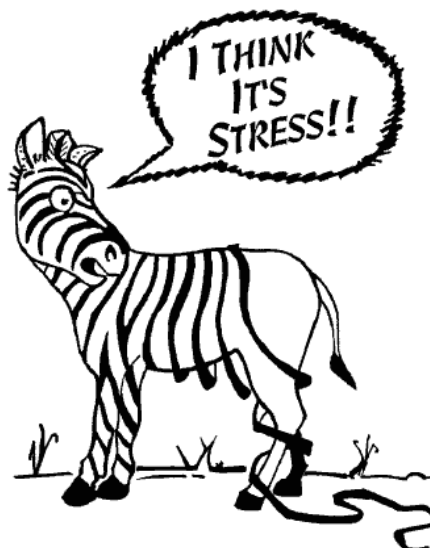
Our bodies will continue to withstand the negative effects of stress if we are able to "give it a rest" in between stressful encounters. We need relief from the effects of stress, such as an increased heart rate, increase in breathing effort and disruption of digestive functioning, to maintain balance in our bodies. Being

aware of what life situations present high levels of stress and anxiety will help us all maintain emotional as well as physical health.

The most valuable lesson we can learn is to "let it go". If one's stress has become an emotionally disabling anxiety issue, the most beneficial help is a relationship with a caring individual. This can be a family, friend, social worker or clergyman who can assist in returning a senior to connections with the world by identifying what has triggered the stress and anxiety and finding a solution.

Other ways to combat stress include, writing down the source of the stress and exploring solutions, reading for enjoyment and inspiration, playing with pets, interacting with children, changing the environment and paying closer attention to ways to take care of oneself. Develop healthier eating habits, develop consistent sleep patterns, and exercise more. Go outside and breathe fresh air often. The best medicine, however, is to enjoy humor-your own and the humor of others. Laugh at your friends' jokes, no matter how lame! See a funny movie!

As we approach the end of this political campaign and the beginning of the holiday season, spend more time evaluating what has become a stress trigger for you and make a conscious effort to change your behavior around that issue. Enlist the help of friends and family to empower you to take charge. You are in control and you deserve a meaningful and rewarding time as a valuable senior citizen.



## "Code 7"

### DENVER POLICE RETIREES ASSOCIATION

- November 9<sup>th</sup>—White Fence Farm
- Monthly Breakfast--1<sup>st</sup> Thursday of Every Month
- December 10<sup>th</sup> Christmas dinner and Party
- Feb 28, 2017 Panama Canal Cruise

**\*\*Check the [DPRA.info](http://www.dpra.info) Web site for more information\*\***

## DPRA CHRISTMAS DINNER & PARTY



*Fall is quickly coming to an end and snow is in the forecast which means it is time for the annual Christmas Dinner and Party.*

*Italian Chicken, Homemade Spaghetti and Italian Sausage, Salad and Dessert all served family style. This has been the Potenza Lodge tradition for over 80 years. Entertainment will be presented by "Tony David" and his group,*

*The cost is \$35 per person, tables will seat 8. Tickets can be purchase at the DPRA web site, <http://www.dpra.info> or by contacting JC Tyus 303-940-1424.*

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."



**"The handle on your recliner does not qualify as an exercise machine."**

## 6 Delicious Herbs and Spices With Powerful Health Benefits

By Joe Leech, Dietitian

The use of herbs and spices has been incredibly important throughout history. Many were celebrated for their medicinal properties, well before culinary use. Modern science has now shown that many of them do indeed carry remarkable health benefits. Here are 10 of the world's healthiest herbs and spices, supported by research.

### 1. Cinnamon Lowers Blood Sugar Levels and Has a Powerful Anti-Diabetic Effect

- Cinnamon is a popular spice, found in all sorts of recipes and baked goods.
- It contains a compound called [cinnamaldehyde](#), which is responsible for cinnamon's medicinal properties.
- Cinnamon has potent antioxidant activity, helps fight inflammation and has been shown to lower cholesterol and triglycerides in the blood .
- But where cinnamon **really** shines is in its effects on blood sugar levels.
- Cinnamon can lower blood sugar by several mechanisms, including by slowing the breakdown of carbs in the digestive tract and improving insulin sensitivity.
- Studies have shown that cinnamon can lower fasting blood sugars by 10-29% in diabetic patients, which is a significant amount .
- The effective dose is typically 0.5-2 teaspoons of cinnamon per day, or 1-6 grams.

**Bottom Line:** Cinnamon has numerous health benefits, and is particularly effective at lowering blood sugar levels.

### 2. Sage Can Improve Brain Function and Memory



Sage gets its name from the Latin word *Salvere*, which means "to save."

- It had a strong reputation for its healing properties during the middle ages, and was even used to help prevent the plague.
- Current research indicates that sage may be able to improve brain function and memory, especially in people with Alzheimer's disease.
- Alzheimer's disease is accompanied by a drop in the level of acetylcholine, a chemical messenger in the brain. Sage inhibits the breakdown of acetylcholine.
- In a 4-month study of 42 individuals with mild to moderate Alzheimer's disease, sage extract was shown to produce significant improvements in brain function.
- Other studies have also shown that sage can improve memory function in healthy people, both young and old.

**Bottom Line:** There is promising evidence that sage extract can improve brain and memory function, especially in individuals with Alzheimer's disease.

### 3. Peppermint Relieves IBS Pain and May Reduce Nausea



Peppermint has a long history of use in folk medicine and aromatherapy. As is the case with many herbs, it is the oily component that contains the agents responsible for the health effects.

- Many studies have shown that peppermint oil can improve pain management in irritable bowel syndrome, or IBS.
- It appears to work by relaxing the smooth muscles in the colon, which relieves pain experienced during bowel movements. It also helps to reduce abdominal bloating, which is a common digestive symptom



- There are also some studies showing that peppermint in aromatherapy can help fight nausea.
- In a study of over 1,100 women in labor, peppermint aromatherapy caused significant reductions in nausea. It has also been shown to reduce nausea after surgery and C-section births.

**Bottom Line:** The natural oil in peppermint provides pain relief for those with IBS. It also has potent anti-nausea effects when used in aromatherapy.

#### 4. Turmeric Contains Curcumin, a Substance with Powerful Anti-Inflammatory Effects



Turmeric is the spice that gives curry its yellow color.

- It contains several compounds with medicinal properties, the most important of which is curcumin.
- Curcumin is a remarkably powerful antioxidant, helping to fight oxidative damage and boosting the body's own antioxidant enzymes.
- This is important, because oxidative damage is believed to be one of the key mechanisms behind ageing and many diseases.
- Curcumin is also strongly anti-inflammatory, to the point where it matches the effectiveness of some anti-inflammatory drugs.
- Given that long-term, low-level inflammation plays a major role in almost every chronic Western disease, it is not surprising to see that curcumin is linked to a variety of health benefits.
- Studies suggest that it can improve brain function, fight Alzheimer's, reduce the risk of heart disease and cancer, and relieve arthritis, to name a few.

**Bottom Line:** Studies have shown that curcumin the active ingredient in the spice turmeric, has major benefits for many aspects of health.

#### 5. Holy Basil Helps Fight Infections and Boosts Immunity



Not to be confused with regular basil or thai basil, holy basil is considered a sacred herb in India

- Studies show that holy basil can inhibit the growth of a range of bacteria, yeasts and molds. One small study also found that it can boost function of the immune system by increasing certain immune cells in the blood.
- Holy basil is also linked to reduced blood sugar levels before and after meals as well as treating anxiety and anxiety-related depression.
- **However, these studies were quite small and more research is needed before any recommendations can be made.**

**Bottom Line:** Holy basil appears to improve function and inhibit the growth of bacteria, yeasts and molds.

#### 6. Cayenne Pepper Contains Capsaicin, Which Helps Reduce Appetite and May Have Anti-Cancer Properties

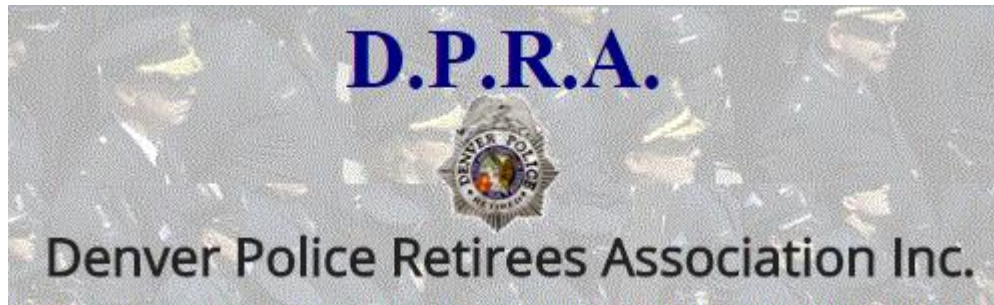


Cayenne pepper is a type of chili pepper used to prepare spicy dishes.

- The active ingredient in it is called capsaicin which has been shown to reduce appetite and increase fat burning in many studies.
- For this reason, it is a common ingredient in many commercial weight loss supplements.
- One study found that adding 1 gram of red pepper to meals reduced appetite and increased fat burning in people who did not regularly eat peppers.
- However, there was no effect in people who were accustomed to eating spicy food indicating that a tolerance to the effects can build up.
- Some animal studies have also found capsaicin to combat certain forms of cancer including lung, liver and prostate cancer.
- Of course, these observed anti-cancer effects are far from being proven in humans so take all of this with a big grain of salt.

**Bottom Line:** Cayenne pepper is very rich in a substance called capsaicin which reduces appetite and boosts fat burning. It has also shown anti-cancer potential in animal studies.

*~After The Badge~*



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