



~After the Badge~



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A Tribute to the Officers Who Lost Their Lives in Line of Duty, 2016



We are a little more than halfway through 2016 and it is clear the year will be remembered for the scourge of almost daily terror attacks around the world. From San Bernardino on the west coast to Orlando Florida on the east coast, from Europe and France to Iran and everywhere in between, the attacks have been senseless and brought sadness to all our hearts. According to a USA Today article, the attacks in Europe and around the world will continue. This in conjunction with the increased racial tension and negative media attention toward police has made this a summer with increased police death and injuries.

In July we saw 5 police officers gunned down in Dallas Texas in what was the greatest loss of life for law enforcement officers since 9/11. Ten days later three officers were killed and two injured in Baton Rouge Louisiana. Two more officers were gunned down in San Diego at the end of July. According to Law Enforcement Officers Memorial Fund, prior to July 20, there were 67 line-of-duty deaths in the USA this year.

In light of the wrongful aggression toward law enforcement, I felt it appropriate to dedicate this issue to honor and remember those officers who gave the ultimate sacrifice and extend our deepest sympathy to their families.

Message from the Board

- The Annual summer picnic is right around the corner and will again offer great food from Famous Dave's Bar-B-Que, the opportunity to meet up with friends, see old cars, and enjoy our wonderful Colorado weather. See you there!
- John has been diligently working on getting the Pension Audit straightened out and, hopefully, all pension checks will be corrected to what they should be. John has put in many hours talking with HR, the Pension Board, and many other officers and people to get the audit and pensions straightened out. We all want to thank John and give him a big round of applause for his hard work and dedication to the retired officers. We need to continue to support the DPRA...as he said in an email, "I think it is important to stick together because no one has our back except us (DPRA)."
- Remember to check the DPRA website frequently for the most current information on upcoming events:
[DPRA Website](#)





~After The Badge~

DURING THE BADGE



We all know police officers married to other police officers, some met their significant other working together on the job. Others were married with one or both of them joining later. This is a story about a Denver police officer whose wife decided to follow his career path and also become a Denver police officer, Fred and Barb Cisneros.

Fred joined the police department in 1975. After completing the academy he immediately hit the streets making arrests and chasing troubled teens and suspects. Barb's journey began with a two year stint as a reserve police officer prior to joining the Department in 1996.

Fred was born in Alamosa Colorado and raised in LaJara Colorado, a small town where, in 2013, only 819 people called it home. LaJara is primarily known for cattle and sheep ranching and farming, it is located 15 miles south of Alamosa. When Fred was a young boy he met a State Patrolman at the local hospital. The uniform caught his eye and the patrolman showed him his silver police whistle and badge then allowed Fred to play with the whistle. That little silver whistle and badge were awesome and the dream of becoming an officer began. Well, actually the dream was to become a State Patrolman. The State Patrol had a height restriction and Fred was a tad short. Good thing....Denver would have missed out!



La Jura Colorado

After high school Fred did a 4 year tour with the U.S. Coast Guard. The tour ended but the dream of becoming a patrolman did not, his desire eventually lead him to the Denver Police Department. After completing the Police Academy Fred spent 5 years in District 3 and was then transferred to Traffic Operations and became a DUI technician, he completed his career as a Corporal with DRE (Drug Recognition Expert) certification. Fred never did get that silver whistle but instead got an English Bobby style whistle which was much louder than the standard whistle! Life was good.

Barb was born and raised in Denver; she worked for Merrill Lynch sitting at a desk answering over 100 phone calls a day.

Fortunately Merrill Lynch had an early retirement option and Barb took advantage of it. During her final two years with Merrill Lynch Barb said, "I applied for the DPD Reserve Police job (1993) so I could see if it was a good fit for me and I fell in love with police work". A reserve police officer goes thru Academy training, the same as a police recruit. "I usually worked one night in District 6 with Officer Jackie Anderson, and one night a week in traffic, usually in a DUI car with Fred". The Merrill Lynch retirement date finally arrived and in 1996 Barb became a Denver Police Officer. Barb began her career in District 6 and worked patrol for two years before being assigned to Traffic Operations.

Barb and Fred worked DUI cars together and had a great time doing it. On cold nights, Barb and Fred would turn up the heat in their police cars and keep it on until they were dripping with sweat. When they responded to calls by other police officers requesting a DUI car they would see the big bad district cops all bundled up from head to toe and they would step out of their car in shirt sleeves to do their job. Barb, not liking to work in the bulky jackets said, "It was fun to see the looks on the District Officers faces when it was real cold and snowing and I was giving roadside tests in short sleeves".

Becoming a DRE (Drug Recognition Expert) requires extensive, intense schooling and training. Fred explains the process:

I was one of ten from Colorado who were the first DRE officers. Los Angeles PD started the DRE program. Colorado and Arizona became the first states to join the DRE program which is now an international program. I was also one of the first instructors in the DRE program from Colorado who taught police departments nationwide in Drug Recognition for impaired drivers.

That being said, the courts were hesitant to allow DRE testimony in court. However, the District attorney's office wanted to introduce HGN (Horizontal Gaze Nystagmus) into the court system and in order to do that they had to have a certified DRE officer testify in what is called a Frye case (that is where a scientific method is challenged and has to be proven in court). HGN is the method where an officer moves an object like a pen in front of suspect's eyes horizontally in order to observe whether or not the eye jerks as it moves from side to side. (cont. on Next page)

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I had to testify in front of three judges at night involving three separate cases tried at the same time. It involved bringing in experts such as Dr. Marcella Burns from out of state and my putting on a DUI demonstration for the judges so they could see how HGN worked. Because of these Frye trials HGN was accepted in the Denver Courts and it was accepted in Colorado as a tool for identifying people who are under the influence of alcohol and or drugs.



HGN (Horizontal Gaze Nystagmus) Demonstration

The LA police noted that when people were under the influence of Barbiturates (depressants) they would display the same type of involuntary jerking of the eyes as a person under the influence of alcohol. They called it the Barb bounce. They had the same doctor who did the research on alcohol and its effects (Dr. Marcella Burns) check out the effects of Barbiturates and other drugs. Due to her research at the Southern California Research Institute she was able to establish roadside tests for people under the influence of alcohol and or drugs. Because of the study on the effects of drugs the DRE program was born.

DRE training requires a DRE to have knowledge of how the human body works and how certain drugs affect the body. A DRE must be able to place a person under the influence of one or more of the seven different drug categories which are Hallucinogens, Narcotic Analgesics, Depressants, Cannabis, Dissociative analgesics such as PCP (Phencyclidine's), Stimulants, and Inhalants. I placed one person under five of the drug categories and through a urine sample all five came back as positive in his system.

Fred personally had over 18,500 DUI/DUID arrests in his career as a DUI officer and Barb had just over 4000, between the two they had approximately 21,500 arrests. Some arrests were forgettable, some were funny and some were sad. Fred's eyes took a sad turn as he told the following story:

One evening I arrested a young woman on DUI charges, I heard a gunshot as I pulled into the B1

level of police headquarters. I had the female DUI stay in the car. I saw a couple of officers stick their heads out of the door of the DUI room showing that they were OK. I then saw the control booth sheriff point down to the area where the Sheriff's had unloaded prisoners that were recently transported to the city jail. The sheriff opened both Sally port doors and I proceeded through. I had my gun drawn at this time. I saw a Sheriff laying on the concrete floor with a gunshot wound to his chest and gasping for air. I then saw another Sheriff standing next to the wall. I was looking around to see if I could find the shooter. I then asked the sheriff, "John, who did this? Where is he?" At that time the Sheriff answered "I did." It was obvious that he was very distraught over the situation. I then started to work on Tony (the Sheriff who was shot) and told the Sheriff in the control booth to get the jail nurse. We both worked on Tony until the ambulance arrived but unfortunately he did not make it. The story that eventually came out was John was handing the gun to Tony and joking with him, when Tony went to grab the gun it fired.

The mood was somber from Fred's story and Barb recalled a story of her own:

Late one night I received a call for a car that broke down on 20th St by Coors Field, the owner was a young man that worked for the District Attorney's office, his car broke down and he did everything correctly. He got his passengers out of the vehicle and a safe distance from the car then put flares behind the car and called for a tow truck. Being a weekend night the tow took a very long time to arrive. So long that his flares started to go out, so he went to the trunk to get more flares, as he was getting the flares he was struck by a DUI driver and pinned behind his car while all his friends watched in horror. Both he and the DUI driver were taken to Denver Health Medical Center (DHMC) where the young man passed about two hours later.

I met up with the DUI driver and was explaining to him what was happening and told him I had to leave to finish some paperwork. Before leaving I asked him if he had any questions and he responded, "No". Then he called me back in the room. I asked if he had thought of a question and he said, "this is what it means when they say it only takes once". I got goose bumps and still get them when I think of his profound realization.

The next time I saw him was about three months later when I learned he had lost his job and apartment (cont on Next Page)



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and had to move back with his parents.

This was sad since just before this accident he had graduated college and had gotten his first job in his field of study, then his first apartment. His appearance was so changed from the night of the accident, he looked years older and had lost his young fresh look.

Establishing a rapport at DHMC (Denver Health Medical Center) was important. They are so busy! I learned a deep respect for the job they do in the Emergency Room area. The charge nurse was the one who drew the blood samples for DUI testing. You can imagine how busy she/he is on a weekend night. They were always willing to help us get our blood draws within the two hour limit we had.

Fred had a notable career with the Denver Police Department and remained in the DUI Unit until retirement. Barb had to leave the DUI unit when Fred was promoted to Corporal. Corporal Fred could not be in her chain of command so she spent her last two years at the Information Desk nursing a back injury.

Fred traveled across the nation teaching other Police Departments about Drug Recognition Expert techniques and assisting them with certification. Fred and Barb taught DUI classes at the Denver Police Academy together or with other DUI officers for the new recruits. This entailed having alcohol workshops where people would drink alcohol, allowing them to get to different levels of intoxication. The recruits would then have these subjects perform DUI roadsides for them and the recruit would make a determination of arresting or not arresting the subject. Barb became a SFST (Standardized Field Sobriety Testing) instructor, fancy acronym for DUI instructor at the Academy, "I really liked teaching since I had done that as part of the job at Merrill Lynch." "Fred and I tried to teach the Recruits at the Academy how important writing a complete report was to winning your case in court."

Fred made many substantial contributions to the department. He designed a DUI short form so officers could write down their probable cause for stopping a person and other information a DUI officer would need to follow up on the arrest and have a successful prosecution. Fred also assisted with

redesigning the DUI room. He played a significant part in bringing change to the DUI room. These changes included having panic alarms installed in an easily accessible location, adding phone lines and desks, and having a wall removed to give officers line of sight to prisoners and enabling the officers to be more proficient in handling the prisoners which increased the likely hood of conviction in court.

Remember the 21,500 arrests I mentioned earlier? Only a few of the court cases were lost, the majority were won due to completed reports and quick blood draws! Barb added, "We both tried our best to win as many cases as we could by writing a detailed and complete report." "Adding the DUI's comments into the report was the biggest help in winning a case since drunks say the damndest things."

"Code 7"

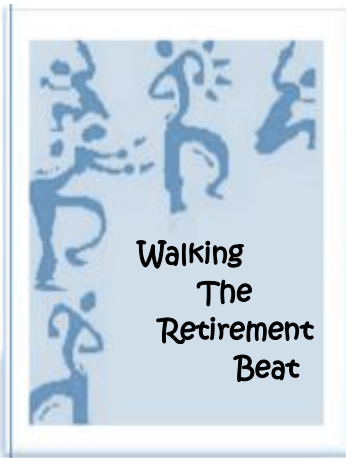
DENVER POLICE RETIREES ASSOCIATION

- August 20th DPRA Summer Picnic
- Monthly Breakfast--1st Thursday of Every Month
- Sept. 12-17 Constitution Week Grand Lake Colorado
- October 23 – 25 Laughlin Reunion
- Feb 28, 2017 Panama Canal Cruise

****Check the DPRA.info Web site for more information****

It takes only one
drink to get me
drunk. The trouble
is, I can't remember
if it's the thirteenth
or the fourteenth.

George Burns



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 Michael Rappe, 86016, Served from 1986 to 2016
Det. Mike Schwartz, 01008, Served from 2001 to 2016
PO Dan Saracino, 79065, Served from 1979 to 2016
PO Michael Howell, 79030, Served from 1979 to 2016
PO Ernest Martin, 89048, Served from 1989 to 2016
Capt. Rhonda Jones, 79025, Served from 1979 to 2016
Det. Don Brannan, 84015, Served from 1984 to 2016
Sgt. Jurgen Mohr, 82050, Served from 1982 to 2016
Sgt Michael Karasek, 82010, Served from 1982 to 2016
PO James Bing, 79018, Served from 1979 to 2016
PO Richard Major, 84056, Served from 1984 to 2016
Cmdr. John Lamb, 82080, Served from 1982 to 2016
Sgt. David Marker, 84025, Served from 1984 to 2016
PO Bradley Rhodes, 89034, Served from 1989 to 2016
Sgt. Eric Chapman, 86039, Served from 1986 to 2016



Farewell for Now

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



- **Retired Officer Rick Rollins., 72009**, passed away April 10, 2016
- **Jean Gardner wife of Gerald Gardner**, passed away April 22, 2016
- **Retired Chief Robert Luby, 50048**, passed away May 9, 2016.
- **Retired Officer Rodger Beery, 67034**, passed away July 10 2016.
- **Betty Houston wife of Retired officer Marvin Huston, 56007**, passed away July 22, 2016.

“Oh.....One Last Thing”

By Lynne Mullen



On a previous trip to Maine, I visited an open market and craft sale in a rural setting frequented by farmers and residents who preferred a quiet lifestyle reminiscent of a more peaceful past. One of the very popular booths was filled with newly constructed coffins made from pine and maple trees. The hexagonal shape was very distinctive and the handwork was pristine. The owner of the business indicated that there were many local customers who wished to purchase a coffin from him as “things are different for different people and we don’t always go along with customary practices.” He described the emergence of individuals in his rural community who planned and implemented funeral services for their friends and relatives without the constraints of depending on a large mortuary planning an expensive and impersonal memorial.

I recalled a number of traditions concerning funerals and rituals I had observed during my travels, including observing skulls of deceased family members in the homes of Andean natives, and my interest was raised as to how death and burial customs help define a culture.

For thousands of years, the burial of a society’s dead has been an integral part of a community. The rituals of the Egyptians,



[Professional mourners](#)
in an eloquent
gesture of
[mourning.](#)

including mummification and the removal of organs, are well--known. They Pyramids of Egypt have been a popular destination for tourists who wish to satisfy a curiosity about the practice of sending pharaohs to the next world, armed with implements of daily life which will be carried to the

afterlife. The Jews of the Old Testament also followed specific practices and rules of burial. Burial tombs were located away from towns. Family member and friends of the deceased

carried the bier to the final designated resting spot, accompanied by the congregation of the temple. Women were required to lead the way, as Hebrew tradition taught that women were responsible for introducing death to the world.

There are more than 4,300 religious groups co-existing in the world today. Each group has a distinct protocol for dealing with the death of a member. In addition, non-religious communities have also adopted rituals for the burial of members.

Native Americans performed rituals distinctive to each tribe. For example, in the Navajo culture, a coffin is not completely closed to allow the spirit of the deceased to be released. After the grave is dug, it is carefully inspected to insure that there are no footprints surrounding it. This is because the survivors want to make certain that the spirit guide who will lead their loved one to the afterlife will not take a wrong path and follow footprints which will not lead them to their final destination.

The Hindus follow strict rituals concerning the proper scare of the dead. The body is washed by family members and preparations are made for a ceremonial cremation. In India, the cremation takes place on the banks of the sacred Ganges River, it is common for arrangements to be made for a body to be transported to the Ganges for proper cremation.

In South Korea, legislation was passed in 2000 which states anyone burying a loved one must remove the grave at the end of 60 years. The lack of space for graves necessitated the removal of corpses, and many people opt for cremation. Several companies specialize in compressing the remains into “death beads”, appearing as gemstones, in turquoise, pink and black. The beads are displayed in the home.

In the United States, many traditions in the African-American community had their beginnings during the dark days of slavery. Because of the difficulty of life during that time, death was often seen as a freedom from suffering and a reason for survivors to celebrate. A common belief was held that the soul would return to his African homeland. This belief is known as the Homecoming, and it survives today in many communities. Out of the many rituals in the post-slavery era came the tradition of the New Orleans jazz funeral. The customs of the many cultures which make up the population today were merged. A tradition thrives which combines a balance between grief and joy. The mourners are led by a marching band which plays funeral dirges initially, but after the burial breaks into a joyful and upbeat program. Dancing is encouraged to celebrate the life of the deceased.



A visit to an historic cemetery may include” rubbing” the messages of old headstones onto paper to reveal unique messages and designs. While this is a common practice, what is probably not well-known is the fascinating story of how our funeral and death customs emerged as part of our history.

The Puritans accepted that death was a part of life to be accepted without question. They had left England because of persecution for their religious beliefs. They denounced the pomp they had witnessed as part of Catholic funerals. Puritan law forbade messages on headstones, and many of them rejected the notion of burial in a churchyard. Common graves were accepted. As the community progressed, some of the more stringent rules were relaxed and brief eulogies became permissible, as were simple headstone messages

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In the late 17th century, caring for the dead was a family task. Responsibility for preparing the body, making the house presentable for the funeral and preparing a large feast for guests was delegated to family members. Gifts were presented to guests. Gloves were a popular gift item as it was believed that gloves would keep the spirit of the deceased from entering the body of the living.

Holding a vigil prior to the funeral has been a long-time ritual. Wakes were common in many cultures. The Irish and Jewish tradition of holding wakes continues. It was believed that a wake was necessary to watch to make sure that the corpse did not “resume lift”. It is also seen as important to not leave the loved one alone prior to burial. Some wakes involved raucous music, drinking, and dancing in an effort to “wake the dead”. This practice continues.

Many funeral traditions emerged as our country progressed. Black was initially worn by some mourners, but it was not an established requirement. Black mourning clothing did not become popular until the death of Queen Victoria’s husband, Prince Albert in 1851. She refused to wear anything but black and that tradition was adopted by American mourners, and it was accepted as standard practice to stay in mourning attire for two years. Following World War I, customs regarding required mourning behavior and clothing were relaxed.

The funeral industry radically transitioned from a family and home-based function to an industry during the Civil War. Traditionally, prior to the Civil War, caring for the dead was a family and small community enterprise. Gradually, community members, primarily women, began to assist families in preparing the dead for burial. These assistants became known as “undertakers” and this function is recognized today. Bodies were quickly prepared for burial and funerals were generally held in the parlor of homes.

During the Civil War, the mounting death count on both sides of the conflict created a need for embalming which had not been routinely employed prior to that time. There was a national need for survivors to say farewell to their loved ones who had perished in war. When Abraham Lincoln was assassinated, his body was returned to Illinois, his birthplace, from Washington, D.C. The journey was long and his body was put on display in cities and towns along the way. Embalming soon gained in popularity and was widely used. It became universally accepted that embalming a body and preparing that body to be pleasing in appearance was necessary for the comfort of the grieving family.

Embalming quickly became the expected method of preparing a body for burial. Funeral homes rapidly appeared in communities throughout the nation. The funeral industry

emerged as a sophisticated entity which existed to prepare a body for burial and assume the responsibility of planning the service and integrating the rituals appropriate to each family. Casket manufacturers arrived on the scene as did florists, limousine companies and cosmetic providers. The industry generated billions of dollars in revenue by the end of the twentieth century.

As consumers have become more educated regarding the funeral industry, criticism regarding modern funeral traditions has emerged, especially regarding the high costs of burials.

Some press attention was given to the problem of the rising costs of funerals in the first half of the 20th century. America was presented with a shocking book, *The American Way of Death*, by British author, Jessica Mitford. She focused attention on the stereotype many people had adopted of the funeral director as a money-hungry, self-serving bully who talked people, especially the poor, into lavish and expensive funerals for their loved one. Subsequent to the release of Mitford’s book, participants in the funeral industry launched a wide-reaching public relations campaign in support of their services. They insisted that a funeral with a body with extensive cosmetic touches, and a chance for loved ones to say a proper goodbye were in the best interest of the public. They advertised that most people were not equipped to properly plan a funeral without the professional assistance of a funeral director.

As a result of the rising tide of criticism of the industry, the Federal Trade Commission began an extensive investigation into widespread practices. The Funeral Trade Rule was established in 1984 as a result of the investigation. Some of the requirements of this legislation dictates that funeral directors must provide customers with a price list of goods and services, they must inform clients that embalming is not required and that families can plan and carry out funerals without the assistance of the funeral director.

Another interesting by-product of Mitford’s exposure of the industry was the growing popularity of cremation. Although always an option, the practice became much more popular in the 1960’s and continues to grow in popularity. Jim Stork and Mark Hernandez, local funeral directors indicate that approximately 40 % of all funerals now include cremation with the absence of embalming.

As a society, we are becoming more aware of our environment and our responsibility to protect our resources.
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(cont. from p. 7 One Last Thing)



They suggest planting a tree to mark the grave which is not identified in any other way. Many funeral directors are available to assist with a green funeral. In addition to green funerals, many consumers are returning to the days of funerals being held in the home of the deceased. Again, funeral directors are able to assist in the planning of this ritual.



A "green" wicker casket

Throughout the world, it is estimated that 56.5 million people die each year. The modern funeral industry in the U.S. is able to provide its consumers with a meaningful and satisfying farewell to a loved one. No longer should a family be expected to be burdened by the high cost of a ceremony which does not reflect the life that has been lived. Careful planning, comparison of costs connected to a funeral and an exploration of the services of local funeral directors willing to honestly work with a family and to create a memorial within that family's financial and emotional means will result in a cherished and memorable experience.

I'm starting meetings at my house for people who have OCD. I don't have it, I'm just hoping they'll take one look and start cleaning.

GoHen.com

DPRA SUMMER PICNIC



SUMMER IS QUICKLY COMING TO AN END WHICH MEANS IT IS TIME FOR THE ANNUAL DPRA SUMMER PICNIC.

THE PICNIC BRINGS OLD CARS, OLD FRIENDS (MAYBE SOME NEW ONES TOO) AND WONDERFULLY DELICIOUS BAR-B-QUE FROM FAMOUS DAVE'S!

IF YOU ARE IN TOWN SATURDAY AUGUST 20TH 11:30-14:30 STOP ON BY! \$20.00 PER PERSON. YOU CAN SECURELY PAY ON OUR DPRA WEB SITE:

**Afghanistan
Terrorist
School**



5 Things You Didn't Know About Watermelon

by Candy Sagon, June/July 2016 AARP



Here is the amazing thing about watermelons: They are 92 percent water, which is why we want to dive face first into a cold, juicy slice on hot summer days. But that's not the only reason to gorge on this delicious fruit. Watermelons are also "nutrient-dense," as dietitians put it, which is a shorthand way of saying they are chock full of stuff that's good for you. Here are six surprising things you may not have known about summer's favorite melon. — Getty Image



It's a fruit! No, it's a vegetable!

Most of us consider watermelon a fruit, because it's sweet and juicy; it also has seeds — the botanical definition of a fruit. But watermelon is also a vegetable, from the same family that includes cucumbers and squash. So which is it? Oklahoma thinks it knows. In 2007, watermelon was officially declared the state vegetable — probably because the state fruit was already taken. — Getty Image



The redder the better

Fully ripe, deeply red watermelons are the ones you want. That deep color signifies the most lycopene, an antioxidant and the bright red pigment that gives red fruits and vegetables their rosy color. Seedless watermelons also tend to have more lycopene than the seeded variety, say scientists with the government's Agricultural Research Service. Research suggests that lycopene may help reduce the risk of cancer and heart disease. A recent Finnish study found that men with the greatest level of lycopene in their blood had a 55 percent lower risk of stroke. — Getty Image



Good for prostate protection

Chow down on watermelon, guys — it can help with prostate health and erectile dysfunction, thanks to phytonutrients like lycopene and citrulline. Lycopene — also found in other red fruits and vegetables — plays a role in protecting against prostate cancer. And citrulline, according to a recent study published in the journal *Urology*, can help with mild to moderate erectile dysfunction by improving blood flow. — Getty Image



Eat it with a little fat

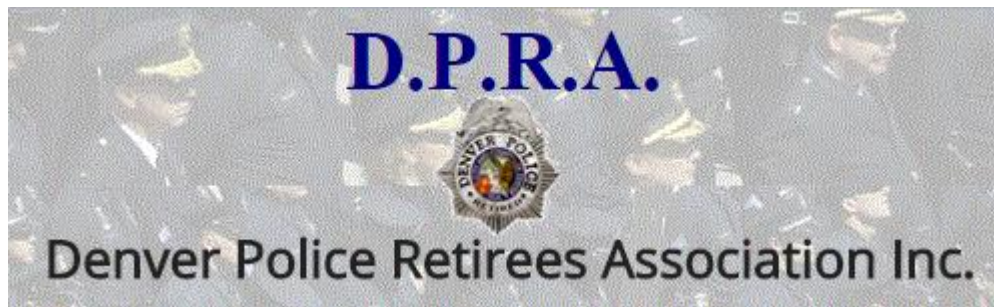
Watermelon is a rich source of vitamin A, in the form of beta-carotene, which is important for vision, healthy skin, teeth and gums. Vitamin A is fat-soluble, meaning it needs to be consumed with some fat to help the body absorb it. Try making a simple summery salad of watermelon, crumbled feta cheese, minced fresh mint and a lime dressing to get the most nutrients.



Kidney disease? Don't go overboard

Watermelon is a good source of potassium, a mineral that helps maintain a normal blood pressure and helps muscles and nerve function properly. That's great for most of us, but those diagnosed with hyperkalemia — too much potassium in the blood — or who have kidney disease and are at risk for the condition, probably should not eat more than a cup of watermelon a day, say kidney experts— Getty Image

~After The Badge~



DPRA

c/o

Rocky Mountain Law Enforcement Credit Union

10025 Park Meadows Drive

Lone Tree, CO 80124

Web Site: www.dpra.info

Email: denver@dpra.info