

“People sleep peaceably in their beds at night only because rough men stand ready to do violence on their behalf.” – George Orwell



21 & 8 NEWS

FRATERNAL ORDER OF POLICE LIMA LODGE #21
FRATERNAL ORDER OF POLICE GEORGE B. QUATMAN LODGE #8

Lodge Officers 2015

FOP

President-M. Watkins
Vice President-D. Ball
Financial Secretary-A. Mefferd
Recording Secretary-M. White
Treasurer-B. Carroll
Imm. P. Pres.-R. Hammell
Chaplain-D. Morgan
Second VP-B. Baty
Sergeant-At-Arms-R. DeVelbiss
Trustee-P. Wogerman
Trustee-L. Campbell
Trustee-J.D. Parker

FOP 6th District

6th District Trustee-Mike Watkins

FOPA

President-D. McDaniel
Vice President-B. Corson
Secretary-C. Mefferd
Treasurer-J. Corken
Imm. P. Pres.-J. Losh
Chaplain-L. Ball
Sergeant-At-Arms-N. Pangle
3-Year Trustee-J. Somerville
2-Year Trustee-K. Parker
1-Year Trustee-A. Pangle

FOPA State & 6th District

State Treasurer-John Corken
6th District Trustee-W. Dan Rieff

21 and 8 News Editor

Alan Mefferd

amefferd@woh.rr.com

Website:

www.fopohio21.org

Facebook:

[FOP, Lima Lodge #21](#)

FOPA Facebook:

[Lima FOPA Lodge #8](#)

FOP COPS & KIDS-2015

Our favorite event of the year was a great success. Thanks to 14 Allen County Elementary Schools, over 50 officers, employees, wives, girlfriends and fiancés from 9 different Allen County agencies helped 69 children from 41 families have a very Merry Christmas this year. It was a tremendous effort by all involved to make this a truly memorable day.

One only had to stand at the front entrance of Meijer when the first car came through the fog, with it's overheads on and siren blaring and many more cars following, to get a sense of just how great this day was going to be. The video of that entrance on our Facebook page already has over 6,100 views. There are also many pictures.

The important thing to remember here, is that we didn't do this all on our own. We have many people and organizations throughout the community to thank for their support.

The Meijer associates, especially the new manage, Dave Gordon, are ecstatic with this program and have vowed to be even more involved next year. He came from the Findlay store where the Findlay Lodge took over 100 kids shopping. He wants to help us be able achieve that goal. Of course, that means also that we need to have more officers step up and donate the time needed to make this a reality.

SPECIAL POINTS OF INTEREST:

- [Gun Raffle Round 5](#)
- [750 Building Manager Search](#)
- [Dues](#)
- [Cops and Kids TV Raffle](#)
- [Officer Elections](#)
- [FREE COLLEGE EDUCATION!!](#)
- ["I Can't Breathe"](#)
- [Gun Winners](#)
- [Humor](#)
- [Calendar of Events](#)

(CONTINUED ON PAGE 4)

MEETING IN FELLOWSHIP AND BROTHERHOOD THE THIRD TUESDAY OF EACH MONTH

NEXT GATHERING – TUESDAY, DECEMBER 15, 2015

OFFICER ELECTIONS FOR 2016-2018 TERMS

FOPA GUN RAFFLE-ROUND 5



Tickets for the highly successful 5th round of the FOPA 52-Gun Raffle will be available at the December meeting. This raffle is the largest fund-

REMEMBER
If you gave John Corken your favorite number that you would like to have for your ticket, you will get it from John at the December meeting.

raiser of either lodge and goes a long way to providing the funds necessary to do many of our projects.

If you gave John Corken your favorite number that you would like to have for your ticket, you will get it from John at the December meeting. He

will pull those numbers from the group, sell it to you, then randomly sort the remaining numbers into sale packets. Be sure to pick up your sale packets at the meeting, too.

BUILDING MANAGER SEARCH

As he approaches the end of his career, and his out-of-town grandbabies are beginning to need more “grandpa” time, Randy Kohli has decided that it’s time for him to give up being the Building Manager for the Lodge. His shoes will be tough to fill, but that’s what we need to do by the end of the year.

If you think that you would like to become the next Building Manager, or know someone who would,

please contact Mike Watkins and submit your name and qualifications for consideration by the Executive Board in December. We need to do this petty quickly so Randy has time to show you what he does. If you’ve always wanted to get more involved with the lodge, here’s your chance.



DUES

Per the Constitution and Bylaws, self-pay dues are due and payable no later than November 1 of each year. Our per capita is due to the State and National offices by November 1st, so since we’ve already paid it, it is vital that we have all self-pay dues in now.

2016 Annual Dues are as follows:

- Active: \$114.00
- Retired Full: \$ 83.78
- Retired Per Capita: \$ 40.58
- Retired Insurance: \$ 43.20

If you will attain your 70th birthday in 2016, deduct \$3.60 for each month that you will be 70 as the life insurance expires on your 70th birthday.

Reminder notices will be sent out next week, so save us both a stamp and bring it to the meeting.

[Back to Page 1](#)



FOP COPS AND KIDS

2015 CHRISTMAS SHOPPING RAFFLE

It's time to fund the Annual FOP Cops and Kids Christmas Shopping Event. Again this year, we are offering a Meijer gift card as one of the winning options.

Tickets are still only \$1.00 each or 6 tickets for \$5.00. Come to the meeting Tuesday and purchase yours and take some more with you to sell. Since we don't have LCC Bingo to sell tickets to, we need everyone's help to make sure we have enough money for all the children. Every dollar helps, so.... please help to sell these tickets.

CHOICE OF VIZIO 50" LED SMART HDTV OR \$500 MEIJER GIFT CARD.

2ND PRIZE WINNER RECEIVES WHICHEVER THE FIRST PLACE WINNER DOES NOT TAKE.



DRAWING AT THE MEETING ON DECEMBER 15 AND THE WINNER NEEDS NOT BE PRESENT TO WIN SO SELL THOSE TICKETS TO YOUR OUT-OF-TOWN FRIENDS AND RELATIVES AND BUY SOME YOURSELF.



REMEMBER.... THE DRAWING FOR THESE TWO PRIZES WILL BE HELD AT THE NEXT MEETING...AND YOU DON'T EVEN HAVE TO BE THERE TO WIN. BUT, WHERE'S THE FUN IN THAT?



[Back to Page 1](#)

FOP COPS AND KIDS (CON'T)

(CONTINUED FROM PAGE 1)

Additional strong supporters were Potash with a wonderful last minute donation, as well as one from Beaver Excavating company. Our “A” Lodge brothers and sisters, the Allen County Chief’s Association, the ACSO Special Deputies Association, the Regional Transit Authority and Westside United Methodist Church for their buses and drivers, the Explorers, Barbers Give Bikes, the Rotary and a whole lot of others that I’m sure were missed. We even

had a Meijer customer hand me \$20 as she left the store to feed the pot for next year. Wonderful people and organizations all

came together for one morning that 69 children and 41 families will remember forever.

It’s now more than a one-man job, especially if we are going to shoot for 100 kids next year, so please say

reply with an enthusiastic “Yes” when asked to be on the 2016 committee. Area’s of responsibility are now being mapped out so no one gets stuck with doing it all.



OFFICER ELECTIONS

November was Officer Nomination month for those odd-year positions. Even though most of the offices are for two-year terms to be voted on in the even year, trustee terms are three-year terms and the financial secretary term is a two-year term in the odd year. This maintains financial continuity from year-to-year.

For the “P” Lodge, the terms of Financial Secretary (Alan Mefferd) and one Trustee (Leon Campbell) will expire at the end of the year. Alan Mefferd is unopposed, but Leon Campbell and Curtis Hile were both nominated for the 3-year Trustee position so we will have an election at the next meeting.

For the “A” Lodge, the One-Year Trustee (Agnes Pangle) term will expire. During nominations, Ted McPheron was the only one name submitted so there will be no “A” Lodge elections.

[Back to Page 1](#)



FREE COLLEGE EDUCATION!!!

Yes, you read that correctly and yes, it means just that...FREE COLLEGE! This benefit to you, as an FOP member, was negotiated by the State Lodge for you AND your family members. The FOP and Eastern Gateway Community College, one of the fastest growing colleges in Ohio's University System, have teamed up to offer this amazing opportunity to all FOP members so that you can earn a degree at your pace, on your schedule and on-line.

Be sure to talk to Vice President Ball about this wonderful opportunity. He has already started taking classes and he said it truly is as easy it says. You can also get more information on the web-sites listed below and if you're still confused, call Dan Mitchell at the state Office. He'll be more than glad to help you out. Don't miss this opportunity to learn how you or your family can take advantage of this.

With this program, up to \$1,000,000 is available for scholarships to our members and their families for programs such as

criminal justice and law enforcement, You are only asked to provide federal financial aid grants to your tuition (FASFA).

Most classes are competency based and made to fit

into your busy lives. This means you can work on your courses in your own time and finish anytime within the academic term. If something, such as a schedule change or family emergency, prevents you from finishing during the semester, you can pick up where you left off the next semester. The courses are transferable to any public college in the state.

What are you waiting for? Go to FOPOhioeducation.org, or send an email to College@FOPOhioEducation.org, or simply call 800-FOP-4146 to learn more about this amazing opportunity. IT PAYS TO BELONG TO THE FOP!!!

Ohio FOP Members Higher Education Partnership
AN EXCITING OPPORTUNITY TO CONTINUE YOUR EDUCATION
 Ohio FOP Members Scholarship Fund

FLEXIBLE SCHEDULE
 Online Classes Let You Work Anytime
FREE TO YOU AND YOUR FAMILY
 Thanks to the Ohio FOP Members Scholarship Fund
BETTER EDUCATION
 Guaranteed Credits Transfer

TOP 4 REASONS

PROGRAMS INCLUDE

BE MORE COMPETITIVE IN YOUR CAREER

- **YOUR EXPERIENCE COUNTS!** Police academy completion can count for as much as half of your degree. You could have your degree in as little as 1 year. Military and work experience is also considered.
- **COMPETENCY BASED TO FIT INTO YOUR SCHEDULE:** Courses are online and competency based - you work on them anytime during the academic term, on your schedule. If work changes or family obligations force you to interrupt your studies, you can pick up where you left off at no additional cost, without re-enrolling.
- **NO COST TO YOU:** The Ohio FOP has worked to ensure that there are no out of pocket costs to you. Scholarships are available for what isn't covered through financial aid or tuition reimbursement.
- **A CLEAR PATHWAY!** EGCC is one of the fastest growing, accredited colleges and your credits can transfer to other universities and colleges.

EXCLUSIVE BENEFIT FOR OHIO FOP MEMBERS AND THEIR FAMILIES

- Criminal Justice Law Enforcement Degree
 The Police Academy Option means you could finish in 1/2 the time
- Business Management & Technologies
- Entrepreneurial Studies (certificate)
- University Studies Transfer & Associate of Arts
- Health Information & Health Sciences
- Teacher Education
- General Education Courses and Studies

in Partnership With
EASTERN GATEWAY COMMUNITY COLLEGE
 Part of the University System of Ohio

EASTERN GATEWAY COMMUNITY COLLEGE
 Part of the University System of Ohio

Email us at College@FOPOhioEducation.org or call 800-FOP-4146 to get started!





STREET SURVIVAL
STAY SHARP. STAY INFORMED. STAY SAFE.

12-11-15

SCREAMING THEIR LAST BREATH

Why first responders must never ignore the words "I can't breathe"

By Steve Cole, NRP, FTO



Every officer has heard “I can’t breathe!” yelled at the top of a subject’s lungs, usually as they are being handcuffed and detained after a vigorous struggle. I certainly know that I, as a paramedic responding to those calls to “check the subject” out, have heard it too. After a while, we all become a bit cavalier to the condition known as “jail-itis” or “allergic response to handcuffs,” or simply put: the subject maybe faking a medical emergency to get out of jail. Invariably someone will say, “If you can talk, you’re breathing.” I have said it. And, sadly, I have been wrong.

Let me say that I understand that a substantial majority of these patients are likely exaggerating their discomfort or trying to manipulate the situation. But the cost of assuming that’s the case is also unacceptably high. One case in a thousand is still one case that can result in a million-dollar lawsuit, criminal prosecution, loss of your job, and seeing your name all over CNN.

I want to share with you why the words “I can’t breathe” should be a red flag to the officer, just as much as the subject who has a clenched fist, or who is pacing a room erratically.

A major misconception is: *if he can say that he can’t breathe, he can speak; and if he can speak then he has to be breathing.* This is both true, and horribly wrong. This is perhaps one of the **most lethal** misconceptions in both EMS and law enforcement. To understand this, a little bit of boring physiology is needed. We must understand that *respiration* (breathing) is different than *phonation* (speaking).

BREATHING

A “breath” is a **single** inspiration and exhalation, and in medicine this is typically called a normal tidal breath. The amount/volume of this breath is called the tidal volume. The typical tidal volume for an adult male is typically 10-15 cc/kg, or about 500 – 700 cc total each breath (just over half a liter bottle of coke). I know this may be boring, but bear with me.

Now this tidal volume is total air movement with a *normal resting* breath. If you force yourself to take a deeper breath, it will of course be more, and visa versa. This breath is the volume to move air not only in the business-end of the lungs (the aveoli) but also the “airways” in between your lips/nose and the lungs.

This is important: The airways involve everything from the tip of your mouth, down your throat, through your larynx (voice box) and trachea, and down and down further through increasingly small tubes to the outside of the aveoli where actual breathing (cellular respiration: gas exchange of oxygen and carbon dioxide) takes place.

(CONTINUED ON PAGE 7)

[Back to Page 1](#)

I
STAND
WITH
COPS

SCREAMING THEIR LAST... (CON'T)

(CONTINUED FROM PAGE 6)

These passages are called “dead air” space, **because no actual gas exchange occurs.** It’s best to think of this space as “highway” and the alveoli as the actual destination. The volume of this space is typically about 150 cc in the adult male (give or take). In other words, of the 500 – 700 cc typically required to breath, *the first* 150 cc are required to move air before the first cc of air reaches the first aveoli.

PHONATION

Now let’s look at *phonation* (making sounds; speaking). The larynx, where sound is produced, only requires about 50 – 100 cc of air movement to produce sound. And the volume produced is related to the speed and force of air moving through the larynx, rather than the volume of air that reaches the alveoli. Therefore, phonation and respiration are two separate processes.

Why is this important? Most officers know that when a patient is prone, their respirations may be impeded. To be precise, the tidal volume may be reduced, sometimes significantly. A tidal volume breath in some circumstances may be decreased by up to 40%, and the work the subject must do to get that remaining 60% is much higher. At the same time that their tidal volume is reduced, their need for oxygen is dramatically increased because of their muscle activity (fighting, drugs, etc).

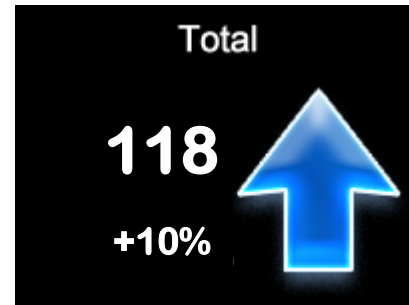
OXYGEN DEMAND

Finally, let’s look at *oxygen demand*. Oxygen demand is the amount of oxygen the body needs for the activity it is undertaking. If the subject does not have enough oxygen to meet this demand, they function at an oxygen *deficit*. Even if the subject is getting good airflow to the aveoli, are they getting enough to meet their needs? We all have

(CONTINUED ON PAGE 8)

OFFICER FATALITY UPDATE

December 3, 2015



	2015	2014	Change
Firearms	38	46	-17%
Traffic	51	41	+24%
Other	29	20	+45%
Total	118	107	+10%

The Memorial Fund partners with the Department of Justice (DOJ), Bureau of Justice Assistance (BJA) VALOR program, designed to reduce felonious officer deaths. [Check out more officer safety-related content.](#)



No matter what the vehicle code says, you're not exempt from the laws of physics.

It's been more than 65 years since the annual line-of-duty police deaths totaled less than 100.

BELOW 100

Wear your belt.
Wear your vest.
Watch your speed.
WIN—What's Important Now?
Remember: Complacency kills!

An initiative from **LAW OFFICER**
www.LawOfficer.com/Below100

[Back to Page 1](#)

SCREAMING THEIR LAST... (CON'T)

(CONTINUED FROM PAGE 7)

run laps and found ourselves having to breath heavily to “catch our breath” afterward. This is because our oxygen demand exceeded our ability to meet that need.

We have all done this and our bodies have an ability to tolerate this for short periods. But add restraints, drugs, poor health, pre-existing medical conditions, obesity, and position to the mix, and bad things can happen. This results in an internal homeostasis (physiological state) that is thrown horribly out of balance, and in some cases may push subjects over the cliff into **cardiac arrest**.

In short, they literally cannot breathe (enough) *despite* moving air in and out. So when they say can't breath, in a very real sense—they *can't*.

PAST THE POINT OF NO RETURN

Because they are moving at least 100 cc of air across their vocal chords, the subject can speak/scream/etc. Because they are working real hard at breathing, they are often yelling. The officer and/or paramedic may assume the subject is just fine. They will continue to yell and scream, **until they don't**. By then its almost too late to recover.

Now this pertains to the concepts of excited delirium and positional asphyxia, both of which most LEOs are familiar with. But it also applies to a subject having an asthma attack and other medical emergencies as well. In other words, it doesn't have to be drug related. This is a physiologic issue.

Yes, subjects are manipulative. Yes, they are “subjects” and being detained for a reason, and often they are restrained in the best way officers can in the circumstances of the moment. But every time an officer or paramedic passes on the myth that *if they are speaking, they are breathing*, I resist

the urge rip out their lungs and show them why they are wrong. Because the reality is some of these patients may be speaking the truth **with their last breath**.

What actions should an officer take when this happens? Well, that's a complex question dependent on the circumstances. I offer the following suggestions.

- Never ignore the statement. One should treat it like a “medical threat cue,” sometimes serious and sometimes not, but always considered.
- Make sure the subject is in a position to maximize his tidal volume. Is he sitting up or on his side? A subject should never be left prone.
- Strongly consider having the patient checked out by your local EMS. Decrease his stress, struggle, and oxygen demand by allowing/coaching him to calm down while you wait.
- What does your agency policy say? Does it address this?

CONCLUSION

Please do not pass on this myth to your trainees. It's a flawed assumption that, while rare, can have potentially life threatening and career ending results.

Understanding a little bit of respiratory physiology will help you, the LEO, avoid potentially catastrophic pitfalls, and help you have a long career in this field. It will also benefit your agency. The subject, while he or she may not thank you, will certainly appreciate it as well.

I know that LEO's do a difficult job, and I hope this article provides you with a few tools to do that job a little bit better.

~~~~~  
**Steve Cole, NRP, FTO:**

*Steve Cole, NRP, FTO, is a training captain with the Ada County Paramedics.*





### LAST FOUR GUN RAFFLE WINNERS

| WK | DATE   | NO. | WINNER         | CITY   | SELLER                   |
|----|--------|-----|----------------|--------|--------------------------|
| 33 | 18-Nov | 978 | Scott Holbrook | Alger  | Mike Diglia              |
| 34 | 25-Nov | 706 | Chris Inskeep  | Lima   | Randy Kohli              |
| 35 | 2-Dec  | 567 | Donna Cira     | Lima   | Larry Ball & Randy Kohli |
| 36 | 9-Dec  | 151 | Mark Baum      | Tiffin | Bob Corson               |

Winners are posted each week to: [http://www.fopohio21.org/?page\\_id=1587](http://www.fopohio21.org/?page_id=1587)



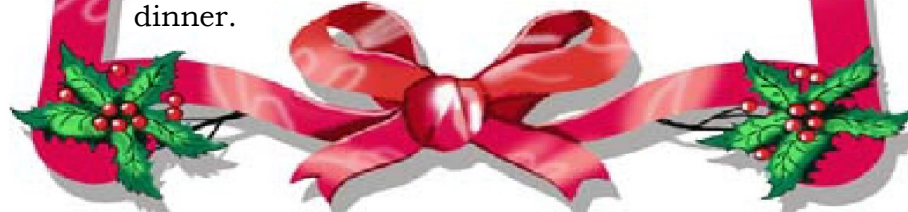
# Christmas Party

Every year, Jack Somerville and Bill Armentrout (who is carrying on his father, Army's, tradition) give back to the officers by hosting a free dinner party at the December meeting.

There will be quite an array of cold cuts and different breads and Randy will make Coxie's infamous baked beans.

This is also the meeting where the "P" Lodge progressive jackpot will either be won or split. We will draw until we have a winner, so don't be "that guy" that wasn't there when his name was called. If you are there and signed up, and your number is pulled first, you win it all. If there is no winner, then we pull until someone who is there wins half the pot.

Be sure you tell Jack and Bill thanks for dinner.



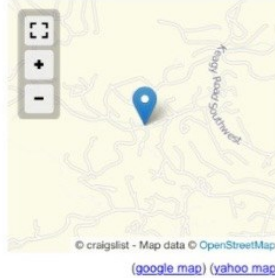
[Back to Page 1](#)

# HUMOR



CL roanoke > community > pets  
[ account ] post  
reply prohibited Posted: 4 days ago print

### ★ FREE TO ANY WILLING HOME (ROANOKE)



MY girlfriend does not like my beagle molly. SO i have to rehome her. She is a purebred from a wealthy area and I have had her 4 years. She likes to play games. Not totally trained. Has long hair so she's a little high maintenance, especially the nails, but she loves having them done. Stays up all night yapping but sleeps while I work. Only eats the best, most expensive food. Will NEVER greet you at the door after a long day or give you unconditional love when you're down. Does not bite but she can be mean as hell!

So. . . . anyone interested in my 30 year old, selfish, wicked, gold-digging girlfriend? Come and get her! Me and my dog want her rehomed ASAP!!

- do NOT contact me with unsolicited services or offers

post id: 5081333122 posted: 4 days ago email to friend best of

© 2015 craigslist help safety privacy  
feedback cl jobs terms about mobile

A recent article in the Dominion Post reported that Nancy Pelosi has sued Wellington Hospital, saying that after her husband had surgery there, he lost all interest in sex.

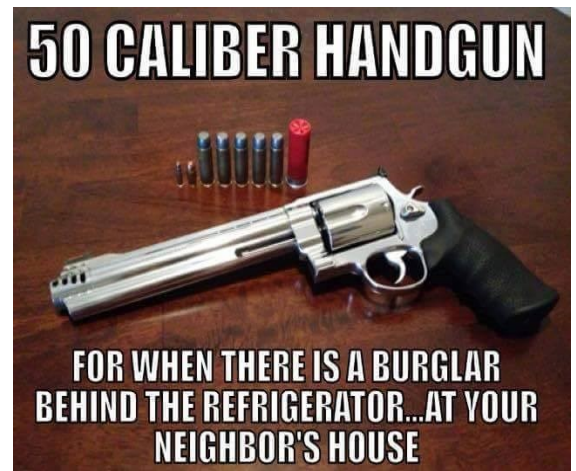
A hospital spokesman replied, "Your husband was admitted for cataract surgery. All we did was correct his eyesight."

~~~~~  
A mother calls 911 very worried asking the dispatcher if she needs to take her kid to the emergency room, the kid had eaten ants.

The dispatcher tells her to give the kid some Benadryl and he should be fine, the mother says, 'I just gave him some ant killer.....'

Dispatcher: 'Rush him in to emergency right now!'

Life is tough. It's even tougher if you're stupid!!!!



[Back to Page 1](#)



EVENTS CALENDAR

PLACE REFRIGERATOR
MAGNET HERE

DATE	EVENT
TUESDAY DECEMBER 15 	MEETING OFFICER ELECTONS SOMERVILLE-ARMENTROUT CHRISTMAS MEAL
THURSDAY DECEMBER 17 	ACSO D.A.R.E. FUNDRAISER AT APPLEBEES. GET FLYER FROM ACSO WEBSITE. 10% OF YOUR BILL DONATED TO D.A.R.E.
FRIDAY DECEMBER 25 	CHRISTMAS DAY LET PEACE RING OUT ON EARTH!!
SATURDAY JANUARY 1, 2016 	HAPPY 2016!!!!
SATURDAY JANUARY 1 	FIESTA BOWL BUCKEYES vs IRISH
MONDAY JANUARY 18 	MARTIN LUTHER KING HOLIDAY



NEXT MEETING
TUESDAY, DECEMBER 15, 2015

*Remember that December is the Annual
 Somerville / Armentrout Appreciation Meal*

Be sure to thank them both!!

[Back to Page 1](#)