Dear HCSO Alumni Community,

Thank you for your service to and support of the Hillsborough County Sheriff’s Office. Once you’re a member of “Team HCSO,” you’re a part of this agency for life. We are here to support you, and I want you to stay connected and active through the many programs and events at our agency.

Exciting new changes are happening at the Sheriff’s Office! I’m happy to share that the Occupational Health Clinic, located at 9550 East Columbus Drive, will be expanding by 1,600 square feet. Construction is underway now to build three new examination rooms, two offices and a radiology room. The expansion will allow our clinic to perform general radiology services, and ultimately, improve access to medical care for our HCSO retirees, employees and their families.

As a retiree with HCSO medical insurance, you can always stop by our clinic to get a number of health services, like blood pressure checks, flu shots and a diagnosis for cold symptoms and seasonal allergies.

To keep you and your families’ safe from impaired drivers, we launched a new, centralized DUI squad, where 20 deputies are dedicated to locating drivers who are under the influence. It’s an important step forward to keeping our community safe by decreasing the number of fatal and injury crashes in Hillsborough County.

During the month of July, you may see a large law enforcement presence in downtown Tampa. We are proudly hosting this year’s Florida Sheriffs Association Summer Conference, where sheriff’s from across the state will join us at the Tampa Marriott Waterside to share their best practices on crime fighting and community building. We look forward to not only welcoming them to our county, but also learning from these agencies.

As a public safety agency, we can’t do it alone. We depend on you and everyone in our community to help eliminate barriers between citizens and law enforcement and build better relationships. I hope you will continue to support this agency and all of the people who make the Hillsborough County Sheriff’s Office one of the best places to work.

I hope you all have an excellent summer.

Sincerely,

Chad Chronister
Sheriff, Hillsborough County
Quarterly Meeting

The next Alumni Association Quarterly meeting will be held on Thursday, July 25, 2019 at 7:00 p.m. at J.J. Taylor Distributing Company, 5102 S. 16th Avenue, Tampa, FL 33619.

A buffet style dinner will be served at 6:00 p.m.

We hope to see you there!

Dinner Menu

Dinner featuring baked chicken leg quarter, au-gratin potatoes, green beans, salad with honey mustard dressing, vegetable tray w/ dip, cold cuts and sliced cheese, assorted breads, and apple cake.

Our July 25, 2019 HCSOAA Quarterly Dinner Meeting is sponsored by Retirees Vim and Brad Chappell. We thank both Retirees for their kind donation and continued support!

Follow the Hillsborough County Sheriff’s Office on Social Media:

Facebook.com/HCSOSheriff
Twitter.com/HCSOSheriff
YouTube.com/HCSOSheriff
Instagram.com/HCSOSheriff
Alumni Breakfast

Alumni breakfasts occur the first Friday of every other month. The next Alumni Association breakfast will be held at 8:00 a.m. on Friday, August 2, 2019 at Perkins Restaurant, address 5002 E. Fowler Ave. Tampa, FL 33617. Please join us for food, fun, and fellowship.

Upcoming Dates:
- October 4, 2019
- December 6, 2019

Shirts, Decals, Etc

HCSO Alumni Association merchandise will be available for purchase at the meetings. To purchase items, contact Clif Whelchel at clif.w@verizon.net.

If you are ordering merchandise through the mail, make checks payable to HCSOAA and send to the address listed on page one of this newsletter. For stickers and decals, add $.50 to your check for additional postage and $6.00 for shirts, caps, and jackets.

<table>
<thead>
<tr>
<th>Items</th>
<th>Price</th>
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<tbody>
<tr>
<td>Window Stickers</td>
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<tr>
<td>T-Shirts</td>
<td>$13.00 to $15.00 (Depending on size)</td>
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<tr>
<td>Polo Shirts (CS-412)</td>
<td>$30 to $38</td>
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<tr>
<td>Polo Shirts (CS-410)</td>
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<td>Polo Shirts (CS-410)</td>
<td>+$7.00 for name</td>
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<tr>
<td>Windbreaker Jacket</td>
<td>$32 to $47</td>
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<tr>
<td>Baseball Style Cap</td>
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</tbody>
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In Memory Of…

Retirees

Ellis Baker, Equipment Mechanic III
John Cauley, Equipment Mechanic III
Charles Hancock Jr., Community Service Aide
Richard Hanes, Detention Deputy
Donald Hunt, Law Enforcement Detective
Richard Rider, Detention Deputy

Donations

We are still in need of sponsors to support the quarterly meetings. If you or someone you know would like to sponsor a meeting by donating $300, please contact Ken Schintzius at Kenneth.schintzius@gmail.com
Welcome to the Club!

Congratulations New Retirees!

Michael Alonso
Philip Bates-King
Jorge Bermudez
Brenda Butler
Thea Clark
Elinor Cook
Craig Custard
Demetrius Dixon
Dennis Folsom
Jacquelyn Hackerd
Michael Harris
Jeffrey Harris
Michael Hunt
Betty Jackson
Dennis Klispie
Judith Lopez
Nicholas Matos
Kawan McCaskill
Brooke Melton
Richard Merkle
Lisa Mitchell
Roland Morgado
Gary Nichols
Phillip Villoch Puig
Kimberly Reagan
Douglas Richards
Donald Smith
Sylvia Steacy
Jeanne Weiser

Letter from the Editor

If you would like to receive the quarterly newsletter via email instead of U.S. Mail, please email your name and email address to Adriana McAnally at amcanall@hcso.tampa.fl.us.

There is an additional email distribution list. If you would like to receive HCSO information such as promotions, funeral notices of retirees or current employees, retirement celebrations, Go365 and other insurance information, please indicate you would like to be added to the HCSO News email distribution list.
HCSO Promotions

The Sheriff’s Office Alumni Association extends our congratulations to the Sheriff’s Office employees listed below on their recent promotions:

**Law Enforcement & Detention**

Detective Juan Aristizabal  
Detective Carlos Brito  
Detective Ryan Bronson  
Detective Joshua Dahlback  
Detective Robert DeMar  
Detective Jessica Dillon  
Detective Jarrell Evans  
Detective Jeremy House  
Detective Joshua McCarthy  
Detective Jimmie Romano  
Detective Mijail Sequeira  
Detective Andrew Van Guilder  
Detective Joshua Velazquez  
Detective Chase Wetherington  
Academy Orientation Class 18-05  
Academy Orientation Class 18-06

**Civilian**

Maria Ago-Stallworth  
Jessica Alleyn  
Julio Alvarez  
Douglas Alvarino  
Paula Beltowski  
Candice Bennett  
Amber Bryan  
Monica Carrasquillo  
Carly Cartwright  
Maricela Cerezo-Gabino  
Isabel Castillo  
Brett Dill  
Thomas Dirks  
Tracy Egleston  
Valencia Exume  
Megin Eskew  
Richard Evans  
Keryandra Fulks  
Reynold Ginesta  
Darlene Hansford  
Maleah Hinkle  
Brady Houchens  
Samuel James  
Jessica Julian  
Melissa Kincheloe  
Erika McCarthy  
Jennifer Miller  
Brianne Moss  
Narkys Navarro  
Leslie Parker  
Beatrix Penski  
Kylie Pequignot  
Asiel Perez  
Caroline Perez  
Debra Ragan  
Christopher Riikonen  
Jenifer Rivas Abreu  
Alyce Rogers  
Mackenzie Settle  
Kimberly Smith  
Rhett Suarez  
Ashley Toro  
Lisa Vanecsek  
Melissa Wessling
HCSO Benefits

Open Enrollment Sessions
The Human Resources Division, Employee Benefits Section, will conduct two Open Enrollment sessions for Retirees. The first session will be held at the Pinebrooke Business Complex located at 2207 N. Falkenburg Road on Wednesday, July 24, 2019 at 1:00 p.m. in the Human Resources Classroom, and a second session will be held at the Retiree Alumni Meeting on Thursday, July 25, 2019 at 6:00 pm. You are encouraged to attend one of the Open Enrollment sessions to obtain information about the retiree benefits for the 2019-2020 plan year. There will be a slight increase to the pharmacy Level 3 and Specialty co-pays, the deductible for the Retiree HDHP, and the dental and vision premium rates. Should you have questions, a Humana Representative will be available to provide you with individualized attention after the sessions. A letter will be mailed to you within the next few days that will provide detailed information about the Open Enrollment sessions and the benefit changes for the upcoming plan year. We look forward to seeing you at the Open Enrollment sessions.

Pamela Bush, Benefits Manager

Go365 Premium Surcharge (applicable for HCSO Humana medical members):
The Plan Year ends on September 30th. Don’t forget subscribers are subject to a wellness premium surcharge if their status is Silver (+10/mth per family), Bronze (+20/mth per family), or Blue +30/mth per family), at the end of each plan year. Contact Go365 if you need assistance at 855-221-2270 or Employee Benefits for agency-specific questions at 813-318-5330.

Advisory Board Members
Joe Franceschi
Robert Grant
Ron Hartley
John Hattan
J.R. “Jim” Miller
Sandi Ray
Richard Smith
Evelyn Yates

Committees
Communications/Newsletter
Advisory Board
Adriana McAnally, Newsletter Editor
Maureen Throop, Publisher

Legislative Committee
Carl Barletta
Walt “Bud” Fisher
Melt Godwin
Frank Martelli
Kenneth Schintzius

Social Events Committee
Evelyn Yates

ATTENTION NEW MEMBERS
Since the Hillsborough County Sheriff’s Office Alumni Association does not collect dues, we are accepting a voluntary, one-time donation of $10. Anyone who is interested in making a one-time donation can do so at the quarterly meeting or mail a check to HCSOAA, PO Box 6843, Brandon, FL 33511-7001.
Junior Deputy Sheriff's League

By: Colonel Jim Bradford

Many are familiar with the Hillsborough County Sheriff’s Office Explorer Post 238 - a career-oriented program that gives young adults (ages 14-21) the opportunity to explore a career in law enforcement by working with HCSO deputies. They participate in ride-alongs, attend training and competition, and provide support during public events hosted or attended by the Sheriff’s Office. What few know is that a group similar to the Explorers was launched almost 70 years ago named the Junior Deputy Sheriff’s League.

The November 7, 1950 edition of the Tampa Times announced the Sheriff’s Office was forming a branch of the Junior Deputy Sheriff’s League with the registration of boys from 12 to 17 years old. The Hillsborough County chapter would join the other 50,000 members nationwide and would “give youth a wholesome and attractive program of activities.” The Junior Deputy Sheriff’s League sought to decrease the juvenile delinquency rate, prevent automobile accidents, acquaint its members with law enforcement and local government, provide instruction in popular sports, and stimulate an interest in law enforcement as a career. Ten days later Sheriff Hugh Culbreath presented badges and membership cards to the first members. Instruction on good citizenship and responsibility soon prevailed when it was reported in February, 1952 these first junior deputies sought to collect $248 to help a “pretty 14-year-old schoolgirl whose mouth was disfigured when she lost eight front teeth in a school playground accident”. The effort was lead in part by Junior Deputy Mike Sharp, whose membership card accompanies this article.

Photo from Tampa Bay Times, September 8, 1953 issue
Junior Deputy Sheriff’s League
By: Colonel Jim Bradford

Interest in the Junior Deputy Sheriff’s League grew and by September, 1953 the Plant City chapter had 55 members and a new building built “entirely by donations, hard work and the sheer determination on the part of one man and 55 boys.” That one man was Deputy JR Flewellen, who managed east Hillsborough’s Plant City office. Myrle Henry, an 80-year-old Plant City resident, was a member of the Junior Deputy Sheriff’s League rising to the rank of Chief. He named Deputy Flewellen as an integral part in the shaping of Plant City boys, many becoming professionals including lawyers and successful businessmen; he himself having an outstanding career as a pharmacist. Their duties included watching the fence line at football games and the Florida Strawberry Festival. They even had their own music band.

Alumnus retired Detective Gary Turner was a Junior Deputy himself in the mid 1950s in the Plant City chapter.

The legacy created by the first members of the Junior Deputy Sheriff’s League instilled a sense of community service that lives on today in our Explorers. We can be thankful for successful programs like these that invest in young people’s lives to teach them values that will make them successful in adulthood.
HCSO Retiree Health & Wellness Updates

- **NEW! Wellness Wrap Up:** Check out the new monthly health & wellness promotional videos called the Wellness Wrap Up on Youtube. View the videos at the links below:
  - June (Nutrition): [youtube.com/watch?v=iSAp1r07Cmg](https://youtube.com/watch?v=iSAp1r07Cmg)

- **NEW! WW OnlinePlus:** The HCSO Health & Wellness Program will now offer 12-week access to the WW OnlinePlus program for a fee of $25, with the Sheriff’s Office paying the remainder. **Enrollment will take place every quarter- the next enrollment period will take place from September 1-28, 2019.** Contact Shannon Kelley, Health & Wellness Manager, for additional information at stkelley@hcso.tampa.fl.us.

- **NEW! UCF RESTORES:** UCF RESTORES is now offering treatment to Hillsborough County Sheriff’s Office employees experiencing emotional and/or behavioral difficulties after exposure to trauma. Services can be provided via telehealth in the comfort of your home or in-person at the UCF campus in Orlando. There is no cost associated with treatment for first responders in Florida. To learn more about the program or to complete an enrollment screening, please contact Monica from UCF RESTORES at 407-823-1196.

- **NEW! Lunch 'n' Learn Seminars:** Save the date for the following lunch 'n' learn seminars... Lunch will be provided, dependents welcome. RSVP required to Shannon Kelley at stkelley@hcso.tampa.fl.us. All seminars will be located at HCSO Human Resources Classroom 2, 2207 N Falkenburg Road, Tampa, FL 33619.
  - **Practical Tips for Managing Diabetes**
    - **Date:** Thursday, August 1st, 1200 - 1300
    - **Description:** Provides "how to" information about meal planning, exercise, medications, blood glucose monitoring and reducing the risk of complications.
  - **Improve Your Credit Score: Understanding and Building Credit** (offered by FWCCU)
    - **Date:** Tuesday, August 20th, two times: 1145 -1215 or 1245 -1315
    - **Description:** Understanding credit is difficult. This seminar will cover understanding FICO scores, plus strategies for how do you build credit or rebuild credit.
  - **Tips for Getting a Good Night's Sleep**
    - **Date:** Tuesday, September 10th, 1200 – 1300
    - **Description:** If you have trouble sleeping, you may feel like there’s little you can do. However, by following certain recommendations, known as “sleep hygiene,” you may be able to get the rest you need.
HCSO Retiree Health & Wellness Corner

The Grand Opening for our Carrollwood location fitness center was June 6, 2019. Sheriff Chad Chronister formally opened this facility with a monumental ribbon cutting ceremony. The fitness center is located in the Carrollwood Community Park in a free standing building at 13061 Delwood Road, Tampa, Florida 33624. The preferred access is through the main entrance off West Village Road. This location is open 24 hours daily, Sunday - Friday. All retirees are welcome to utilize this facility and may enter with an activated HCSO retiree gym access identification card. If you enter through Delwood Road between 7 pm - 7 am, enter the gate access code: 2008#. Questions about the fitness center can be directed to Brandon Aikens, HCSO Training Specialist, at 813-627-1012.