



LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

A TRADITION OF SERVICE THROUGH MUSIC

Greetings, one and all! We are very excited to be part of the Sheriff's Department family. We are new — three years now — and still trying to get the word out. So we were extremely honored that Sheriff Villanueva took the time to come and visit the LASD Band at a recent rehearsal to see us perform. Sheriff Villanueva had the opportunity to meet these exceptional musicians and to get an understanding of what the band can offer the LASD in terms of public relations and enhancing Department ceremonies.

We also had the pleasure of a visit from the Greater Van Nuys Rotary Club, which graciously and generously helps support the band. The

president, Les Grossman, and his lovely wife were on hand to give a donation to COPS, our 501(c)(3) nonprofit, and Harvey Friedman, chairman of the COPS Board, gratefully accepted the much-needed funds. Les Grossman, along with the entire LASD Band, was thrilled to meet Sheriff Villanueva.

The Sheriff recognized a few members of our band, as we are pleased to have several retired

deputies, lieutenants and members of the Sheriff's Department donating their musical talents





to this wonderful organization. Sheriff Villanueva was inquisitive about our members and interested in the instruments they played. The Sheriff took an interest in one of the largest reed instruments, the bassoon. Ruben is the young man who plays this beautiful yet challenging burgundy-colored wooden instrument. Sheriff Villanueva was impressed with our piccolo player, Wendy, whose solo for the musical piece “The Stars and Stripes Forever” is incredible.

In one picture, the Sheriff is shown with our eldest member — Sam Engel Sr. (Old Sam), 89 years young. (Our youngest member is a high school student, bringing up the rear at 17 years old.) Sam comes to us by way of Steubenville, Ohio — “Where Dean Martin was also born,” he proudly



boasts. Sam, his wife and three sons moved to the Los Angeles area in 1960, where he had an incredible career in the industrial industry. He developed a high-temperature-resistant material for industrial and military use. Today, every Sidewinder missile’s stabilizing fins are covered with the coating he developed. Having put away his musical ambitions after

high school for his career, he is happy to once again be a part of a musical family. Sam plays the alto clarinet in the LASD Band, adding depth and tones to the clarinet section. He is also a member of the UCLA Alumni Band, playing the glockenspiel, an instrument he picked up in high school. Sam says that playing with the LASD Band is fun and keeps him young at heart. Thanks, Sam, for your wisdom and sharing your musical talents with the LASD Band.

At this time, I would like to highlight another senior member of our band: Larry Ballenger. Larry



plays the trumpet and is an integral part of our trumpet section. The very first known trumpets can be traced all the way back to 1500 B.C. — silver and bronze trumpets were discovered in the grave of King Tut in Egypt. The first working valve trumpet was born in 1818. Created by a German horn player, Heinrich David Stölzel, it was known as the box tubular valve and allowed for variations of notes not previously performed on the natural trumpet. The trumpet’s popularity rose in the 1930s, about the same time that recordings of music began to reach the masses. The trumpet was unusual because, unlike other instruments, its tone translated well to tape, making it an instant favorite. This favorite instrument played throughout the ages can be heard in all types of music, and Larry has mastered it.

Larry is a third-generation, native-born Californian and is proud to be a part of the LASD Band. He says that volunteering with the band enables him to give back while doing something that he enjoys, and representing the Sheriff’s Department allows him to honor his brother, Lieutenant Lee O. Ballenger, who had a long and fulfilling career with the LASD.

Larry first picked up the trumpet in the fourth grade, having been practicing bugle calls on an inherited antique Spanish-American War bugle. The transfer to trumpet felt natural, since he already knew how to “pucker up.” Music has been a counterpart to his entire life; he has played in many community bands both in Northern and Southern California, as well as in school and church groups. He is a member of Bugles Across America and has the privilege of honoring our heroes by playing “Taps” for military funerals several times a month

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FROM THE DOCS

By Natalie Betlachin, Psy.D.

EMDR: A DIFFERENT APPROACH TO OVERCOMING TRAUMA

Throughout our lives, we are exposed to various situations that can have a lasting impact on how we view ourselves, others and the world. At times, single or multiple adverse life events (e.g., violent crime, loss of a loved one, childhood abuse) can result in trauma that extends beyond normal stress reactions and, instead, creates a range of uncomfortable responses that can have a lasting negative impact on our overall well-being.

Sometimes, people are reluctant to seek individual therapy to address trauma because they don't want to talk about the event(s) or commit to attending long-term therapy sessions. The good news is that there is a different short-term therapeutic approach gaining more attention, called Eye Movement Desensitization and Reprocessing (EMDR). Although EMDR has been around since the 1980s, research has demonstrated its success as an effective intervention for trauma with various populations, including military veterans, first responders and sexual abuse survivors. In addition, EMDR has also been used effectively to treat additional issues, such as anxiety/panic attacks, depression and grief/loss, to name a few.

WHAT IS IT?

EMDR is an evidence-based treatment intervention developed by Francine Shapiro, Ph.D. It taps into our physiology to actively unfreeze and neutralize trauma memories. It involves holding the images of an identified adverse life event in mind while simultaneously activating both sides of the brain to adaptively integrate the trauma. EMDR is not a form of hypnosis. It is important to note that during EMDR, clients remain in control, fully alert and wide awake. EMDR is known as a scientifically supported approach, which means that

clinicians trained and practicing have a very specific protocol to follow in this treatment method.

HOW DOES IT WORK?

To understand how EMDR works, it's helpful to understand what happens to the mind when we experience traumatic events. Generally, our minds manage new information and experiences, often without us being aware of it. When significant events occur or when we are repeatedly exposed to such events, our mind's natural coping ability can be overloaded. This overload can result in the traumatic experience(s) being stuck or frozen with the raw emotions, thoughts and physical sensations unprocessed. Unprocessed memories and experiences get stored in the limbic system of the brain and often elicit an emotional or physical response rather than a verbal or cognitive response. The limbic system stores these traumatic memories in a memory network, and when you experience similar events, it triggers similar emotions and sensations, even if the similar events occur years later. In many cases, a person may even have forgotten the memory, but may continuously experience the associated painful feelings stored in the memory network when triggered by later events.

EMDR functions on the premise that the mind can heal itself naturally, similarly to how the body can heal physical injuries. While this healing process is thought to occur naturally for most circumstances, there are instances in which a blockage or something else stops it from happening. When this occurs, people continuously experience the suffering that is associated with past experiences, like painful feelings. The goal of EMDR is to remove this blockage by activating both brain hemispheres simultaneously, to assist the brain in resuming normal information processing and

memory integration strategies. By addressing the blockage, EMDR works to allow separately stored trauma memories to link up with more adaptive and healthy memory networks, so that the disturbance one experiences surrounding the past event is minimized or even eliminated. Many people who utilize EMDR have immediate reductions in their distress levels, and the research shows this is especially helpful for members of the law enforcement community.

WHAT CAN I EXPECT?

EMDR is often conducted in eight phases. In the beginning stages, you may discuss issues or problems with your clinician, but you won't necessarily have to reveal all details of past traumatic experiences. Instead, clinicians will help you identify negative reactions you are still experiencing and decide which of these are adaptive and which ones need to be addressed. Through the phases, you will also learn additional techniques to help manage the disturbing reactions. Clinicians will guide clients through a process of desensitization. In this stage, clients are asked to keep the memory of a painful or traumatic event in mind while both sides of the brain are activated. This also allows for negative emotions to be fully processed and haunting thoughts, images and emotions to be released. The later phases are focused on reinforcing healthy feelings and beliefs so that when past memories are brought up, clients no longer, or very minimally, experience the negative emotions and disturbances they had at the start of counseling. (This information was adapted from these EMDR sources: www.emdria.org, www.emdr.com and www.getselfhelp.co.uk.)

If you would like to learn more about EMDR and might consider EMDR treatment, you can contact Psychological Services Bureau at (213) 738-3500 to schedule a confidential appointment. ☆

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across the Southland. Larry met his wife while they both were practicing their instruments in adjoining rooms in college, and together they built a life surrounded by music.

Larry attended Westmont College in Santa Barbara and Fuller Theological Seminary, and also has degrees from Fresno State University and San Francisco Theological Seminary. He has served as pastor for four congregations for over 45 years in Arcadia,

Fresno, Irvine and Ukiah. Since retiring in 2003 and moving back to SoCal, Larry plays in several Southland community bands. We are honored that you rekindled your love for playing the trumpet and that your "chops" are back in acceptable shape. Thanks for all you do for the communities we serve.

Thanks again to Sheriff Villanueva, Chief Stringham and the Greater Van Nuys Rotary Club for your support of the Los Angeles Sheriff's

Department Band and for attending our rehearsal. Our rehearsals are open to all deputies, so please come hear your band!

If you play an instrument or previously played an instrument, it may be time to dust it off and join the LASD Band. If you would like to have one of our bands perform for an event, either the dance band or concert band (subject to Department guidelines), please contact me at Dawn.LASDBand@gmail.com. ☆