

The Goal: To Lose

■ LAPD Communication hosts Boot Camp Challenge.

Story and photos by Arlene Herrero,
Club Counselor

POLICE DEPT. — This competition is all about losing. Losing weight.

Thirty-eight teams of five members each from the Metro and Valley LAPD Communications Centers are aiming to lose 15 pounds each. There are also 30 individuals who set weight-loss goals between five and ten pounds.

Participating in the camp, which lasts until July 23, are 220 members, approximately one-quarter of the Division, weighing in at 46,193 pounds. The average weight of each camper was 209.97 pounds. If all members meet their goal, some 3,131 pounds would be shed by Communications.

Members will weigh in during the first two days of DP6 & DP7 with the final weigh-in to be completed by July 23. The prize: guaranteed days off and a surprise gift from Capt. Buck.

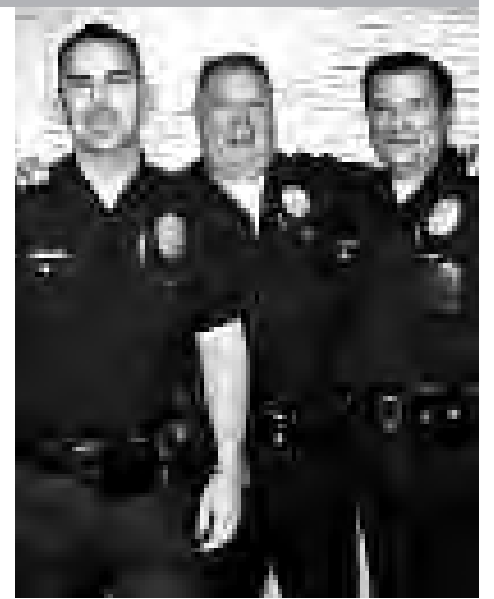
Camp began May 1, when the participants adopted Oprah's Boot Camp 10 Commandments. The intent is to give the participants a total mind and body makeover.

The Club donated prizes for their efforts.

Thanks to Yolanda Bunn, Yvonne Thompson, Sophia Thomas and Sharon Howze for getting your Club Counselor Arlene Herrero to see you through this!



Representing Quiet Storm, from left: Tracy Page, Club Member; Sherry Kemp; Berta Ugas, Team Captain; Denise Sawyer; and Marlene Swancy, Club Member.



Representing The Grazers, from left: Officer James McCarthy; Lt. Mark Ehring, Team Captain; and Sgt. Joe Ciancanelli.



Representing Hourglass Quintuplets, from left: Charlene Johnson, Team Captain; Yvonne Thompson, Challenge Coordinator, Club Member; Leslie Allen, Club Member; Shenita Easter, Club Member; and Yolanda Bunn, Challenge Coordinator, Club Member.



Representing 10 and Under "Heavy Weights," from left: Ruby Bravo and Yvette Bentley, Team Captain, Club Member.



Representing Fab 5, from left: Roni Speller, Team Captain; Diane Boose, Club Member; and Jennifer Lindstrom, Club Member.



Coordinators for Metro Division Center, from left: Yolanda Bunn, Communications Boot Camp Coordinator, Club Member; and Yvonne Thompson, Communication Boot Camp Coordinator, Club Member.



Representing The Evereadies, from Left: Stephanie Gilder, Club Member; Betty Clark-Cryer, Club Member; and Torrie Perkins, Club Member.



Margie Dilkes, individual participant, Club Member.



Representing Body by Comm, back row, from left: Joshua Peer and Teresa Jacobs. Front: Liliana Montenegro, Team Captain, gives her team the thumbs-up.



Latrice Earl, individual participant, Club Member.



Representing Flab-u-less "5," from left: Jessica Loya; Teresa Jones, Club Member; and Cheymyla Hardy.



Representing Crystal Lites, which won Club prizes for having all those on the team belonging to the Club, from left: Stephanie Martin, Team Captain, Club Member; and Sandra Martin, Club Member.



Angela Moore, individual participant.



Representing Weight Watchers: Gloria Goode, Club Member.



Megan Peer, individual participant, Club Member.



Charlotte Williams, individual participant.



Representing The Before and After, from left: Liza Ornelas, Team Captain, Club Member; Marcos Mendoca; Natrese Thomas, Club Member; and Marisol Vielma, Club Member.



Leesa Phaneuf, Individual Boot Camper.

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Representing The OGs Plus One, from left: Beth Hicks and Margaret Peters, Club Member.



Representing Losin' It 'n' Lovin' It: Sue LePre.



Representing 75 or Bust!, from left: Jean Sarfaty, Club Member, and Shawnee Livera, Club Member.



Representing The Biggest Losers: Martha Ulloa, Club Member.



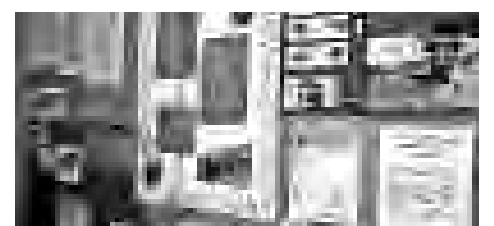
Representing The Underdogs: Deanne Avery.



Dan Bowden, individual participant, Club Member.



Sylvia Mills, individual participant.



The board with inspiration and tips.