

# KEY WEST POLICE ATHLETIC LEAGUE

## Key West Boxers attend Florida State PAL BOXING CHAMPIONSHIPS

NOVEMBER  
2013  
COPS & KIDS

On Saturday, November 2, 2013 the Key West PAL boxing team traveled to Ft. Pierce and competed in the Florida State PAL Boxing Championship. The tournament was hosted by Ft. Pierce PAL and boxing clubs from all over the State were in attendance. Scott Diaz and Emanuel Henriquez competed in the heavyweight class. Alija Helmer fought in the 132Lbs class. Julio Careras competed in the 126Lbs category. David Avila competed in the 152Lbs class where he made it to the championship match. In a close

bout Avila fell short from getting the belt. Coach Ricky Jackson said he was proud of each boxer, and is looking forward to the next tournament.

Coach Ricky Jackson and Danny VanStaden have training sessions every Monday, Wednesday, and Friday from 4:30pm–6:30pm at the PAL GYM. For more information call 305-797-8740



Coach Ricky Jackson, Scott Diaz, David Avila, Emanuel Henriquez, Alija Helmar, Julio Careras. (not pictured Coach Danny VanStaden)

## KWPAL COMMUNITY PARTNERS



REGAL  
ENTERTAINMENT  
GROUP



REFRESHMENT  
SERVICES PEPSI



Winn  Dixie



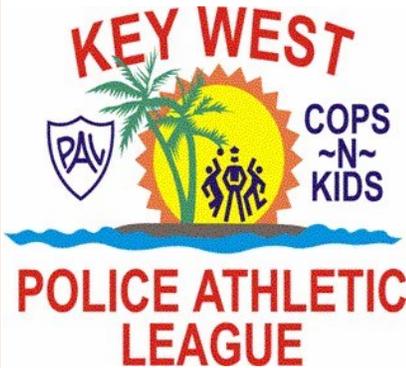
## “PARTY WITH A PURPOSE” Parrot Heads In Paradise

Parrot Heads flock to Key West every year during the first week of November. This years 22nd annual Meeting of the Minds was filled with members from all over the country who share the same passion for margaritas, Trop Rock music, and charitable activities. The purpose of the organization is to promote the international network of Parrot Head Clubs as a humanitarian, group sharing information and social activities for mutual benefit. The Key West Police Athletic League is one of the organizations that receives a donation from Parrot Heads In Paradise Inc. Thanks to their continuous support, KWPAL is able to provide youth services to the community that tighten the bond between cops and kids.



(L-R) Director of Convention Andre Talbert, KWPAL Program Coordinator Ofc. Chavarria, KWPAL Board Member Lieutenant Vazquez, Director of Finance Charlene Schultheis KWPAL President Ofc. Barrios.

## KWPAL BASKETBALL



KWPAL is gearing up for another exciting season of basketball. Registration sign ups are going on now, with tryouts on Saturday, December 7th and December 14th. The season is set to kick off on Thursday, January 9th, 2014 for First and Second graders at 6pm and Saturday, January 11, 2014 starting at 10am for Third to Eight graders. Registration forms can be picked up at Douglass Gym 111 Olivia Street Key West, FL.

For more information call (305)293-8305, (305)809-1034  
 Email– Dchavarr@keywestcity.com (Officer Chavarria)

## KWPAL THANKSGIVING CAMP



During the Thanksgiving school break KWPAL held a youth camp. During the week long camp, Coordinator Tez Waters taught the kids sign language and Cherokee words. The campers decorated headbands, had their faces painted and played some traditional Native American games. During the week, the kids learned the history of Thanksgiving while doing arts and crafts. The campers took a field trip to the Tropic Cinema where they ate popcorn and saw the animated film *The Croods*. The last day of camp the campers were treated to a day of fun activities at Boondocks Miniature Golf followed

by a picnic. Pictured above with the campers, Camp Counselor Tina Godfrey, KWPAL Youth Program Coordinator Officer Chavarria and Camp Coordinator Tez Water.

## AN EXTRAORDINARY KIND OF COP



*Sgt. B. Barrios, KWPAL President  
Officer D. Barrios, Officer Bouvier,  
Sgt. Frank Zamora, KWPAL Board  
Member Lieutenant Alfredo Vazquez,  
KWPAL Youth Program Coordinator  
Officer Chavarria  
(Pictured from L-R)*

Members of the Key West Police Department made this years Meeting of the Minds a very special one for Josh Nadler. During Saturdays festivities, Josh was presented with his own uniform shirt, collar brass, and parade hat. Josh, who has Cerebral Palsy and Mental Retardation loves coming to Key West every year to enjoy the festivities. Josh has a great admiration for police officers and after putting on his uniform, he was ready for duty. Sergeant Frank Zamora, who facilitated getting Josh his uniform drove him around the parking lot of the Casa Marina with the lights and sirens on. Sgt Zamora said, "It was a privilege to have Josh riding in my patrol car." Josh spends his free time watching videos of Key West and going on nightly rides with his father to see police cars in his hometown of Woodbridge, New Jersey. Josh is a great friend and a true inspiration to all of us in PAL; he really is an extraordinary kind of cop.

*"It was a privilege to have Josh riding in my patrol car"*

## KEY WEST POLICE ACTIVITIES LEAGUE

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*Filling Playgrounds Not Prisons*



KWPAL is a recreation oriented juvenile crime prevention program that relies heavily on education, athletics and recreational programs to tighten the bond between police officers and kids in the community.

### GOAL

To provide local youth with focus and direction to help them become responsible citizens.

To provide quality youth sports and educational programs designed to develop their skills, discipline, self-esteem, trust, and respect.

To create positive relationships between youth, police officers, and the community.

## A DAY WITH THE CHAMP

By Deglys Chavarria

I first heard Daniel Puder speak at a Florida Athletic-Activities League conference in Orlando, Florida. During the conference, Daniel shared tragic stories of children and teenagers who committed suicide after suffering from bullying and intimidation. Daniel felt a personal connection and in 2010 he created MY LIFE MY POWER (MLMP). MLMP is a National 501(c)3 Anti-Bullying and Youth Development Non-Profit program designed to teach our youth the importance of goal setting, mentoring, character building, personal branding, resume building, and leadership. The program is specifically designed to shift a bullying mentality and diminish the negative mindset that the youth may have towards themselves, their peers, and authority figures to ultimately lead to their own success and happiness in life. Daniel, an Un-defeated Mixed Martial Arts

Fighter and WWE's Tough Enough Champion, recently visited Key West on vacation. During his time here, I had the opportunity to gain insight into his organization. One of the reasons MLMP is different from other similar programs is that MLMP is provided year around. MLMP takes a preventative and proactive approach toward combating bullying and in turn reducing truancy, dropouts, suspensions, expulsions and arrests. For these reasons MLMP has partnered with National PAL. Daniel is truly dedicated to empowering the youth. He spends

his time traveling all over the nation speaking to the youth. Daniel is inspirational and a motivator to everyone he meets. The passion he has for helping the youth is un-measurable. KWPAL is currently talking to Daniel so that our local youth can benefit from MLMP. MLMP has been successfully launched by Miami- Dade County Police Department, Los Angeles Police Department, Los Angeles County Sheriff's Department and many more cities around the nation. I encourage everyone to go on their website at [www.mylifemypower.org](http://www.mylifemypower.org)



KWPAL President Donny Barrios, Daniel Puder, KWPAL Youth Program Coordinator Ofc.Chavarria (Pictured L-R)