



CONTACT
Bridgette Wright
bwright@nationalpal.org
704-909-2842

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NATIONAL PAL ANNOUNCES DECEMBER 2019 INSPIRATIONAL AWARD HONOREES

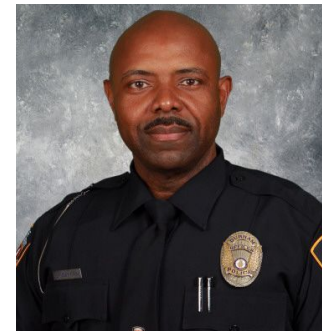
Honorees for December Include Youth, Volunteer, and Law Enforcement Officer of the Month

Charlotte, NC- The National Association of Police Athletic/Activities Leagues, Inc. (National PAL) is pleased to announce the December recipients of its monthly Inspirational Awards which recognizes individuals in the National PAL network who inspire their colleagues and friends and are steadfast in their service to their communities.



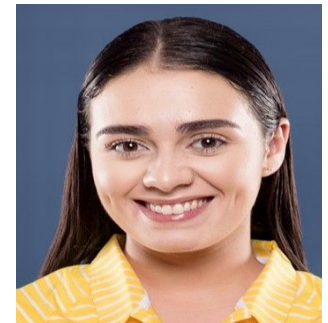
Laura Guzman, our December Youth of the Month, a dedicated Oxnard Police Athletic League’s Youth Leaders Council President. Accumulating 400+ hours of community service, Guzman has led several initiatives at her Chapter including feeding the homeless, holiday toy drives and hosting community Thanksgiving dinners. She is also a dedicated athlete participating in no less than three athletic programs (currently swim team, water polo, and boxing). While balancing her astounding 3.8 GPA, she always finds time to tutor and mentor fellow PAL youth. Throughout Waterbury PAL, Guzman has garnered great admiration, trust, and respect from all she’s encountered.

The December National PAL Law Enforcement Officer of the Month is **Officer John Suitt** of the Durham Police Department. Within his many duties as an officer, Suitt serves as a mentor for the PAL golf, baseball, Police Explorers, and SRO Camp programs. Furthermore, he coordinates the Durham PAL basketball program to improve athletic, academic, and social skills, by hosting tournaments, tutoring, and planning cultural field trips. More remarkably, Officer Suitt took the time to reach out to each mentees parents/guardians individually to learn more more about the youth to create a program that meets their specific needs.



For over 38 years **Edward Buruchian**, our National PAL Volunteer of the month, was instrumental in the founding and growth of the Vernon Police Athletic League until the point where he physically was unable to get to the Chapter. As an active Vice President, Board of Trustee Member, and Head of Engineering he treated Vernon PAL as his second home. Despite his battle with cancer, Eddie selflessly prioritized the needs of PAL above his own ailment. In the simplest terms, Ed was the giver to the giver. He remained a dutiful volunteer until his passing in October of 2019. You are greatly missed by all those at PAL, thank you for your years of dedication Edward.

Veronica Diaz, our National PAL Alumni of the Month, is the embodiment of a PAL proud and produced Alum. At seven-years-old, Diaz joined Waterbury Police Athletic League and immediately participated in athletic events as well as a plethora of charitable initiatives (including the Connecticut (CT) Special Events). Waterbury PAL introduced her beloved sport of golf to her in their “First Tee of CT” golf program. Today, she is First Tee of CT’s Assistant Coach and has mentored youth for the last five years within the program. While pursuing her undergraduate bachelor’s degree, Diaz often returns to her beloved PAL to teach and mentor.



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About The National Association of Police Athletics/Activities League, Inc. (National PAL)

National PAL exists to prevent juvenile crime and violence by providing civic, athletic, recreational, mentoring and educational opportunities and resources to all National PAL Member Chapters. National PAL builds bridges between kids, cops, and the community, fostering a positive environment across the country. As a membership organization, National PAL provides local Chapters with training, resources, and opportunities to create a new program to improve upon and enhance the quality of existing programs and to increase opportunities in their community.