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NATIONAL PAL ANNOUNCES JANUARY INSPIRATIONAL AWARD HONOREES

Honorees for January Include Law Enforcement Officer, Youth, and Alumni of the Month

Charlotte, NC – The National Association of Police Athletic/Activities Leagues, Inc. (National PAL) is pleased to announce the January 2019 recipients of its Law Enforcement Officer, Youth, and Alumni of the Month awards. Through these awards, National PAL recognizes individuals in the PAL network who inspire their PAL colleagues and friends, and are steadfast in their service to their communities.

The January PAL Law Enforcement Officer of the Month is **Officer Johann Dowana** of the West Palm Beach Police Department (NMBPD). Officer Dowana, who also teaches in the school-based GREAT program, encourages PAL kids to dream beyond their current circumstances. “If you get a child out of his or her natural environment, you give them the chance to experience life on a different level. You get them to see a different normal,” says Officer Dowana. He models that children could be a gymnast, Crossfit instructor, police officer, wrestler, avid traveler, community volunteer, break dancer – or all of the above – just like him.



Cameron Webster, our January Youth of the Month, has been a Henrico PAL kid since he was in fourth grade. After aging out of the After School Programs Webster then joined the Youth Leadership Council (YLC) where he continued to mature and excel serving as Treasurer and Trustee throughout the five-plus years working with the YLC. A standout student-athlete, he maintains a 3.2 GPA while participating in rigorous International Baccalaureate programs with a mix of AP and IB classes.

Officer Jethro Cardona, our January Alumni of the Month, has been involved with Nassau County PAL for over 20 years. Currently, one of the PAL Police Officer Directors of Nassau County PAL, a dream achieved in 2013, Cardona hosts an annual special needs “Kids vs Cops” Basketball game and organizes special needs Microsoft workshops. Cardona also volunteers and coaches PAL basketball teams in his spare time.



“We are excited to highlight those who are enhancing and impacting both our communities’ youth and community based PAL programs across the country,” said Jeff Hood, CEO of National PAL. *“We look forward to acknowledging more of our future inspirational awardees who are making a difference all across this Country.”*

National PAL accepts nominations for the Inspirational Awards honoring law enforcement, volunteers Alumni, and youth on a monthly basis. For more information on these awards or to submit a nomination, please visit www.nationalpal.org.

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About The National Association of Police Athletics/Activities Leagues, 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 PAL Member Chapters. National PAL builds bridges between kids, cops, and the community, fostering a positive environment across the country. As a membership organization, the National PAL provides local Chapters with training, resources, and opportunities to create new programs, to improve upon and enhance the quality of existing programs and to increase opportunities in their community.