

## **Angela Sands**

Officer Angela Sands began her law enforcement career in 2012 as a patrol officer with the Lincoln, Nebraska, Police Department (LPD). Her responsibilities have included crime scene investigator, recruit mentor, field training officer, and undercover officer. In November 2015, Officer Sands was shot while on duty and credits wearing her bullet-resistant vest with saving her life. Since that time, she has provided local and national presentations and instruction in prevailing mind-set—surviving and winning a lethal-force encounter; post-traumatic stress disorder; and emotional health for law enforcement. Among other honors, she was recognized as the Nebraska Officer of the Year in 2016 and was the recipient of the LPD Medal of Honor in 2016. Officer Sands is now the Public Information Officer for the LPD and conducts daily media briefings, coordinates news releases, creates content, and maintains all social media. Officer Sands earned a bachelor of arts degree in human relations from Doane University in Crete, Nebraska.