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# CONTENTS

- 6 **EDITOR'S POINT OF VIEW**  
George Beck, Ph.D.
- 8 **SHERIFF CLARKE SPEAKS OUT**  
Bastardizing Civil Rights Icons  
By Sheriff David A. Clarke Jr. (Ret.)
- 12 **NATIONAL VOICE**  
The Extreme Left Wing is Taking Over the Democratic Party  
By Bernard B. Kerik
- 15 **LEGAL NEWS**  
Understanding Your Role on the Beat: An Attorney General Directive  
By Timothy Smith, Esq.
- 18 **OUT-FRONT**  
Where Have All the Leaders in Law Enforcement Gone?  
By Christopher Scilingo
- 21 **HEAR ME OUT**  
The Southern Border Isn't the Only Illegal Immigration Battlefield We Should Focus On  
By Sherif Elias
- 22 **ON THE BEAT**  
Can Banks Sometimes Seem Like a Thief's Partner in Crime?  
By Ryan Weber
- 27 **STRAIGHTFORWARD**  
Cultural Entitlement: The Age of "Expectation"  
By Lt. Anthony Espino
- 28 **COVER STORY**  
Phishing Season  
Don't Get Hooked  
By Deniz Majagah
- 31 **SUCCESS IN RETIREMENT**  
Retirement-Who Me?  
By James F. Ford, Jr., Ph.D.
- 32 **SQUARE-SHOOTING**  
Those White Cops  
By Officer Deon Joseph
- 36 **FEATURED INTERVIEW**  
World Champion Boxer  
Danny McDermott  
By George Beck, Ph.D.
- 38 **INSIDE VIEW**  
Social Media Radicalization is Putting Our Military At Risk  
By Dr. Demetrick Pennie & Eric Feinberg
- 41 **TRAINING**  
Traditional Japanese Karate-Do And Why You Are Missing Out  
By Lt. Patrick J. Ciser (Ret.)
- 42 **VANTAGE POINT**  
Scoop & Run  
By Joel E. Gordon
- 43 **PROFILING**  
Honest and Law-Abiding Citizens Have Nothing to Fear  
By Christian Argudo
- 44 **MILITARY NEWS**  
Four Tips for Scheduling Success in the VA System  
By Scott Frezzo
- 47 **OPERATION REBOUND**  
Fighting Back  
By Michael D. Boll
- 48 **INSIDE PERSPECTIVE**  
Breath in Nature  
By Anthony Mikatarian
- 51 **PREVENTION**  
Stranger Danger  
By Ted Freeman & Cynthia Scott
- 52 **SPOTLIGHT**  
Retaliation: Chief Today, Demoted Tomorrow. The Story of Retired Deputy Chief Robert Cowan  
By Valerie Velazquez-Stetz (Ret.) J.C.P.D.
- 53 **CONGRATULATIONS**  
Retired Detective Jorge Santana  
By Detective Ed Dolan
- 54 **FUTURE OUTLOOK**  
LEO Retirement: Follow Your Dreams  
By Eddie Molina
- 56 **AROUND FLORIDA**  
"Make a Difference Every Day"  
By Julia Torres
- 57 **POLICE CHAPLAIN'S PERSPECTIVE**  
A Helping Hand  
By Chris Amos
- 58 **BEHIND THE BADGE**  
Are You Prepared to Order Your Officers Into a Deadly Encounter?  
By Joseph Pangaro, CPM
- 59 **BLUE EVENTS**  
Remembering A Hero  
Det. Brian Simonsen  
By Vincent D'Amico
- 60 **FITNESS**  
Choose to Move, Don't Take it Sitting Down!  
By Sgt. Kaluba "Coach Kal" Chipepo, MBA
- 62 **REMEMBRANCE**  
Border Patrol Agent Donna Doss  
By Jonny Castro
- 63 **FINANCE**  
Life Happens! Plan For Today... Protect For Tomorrow!  
By Eva Malone
- 64 **BLUE PAWS**  
Law Enforcement Officers and Their Canines  
By Joseph Celentano
- 65 **BLUE CLASSIFIEDS**  
Local Merchants Serving Our Community

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***"I ENCOURAGE EVERYONE TO COME TO MEDWELL.  
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**PASSAIC COUNTY SHERIFF BERDNIK**



Welcome to another excellent issue of Blue Magazine. We are out front, standing against those externally and internally attacking the law enforcement profession and supporting the officers who risk greatly to serve and protect their communities. In this issue, we have an exciting group of writers from all over the U.S. They are an aggressive breed of in-your-face, get-out-of-my-way, folks who have something to say. They pull no punches, calling it as they see it. We will continue advocating against abuses and injustices, including bullying and unprofessionalism from superiors and others. Our new tips line is on fire. Stay tuned for forthcoming investigative reporting articles.

I thank Daniel Del Valle for promoting me to editor-in-chief. Your confidence in my ability is appreciated. Together, we are making great strides for our law enforcement profession. Being behind the scenes here at Blue Magazine, I see many things that most people never see. For those of you who personally know Dan, you know he prefers to be in the background. He's not the type who seeks attention or the spotlight. He's confident and understands that titles and big desks are not what makes a great leader—it's action and doing what's right for the right reasons. What has always impressed me about Dan—besides being a great father—are all the officers he's helped over the years. Many officers either stop in the office or reach out on the phone for help. He never turns any of them away—some of whom were in very desperate situations and with Dan's guidance have overcome great challenges. Dan also helps inner-city youth to become future leaders—not with speeches—but with hours upon hours of mentoring these kids so they grow, mature, and attain academic and professional success. Keep up the great work, Dan. You are making a significant difference in our profession and the world around us.

I am honored to announce Joseph Uliano has been promoted to managing editor. Joe came to the magazine four years ago and has worked in all phases of production. His intellect and insight into law enforcement issues are unmatched. His passion for strengthening our profession and advocating for those who are targets of workplace harassment and intimidation shows he has the strength to take a stand when others will not. It's a pleasure to watch Joe reach his goals. Congratulations, Joe!

I'd also like to congratulate Chief Joel Gordon (Ret.) who is our new associate editor. For several years now, Joel has been a writer and advisor for Blue Magazine. He's always brought intense passion and positive energy to national discussions. Joel is a successful author and columnist from West Virginia. He runs the popular Facebook group Police Authors Seeking Justice. Joel's editing skills are expert, and we are fortunate to have him join our team!

The cold weather is finally in the rearview mirror, and the anticipation of a bright summer is quickly approaching. Are you making plans to spend the beautiful weather with family and friends, or are you overly consumed with your law enforcement duties? Make sure you take the time you earned to strengthen your relationships with those who love you.

George Beck, Ph.D.  
Editor-In-Chief



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## Bastardizing Civil Rights Icons

By Sheriff David A. Clarke Jr. (Ret.)

The Jussie Smollett incident took enough twists and turns to fill an entire season show on pay TV, before its climactic finale that ended with his arrest. However, the liberal media and race hustlers are still trying to squeeze the last bit of juice out of that orange. If you thought this hoax was over, you are wrong. The identity politics purveyors and the media will use this case as a rallying point to keep this insidious game of race politics alive.

A narrative is now developing by Smollett's supporters and apologists who are desperately trying to salvage anything possible. They question the motivations of the Chicago Police arguing that Laquan McDonald—the armed black male killed by police and the cover-up by withholding the body cam video until after Mayor Rahm Emanuel's re-election means the Chicago Police can never again be believed. However, there is another aspect in the aftermath of all this, that I find more disgusting. It's the rationalization of bad behavior—even criminal behavior—by certain black people who should know better. Liberal media elitists, black political pundits, and professors in ivory towers in academia lead the chorus in furthering the cultural rot that is becoming pervasive throughout the black community.

Instead of being responsible by exhibiting leadership through the influential positions these liberal elites have—many of them who are black—chose to commiserate and pander by finding justification for bad behavior by black men. Is everything upside down?

There was a time that when black icons in the fight for justice were much different. These are icons like Dred Scott, Frederick Douglas, Booker T. Washington, Ida B. Wells, Harriett Tubman, Nat Turner and Crispus Attucks who was the first American

killed in the Revolutionary War. More recently Emmett Till, Rosa Parks, Malcolm X, Jackie Robinson, Jesse Owens, Thurgood Marshall, and Dr. Martin Luther King come to mind. These stalwarts in the pursuit of justice and equality were people worthy of icon status and role modeling. However, today the people who are championed as heroes and icons in the black community more resemble a police blotter. People like Rodney King, Mike Brown, Freddie Gray, Eric Garner, and Trayvon Martin are now the giants in the civil rights movement. This is an insult, a perversion of the blood sweat and tears endured by people worthy of being forever remembered throughout history. It's disgusting that some hucksters are so desperate to find 21st-century civil rights icons as an example that the fight for justice continues (as if nothing has gotten better), that they are willing to disparage and water down the sacrifices made by real black icons.

Every one of these previously mentioned modern-day civil rights icons (miscreants) were engaged not civil disobedience, but dangerous criminal behavior at the time of their death. Mike Brown had committed a strong-armed robbery of a convenience store clerk before attempting to disarm a police officer for heaven's sake.

Listen to how these miscreants were heralded. Race hustler Al Sharpton said, "The demonstrations, the rallies that many of us came and started led into what later happened two years later around Ferguson (Mo.), around Eric Garner; but it started, the seeds of that started in Trayvon Martin, so Trayvon Martin energized a renewal of civil rights activism in the 21st century like Emmett Till energized it in the 20th century." Seriously?

Is anybody surprised that CNN show host Don Lemon excused the hoax perpe-

trated by Jesse Smollett by saying that, "it's not his fault," and that Smollett simply lost in the court of public opinion. Lemon further blamed it on how his lawyers handled it.

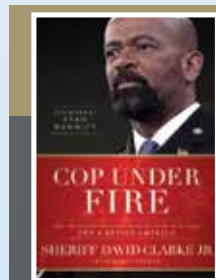
However, the gold medal winner in the aftermath of the Smollett hoax is CNN's race provocateur Van Jones who likened Smollett's stature to the impact on American society that Jackie Robinson's breaking the color barrier in baseball had. I kid you not. He called Smollett, "the fall of an icon" in the black community. Jones takes hyperbole to a new level. This is sick.

Young black men should be shielded from people like Mike Brown, Eric Garner, Freddie Gray, Colin Kaepernick, and Jesse Smollett unless we use them as examples of how not to behave or model after. We need role models in the black community, but we don't need this group. While we're at it, we should consider shielding them from bad behavior enablers like Don Lemon and Van Jones too.

If Colin Kaepernick, Jussie Smollett and a list of criminals are the 21st-century symbols of where the civil rights movement stands today, then shut it down. What an abomination. Let's add no more names to the list of who's who among black icons. In fact, not being able to find people worthy of civil rights icon status today tells me that it's time to acknowledge that while we should never forget, we have overcome. 🌍

(Article courtesy of townhall.com)

Sheriff David Clarke Jr. is former Sheriff of Milwaukee Co, Wisconsin, President of AmericasSheriff LLC, Senior Advisor for America First, author of the book Cop Under Fire: Beyond Hashtags of Race Crime and Politics for a Better America. To learn more visit [www.americassheriff.com](http://www.americassheriff.com)



**COP UNDER FIRE**  
 Moving Beyond Hashtags of Race, Crime and Politics for a Better America  
 SHERIFF DAVID A. CLARKE JR. (RET.)

America has become increasingly divided and polarized in recent years. With growing racial tension, animosity toward law enforcement professionals, government corruption, and disregard for the constitutional process, there seems to be no easy answer in sight. But Milwaukee County Sheriff David Clarke knows where we must begin: we must stop blaming others; look at our problems with open eyes; take ownership of our family, community, and country; and turn to God for solutions. Deeply rooted in Sheriff Clarke's personal life story, this book is not a dry recitation of what has gone wrong in America with regard to race. It's about the issues that deeply affect us today—both personally and politically—and how we can rise above our current troubles to once again be a truly great people in pursuit of liberty and justice for all.





*“ I just wanted to say thank you to our law enforcement officers for all you do and how you risk your lives everyday so that others can lead the life that they choose! For me and my family, we appreciate what you do even if there are some that do not. In the midst of great verbal assault we should stand by our Officers.”*

*Dr. Bill Aydin, M.D.*



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# THE EXTREME LEFT WING IS TAKING OVER THE DEMOCRATIC PARTY

By Bernard B. Kerik

In just the two weeks, our entire country has been flipped upside down by the lunacy of many in the Democratic Party, and those on the left that are either completely out of touch or testing the waters to move this country from one of freedom and liberty to one of socialism, oppression, and complete government control.

What is more frightening than that is that many Americans, especially our young, are nodding in agreement because they blindly support that Democratic Party and have no clue what the end result could be if they had their way.

So, for my Democratic friends, and yes, I do have many, this is what the new socialist Democratic Party has called for in just the past two weeks:

First, they want globalism over sovereignty, they support Hamas (a known terror organization) over Israel, and go out of their way to support illegal immigrants over U.S. citizens.

In their zeal to create a fear amongst the pro-choice left and moderates, they falsely claimed that President Trump was going to use the Supreme Court to reverse *Roe v. Wade*, when in fact, no one in this administration was even talking about it. As a result, the extreme left then encouraged and influenced Democrats to draft and pass legislation that included third trimester abortions.

As the rally wagons circled and the left cheered the new laws, lighting up the Freedom Tower in pink in celebration, the smiles changed to frowns, and the cheers to jeers, as many Americans heard for the first time what that legislation actually meant from a sitting Virginia governor.

As he explained the procedure during a public radio show, he explained that an infant or baby would be “delivered,” meaning the baby was born, out of the womb, alive! Then the doctor would “make the infant comfortable.” That means the baby would be drugged, while the mother and physician discuss the baby’s future on earth. Then,

depending on the mother’s decision, the new born, living child... is either killed, or allowed to live. This is called “infanticide,” and it takes place in other countries around the world, China, North Vietnam, Pakistan, and North Korea, to name a few.

To any U.S. prosecutor or criminal investigator, historically, this has been called “murder.” For example, should an 18-year-old woman give birth to her child, and then kills it upon delivery, that is a homicide, and it’s exactly the same thing that these new laws allow, except in this case, the homicide is committed by the doctor.

Moving on.

Some of the newest Democrat members of Congress have called for a 70 percent tax hike on the rich (anyone worth more than \$10 million), and a 90 percent tax hike on billionaires. So, there goes good old capitalism! Common sense would tell you that those companies worth tens of millions or billions, only got there as a result of those that worked in the companies. Over taxing means less employees, less productivity, and eventually, bankruptcy. The government then takes over and mass chaos begins, as we’ve seen in other socialist countries, most recently Venezuela, and their plans don’t stop there.

The most outrageous has been the “Green New Deal.” In short, the government would take care of those, unable and “unwilling” to work! And yes, you no longer have to worry about being lazy, because as long as you are “unwilling” to work, the government’s got your back and will take care of you, and that’s not all. You’re going to get free education, and free health care. Those are the great parts of this plan. The bad parts are, that you’re going to have to start travelling by car or horseback, because they’re eliminating air travel, and there will be no more steak dinners because they’re eliminating cows, in order to stop cow flatulating. Cow flatulating is cow’s farting, so they have to go.

So if all this isn’t enough, let’s not forget, they’re attacking the 1st and 2nd Amendments every chance they get. They’re legalizing marijuana and turning communities into crime infested zombie lands, and giving sanctuary to men and women that enter this country illegally, making them priorities, while making Americans second class citizens.

The far-left and new socialist Democratic Party is so busy with the agenda to destroy America and our Constitution, they haven’t had time to address crime and poverty in cities like Chicago, Baltimore, Milwaukee, and St. Louis, just to name a few. In fact, if they have their way, those crime infested poverty stricken cities as they stand today will look like Beverly Hills once they finish with the rest of the country.

They are doing everything in their power to rid Americans of their rights to protect themselves, defend themselves, speak freely, and live by our Constitution as it was created. Secondly, the Millennial generation has been force-fed this socialist propaganda in our learning institutions, and worse, not taught enough world history to see how Russia, China, Cuba, Venezuela, and other countries self-destructed as a result, under socialist and communist rule.

When you have members of Congress that do not know the three branches of government, or what it takes to stimulate an economy, or how violent crime impacts out communities, you have to believe we’re doomed to failure. When you have members of Congress that despise Israel, send a letter to a federal judge asking for leniency for a convicted terrorist, and calling to defund the U.S. Department of Homeland Security, with more than 150,000 employees in 22 separate agencies, which include the U.S. Coast Guard, U.S. Secret Service, ICE, U.S. Border Patrol, FEMA, you have to be concerned as to their true motive and intent.

The new extreme left wing of the Democratic Party is on a mission to destroy our

country, and shred the American Constitution, and the Democratic leadership are either afraid of them, or have no conception what to do about it. It's time that they stand up in support of America. It's time that they stand up for our freedoms and liberties, and everything that has made this country the way it is. There has always been people on the outside looking in, promoting the demise of the USA, but now they're on the inside, and if we don't do something to stop

them, they're going to get their wish! 🌐  
(Article courtesy of [newsmax.com](http://newsmax.com))

As New York City's 40th Police Commissioner, Bernard Kerik was in command of the NYPD on September 11, 2001, and responsible for the city's response, rescue, recovery, and the investigative efforts of the most substantial terror attack in world history. His



35-year career has been recognized in more than 100 awards for meritorious and heroic service, including a presidential commendation for heroism by President Ronald Reagan, two Distinguished Service Awards from the U.S. Department of Homeland Security, The Ellis Island Medal of Honor, and an appointment as Honorary Commander of the Most Excellent Order of the British Empire by Her Majesty Queen Elizabeth II.



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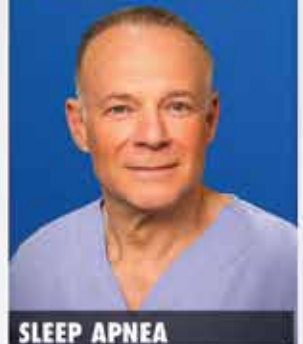
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# UNDERSTANDING YOUR ROLE ON THE BEAT: AN ATTORNEY GENERAL DIRECTIVE



By Timothy Smith, Esq.

On Nov. 29, 2018, New Jersey Attorney General Gurbir S. Grenwal issued a Law Enforcement Directive entitled, “Directive Strengthening Trust Between Law Enforcement and Immigrant Communities.” The intent of the directive is to limit the extent to which New Jersey’s law enforcement officers assist the federal authorities in upholding the nation’s immigration laws. As the directive states on its very first page, in order to bolster cooperation between law enforcement and immigrant communities, it is “crucial” that “our immigrant communities” understand that New Jersey law enforcement officers work to enforce New Jersey’s laws, not the federal government’s laws, that immigration law is federal law, and that New Jersey officers “are not responsible for enforcing [federal] civil immigration violations except in narrowly defined circumstances.”

To that end, the directive goes on to list a number of circumstances where New Jersey officers should not act to help in the enforcement of immigration laws. Examples of these prohibitions are as follows: With certain exceptions (spelled out in the directive), officers may not stop, question, arrest, search or detain any individual based solely on that person’s actual or suspected citizenship or immigration status, or that

person’s actual or suspected violation of federal civil immigration laws. With similar exceptions, officers may not inquire about the immigration status of a person unless doing so is “necessary to the ongoing investigation of an indictable offense by that individual” and such an inquiry is relevant to the offense under investigation. You will note the reference to indictable offenses. It thus seems that such an inquiry is not allowable if the officer is investigating a non-indictable offense even if the inquiry would be relevant to the investigation.

With certain exceptions (again, spelled out in the directive), when the sole purpose of involvement is to enforce federal civil immigration law, officers shall not participate in civil immigration enforcement operations, and officers shall not provide access to any law enforcement equipment, office space, database or property not otherwise available to the general public. Similarly, and again with exceptions set forth in the directive, officers shall not continue the detention of any person past the time that person would otherwise be eligible for release from custody based solely upon a civil immigration detainer request. In this regard, the directive takes pains to explain that such a request, sometimes referred to as an Immigration and Customs Enforcement (ICE) detainer,

additional restrictions on providing assistance to federal immigration authorities. In this same vein, the directive also states that while it mandates noncooperation under certain circumstances, it does not mandate cooperation when officers are permitted to cooperate in the enforcement of immigration law.

Of course, this short article highlights only some aspects of the attorney general’s new directive on the enforcement of federal immigration laws. To completely understand the subject, the reader can obtain a copy of the directive from the attorney general’s website. Also, and perhaps of most importance, the directive mandates that all law enforcement officers receive training on the requirements of the directive.

Last, the obvious should be stated. Law enforcement officers are obligated to follow the directive. The New Jersey attorney general is the chief law enforcement officer of the State of New Jersey. As such, the attorney general undoubtedly has the power to direct law enforcement officers in the performance of their duties. If, by inadvertence, this article makes any statement that conflicts either with the directive or with training conducted pursuant to the directive, officers must follow that directive and that training. ●

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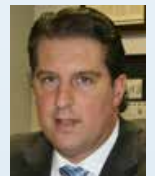
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or as an administrative warrant, is different from a judicially issued warrant. The former, that is, a detainer, is issued by federal immigration officers, while judicial warrants are issued by either federal or state judges.

The directive emphasizes its general intent by also stating that local law enforcement agencies are free to impose their own

*Timothy R. Smith, a certified criminal trial attorney (less than 1% of New Jersey lawyers have satisfied the rigorous requirements necessary to achieve such a designation), devotes much of his practice to criminal and disciplinary defense. Smith was formerly employed as a police officer, detective, police union president and member of a prosecutor’s office legal staff prior to transitioning into private legal practice. Smith has served as an adjunct professor of graduate studies at Seton Hall University. He has also served as a private consultant to the Port Authority of New York and New Jersey instructing police recruits in the area of search and seizure.*



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# Where have all the leaders in law enforcement gone?

By Christopher Scilingo

**F**ar too often it seems that titles, stripes or shiny bars bring forth de facto leadership within our law enforcement organizations. However, this idea couldn't be farther from the truth. A supervisor is just that; a person who supervises or manages people and their activities. Law enforcement organizations have plenty of supervisors. They may be your corporals, your sergeants, your lieutenants, your captains and so forth. But does your law enforcement organization—your department—have any leaders? If your department has effective leaders, great, I am sure you are aware of the positivity and success that they bring to your organization. If your department does not have effective leaders—or no leaders at all for that matter—be cautious and watch closely, because that can be dangerous for an organization. Leaderless police departments are often found plagued with crippling low morale, troubled officers and numerous complaints from the public.

Law enforcement supervisors are necessary in operating a department and its functions. Effective law enforcement leaders are absolutely vital in whether or not that same department operates effectively. Let's not forget, we're in a service industry. We don't manufacture any goods, we don't necessarily make our employers money and we're not profit-based. We do, however, provide value to the communities we serve. Whatever definition of service you come up with doesn't necessarily matter; the fact is that we all serve. What level of service can we as law enforcement officers provide if we are only managed and supervised by those who solely place emphasis on controlling procedure or scheduling a work force to limit overtime?

In comes the leader—he or she may be your supervisor or your peer. Here's a scary thought: The sole leader may be your chief of police. It doesn't matter who the leader is. What matters is if they can positively influence a workforce to go out and do

great things and to serve successfully. I'm not here to debate the abundance of leadership styles, especially in the law enforcement business. I believe we all understand that police work and police organizations are a paramilitary business. We take our orders from those senior in rank or time, and we carry out those orders to the best of our ability often without question. Every situation is different and every situation should dictate which leadership style be used most effectively. We hope, at least, an effective leader can do exact-

ly that in assessing a situation and responding with an effective leadership style. You don't need rank and you don't need titles to be an effective leader. What you need is the will to positively influence others and set the example for others to follow.

My advice to that fresh-caught rookie from the academy is to educate yourself on effective leadership and gravitate toward those who possess great leadership traits that you will be working with. It is in this way that you will only become more successful. My advice to the supervisor with stripes or bars on your collar is to take a moment to truly realize the influence you have on subordinates and know that you can make a positive impact in their life and career. This will only help the greater mission in providing effective law enforcement services. Lastly, my advice to you, the big dog, the head honcho, the officer in charge—chief of police, sheriff, director, colonel, the person that the buck stops at is you are at the top and you have absolute influence over all that you command. It begins with you and ends with you. You must take responsibility when times are good and when times are bad. Understand that taking no action or providing no leadership is the single most destructive behavior that you can display — your command and those under you will suffer from it. Leaders don't know it all, but an effective leader certainly will know what they do not know, and that inspires the truest respect. If you're not up to the leadership task, be responsible enough to admit it and walk away. Let a real leader step in, before someone you supposedly "lead" gets hurt or killed. In our line of work, the stakes are too high for ineffective or absent leadership. 🌐

*Chris Scilingo is a police officer in NJ since 2011. He's a Marine veteran who served in Iraq and Afghanistan. He is near completing his bachelor's degree at Fairleigh Dickson University; where he also plans to pursue a master's degree. Chris aspires to teach higher education after transitioning from law enforcement.*



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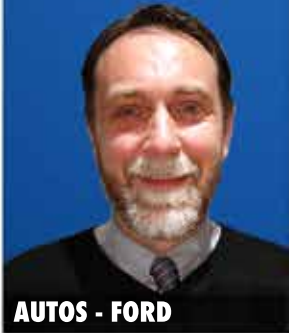
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# The Southern Border Isn't the Only Illegal Immigration Battlefield We Should Focus On

By Sheriff Elias

**W**ith so many of us focused on what's going on at the southern border of the United States, we quickly forget about the other routes of passage into our country. Right now, there's another migrant caravan heading north from South America, but no one expects these individuals to cross over. The caravans make for good television; we listen to stories about the dangerous and exhausting trip to the United States, and then what? The caravan migrants are stuck at the border on Mexico's side, and realize they now must apply for asylum. But they didn't get in. Some even make demands and call for the United States government to give them monetary reparations. But successful illegal immigration isn't televised, and the journey isn't tracked. The caravan is a distraction, and we are losing the fight with illegal immigration.

There are roughly 11 million illegal immigrants living in the United States, and they didn't all cross the border. According to the Pew Research Center, six states have 59% of unauthorized immigrants, and only two share the southern border with Mexico. While it's difficult to measure how many people cross the border successfully each year, we can look at the number of border apprehensions to give us an idea of the activity down south. In FY 2017, there were 303,916 individuals apprehended by Border Patrol at the southern border. Meanwhile, the Department of Homeland Security reported 606,926 suspected visa overstays in FY 2017. It is estimated that

40% of those living in the U.S. illegally were visa overstays.

So, we've mentioned the border and nonimmigrant admissions who overstay their visas. Then there are the DACA recipients, with accepted requests totaling 472,853 in FY 2017. Their immigration status is always pending, never resolved. The DACA program invites debate over the 14th Amendment, which is being exploited by birth tourism. Birth tourism is a practice of traveling to another country, in this case the United States, with the purpose of giving birth on U.S. soil. The 14th Amendment grants them this:

"All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the state wherein they reside."

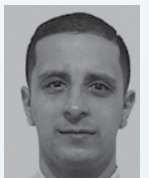
In February 2019, three people were arrested in California for running birth tourism companies, mainly providing services for Chinese women. On the website for Star Baby Care, one of the companies in question, the owner says she's helped service 8,000 U.S. births since 1999. These companies charge as much as \$100,000 for their services, and helped facilitate travel, housing and advice on how to handle medical care once the customer is in the United States. And it's not just the Chinese. In January 2018, NBC News reported on a boom of Russian babies in Miami, also taking advantage of the 14th Amendment.

President Trump wants to end birthright citizenship. Using executive order to end birthright citizenship wouldn't sit right

with a lot of people. A change to an amendment should go through Congress, and most likely this will not happen in today's political climate. But trying to use executive order would bring the discussion to the courts, and maybe invite clarification on the language of the 14th Amendment. Anyone born here has been granted citizenship, but do tourists necessarily count in "the jurisdiction thereof"? What about those living here illegally?

For us to start winning the fight against illegal immigration, we would need to take away the reasons for immigrating illegally, and ending automatic citizenship by birth would make the United States less attractive. The southern border isn't the only illegal immigration battlefield we should focus on. The caravans were never intended to be successful, only distract. If you want to sneak into a country, you do it quietly. 🌐

*Sheriff Elias is a probation officer in New Jersey. He previously served as an infantryman in the United States Army and is a veteran of Operation New Dawn. He earned his bachelor's degree in Criminal Justice and Economics from Rutgers University, and earned a master's degree in Public Administration from St. Peter's University. He is currently pursuing a graduate certificate in Homeland Security Administration at Fairleigh Dickinson University.*



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# Can Banks Sometimes Seem Like a Thief's Partner in Crime?

By Ryan Weber

**B**anks try to make it as easy as possible for a person to obtain a bank account. They don't have many security requirements that one must go through to open a checking or savings account. Anyone can walk into a branch with a single form of identification, deposit money and walk out with an active account, a debit card and some starter checks.

But in comparison, when a police investigator contacts the bank to obtain all available information, they put the brakes on the easy accessibility. Often the investigator must jump through hoops to solve a case where 99% of the time the banks are the victims.

The following is a typical scenario in connection to stolen check cases. There are many ways a check can be stolen. Currently, in the Tri-State area, we are experiencing a high volume of thefts of checks from United States mailboxes, a practice commonly referred to as fishing. Fishing is the term used to describe when a sticky substance is applied to a bottle or some other item, and then a string is tied to the bottle or item, which is then used to lower the bottle/item into the mailbox to extract the mail. Many people still mail checks to pay bills,

and they use the blue mailboxes scattered throughout the suburban neighborhoods to send their checks.

When an account holder discovers that a check, which they wrote to pay a bill, did not make it to its destination, they immediately contact their bank. The banks have the account holder write out an affidavit, which they sign indicating that they did not have anything to do with the theft and fraud. The banks then advise the account holders to file a police report.

Usually, by the time the victim files the police report, weeks or months have passed since the crime has been committed. Seldom do banks notify the account holder immediately, and the police are notified sooner rather than later. So, investigators contact the victim's bank and depending on the bank, they usually spend about a half an hour on hold before they can speak to a customer service representative who ultimately gives a phone number to a fraud investigator. Once the fraud investigator is contacted, after more time wasted on hold, the case details are finally provided to them. The first question that needs to be answered, and one that most banks will not provide without a subpoena, is where was the bank of first deposit?

Some banks will not provide that information, nor will they give any additional information without first receiving a subpoena. Investigators typically ask the bank employee why they still need to provide a subpoena when they are ultimately going to be the victim.

So the investigator applies for a subpoena, and it takes a day or two to get it back from the prosecutor's office. Then, the investigator must figure out how the bank wants to be served with the subpoena. Some banks want it to be served in person, some via email, some by fax, some regular mail and some want service to be via certified mail. So, depending on the service, and a lack of a standardized process, more time

is lost.

A good tip is to request that the bank provide a photograph of the person who deposited the check and a photograph of the person who first withdrew money from the account after the fraudulent transaction occurred. If the check was deposited via a mobile device, then requesting an IP address and date and time of the transaction is needed.

Sometimes, depending on the amount that has passed since the crime, the surveillance video is no longer available and important evidential information is lost.

Lastly, investigators must ask why banks make it easy for thieves to deposit stolen checks into their customer's accounts. They allow the customers to remove money from their accounts before the clearing of the checks. In the current environment, it is easier for a thief to commit the crime than it is for the investigator to investigate the crime, therefore begging the question: Have banks become complicit in their own victimization? You decide.

Reform is needed. All bank customers should be required to provide a photograph and fingerprint when opening an account. All existing account holders should also be required to provide that information. All transactions should be verified with that information prior to being executed. Finally, banks should be more cooperative with law enforcement and should expedite the flow of information. Catching the thieves should be everyone's number one priority. It shouldn't take a battle through red tape to uncover criminals. 🌐

Ryan Weber is a 13-year veteran law enforcement sergeant, currently assigned to the detective bureau in a northern New Jersey police department. He will be completing his bachelor's degree from Fairleigh Dickinson University in April of 2019.



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# Cultural Entitlement: The Age of “Expectation”

By Lt. Anthony Espino

**W**e are experiencing a culture of entitlement in this country. Every time I watch news outlets, I hear the cries of “poor me.” Many people in America are looking for handouts, too lazy to go out and earn their own money. Hey, let’s tax the rich; they don’t need all that money. Sure, let’s punish those who work hard and are driven to succeed in life.

This type of rhetoric is quickly changing the mindset of the American people. Instead of looking for ways to better themselves or looking for ways to help others, they are looking for ways to get the government to help them. Self-reliance has been replaced by reliance.

There are many Americans who depend on the government. They see themselves as victims and carry themselves in a manner that would suggest as much. Illegal immigrants believe they’re entitled to opportunities in America regardless of following the laws to enter the country legally. Don’t get me wrong, I’m all for immigration, but it has to be done lawfully. This great country was built by immigrants, but those people came here legally and willing to contribute to society. They worked hard, respected and loved this country.

We have college students believing their tuition should be free. I’m all for that, considering I have a daughter in college and

another going next year. Free higher education in the United States may sound like a great idea. For nearly a century after federal land-grant colleges were first established in 1862, many public institutions were free, or nearly so. Now, with more than \$1 trillion in U.S. student loan debt and growing, this has put constraints on both young people’s futures and the economy.

An entitlement culture makes life comfortable, removing that feeling of desperation. In my opinion our children, seniors, men and women of the armed forces, law enforcement, emergency personnel, firefighters and churches are the only members of our society who are entitled to anything. Let’s think about our parents and their parents and so on who have made many sacrifices over the years so that we could have a better country than the one they inherited from their predecessors. Our law enforcement families proudly put on that uniform every day, working hard to keep our cities and towns safe. Our firefighters bravely run into burning buildings and homes risking their lives to save others. Our brave men and women of the Armed Forces are fighting enemies from all over the world, risking their lives to protect our freedoms. Our churches, regardless of your religion, are preaching the good and lifting up our communities. Our emergency personnel treat

the injured and sick regardless what time of day it is. Lastly, remember our children who are America’s future.

We have many people talking about health care as being a right. That’s a tough topic to touch on. I would like to see everyone have the ability to be treated for certain diseases and illnesses, but unfortunately the burden would fall on the hard-working taxpayers. What medicines and treatments would be covered? How much would the taxpayers be expected to fund of it? Those are questions for Congress to figure out. In my opinion, I believe those deserving of free health care are the elderly, armed forces, disabled vets and our children.

By providing free housing, free cell-phones, free food, free money and free health insurance, how is this incentive to work? How is this fair to those who do work and struggle to pay for all those things themselves? When we’re born, it’s our parents’ responsibility to provide for us. When we are grown it is our responsibility. When did it become the government’s right to make working-class people take care of everybody? Who is going to care of those working-class people?

We need to teach young people to aim high, work hard, and that good things come to those who strive to be successful in life. I don’t want to hear about rights or fairness, because in America we’re allowed too many things, and have taken for granted those things as a result.

America should have a culture of entrepreneurship, not a culture of entitlement. For America to be successful, we need a lot more of one, and a lot less of the other. 🌐

*Lt. Anthony Espino is a 20-year veteran police officer, assigned to the Patrol and Crime Prevention Unit. His passion is to lecture to community members, teachers, and students to promote awareness and offer tips to prevent crime and victimization.*



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*By Deniz Majajah*



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Cybercriminals have become quite effective at targeting end-users. People just like you and me. They've

learned that the easiest way around your organization's technical defenses and controls isn't by hacking through them. It's by tricking you into letting them in.

Verizon publishes an annual report known as the Data Breach Investigations Report (DBIR) which provides information and data on real-world cybersecurity incidents and data breaches. The report gathers, aggregates and analyzes data from public and private organizations, including law enforcement agencies, from around the world. According to this report, upwards of 90% of breaches have a social engineering component.

Social engineering is a form of hacking, but it differs from what most people commonly understand to be hacking. Instead of seeking out and exploiting technical vulnerabilities in computer systems, social engineering targets the human mind. Cybercriminals use psychological methods to get people to unwittingly further their schemes. After all, it's easier to talk your way past the front desk by having the security officer believe that you belong in the building than it is to try to bypass door locks, alarms, cameras and other security controls.

Hackers use social engineering techniques to manipulate and dupe people. Phishing and its variants, spear phishing and whaling, are by far some of the biggest concerns because they are the simplest as well as the most dangerous and effective tools at their disposal.

Phishing starts off as an email that appears and purports to be from a legitimate source. The email tries to fool the recipient into taking an action. That action might be to send a password or to click a link or open an attachment from within the email that inadvertently installs some sort of malicious software such as ransomware. The other phishing variants, spear phishing and whaling, are targeted messages against particular people. In the case of spear phishing, an email is crafted and sent to a person or group of people serving a certain role such as human resources or perhaps a patrolman or patrol squad. Whaling emails target the "whales" or high-value people of an organization such as a chief or mayor.

Phishing attacks are increasing in frequency as well as sophistication. Knowing what to look for will help to protect you as well as your agency from being a victim of cybercrime.

## Required Action



Phishing messages often express a sense of urgency that invokes fear or reward. These messages use psychological triggers either in the subject or body of the email to get people to take an action quickly. Some emails attempt to scare the recipient while others do the exact opposite by offering some sort of reward. Remember, if it seems too good to be true, it probably is. You did not win a brand-new car or a free TV from BestBuy. These types of emails require you to click on a malicious link or respond with personal information as soon as possible.



## Inaccuracies and Generic Feel

Phishing emails often include grammatical errors, typos, inaccuracies, or generic greetings and signatures. Emails from legitimate sources generally make sure to use good grammar and check for spell-

ing mistakes. With the exception of spear phishing or whaling, email messages are often sent to hundreds or thousands of recipients. The greetings and signatures are general and lack a personal feel to them. Though cybercriminals are getting more sophisticated and are crafting better emails with less errors, the messages still tend to be generic.

## Deceptive Addresses, Links and Attachments

Links and addresses in an email can be obscured by using a hyperlink, spoofing the sender address, or by using Punycode – use of foreign language characters that look like letters of the English alphabet. Hovering your mouse over a link within an email should show the real address. If there is a mismatch with a link or if the link or sender address looks suspicious in any other way, the email is probably a phishing attempt. Spear phishing and whaling messages will often contain links or attachments with names geared towards the recipient's roles and responsibilities. Phishing messages with attachments play on the mind's natural curiosity and the result is an impulse to open them.

We regularly see talk about huge data breaches hitting the mainstream news outlets. Every year the number of breaches

and data compromises increases. 2018 was no different. Some of the more recognized names that were hacked are Under Armour, Facebook, Panera and Marriott.

You will rarely hear about Smallville, USA being hacked but that doesn't mean that it doesn't happen. A Bergen County town was recently hacked and duped out of nearly \$500,000. A state agency's entire email system was supposedly compromised in late 2018, as well. Within the last six months, there have been at least four

North Jersey municipalities and police departments hit with ransomware. In all likelihood, all of these attacks were the result of someone clicking something in a phishing email.

Phishing is a real problem that all agencies face. Our adversaries aren't just on the streets or locked up in jails and prisons, they are sitting behind computer screens.

We are the weakest link in any organization's cyber strategy but knowing what to look for will help reduce liability, risk and

exposure and help defend against cybercriminals. Don't get caught in a cybercriminal's phishing net. Always be wary of and use your best judgment with unsolicited emails. Be mindful with and use caution before clicking any links or downloading or opening any attachments. If it doesn't feel right, it probably isn't. Always think before you click! 🌐

*Deniz Majagah is a corrections sergeant and heads his agency's Office of Information Technology where he has served nearly 19 of his 23 years with his agency. He has a bachelor of science in criminal justice from Rutgers University and is currently enrolled at Fairleigh Dickinson University where he is pursuing a master's degree with a focus on Computer Security and Forensics Administration. He has multiple certifications focusing on cybersecurity and information assurance including CISSP, GCIH, GCCC and GSTRT.*



*Should you need any advice or assistance, he can be reached at [dmajagah@gmail.com](mailto:dmajagah@gmail.com).*



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# Retirement- *who me?*

By James F. Ford, Jr., Ph.D.

**C**orporate Security, Police Chief in another community, Campus Police Director, Radio DJ, Ballroom Dancing Instructor, Nursing, Coaching, PGA Teacher, Adjunct Professor, Construction, Range Officer, Process Server, Paramedic, Real Estate Agent, Executive Protection, Insurance Investigator, Substitute School Teacher, Town Manager, Forensic Hypnotist, Campus Security, Driving Instructor, and Mobile Pole Dancing Cleaner. Believe it or not, these are a few of the many employment opportunities awaiting you when you retire, or you could just sit home and do nothing.

The positions listed above were obtained from a two-day survey conducted on retired law enforcement officers. Are you ready for retirement? Have you thought about what you might want to do? How have you prepared yourself? I am not referring to the New Jersey Civil Service or the New Jersey State Pension Board holding seminars to prepare you. I'm talking about a year or so before you retire from the job. Are you going to be one of those people who cannot leave the job and go visit the station/headquarters every day for coffee with the guys? Don't forget you couldn't wait to get out of there, remember? I worked with an officer who from my first day on the job said to me, don't stand in my way when my times comes to retire. Guess what? He stayed longer than 25 years. Statistics in the past have shown that police officers were usually given a life expectancy of five years past their retirement. Don't become another statistic.

Today, officers are retiring at a young age and some aspire for another career. Maybe your department sent you to the Certified Public Managers Courses or the FBI Academy. Why not use those skills and education that you have acquired over the years? Think about some of the in-depth specialized courses you have attended. Perhaps you took Crash I, II. Reconstruction Expert, DRE School, or maybe forensic accounting courses? You are valuable to the private sector. Over your 25 or more years, you have acquired more knowledge and experience than the average citizen has.

I'm sure we all can agree that law enforcement is (especially patrol) for younger officers. Do you really want to work shift work in your 50s or beyond? We have many officers who are in great physical condition regardless of their age because they work at it. What is often difficult to measure is the toll "the job" takes on us psychologically. How many sexual assault or child abuse cases do you have to investigate before it really affects you and your home life? Many of you are running from call to call with hardly any downtime. You've been working at this pace for years and years and then all of a sudden that comes to an end. How many Jerry Springer shows or other talk shows can you possibly watch? For the officers who aren't running from call to call, you still are anticipating calls coming in and how to handle them in the most efficient productive manner - it doesn't end.

Please realize that you too can have another career after your stellar work in law enforcement. In your last few years on

the job, think about what you want to do when you do retire. If you want to pump gas or work part-time at some convenience store, there is nothing wrong with it. Just do something. Don't sit home and do nothing.

As police officers, we are called upon to make life-changing decisions for so many but often neglect ourselves. Health-wise, one of the worst decisions to make is to retire and do absolutely NOTHING! Before I retired, I became an adjunct at the College of Saint Elizabeth teaching Criminal Justice. My first class was the best and I knew this was for me. This was my opportunity to share my own experience and education with adult students who had no clue about the criminal justice system except what they saw on "Law & Order." They really did think that most cases were solved in 45 minutes and that court lasted about 15 minutes!

I soon discovered that in order to teach full-time at a four-year college/university I would need a doctorate degree. Four and half years later, I earned my Ph.D. and I enjoy every day. I feel blessed to have another career. You can too! Do something you love and stop stressing! 🌍

Contact Professor Dr. Jim Ford at the College of Saint Elizabeth for more information. Dr. Ford can be reached at [jford@cse.edu](mailto:jford@cse.edu) or (973) 290-4324. It should be noted that CSE's Graduate Program in Criminal Justice is ranked 14th in the country by U.S. News and World Ranking.



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# THOSE WHITE COPS

By Officer Deon Joseph

**W**ith all of the controversy of the day surrounding cops, each day I get questions and statements from some community members regarding my white counterparts. Questions like:

How can you work with those white cops?

Or

I bet with all the good you do for the community, those white cops must really hate you.

Or.

If you would have been there, Joseph, those white cops wouldn't have shot that dude.

Well... I have been on my department for 23 years. I have worked with human beings from all walks of life, and I can say that most of the people I work with match the human race. They are mostly decent people doing a tough job.

But if that general statement is not convincing for you, allow me to break your tunnel vision a bit. I have received many accolades, awards and news coverage for the work I have done. Of course a bulk of the credit goes to my parents.

Yet there is one man who also played a huge role in shaping how I policed for the rest of my career. His name was Bill Snowden. Here is my best recollection of him. He was an LAPD legend. He was a tall, white man, with sandy blond hair and blue eyes. He had the big mustache and all. Physically, he was every black person's (who thought of cops in the stereotypical sense) worst nightmare.

But he was the most professional police officer who ever trained me. Snowden was known for making 2,300 arrest for narcotics sales and violent crime in the Oakwood area, an area mostly populated by African Americans at that time.

As a new probationer on the brink of getting fired thanks to my previous training officer who berated and humiliated me at

every chance he got, I was now assigned to the hardest-working cop on the department and I just knew that because I was so behind the curve for not being trained properly that working with this legend called Snowden would seal my fate.

Everyone in the station said to me, "Joseph, you better get your shit together. This guy is the real deal!"

When I met him, I was carrying two bags, a shotgun, a Taser, a bean bag, and wearing my long sleeves in the summertime.

I was nervous as hell and he knew it as he towered over me. He smirked and said, "I'll take some of those off your hands. I'm not going to treat you like a boot (a probationer). You are my partner. By the way, it's hot outside. Go change into your short sleeves and let's go have fun."

I calmed down and was finally excited about learning my job. A job which I struggled with at first as it pitted me against my perceived "Blackness" at the time.

As we patrolled the Oakwood area of Venice Beach, there were black gangsters and citizens yelling his name, and waving hello to him. "SNOW!" or "WAS UP SNOW!!" I smiled and asked him who all the people were that were waving at him. After all, I was told that black people were supposed to hate cops, especially after the Rodney King beating. Hell, even I did before I put on the badge. He smirked at me and said, "I probably arrested half of them."

I was perplexed. Then I became concerned. Was this some dirty cop who had the people of the community so terrified of him that they were compelled to say hello?

He looked at me and said "Joseph, we have a job to do. Oakwood is a dangerous drug-infested place and we are here to keep people safe from many of the people I arrested. But you don't have to be an asshole to be a cop. We do not judge or mistreat the people we have to arrest. We treat them all with dignity and respect, because in the



end, they know we have a job to do. All they want is for us to respect them when we do it. Do you understand, partner?"

I still had my reservations until one day we saw a 6 foot 7 inch parolee who was over 350 pounds standing in the street threatening to fuck up the first person he saw. He was stoned or completely out of his mind. Snowden looked at me and said. "Put out a back-up. We gotta deal with this before someone gets hurt."

Now this man was twice the size of Snowden and I put together, but Bill did not hesitate. If he was afraid, he did not show it. As I sat sizing up this Goliath of a man, he barked at me "Joseph. Let's go!" I got out of the car and we approached the man. I just knew we were going to end up shooting this man. Not because he was black. Not because he was poor, but if he got his hands on either one of us based on his size and strength and demeanor, he would have killed us with his bare hands.

I could hear the sirens of the other units coming as the giant taunted us and challenged anyone in uniform or not to stop him. Snowden said to me, "Let's get him detained before the other units get here, I think he forgot to take his meds."

Snowden approached him using a calm voice, and said, "I heard about your mom. I'm really sorry man. I know it hurts, but she wouldn't want this for you at all." The man looked at Snowden and said, "It's fucked up Snow. I feel like killing someone right now!"

Snowden responded, "Well we don't want to hurt you, and we won't. It's me, man. Have I ever done you wrong?" He looked at the ground and said, "No. You always been cool with me Snow." "Then let me help you man. I gotta handcuff you. But I promise you won't go to jail." He looked at Snowden and said, "You for real?"

Snowden said, "I always keep my word, don't I?" He bowed his head and said, "Only



for you Snowden.” To my relief, he turned around and placed his hands behind his back. Snowden looked at me and said, “OK, Joseph. Cuff him so we can get him to the hospital.”

Trying to handcuff this man was a challenge. His wrists were the size of my 21-inch arms. Other officers were approaching to help. I did my best not to make him uncomfortable, but as I cuffed him, the cuff pinched his wrist. He screamed and started to turn on me. The other officers sprang into action. One pulled out his baton as I tried to keep this man’s large arms behind his back. He was so strong, but I held on for dear life. The officer tried to use the baton to pry the subject’s arms loose so I could detain him. Though the officer would have been justified to do so, Snowden looked at him and yelled “Put that thing away!! Right now!” The officer backed down out of respect for Snowden.

Snowden focused on the man again and said, “You gotta calm down. He didn’t mean to hurt you. Let the officer do his job.” He looked at Snowden with tears in his eyes, and said, “OK, Snow. I know he didn’t mean it. It just hurt.” I was finally able to

cuff the man. Talk about a workout.

When we got to the station, Snowden said “I know the officer meant well. But that would have pissed that guy off and we would have had to shoot the man. We are here to try our best to preserve life, not create the circumstance where we have to take it.”

As we continued to work together, I saw people thanking him for trying help clean up their community. For his work, he received the “officer of the year” award many times. When I got off probation, I was driven to be just like him. He worked hard, he was honest, he knew his community and respected them no matter what they did.

Ladies and gentlemen, being a good cop or bad cop has zero to do with one’s skin color. It has everything to do with your heart, your maturity and how seriously you take your oath to protect and serve. You don’t have to be from the area to care. Your race does not have to match the community you patrol.

There are wonderful officers on my department and beyond from all walks of life who, if they got the same attention as those few who create a negative impression

of our profession, you would be honored to know them and maybe be inspired by them.

As I walk the streets of skid row today and hear my name being yelled out, when I receive hugs and handshakes and respect from the community I serve, even those I had to arrest, I remember who trained me: a damned good cop, who just happened to be white, named Bill Snowden.

Like with all people, we must stop judging cops or their actions by the color of their skin, but the content of their character. One’s complexion does not make them inherently good or evil. Their heart does. 🌍

*Deon Joseph is a 23 year veteran of law enforcement in Southern California - 21 of those years working in the homeless community to create an environment conducive to change for those in recovery, as a Lead Officer. He’s been recognized for his work locally and nationally, and news stories and documentaries surrounding his work in crime fighting and community relations, featured him. [www.deonjoseph.org](http://www.deonjoseph.org).*



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## World Champion Boxer **DANNY McDERMOTT**

By George Beck, Ph.D.

**D**anny McDermott, aka “Little Mac” is a world champion boxer, who in 2014 won the WBU Light Welterweight world championship in the Philippines. He defeated Ronnell Esparras to become the first North Bergen, New Jersey, native to win a title since James J. Braddock in 1935. McDermott’s victory made him the first American to win a world title in the Philippines.

Before becoming world champion, McDermott won in New York and New Jersey Golden Glove competitions. He also won the bronze medal for the USA Boxing Team in 2004 representing New Jersey in international competition at the Aponte Games in Caguas, Puerto Rico before turning pro.



His boxing career took him all over the world, facing such fighters as Italian light-weight champion Floriano Pagliara, who he knocked out in two rounds. McDermott served as chief sparring partner to Arturo Gatti when Gatti got ready for Leonard Dorin, Jesse James Leija, Floyd Mayweather

and Carlos Baldomier. Gatti was McDermott’s mentor. McDermott was chief sparring partner for Junior Jones when he won his world title fight against Marco Antonio Barrera. McDermott sparred world champions Bones Adams, Gerry Penolosa, Paul Malignaggi, Yuri Foreman, Ivan Robinson, Vivian Harris and Macho Camacho to name a few.

McDermott is a humble man who knows the value of hard work and faith. In this exclusive interview, I sat down with him to get a current sense of the sport of boxing, his experience teaching fighters and how learning boxing can help officers become more effective and safer.

McDermott teaches aspiring boxers, enthusiasts and officers. He runs the “Little Mac Boxing” to help people get their bodies into fighting shape to take on anything they want to achieve in life. He still competes in the professional boxing circuit, and is preparing for a fight in Atlantic City at the Claridge Hotel. Blue Magazine is rooting for his success!

### **Why is boxing an important sport for law enforcement officers?**

**Danny McDermott:** I believe boxing or any form of martial art really, is important for law enforcement officers to know. There are many times officers will be presented with a physical altercation on the job where they need to subdue a perp physically. If a guy is resisting and he becomes physically violent but has no weapon in hand, the easy thing to do is take out your gun and shoot him or these days you use a Taser. The way things are in this country nowadays the laws are in place to help the criminal, not the officers. You shoot your gun, you’re in trouble. You get hit with a suspension,



All photos courtesy of Danny McDermott

years of ongoing litigation, and you become a poster boy for police brutality. You are publicly embarrassed and shamed through mainstream media. We’ve seen it more and more over the last fifteen years. But, if you know how to handle yourself in some form of self-defense, boxing, I think you don’t have to resort to pulling out your firearm when a suspect comes at you with no weapon in hand. You’ll have the ability to handle the situation better.

Boxing is an amazing form of exercise. This is a great sport for officers to stay in shape and stay healthy. You don’t really know how long a minute is until you spar in a boxing ring. Besides being in great physical shape, you are learning self-defense. I think every officer should study some form of self-defense. I see it all the time in the boxing gym. Officers come in to train and become more effective on the job.

Boxing will give you a great sense of confidence. There’s no better feeling than knowing you can take care of yourself and the ones you care about if a physical situation arises. It’s a known fact that when you are in top physical condition, all your senses are much sharper. Your awareness is at its peak and that’s vital for an officer of the law.

### **Many people may believe boxing is an offensive sport, would they be correct? If no, why?**

There is a reason it is called the sweet science. To the average person that sees boxing on television, it’s a sport of savages. Rock ‘Em Sock ‘Em robots, but it’s a lot deeper than that. It’s a chess game. For every action there is a reaction, every defensive move there is an opportunity for an offensive move to be executed. Hit

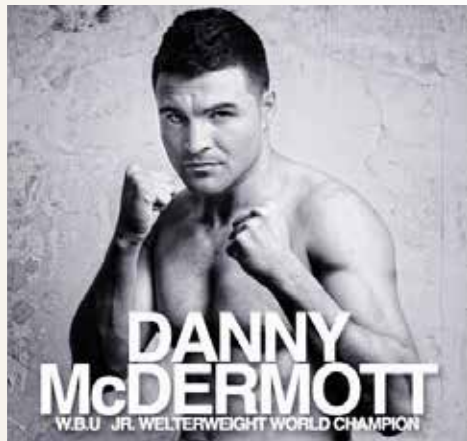
and not get hit. So I disagree when people want to say it's an offensive sport. Being defensive is just as important, if not more important. Who wants to take unnecessary punishment when they don't have to?

### Is strength more important than technique?

I believe stamina is more important than both. I have seen physically weak guys with halfway decent technique win fights just because they were in shape and outlasted the stronger, more advanced boxers. It was their will that made these guys win. The only way you can out-will your opponent is to be in tremendous shape. That's when confidence comes into play.

Perfect example is Mike Tyson versus Buster Douglas.

Tyson's strength and skill were on a different level than Buster Douglas'. But, Douglas had just lost his mother earlier that year and she was his motivation to get in great physical condition for his fight with Tyson. He trained endlessly while Tyson didn't train as hard as he usually did. He expected to have an early night because he depended on both strength and technique. Who was in better shape that night? Who out-willed who? Stamina is extremely essential in boxing. It can make all the difference to out-will your opponent and win the fight.



### What is the best aspect of teaching boxing?

It's self-rewarding to know that you're giving someone the ability to learn and love a sport that can positively impact his or her life. For those who will compete, it's awesome to see how they shape and develop on that level. It's equally self-rewarding to give people the tools to defend themselves if a situation should arise where otherwise they'd have become a victim. Nobody should have to

become a victim by some evil person out there who thinks it's OK to harm other people just because he feels like it.

I love teaching boxing. I think the most important thing to teach in the beginning is proper technique. Make sure they bring their hands back in place after every move. You can't build a masterpiece without building a strong foundation. There are different ways to teach a new person to box because everyone is different. You might have to start teaching someone differently than how you usually teach, because they may pick it up different because they are built differently.



### What has teaching boxing taught you?

Teaching boxing has taught me to become a better boxer. I see the mistakes that I made as a fighter. It's also made me a better person, a more patient person. Some of the personalities I've dealt with over the last twenty years, not all of them have been the greatest kind of people to deal with. I've learned to adapt to the different personalities and different classes of people. Learning to adapt in different environments is vital in one's life. It's amazing how teaching boxing has actually taught me so much about myself and life.

### For officers looking to add boxing to their defensive tactic skills, how should they go about this?

Find a local boxing gym. I was fortunate, my neighborhood had a PAL (Police Athletic League). There are very few Police Athletic Leagues these days but there are commercialized boxing gyms in almost every town or city. UFC, Club KO, TITLE

BOXING. These are the McDonalds of boxing. Most of these gyms have a few decent trainers on staff. The days of "Micky" the trainer and the old "Rocky" gyms are few and far between. The most important thing is that they make the first move and seek out a place to train. The officers may find the place they selected is not the right fit for them, and move on to a different boxing gym. But at that point you're already training and that's the most important aspect of learning any sport.

### Where do you see the sport of boxing heading in the next decade?

I see boxing remaining strong. Every generation has called it a dying sport since the 1900s. During every decade over the past century we saw great fighters come up and shock the world.

During the 1920s you had Dempsey, the '30s & '40s there was Robinson, Louis, Armstrong, Pep,--the '50s had Marciano, LaMatta, '60s & '70s had Ali, Holmes, Griffith, Frazier, and Foreman. The '80s had Tyson, Leonard, Hearns, Hagler Camacho Duran, and the '90s was the time Holyfield, Lewis, DeLaHoya, Jones, Jr., Toney Trinidad, Hamed. The last two decades we had Mayweather, Pacquiao, Klitchko, Hopkins, GGG, Gatti, Lomonchenko, Tyson Fury and Deontay Wilder.

As you can see there are plenty of fans worldwide who love boxing. The highest paid athlete every year is a boxer. The sport of boxing will never die. I don't see it happening. 🌐

*McDermott is among the best boxers the sport had ever seen, and officers can benefit greatly from learning the sport directly from this world champion. If you seek to sharpen your defensive tactics and techniques through learning the sport of boxing, reach out to Danny McDermott at [danny.mcdermott@hotmail.com](mailto:danny.mcdermott@hotmail.com)*

*George Beck is a police detective, award-winning journalist, and editor-in-chief of Blue Magazine. He holds a Ph.D. in History & Culture from Drew University. He is the author of *The Killer Among Us* and several other books. His nonfiction and short stories have been featured in magazines and anthologies nationally and internationally.*



# SOCIAL MEDIA RADICALIZATION IS PUTTING OUR MILITARY AT RISK

By Dr. Demetrick Pennie & Eric Feinberg

**B**eginning in 2015, we started to monitor and report on how Facebook, YouTube and Twitter were being used as the catalyst to incite global violence. Essentially, the platforms allowed extremist ideologies of the virtual world to bleed over into the real world. This process was facilitated by a pervasive cycle of negligence that ensued for years because the social media companies refused to remove online content that posed a significant threat to United States, international and homeland security interests. Our research and knowledge on this subject have been reported by nearly every news organization around the world; yet the social media companies have remained unresponsive to the mounting complaints and media criticism.

Despite acknowledged failures to manage the corrupt and nefarious misuses on their online platforms, social media companies such as Facebook continue to dominate political, social, economic and cultural messaging across the globe with impunity. Although Facebook's executives have publicly alleged that their platforms were created to provide a visceral environment where harmonious ideas could merge, in recent years we have learned that the platforms have been widely used by terrorists to recruit, radicalize and disseminate extremist content encouraging attacks on United States democracy, its infrastructure and its military personnel.

Ongoing discussions about social media's contribution to online radicalism have remained somewhat dense because of lack of knowledge pertaining to threatening content and government's unwillingness to challenge "Big Tech," considering the financial influences that social media has over geo-political affairs. Unfortunately, failures to challenge the status quo have emboldened international terrorist groups like ISIS to ramp up their radicalized propaganda on social media to encourage more attacks on U.S. interests; thereby limiting our nation's ability to mitigate the outcomes of attacks inspired by threats proliferated through those platforms.

Based on emergent social media trends on Facebook and Instagram, members of

our military and intelligence community overseas should be extremely concerned. After President Trump's announcement in December 2018 of America's intended withdrawal of troops from Syria, we identified a discernible spike in radicalized content on Facebook encouraging attacks on U.S. interests in Syria. The content is often so specific that anyone would deduce the correlation of recent attacks on American troops to the radicalized messages.

For example, on January 16, 2019, two U.S. soldiers and two American civilians were killed by a suicide bomber in the city of Manbij in Syria. In the aftermath of the attack, a video surfaced online depicting graphic scenes of the suicide bomber detonating his vest among a crowd of people in front the restaurant that Americans were meeting. Islamic State (ISIS) claimed responsibility for the attack and has since used the video in its propaganda campaign on social media to inspire others to carry out similar attacks against our military officials and soldiers. On January 21, 2019, three Americans were injured in a second targeted attack. In this incident, an ISIS suicide bomber targeted an allied Kurdish force and a U.S.-led convoy traveling in northern Syria. Videos and photo images of both attacks were posted on ISIS Facebook accounts to inspire more attacks.

Over the last decade, corresponding with the advent of social media, America has lagged in its ability to appropriately engage terrorists because of our inability to intercept threatening communication strains on social media. This shortcoming has remained consistent over the years because there is no legal mandate or regulatory requirement for the social media companies to inform government authorities of impending threats. Additionally, our vulnerabilities to such threats is exacerbated by Congress' inability to pass comprehensive legislation addressing the immunity clause in *Section 230 of the 1996 Communications Decency Act*; which offers broad immunity protection to the social media companies for facilitating the nefarious third-party content. The social companies have frequently claimed this "immunity protection" to circumvent blame and have

often leveraged its protections for other "carte blanche" activities including claims of providing material support to terrorism.

It is important for our leaders to understand that if this issue remains unchecked, then the lives our soldiers abroad will continue to be endangered and our nation's critical assets will continue to be subjected to the real world consequences of online radicalization. We believe that to proactively protect our troops overseas, multi-party collaborations must exist including: (1) Congress must hold social media companies accountable for facilitating overt threats to our international and homeland security interests; (2) social media companies must provide the U.S. intelligence community access to the "clandestine communications network" that terrorists have formed on their platforms, so that they can better respond to threats; and (3) third-party experts must be integrated into the review process to properly audit any threat-mitigation procedures adapted by the social media companies. Unfortunately, the social media companies' history of poor unaccountable behavior has shown us that they cannot be trusted to protect the interests of our nation's greatest assets - the men and women who honorable serve in the U.S. military! 🌐

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*Eric Feinberg, is the CEO of the cyber-intelligence company GIPEC. He is an expert in cyber-intelligence attribution and has been featured in many major publications as an expert in the field.*

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# Traditional Japanese Karate-Do And why you are missing out

By Lt. Patrick J. Ciser (Ret.)

Over the years, we've all heard stories whether real or fabricated, about the prowess, or lack thereof, of karate black belts. As a boy in the '60s, I remember hearing stories of black belts returning to America after fulfilling their military obligation in Japan or Korea. Their hands now were considered "deadly weapons" and they even had to "register their hands" with local authorities (I'm not making this up). There was one particularly dangerous individual, just ask him he'll tell you, named "Count Dante." How mystical! (I'll leave his real name out of this article) He took ads out in magazines explaining how he could teach you "Dim Mak" and "Iron Palm!" This, of course, would make you almost as deadly as he was.

There were many other notable black belts out there that were the top tournament fighters, and the "real deal" in the 1960s, namely; Chuck "Carlos" Norris, Mike Stone, Joe Lewis, Thomas La Puppert, Frank Smith, James Yabe, Lois Delgado and Skipper Mullins, to name a few. These individuals put their skills to the test each time they stepped into the ring. Full contact karate and kickboxing matches in the 1970s would, "up the game" and bring more respect and legitimacy to the martial arts world. Joe Lewis, Jeff Smith, Bill

"Superfoot" Wallace, Howard Jackson and Benny "The Jet" Urquidez, were a few of the top world champions back then. Eventually, we would see the UFC (Ultimate Fighting Championship) in its infancy. Mostly "ham and egg" would step into the ring where we saw various matchups, including, karate vs. sumo, kung-fu vs. tae kwon do; boxing, wrestling and jiu jitsu, would round out the combatants. Royce Gracie became a popular jiu jitsu champion, as he seemed to confuse all of the "stand-up" fighters making the rounds. Aside from Ken Shamrock and maybe a couple others, he never seemed to fight the best of the best from the martial arts world. However, these "championships" controlled by the Gracie family, as we came to find out, successfully elevated Brazilian jiu jitsu higher than Japanese jiu jitsu. Then, Dana White and company took over and brought in, ostensibly, the best fighters in the world. WOW! We thought! These guys ain't playing!

I believe in the individual, more than I believe in one system being better than the others. Chuck "The Iceman" Liddell, trained in my system of Koeikan karate for 12 years, and was an accomplished wrestler in college before he decided to go into the Octagon. He has "Koeikan" tattooed on the side of his head. He then trained in kempo

and jiu jitsu, in an effort to increase his skill, speed, and grappling. Chuck would've been the champ in his heyday regardless of the style he practiced, why? Because he had heart, determination, and a strong will to win. Machida and St. Pierre also came from a traditional karate dojo.

So that's enough about how we got here, in the arena of sport karate/martial arts. Now, let's talk about why you should be in a karate dojo.

For years there was jiu jitsu; later, jiu do was founded. Later yet came darate jitsu and karate do. Do, pronounced "dough" meaning "The Way." So, 'The Way of the Empty Hand' was to be seen as a path to self-improvement. The training was rigorous and austere, leading many to give up and quit. As the years went by, however, the military jitsu, continued to give way to the "Do." This enabled children to participate as experts molded these youngsters into respectful, model citizens. Pediatricians often tell parents to get their ADHD son or daughter into a traditional/structured karate dojo (school). For adults, karate can be the closest thing you'll find to the "Fountain of Youth." In a karate dojo, yes, you'll get a little bruised up. And while more serious injuries can occur with those students who lean toward combat karate, you won't normally see spinal or neck injuries that can occur more in a mixed martial arts school. I believe that "stand up" fighting is better for police officers, as you wouldn't want to fall on your gun or mace canister taking someone to the ground. Stand up fighting is also better against multiple attackers; just be quick, and keep your head on a swivel. Karate practitioners many times continue to train and do their kata (forms) right into their 60s and 70s. How many other sports can give you that kind of longevity? Think about it, and be safe out there. 🌐

Pat Ciser is a retired lieutenant from the Clifton Police Department, and a 7th Degree Black Belt. He was a member of 5 U.S. Karate Teams, winning gold medals in South America and Europe. He is the Author of BUDO and the BADGE; Exploits of a Jersey Cop (BN.com/Amazon), and is a guest writer for Official Karate Magazine.



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# SCOOP & RUN

By Joel E. Gordon

I am still reminded on any given day of dampness the time that I fell through the floor of a vacant partially gutted home in West Baltimore. I was on a call looking for heroin addicts trespassing and shooting up. Realizing that my knee wasn't right upon landing in the dwelling's basement I immediately got on the radio to report that no trespassers were found and to also report my injury. My mentor (and often my guardian angel in my rookie policing days) Officer Dwight Thomas, radioed that I should stay immobilized. He was quickly on-scene cancelling any EMS and taking me to the closest hospital in his patrol car after securing the vehicle I had been operating.

In 1980s Baltimore, we really had no formal policy on whether or when police should transport an injured person directly to a hospital or wait for EMS personnel for ambulance transport. In critiquing our performance in the line of duty shooting resulting in the homicide of another mentor of mine, Officer Ronald Tracey, it was noted that supervisors made the correct call when instructing officers on-scene to transport the wounded officer by police vehicle and to not wait for EMS. Regrettably, in this case it was to no avail due to the severity of the injury.

The practice of police medical transport in places such as Philadelphia is known as "scoop and run" or "scoop and go." In a recent 12-month period, Philadelphia police drove 408 gunshot victims to trauma centers, according to the Pennsylvania Trauma Systems Foundation, the state's accrediting agency for trauma centers. In

cases of profuse blood loss, there have been documented cases where this practice has proven to be a life saver.

Several other police departments have policies permitting their officers to conduct transports including Cleveland, Chicago, and Detroit, but none reported transporting victims on a regular basis. Police departments have cited other reasons for not regularly practicing scoop and run, arguing that EMS units are better trained to handle severely injured patients. The New Orleans Police Department says its first priority is to secure the scene; hard to do if they're speeding to the hospital. Instead of being tended to by trained EMS and paramedics with a range of medical supplies and equipment, patients are quickly loaded into the back of a police car, where they may not even receive direct pressure to their wounds, not to mention a buckled seat belt. Then, despite Good Samaritan laws, there is the risk of accusations of wrongdoing which could result in civil lawsuits or even criminal culpability in this day and age of police vilification.

Studies on the issue, though, have led some clinicians to interpret findings to mean police transport is safe for patients, and in some cases advantageous. One study included a subset of people severely injured by gunshots. Compared to those transported by EMS, patients transported by police had higher rates of surviving their wounds. According to some trauma doctors, the lack of medical intervention that victims receive during the typical scoop and run is part of what makes the practice beneficial. Advanced procedures like breathing tubes and

IV fluids, while helpful for certain kinds of patients, may actually do more harm than good for shooting and stabbing victims in urban areas.

"I'd love to debunk the myth that you need a person on the scene who has all this advanced medical training and that is going to make the difference for this specific kind of injury," Elliott Haut, a Johns Hopkins trauma surgeon, has been quoted as saying. For a presentation he gives at conferences, he shows an image that asks, "What's the best fluid to give victims of penetrating trauma?" Then he clicks to the next image, which reads "...fuel." "Yes, you're going to get less medical care on the street and in the back of the car, but I'm OK with that because the shorter time is going to make a difference."

Perhaps a Cleveland Police directive which gives officers the option to transport a victim after assessing "the totality of the circumstances" to include nature of injury, location of incident in proximity to a hospital and proximity of EMS is the right approach to the scoop and run question.

If the goal is to save a life based upon the best information that an officer has available at any given time, it would seem that officer discretion would be the most logical universal answer to victim care.

While not always ending in the desired result of saving life, as long as we act in good faith while doing our best to provide optimal service to our communities, can we really go wrong? 🌐

*Joel E. Gordon is a former Field Training Officer with the Baltimore City Police Department and is a past Chief of Police for the city of Kingwood, West Virginia. He has also served as vice-chair of a regional narcotics task force. An award winning journalist, he is author of the book Still Seeking Justice: One Officer's Story and founded the Facebook group Police Authors Seeking Justice. Look him up at stillseekingjustice.com*



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# Honest and Law-Abiding Citizens Have Nothing to Fear

By Christian Argudo

**W**hile working the midnight tour, you are dispatched to Main Street on a report of a burglary and attempted rape in progress. It is later discovered that a young lady woke to a man who had broken into her apartment and attempted to sexually assault her. After a brief fight, she was able to dial 911 as the suspect fled the scene. The description provided was of a young Hispanic male and he was seen driving away in an unknown vehicle. As you are turning the corner onto Main Street, you observe two vehicles: a rusty older model GMC pickup truck and a newer model Honda Accord. There is a possibility that one of these vehicles is occupied by the suspect. You have a 50 percent chance to stop the right vehicle. Which vehicle would you stop?

The uninformed public would say that if you stop the pickup truck, you are guilty of stereotyping and even worse you are a racist. On the other hand, if you stop the newer Honda, then you are an idiot and do not know how to do your job and should be provided with more training.

So, is criminal profiling legal? Yes, it is but racial profiling is not. Is it 100% accurate? Of course not, but nothing really is. The problem is that many people are not willing to accept any margin of error; and that is not realistic in our line of duty no matter how much work and effort we put in.

When officers profile a criminal, they take into account several things, such as time of day, clothing, mannerisms, reaction to police presence and many others factors. For instance, heroin addicts have a distinctive pale skin and pinpoint pupils.

Their physical features are not normal and induced by their drug abuse.

Burglars have certain habits when scouting a job. They carry tools unconventional to the time and place they are at the moment. They can't help themselves but to look "guilty" upon the presence of law enforcement. I can spot them a mile away, based on my training and experience.

So, what's profiling? Profiling is merely a descriptor, an aid in the process of elimination that is legal and completely necessary to accomplish certain investigative tasks.

Unlike racial profiling; criminal profiling is allowed as long as it does not include race as the main and only factor in the profile. During profiling, we can find a connection between race and misconduct. Criminal behavior comes in patterns that give away unique signs indicating that criminals are up to no good, no matter what their race may be. Criminals are identified by their crimes. Profiling is used to detect threats and to stop crimes; therefore, police can't do anything about what a person might do, only what they actually do. This means that the crime must be actually be committed before there is police involvement.

The line between discretion and profiling is very thin, as well as what's popular and what seems to make sense. Police officers have a strenuous job, especially when it is time to make the right decision in a split second. They don't wake up in the morning thinking they will profile a particular race and make them suspects of certain crimes. As enforcers of the law, they are expected to resolve every case they come in contact

with, without receiving any credit, and they're blamed when things do not go well. It is unfortunate that some people do not see us as people who leave their families behind every day to save somebody else's family, but as degenerate profilers.

God forbid you see the word "Profiling" on the front page of a newspaper; you will not only find a correlation between evil and law enforcement, but the word itself being demonized by the press. The media does not give it the proper credit, which is that it is a great investigative tool when used properly. The FBI has successfully used profiling for decades to catch criminals. However, if this tool is used by police to catch certain ethnic groups, then it is wrong; but if used to solve crimes and catch criminals, then profiling is highly welcome by everybody in the community, even by those who criticize its existence. So, it's not the profiling process itself, but what you do with it that is objectionable.

So, before you start knocking criminal profiling, remember that it is completely legal and necessary. Without it, many crimes would go unnoticed. 🗣️

*Christian Argudo is a police sergeant in northern New Jersey. He's a U.S. Army combat veteran. He served two tours in Iraq during Operation Iraqi Freedom. He's earned a bachelor's degree from Fairleigh Dickinson University and is currently working toward his master's degree from Fairleigh Dickinson University as well.*





# FOUR TIPS FOR SCHEDULING SUCCESS in the VA System

By Scott Frezzo

**H**ow many veterans or caregivers feel as though they are receiving sub-standard health care from their local Veterans Administration (VA) hospital? The good news is you could be receiving better service and quicker scheduling if you are willing to put in a little effort following these three simple tips.

I am rated 100% Total and Permanent (T&P) from the VA. I have had five surgeries and have been treated at four different East Coast VA hospitals. For many years, I had between three to five VA appointments a month and currently have one to three a month. I did not always receive the high level of care I receive now, so here's how to greatly improve the level of service you or your loved one is currently experiencing.

First and foremost, you are responsible for your own health care and well-being. This means being proactive rather than reactive. This is essential to receiving the care you deserve. Make your own appointments. When a referral is placed for you to see a specialist in the VA system, do not wait for them to call you to schedule your appointment -- you call them -- persistently, if necessary, to schedule the appointment at your convenience. The earlier you call in the day, the better. Always ask to be notified of any cancellation ahead of your appointment so you may have an earlier appointment if it becomes available. If your next appointment is further away than you would like, call the department's scheduler at least once a week, preferably on a Monday to inquire about the upcoming week's cancellations. Doing this will help in two ways. It will give a chance to grab a recently canceled appointment, and secondly, it helps to build a good rapport with the schedulers, while simultaneously keeping your name on the department's staffs' minds. I have found this helps me see the physician sooner. I am also in the practice of scheduling as many of my appointments on the same day as

possible to limit the number of trips.

Second, schedule your appointments in person when you are at the VA. This may require going to the multiple departments to schedule, but the departments can communicate with each other while you are standing in front of them to organize an appointment schedule (pardon the pun) you can live with. It's a lot harder for someone to tell you no when you are standing in front of him or her and are politely persistent.

Third, utilize the patient advocate. Every VA hospital facility has at least one patient advocate, who is there to handle any issues you may have regarding the hospital or its staff. The patient advocate is available by telephone or electronic communication. However, I recommend stopping into the advocate's office to discuss your particular issue(s). Be sure to confirm the patient advocate's office hours before showing up. Issues discussed with the advocate will be investigated, and you are entitled to a response and/or a decision of how the matter is to be handled. I have found great success utilizing my patient advocate, making my interactions with the VA less stressful and more pleasant.

Lastly, the fourth tip is for dire situations only. If you are unable to get an appointment with your doctor or specialist, go to your VA's emergency department (ED). They are open 24/7 and will treat, or schedule you for the appointment you require with a sense of urgency. Do not forget, the main hospital is closed after 4 or 5 p.m. during the week, on the weekends, and on all federal holidays. So, plan your trip to the ED accordingly. I learned that lesson the hard way, showing up in the ED on the Sunday before Columbus Day.

The VA has a website dedicated to assisting veterans to receive and monitor their health care. [Myhealthvet.va.gov](http://Myhealthvet.va.gov), allows veterans to access their medical records, view test results, refill prescriptions, moni-

tor appointments (past and future) and most importantly, communicate privately and directly with a physician or department to discuss any medical or scheduling concerns. In my experience, the waiting time for a response has never been more than 24 hours during the workweek. Communication of this type is statistically analyzed by the VA upper leadership, and physicians or departments who consistently have longer than average response times are reprimanded.

I use the VA because it is the only insurance I have, and for me, it is entirely free. However, even if I had private health insurance, I would still utilize the VA because I feel as though I am receiving all the care I require, while being treated with respect for serving my country. Because the VA is non-profit, I am not asked to have unnecessary procedures or tests done to hike up my bill to the insurance companies. The Veterans Administration Health Care System is the world's largest teaching institution, and the future doctors who are trained at the VA are instilled with respect for veterans and knowledge that will allow them to be the highly skilled and compassionate physicians I know they will be.

So, all veterans out there give these tips a try. They could save you a lot of time and frustration. 🌐

*Scott Frezzo is a disabled Iraq War veteran. His ultimate goal is to continue his educational pursuits to one day legally represent veterans as an attorney. He is passionate about advocating for more PTSD awareness programs, and for disabled veterans to receive the quality health care they deserve. He earned his bachelor's degree at Fairleigh Dickinson University and is currently working toward his master's degree. He lives in Northern New Jersey.*



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## FIGHTING BACK

By Michael D. Boll

I often tell my teammate and friend Frank “Doc” Schupp that his story is a story that people should hear. I work with veterans who face hardships after deployments. Many feel stressed, overwhelmed, and like there is no light at the end of the tunnel. Although he surely understands how difficult that feeling can be, Frank “Doc” Schupp’s story has proven that there can indeed be a light at the end of the tunnel.

Doc is a retired Army medic, Iraqi War veteran, and a veteran activist. He is an experienced event and fundraiser manager and has produced dozens of events from New York City to the New Jersey Shore. Together with a team of veterans that includes his good friends Frank Gadson and Jonathon Vasquez, Doc has managed events benefitting hospitalized and disadvantaged children, animal rescues and veteran homeless shelters such as the Eleventh Hour Rescue and Operation Valor

Unfortunately, after his deployment to Iraq, Doc faced difficult times. “I was out of work and school and eventually lost my car and apartment. It was hard to see a worthwhile future ahead of me. Luckily, I had friends and family who were there for me. Without my Uncle John, Aunt Jessica, my sister Norma and my brothers Daniel and John, I do not know where I would be,” said Doc.

Motivated, Doc went on to enroll into Kean University where he earned a 4.0 GPA and made it on the Dean’s List and became the Kean Veterans Club President. He did an internship in the Kean Department of Veteran Services Office while working as a security manager for Amazon and managing his own entertainment business

Knightlife Entertainment.

When asked about Doc, Keans Director of Veterans Services Vito Zajda said “Doc has been an integral part in supporting/assisting with the growth of the Kean V.E.T.S program. He has helped raise awareness for veterans, service members and dependents by promoting and mentoring programs on campus. As a Kean alumni, Doc continues to assist the veteran population.”

Doc has left more difficult days behind and gone on to be successful and has been recognized throughout the years with the New Jersey Distinguished Service Medal, the North District Elks Veterans Award, the April Cohen Humanitarian Award, the Union County Military Commemorative Award, and the Kean University Department of Military Affairs Distinguished Servicemen Award. He has diplomas from the Rutgers Boggs Center of Developmental Disabilities in Mental Health Support and has graduated from Kean with his BS in Psychology.

Currently, Doc works for New Bridge Medical Center where he conducts recreational therapy groups on a psychiatric unit. He loves his job and takes great pride in motivating patients. Doc is also the director of Veterans Outreach for the New Jersey Veterans Network where he manages and assists in different veteran programs. One of his strong suits with the NJVN is mentoring and counseling veterans going through hardships. Doc’s also a proud member of American Legion Post 310 and VFW Post 2319, where he works closely with their toy and book bag program for veterans’ children. He is currently applying for his master’s degree in social work and

preparing for a trip to Florida where he will be advising on the building of a new veterans assistance center there.



When asked if he has any advice for veterans who are going through hardships, Doc replied “I wake up every day thanking God for the life that I have now, it took a lot of hard work. When things are hard, find it in yourself to move forward and slowly reach the goals you have set for yourself, you may be surprised at what you can accomplish.”

Michael D. Boll is a retired police sergeant in NJ. He previously served as a United States Marine, and is a Gulf War veteran. He is the founder of Operation Rebound Racing Team, a nonprofit organization that helps wounded veterans and first responders enjoy a better quality of life.



# Breath In Nature

By Anthony Mikatarian



At times it is normal to become drained both physically and mentally from the demands of our duties, departmental matters, rotating work schedules and the responsibilities of providing for our families. There is much pressure on our shoulders. Being in this situation for too long can lead to complacency, lethargic behavior, distraction, being unmotivated, illness and so on. None of these will keep you safe out there on the streets or during times when you need to be alert and reactive. However, we don't have to go down this dangerous road, because there are so many ways to remedy these adverse side effects of our profession.

Get outdoors and take a break. Inhale the fresh air; enjoy the sun, trees, landscape, breeze and living creatures right outside your home's door, at a nearby park or greenspace. The energy power of these

places is remarkable. They were designed for these purposes, so make sure you take advantage of the benefits they have to offer. However, nowadays far too many officers entrench themselves in their work buildings, work vehicles and their homes, while directly or indirectly avoiding the existence of nature. In our electronic world, engrossing ourselves in such things as video games, cellphones, computers, televisions, and so on, gives us a distorted perception of reality. Some officers have a deficiency in vitamin K from a lack of sun exposure. Yes, too much sun is not healthy, but too little can also have an adverse effect. Also, getting outdoors and watching other living creatures of the air, land and sea will provide a perspective that assures that no matter what challenge you are facing, the world is more significant than your problems. It will remind you that you are a part of the world, and you are as important as those who are around you.

A recent study published by the University of East Anglia in the United Kingdom has some stunning results. The study found that living close to nature and spending time outside has significant and wide-ranging health benefits. It shows that exposure to greenspace reduces the risk of type II diabetes, cardiovascular disease, premature death, preterm birth, stress and high blood pressure. It also found that populations with higher levels of greenspace exposure are also more likely to report good

overall health. The study goes on to show that "people living near greenspace likely have more opportunities for physical activity and socializing. Meanwhile, exposure to a diverse variety of bacteria present in natural areas may also have benefits for the immune system and reduce inflammation." Wow! This groundbreaking study makes it nearly impossible for you not to give it a try. The potential to maintain your health is worth the effort.

This UK research team hopes that their findings will prompt doctors and other healthcare professionals to recommend that patients spend more time in greenspace and natural areas. Through my own experiences and research, I find that spending time in nature is therapeutic. I suggest you give it a chance. You have everything to gain and nothing to lose. The life of a couch potato is never healthy or productive. We must make sure we are spending enough time outdoors and passing on this wonderful tradition to our children who, sadly, are inundated with technology and seldom break away from the electronic devices to explore the world outside their homes.

As officers, we are more productive when we are healthy both mentally and physically. We must make the time to get outdoors and recharge our bodies. Do it for yourself, for your family and for your brothers and sisters in Blue who count on you being the best you can be. We are all in this together. Make sure you get outdoors this spring and enjoy the wonderment of the world around us. We are not robots. We deserve the best, always. God Bless and stay safe. 🌍

Anthony Mikatarian has been a police officer for over 17 years. He is currently assigned to patrol in a northern NJ municipality. He earned a Bachelor's degree from Johnson & Wales University, Providence, R.I., and another degree in Mortuary Science from the American Academy McAllister Institute in New York City.



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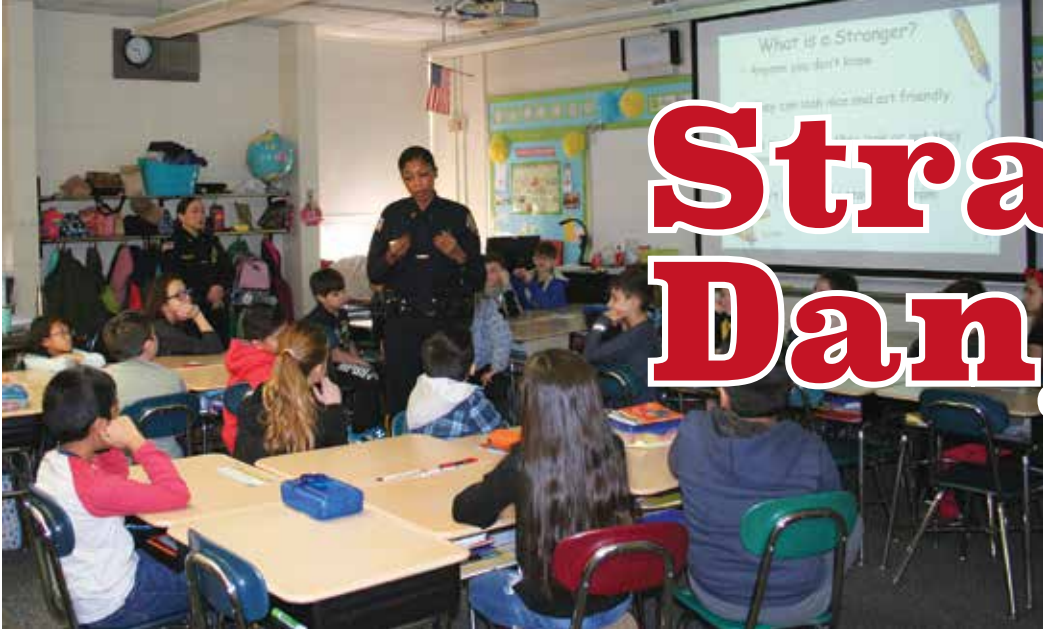
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# Stranger Danger

By Ted Freeman,  
Executive Undersheriff Monmouth  
County Sheriff's Office  
and Cynthia Scott,  
Public Information Officer



An innovative program about stranger danger keeps two Monmouth County sheriff's officers busy teaching about preventive measures to pre-school and elementary school students.

On Oct. 11, 2013, Monmouth County Sheriff Shaun Golden introduced a bilingual program for elementary school students at Midtown Community School in Neptune, New Jersey, called Dangers of Strangers. Six years later, one of the two original instructors, bi-lingual Officer Iliana Santos, has been joined by Officer Michelle Melendez. The duo conducts the Dangers of Strangers program at elementary schools throughout Monmouth County.

"The safety and security of our children remains a principal concern for the Monmouth County Sheriff's Office," said Sheriff Shaun Golden. "That's why it is vital that children are made aware, and often reminded, about the dangers of strangers. Strangers have a way of luring children into harmful or possibly fatal situations through bribes and false claims such as a family emergency, a fake injury, or a lost pet."

The two sheriff's officers complement each other well. They have known each other since elementary school, both are married with young children and both have a passion for child safety. That passion shows in their dedication to continually updating the Dangers of Strangers program to keep the material current and relevant. Over the years, segments have been modified to cover the dangers to children over social media, cellphones, and even in interactive online video games.

Most recently, video segments have been added to the programs to illustrate how criminals try to lure young children to go along with them in a car or to a secluded

area. The program is continually updated to keep it as contemporary as possible.

A brochure is given to each student that covers all of the safety measures covered in the presentation so that the child and parents can review what was taught in the lesson. The program covers:

- What is a stranger, the difference between good and bad strangers
- What to do if a stranger talks to you
- Safety tips on inappropriate touching and feeling uncomfortable
- Safety tips inside the home
- What to do when you are home alone
- Tricks used by strangers to get you to go with them
- How to answer the telephone when no one else is in the house
- An exercise and demonstration on the importance of using the "Buddy System" when going places in and around your community.

The program is offered to the Spanish-speaking community with bi-lingual Sheriff's Officer Iliana Santos with brochures and a parent letter also in a Spanish version.

The program was scheduled for all third-grade classes at C. Richard Applegate School, Freehold Township, New Jersey by Guidance Counselor Diana Whille, in conjunction with third-grade teachers Lisa Cicero, Janet Giglio, Jaclyn Doyle and JoAnn Zamrzycki and presented on Feb. 7, 2019. A total of 74 students attended the two back-to-back sessions.

Following the program, teachers and students were asked their reaction to the presentation. Teacher Lisa Cicero said, "The presentation was extremely informative and kid friendly, and the students were highly engaged." Teacher Jackie Doyle said,

"The presentation highlighted the importance of children being aware of their surroundings and identifying trusted adults around them. The officers also reminded students to share with their families the tips they learned about staying safe, whether they are at the playground or on the internet. It is an important conversation for teachers and parents to continually have with their children!"

Student reactions were also very positive including remarks from third-graders: "It was so much fun, and I want to do it again," said Amber. Mathew said, "I learned what to do if someone is calling on the phone and you do not know their phone number or voice. You should hang up or get an adult." And Emma told us, "I think it was important that the officers came, so that if we ever see a stranger or feel like we are in an uncomfortable situation, we know what to do. We're ready thanks to them."

"I am proud to have the opportunity to offer sixteen youth outreach programs to our schools in Monmouth County" said Sheriff Shaun Golden. "Children are Monmouth County's most valuable natural resource and our youth outreach programs are designed to protect and preserve that natural resource."

Since 2015, over 100 Dangers of Strangers programs have been conducted reaching over 10,000 elementary school students. Officers Santos and Melendez are also involved in conducting numerous other outreach programs including Career Days, Distracted Driving, Lock Your Meds, SEEK 9-1-1, ACES 9-1-1, Gold Star Senior Travel, Keeping Your Keys – Senior Safe Driving, Sheriff Youth Week and many others. 🌐



## RETALIATION: CHIEF TODAY, DEMOTED TOMORROW.

# The story of retired Deputy Chief Robert Cowan

By Valerie Velazquez-Stetz (Ret.) J.C.P.D.

During the mid-to late 1980s, the New Jersey Department of Civil Service designated both Jersey City and Newark as “Class A” cities. This distinction provided that the mayors of those respective cities “appoint the chief of police” who would then serve at the pleasure of the mayor. This departure from Civil Service procedures and protections is not a good process for appointing a police chief, as it provides an opportunity for a mayor to corrupt the position of police chief.

Robert Cowan was ultimately “appointed” as the chief of police by the Jersey City mayor and was the shortest tenured police chief in Jersey City at nine- and one-half months. His short tenure was not because of lack of competence, energy or accomplishments. During this short tenure, with the assistance of his stellar command staff which included, Deputy Chief Joe Delaney, Deputy Chief John Cory Short, Capt. Joe Ascolese, Lieutenants Kelly Chesler, Jay White, and Pat Macarthy, much was achieved and with many accomplishments.

According to Chief Cowan, his short tenure was three-fold:

- Cowan declined to permit the public safety director, Jim Shea, to run the day-to-day operations of the department which was not in his job description under Title 40
- Cowan refused to improperly deploy resources of the Jersey City Police Department to shut down major roadways as ordered by Mayor Steven Fulop.
- Cowan refused Fulop’s requests to commit several improper acts related to his office that would have been in furtherance of his failed ambitions to be governor of New Jersey.

After his demotion and being sent back to his civil service rank as deputy chief, Cowan told how Public Safety Director Jim

Shea had him moved into an “office” that was actually a supervisor’s locker room. He was provided a very old computer in the locker room for his use, although he was assigned no real work, his guess is Fulop and Shea thought this was a proper way to treat a 35-year veteran officer and long-time resident of Jersey City. They did not get the best of Cowan, because the locker room he was assigned as an office, after having been demoted from the chief’s position, was in better condition than some of the police precincts he worked in over his career!



Robert Cowan was born in 1960 in Jersey City, New Jersey. Having grown up in the Greenville section on Seaview Avenue, Robert’s dad, the late Jersey City Police Department Captain James Cowan, raised four boys. His four sons all became Jersey City Police supervisors, Mark, Tom, Jim and Robert. Capt. James Cowan was the commander of the West District, the busiest precinct in New Jersey. Jim was the first of the Cowan sons to come onto the police department through a competitive testing process involving written, physical fitness, psychological and medical testing as well as a thorough background investigation. Cowan laughed when he heard members of the public or others insinuate that his dad was involved with getting the “Cowan Boys” hired at the department and then

used his influence to get them promoted. Cowan followed his brother Jim to the police academy in 1979, with his brother Mark hired in 1985 and Tommy in 1987. Cowan and his brother Tom were both promoted to deputy chief through the civil service process. While his brother Mark was promoted to captain and Jimmy to sergeant. Very often they all studied together.

Chief Cowan retired in October 2014 and formed a private investigations firm shortly afterward. Cowan Investigations specializes in litigation consultation as well as divorce-related matters such as alimony/cohabitation investigations and child custody. Amazingly, Cowan Investigations has really taken off over the past year. Cowan and his wife, Liz, work day and night. Recently, Cowan had the good fortune to sign on his former colleague, retired Capt. Joe Ascolese, as the North Jersey operations manager of Cowan Investigations. Although he truly enjoyed his 35 years with the Jersey City Police Department, mostly in patrol, he says, “I am enjoying the pension check as well as running a successful business, most of the time dressed in jeans, sneakers and a sweatshirt.” He also enjoys his two boxers, Zeus and Hercules. 🐾

Valerie A. Stetz (Velazquez) retired on accidental disability from the Jersey City Police Dept. She was injured in a radio car accident responding to a robbery in progress call.



Valerie is a member of the NJ Police Honor Legion. She is the radio host for the popular Internet show “Your World Uncensored” on DDV RADIO. She is also the Public Relations Manager for NJ Blue Now Magazine. Valerie is married, with a son and daughter.



(L-R) Jorge Santana and Ed Dolan

# CONGRATULATIONS

# RETIRED DETECTIVE JORGE SANTANA

By Detective Ed Dolan

Jorge Santana began his law enforcement career with the Hudson County Correctional Facility as a Correctional Officer in July 1992. He continued his career by joining the Jersey City Police Department in July 1994 in the South Precinct. During his time as a police officer, he had various assignments which included foot, bicycle and vehicle patrol, narcotics, and violent crimes units (at times in an undercover capacity).

In 2004, Officer Santana was assigned to the Jersey City Police Department's Office of the Chief/Executive Protective Unit for the interim mayor. Soon thereafter, Officer Santana was promoted to detective. During his time as a detective, he worked in the Department's Office of the Chief/Special Investigations Unit and Office of the Chief/Background Investigations Unit.

Detective Santana received a Bachelor of Science and a Master's in Public Administration from Fairleigh Dickinson University, graduating with honors from both programs.

Detective Santana proudly serves as the Vice President of the Detectives Benevolent Association. He sat on the Executive Board for the JCPD FOP Lodge #4 as a trustee. He currently sits on the Executive Board of the JCPD Federal Credit Union as a senior loan officer.

During his time as VP of the DBA, he was instrumental in helping to organize the Walk to Remember for Our Fallen Heroes of which he sits on the Executive Board. Detective Santana, in his role as VP of the DBA, along with the president of the DBA, implemented a program whereby they have a customized 'Thin Blue Line' wooden flags

made in honor of each fallen officer across the United States that are given to the family along with a monetary donation. He remains part of the fundraising efforts for the DBA and FOP through various events which includes the Walk to Remember for Our Fallen Heroes, golf outings, various community outreach programs, and he is relentless when selling 50/50 raffles.

Detective Santana received four commendations, Community Service Excellence award, two Unit Citation awards, World Trade Center award and multiple Excellence in Police Service awards.

After 26 ½ years serving Hudson County and Jersey City, Detective Santana decided to retire as of February 1, 2019 to spend time with his family and to see what awaits his post-law enforcement career. 🇺🇸

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# LEO Retirement:

## *Follow your dreams*

By Eddie Molina

**E**very officer in law enforcement entered this field for his or her own reasons. Whatever the motivation, one thing remains true for everyone: looking forward to retirement!

Many retired officers find themselves working a low-stress job while earning an additional income. Others move out of state to warmer climates. But every so often you come across a retired officer who is doing something much different. They are, instead, living out their dream; spending their days doing something they have a passion for and truly love.

I reached out to the public forum online in search of retired officers who are living out their dreams. The individuals I came across below are some of the more interesting ones.

### *Larry Balla, Galloway, OH*



A lot of officers ride motorcycles as a form of stress relief. Most riders equate it to a sense of freedom like no other.

But retired Sergeant Larry Balla, Grandview Heights Police Department, Ohio, has taken it to an entirely new level. "Since 2011, I have traveled over 150,000 miles by motorcycle." Sergeant Balla is currently planning his third motorcycle ride to Alaska, and plans to ride the entire Route 66 and down to Key West.

"The best part about being retired is not having to worry about getting the time off approved. After 32 years of police work, that's a great feeling."

### *Michael Johnson, Wildwood, NJ*

There's nothing quite like a cold beer and great BBQ -- a perfect culinary marriage.



So retired Officer Michael Johnson, North Wildwood Police Department decided to master both BBQ and beer.

"After I judged a BBQ competition in 2001, I set out to learn the art of cooking barbecue. I then competed and won trophies. Once I retired from North Wildwood Police Department in 2011, people started asking me to cater, and I agreed."

It didn't end there. Officer Johnson learned to brew his own beer right at home. "After some old friends of mine fell in love with my beer, we decided to start our own brewery."

When asked what he loved doing more, beer or BBQ, Officer Johnson answered, "It's hard to say. What I do know for sure is that I love what I do, so I don't have to work a day in my life."

Visit [www.COHObrewingco.com](http://www.COHObrewingco.com) to see for yourself.

### *Fred Stoldt, Euclid, OH*

Officer Stoldt isn't exactly retired yet, but is so far into his hobby that he knows exactly what he's doing the moment he retires in a couple of years -- more hot sauce.

"When I was in the Army years ago, one thing never changed-the bad food. I learned to put tabasco sauce on everything."

When he returned to civilian life, his rule of using hot sauce on every meal continued. "As a patrol officer, we often ate at the same spots and I grew tired of the same flavorless tabletop salty vinegar hot sauces. So I set out on a mission to make my own hot sauce."



After some trial and error (some painful) Officer Stoldt developed a delicious hot sauce. He would always carry a bottle with him on patrol, and eventually word got out that his hot sauce was spot on. "My co-workers pushed me to sell my hot sauce. I now make and carry over 40 hot sauce-related products which I sell in person and online."

Officer Stoldt could quickly expand his business but is limited by available time. "When I retire in a few years, I want to purchase a large farm in Kentucky so I can grow my own hot peppers." It sounds like the sky's the limit for his hot sauce!

Check out his hot sauce products at [www.fredhotsauce.com](http://www.fredhotsauce.com)

### *Steve Bell, Galloway, NJ*

Retired Pleasantville, New Jersey Police Department Sergeant Bell always enjoyed watching his father play the role of Santa Claus during the holiday season.



"My father was the most prolific Santa for my nieces, nephews and my two daughters. As a family, we visited hospitals and nursing homes in our area. He taught me how important it was to simply put a smile on someone's face," recalled Officer Bell.

However, the tradition ended after Officer Bell's father passed away in 2008. But it wasn't long before that changed. "My wife convinced me to carry on the tradition. They (wife and children) purchased a new Santa suit for me and I took over the role of Santa Claus the following Christmas season."

When asked if he liked the job, he replied, "Seeing a kid smile is the greatest thing in the world and it fills my heart every time." See you next Christmas, Santa! 🌟



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## “MAKE A DIFFERENCE EVERY DAY”

By Julia Torres



Photo credit: Mark Levy

Veteran Mark Levy served in the Air Force as a Security Police (MP) dog handler. Upon being honorably discharged, he became a member of the Orlando Police Department's Blue family bringing his invaluable military experiences with him while later developing new skills in the civilian sector.

Most folks know that a law enforcement officer wears many hats. One day the job may entail being a social worker, counseling youth against wayward behavior; a negotiator, balancing the art of a plea deal for a confession; a justice seeker, providing testimony to ensure conviction. All these actions serve to sharpen an individual's career, adding future possibilities. In his present twelve-year police career, Mark was no different, except for beginning to employ the learned entrepreneurial abilities while on the job.



His compassionate nature for kids who “are in a tough spot with no control over their situation” combined with a love for mountain biking led him to a life-changing idea. Mark believes, “trying to give people a hand up is better than giving them a hand out”. His champion approach of “teaching them skills on mountain bikes to help overcome obstacles on the trail will give them

the confidence to overcome obstacles in life” became the beacon for Toughbiker, the 501c3 he started in 2014.

While at Orlando PD, Mark started to raise awareness for his mountain bike mentoring program—one in which his desire is to bring into schools—in addition to incorporating his love for cycling into his first 50 mile cycle run in memory of fallen officers as a way of giving back to the law enforcement community. Preparation for the Toughbiker: Fallen Officer Memorial Ride began in November 2018 culminating in a successful turnout of over 110 cyclists on February 24, 2019.



Photo credit: Mark Levy

For Mark, it was very humbling to have the support of registrants, volunteers, and family members. Some remained behind preparing food for the event's completion; others led or followed the group, blocking streets and shouting encouragement as riders cycled against wind on local streets and highways.

The halfway point at a public supermarket parking lot presented the riders bananas and mandarins to release muscle tension, along with water for hydration. Within fifteen minutes, they were off again for the remaining 25 miles until they arrived at the finish line where music, food, and eager volunteers cheered their arrival.



Photo credit: Mark Levy

Indeed, Mark's core belief to, “make a difference everyday” was more than met as those who gathered shared in camaraderie and celebratory conversation. One can expect greater things to come in the near future from the individual who simply stated wants, “to do my small part”.

If you would like to learn more, check out <https://www.toughbiker.com/>  
For information on the Orlando Police Department, log onto their site: <http://www.cityoforlando.net/police/>

Julia Torres earned a Master of Science in Homeland Security with a certification in Terrorism Studies from Fairleigh Dickinson University; a Jersey City State College, K-12 Teacher Certification; and a Bachelor of Arts Visual Arts from Rutgers University, where she enlisted in the Army Reserves. Upon graduating Rutgers, she began a career in law enforcement, and later volunteered for the Gulf War. Once home, she worked undercover until retiring in 2001 due to a Gulf War illness. Since then, she has done volunteer work, acted, and written two non-fiction books.







## A Helping Hand

By Chris Amos



As a law enforcement officer, you often find yourself in the unique position of meeting people in their greatest hour of need. Perhaps as a victim of a crime or participant in a serious car accident. What does this mean? It means you may very well be the most important person in that person's life at that very moment. How? By providing something as simple as a word of encouragement, a different perspective or possibly even a quick prayer or word of reassurance that everything will be OK. Let me give you an example that happened to my daughter-in-law Stacey just last week. Stacey was married to my oldest son Seth. Seth was a nine-year veteran of the Norfolk Police Department. Seth died just four months ago from a catastrophic infection that attacked his lungs. Seth turned 30 years old 20 days before he went home to be with his Savior and Lord, Jesus. Seth left behind his wife Stacey, of almost 10 years, and two sons, Carson (6) and Bodie (1 1/2).

Stacey had a doctor's appointment. The only thing worse than going to a doctor's appointment is to go to one when you feel cut off, alone, in a place of unbearable darkness and sorrow. Stacey was in such a place as she awaited her doctor. There was a knock at the door, her doctor stepped inside. The doctor asked Stacey if she would

allow a medical student to join them. She was in no mood to endure the battery of questions she knew the student would ask, a requirement of his "training." Despite how she was feeling she granted permission. As expected, the medical student began to ask her medical history. Stacey began to answer the questions when, without warning, she burst into tears. As a steady stream of tears trickled down her cheeks, Stacey shared the story of Seth's passing, at times crying so hard she could not breathe. The medical student finished his questions and put the clipboard he was holding down. "Stacey," he asked, "Can I pray for you?" Stacey looked up as if looking into the eyes of Jesus Christ Himself and said, "Please do." This medical student lifted Stacey up in prayer and in doing so lifted her spirits and provided a desperately needed dose of compassion, encouragement, reassurance, peace and light.

What am I suggesting, friend? To those of you who are Believers in Jesus, you may very well find yourself in the coming days in the position to be the mouth, the feet, the arms and eyes of Jesus. To those of you who are not Christians, you still have much to offer by way of a word of encouragement or assurance, two things that the person you are dealing with may desperately need. Or perhaps the shoe may be on the other foot. Maybe like Stacey, the walls of your world

may be closing in. Your marriage may be on life support. Your kids may be headed down the wrong road. Your health may be failing. It could be any number of things, but needless to say, you need help. You need hope. As Stacey, despite how she felt, said yes to the medical student. You too may need to reach out and say, "Yes, I need help. I am overwhelmed. I feel like I am being buried alive by the problems surrounding me."

Friend, the bottom line is that everyone who reads this article will need the faith and courage to either reach out for help from another person or offer hope to another person. May you have the courage, the faith, the conviction to do what is most needed for yourself and for those with whom you come in contact in the coming days!

See You at the Finish Line! 🌐

*Chris Amos is a retired officer and former spokesperson for the Norfolk Virginia Police Department. He is currently the pastor at Chr1st Fellowship Church in Norfolk. He is married for 30 years and is the proud father of three children, two of whom are police officers. He serves as the volunteer Chaplain for Norfolk Police Dept. and Norfolk Sheriff's Office.*



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## Are you prepared to order your officers into a **DEADLY ENCOUNTER?**

By Joseph Pangaro, CPM



“All Units: Report of shots fired at the high school near the gym hallway. Multiple students down, and the shooter is moving through the school with a rifle.”

The thought of hearing this kind of a dispatch coming over your radio frequency is sobering; but realistic. We know that there will be between 10 and 16 active shooter events inside schools in the United States each and every year. We also know that no one knows when and where the next shooting will take place, therefore we must all be ready to respond every day.

Most of us in law enforcement accept the dangers inherent in the job, and that acceptance becomes second nature. We all understand that there is the potential to die on any given day we go to work. We can be shot on just about any call: interrupting a robbery, at a domestic, on a car stop or during an active shooter event, but we go to work each day.

This reality is one of the many factors that makes a career in law enforcement unique from all other kinds of work, with the exception of a career in the military, where death also has realistic potential.

In the past year, we saw the shooting at the Parkland High School in Florida that claimed the lives of 17 students and teachers. In that horrific incident, they had an armed police officer on scene specifically for school security purposes; unfortunately, for whatever reasons, the officer did not engage the shooter.

We also saw many of the other responding officers engage in activities other than immediately seeking out the shooter and confronting him. This might be the result of the training these officers received, the policy they operated under; apparently the chief law enforcement officer of the agency, the sheriff, had a policy that stated the officers “may” engage the shooter, as opposed to the policy most police agencies act under where the officers “shall” engage the shooter immediately.

There were supervisors on scene in short order, but those supervisors did not

order their officers to engage the shooter either, and I wondered why not? Whatever the reason, there was a failure that resulted in deaths of innocent people.

This got me thinking; as a supervisor myself, responsible for the lives of the men and women of my agency under my command, I had to be prepared to order those officers into danger, and that danger could result in their death. This was one of the responsibilities of leadership that I accepted and took very seriously, but for which I received no formal training on how to do this and how to deal with the consequences of my decisions.

We train our people for many types of interactions; car stops, domestic violence calls, robbery calls, pursuits, stopping suspicious persons, alarm calls, man with a gun and many more. In the course of any of those calls, it is possible one or more of our officers could be injured or die, but we concern ourselves more with making sure people follow policy than with making sure the supervisor is prepared to wield their authority with a solid backup of training on this life-changing activity and the things that come after the call is over.

At first, I thought maybe I just missed that training. I went from a patrol level officer to a first line supervisor as a sergeant, to a detective sergeant and finally to a lieutenant commanding multiple squads of officers, but I don’t remember ever getting training on how and when to order my officers into dangerous situations and most importantly, how to deal with the consequences of that order if one of my people were killed.

To be sure, I was told that I should be aware of any pursuits and to order the officers to “break it off” if it got even a bit dangerous to the officer, the criminal or the public, but no one ever told me what to be prepared for if I didn’t break it off, but instead told them to “continue.”

In similar fashion, as a detective sergeant running drug jobs and search warrants, I was told to prepare a raid plan, or a

control buy plan and make sure I included options in case anyone got injured, but nothing about having an officer get killed on my orders to “go.”

In an effort to see if I just missed this training, I conducted a survey of over 200 supervisory officers, both active duty and retired, from all the various ranking positions in a police department.

I was surprised when I received the feedback and found out that I was not alone; almost none of the supervisory officers I surveyed had received any kind of training on ordering their officers into danger. It was not something that was covered in the transition process to rank, almost as if we were all supposed to just know it.

I also received anecdotal evidence from every other cop I asked about this to include patrolmen who run the shift as the senior officer or in place of a ranking supervisor. The results are clear: As a profession, we are not preparing our people for this profound responsibility. We are not preparing them to deal with the consequences of ordering their officers into danger.

This must change. I spoke to several ranking officers who have ordered officers into danger only to have the officer actually lose their life. These supervisors, for the most part, had internalized the incident, but after talking it out, there was a lingering guilt. As one supervisor put it, “Watching his wife and kids fall apart when handed the folded flag was hard enough, looking them in the eyes was almost impossible.”

I had to order my officers into danger, and I knew the potential consequences. I tried to train them as best as I could to survive any deadly encounter, but in the back of my mind I knew that circumstance can overwhelm training and an officer could pay the ultimate price. I tried to make it right in my head, saying, “Well that’s the job we sign up for, or that’s comes with the territory” but I also knew that if one of my people died in the line of duty, based on a decision I made and an order I gave I would have a lot to deal with.

*(Continued on bottom of page 59)*

NYC Police Department



# REMEMBERING A HERO Det. Brian Simonsen

By Vincent D'Amico

Detective Brian Simonsen served 19 years with the NYPD. While responding to a robbery in progress with his partner Sergeant Matthew Gorman the suspect pointed a gun that was later found to be fake. The suspect simulated firing the weapon by jerking his arm.

Responding officers fired 42 rounds one striking Detective Simonsen in the chest. On Feb 12 2019 he was pronounced dead at Jamaica hospital. Detective Simonsen died of friendly fire. Here are pictures from his funeral on Feb. 20 2019. Rest easy hero.



Photos courtesy of Vincent D'Amico

(Continued from page 58)

Further research revealed that the closest thing I could find on the topic was based on some training the military gives to their people, but due to the reality that the mission of the police and the military, while appearing similar, are really very different, the training does not cross over appropriately.

We need to provide this type of preparation training to all supervisors. The world we police is not getting easier or less dangerous, in fact it is getting more dangerous

and the possibility of ordering an officer into danger and that officer dying is growing.

Think about it, reach out to me with your thoughts, I have some training concepts being developed as we speak. 🌐

Lt. Joseph Pangaro retired after serving 27 years at a police department in Monmouth County, NJ, having served as the Lead Training Officer. Pangaro is a graduate of Fairleigh Dickenson University's Certified Public Man-

agers Program (CPM). He's a newspaper columnist who writes about the rigors and joys in law enforcement. Joseph Pangaro is the CEO and President of Pangaro Training and Management, and Pangaro Global Training, an online training company. Email Lt. Pangaro at JPangaro@TrueSecurity-Design.com or Twitter: @Pangarotraining.





# CHOOSE TO MOVE, *Don't take it sitting down!*

By Sgt. Kaluba "Coach Kal" Chipepo, MBA

*It is common to hear law enforcement brethren tell each other to be safe.*

One of best ways we can be safe is by taking care of our bodies. The Centers for Disease Control and Prevention recently published an article about the hazards of prolonged sitting. In fact, they used an analogy that every hour of sitting can have the same effect of smoking two cigarettes... Wow! I couldn't help but reflect on the fact that the average officer is seated most of the day patrolling or writing reports just as the administration spends a good amount of time at their desks. While more health professionals are starting to acknowledge the correlation that exists between sitting for extended periods of time and the negative effects it can have on our bodies, we have to do more as individuals to leverage healthier lifestyle choices in order to reduce our exposure to chronic diseases, poor posture, mental health and more.

By now, a good majority of Americans have already abandoned their New Year's resolution to get in better shape. If you are one of them, then consider the fact that that police car, your desk, and reports will still be there to greet you upon returning to work. You are the variable that can affect the outcome of this equation -- it's time to reinvigorate your plan. So, the best way to counter your exposure to prolonged sitting is to devise a plan to move. Below, I highlight three strategies that can be deployed depending on your goals:

## **GOAL – Improve Cardiovascular Fitness Level**

**Method**- Log 10,000 steps per day by track-

ing your steps (invest in a Fitbit, Apple Watch or other wearable device)

**Reason** – Studies have shown this to be a baseline average for achieving a better fitness level. It is a solid first step that can be monitored over time and implemented at work or home. The first few days will be very telling, as your total steps will be an indication that you need to step it up or that you are hitting above average. This will serve as your starting point. As you become comfortable, begin to set 2-3 days aside per week to perform 30 minutes of additional cardiovascular exercise. Some indications that your cardiovascular level is improving will be noted by a decrease in your resting heart rate, lower blood pressure, stress reduction and the fact that you are not getting winded as much as you used to.

## **GOAL – Improve Strength and Endurance**

**Method** – Enroll in a class (CrossFit, 9Round Kickboxing, The Max Challenge)

**Reason** – We are all familiar with the winning results you can have when a group of people get together to work out (can someone say police academy). The classes mentioned are just a few that combine a strength component with endurance training that will have you looking good and feeling stronger. By enrolling in a class, you forgo having to figure out the when, what, how long and motivation aspects of working out. Once you tap into the comradery and synergy of class, you automatically increase your chance of reaching your goal.

## **GOAL – Improve your Flexibility and Mental Clarity**

**Method** – Subscribe to a service (Kika

Stretch Studios, Stretch Lab and Massage Envy)

**Reason** – Just show up and have the stretch professional gently bend you into pretzel-like shapes that will have you feeling revitalized by the end of each session. Flexibility training is one of the most abbreviated aspects of a person's workout routine, yet the benefits it provides are vital i.e. improved blood circulation, improve posture and reduced stress. And, it's one less decision that needs to be made after a long day/week of work.

The modalities described are by no means inclusive, but they are intended to get you moving on the right track. The long-term effects of prolonged sitting combined with inactivity can predispose us to health-related issues down the road. You don't have to do it alone; choose to align yourself with health and fitness professionals who can make the journey a little easier. The first step is always the hardest step, but once it's done it garners momentum that can have you well on your path to success. And, with that I leave you with a quote from past President John F. Kennedy, "The time to repair the roof is when the sun is shining." If you have any questions feel free to contact me at [coachkal@motivateonefitness.com](mailto:coachkal@motivateonefitness.com) 🌐

Sgt. Kaluba "Coach Kal" Chipepo, MBA is a Sergeant in his 16th year with Montclair State University PD and Adjunct Professor in the Justice Studies program. He is also the owner/founder of Motivate One Fitness, an Onsite Personal Training Service. He can be reached at [coachkal@motivateonefitness.com](mailto:coachkal@motivateonefitness.com)



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# REMEMBRANCE

Article & Artwork by Jonny Castro

On February 2nd, Border Patrol Agent Donna Doss had responded to provide backup to a State Trooper on a vehicle investigation in Tye, Texas. As Agent Doss crossed the highway, she was struck and killed by a passing vehicle. Agent Doss was a 16-year veteran of the U.S. Border Patrol assigned to the Del Rio sector in Abilene, Texas. Agent Doss is remembered for her trademark smiling grin and for being an experienced law enforcement officer always there to help fellow agents or local police when they needed her. Agent Doss leaves behind a husband, and numerous family members in Washington State. She was 49. 🌍

*Border Patrol  
Agent  
Donna Doss*





# LIFE HAPPENS! PLAN FOR TODAY... PROTECT FOR TOMORROW

By Eva Malone

Do you sometimes wonder what would happen to your family if you are unable to go to work because of an illness, a disability or even an unfortunate death? If you are not thinking about this, I am sure your family is concerned. Creating uncertainty around people you love may not be the best way to create an amazing life. In today's marketplace, there are many ways to protect you and your family from the road bumps we go through in our lifetime and to help ease their anxieties about uncertainty in the future.

Hoping that someone in the family is going to win the lottery is an option; however, there are more realistic options to protect yourself and your loved ones. One solution is to explore life insurance with living benefits, which is life insurance you don't have to die to use. Let me outline some of these below:

1) Term life Insurance is a policy that insures your life for a fixed period of time. For example, you can have

a 10-, 15-, 20- or even a 30-year level term. These policies expire after the term period but protect you during that period. An example would be protecting a young child until they are an adult.

2) A Permanent Life Insurance policy will not expire and will stay with you during your lifetime. The premiums are steady and will also have a cash value element that you can access for different reasons. For example, college plans or retirement planning. You can also simply leave your loved ones with the protection they need or just create an additional income stream you can use when you retire.

Selecting a term or permanent plan isn't the real decision. The real decision is whether you have the new generation of life insurance with living benefits, which is life insurance you DO NOT HAVE TO DIE TO USE. You now can be covered five different

ways. An example would be for a terminal, chronic or critical illness, as well as a critical injury and an unfortunate death. A more specific example would be for cancer, heart attack, stroke or even severe burns.

Just having the awareness of these living benefits can fight against the unforeseen events we face in our lifetime. I encourage you to look and see if you are protecting you and your family with the new generation of life insurance with living benefits. 🌐

*For over 18 years, Eva Malone has built financial fitness for her clients, allowing them to achieve financial freedom and a comfortable retirement. Eva Malone supports the Blue community through education and by providing financial solutions to the hard-working police officers and their families, so they can become secure in their finances. She can be reached at 201-925-9092 or [www.malonefinancialservices.com](http://www.malonefinancialservices.com)*



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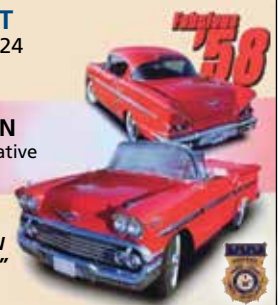
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