



BLUE

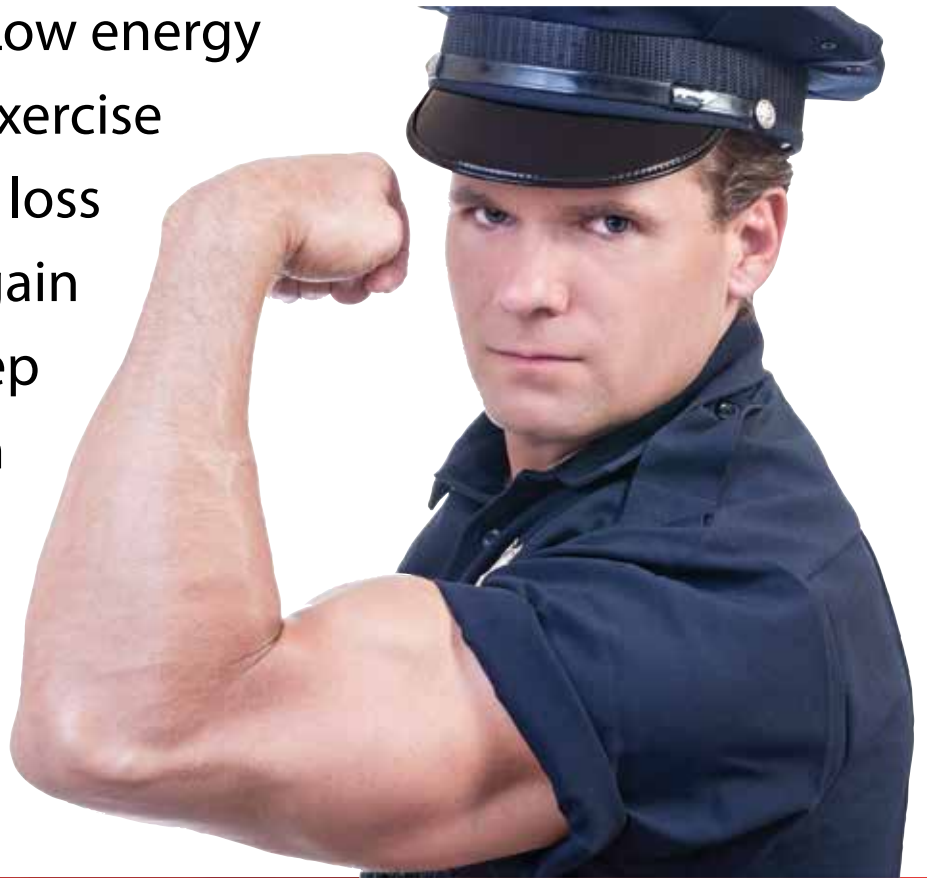
THE INDEPENDENT VOICE OF LAW ENFORCEMENT

SPINELESS LEADERS



GET YOUR GUNS BACK!

- Low energy
- Can't exercise
- Muscle loss
- Weight gain
- Poor sleep
- Erectile Dysfunction
- Brain fog
- Anxiety
- Depressed
- Memory loss



IT COULD BE...

- Low Testosterone
- Inflammation
- Vitamin Deficiency
- Food Sensitivity
- Toxicity
- Thyroid

LET'S FIND THE ROOT CAUSE & FIX IT

"MY NAME IS STEVE OLIMPIO AND I HIGHLY RECOMMEND MEDWELL."



MEDWELL

Functional Medicine for Men and Women

M.T. Shahab, M.D. L.F.A. C.O.G., F.S.A.S.
33 CENTRAL AVE., MIDLAND PARK, NJ 07432

201-632-1909

PROTECT EACH OTHER



BLUETRISTATE.COM

BLUE

PUBLISHER
Daniel Del Valle

EXECUTIVE EDITOR
John Welsh

ASSOCIATE EDITOR
Joel E. Gordon

**DIRECTOR OF MEDIA/
BUSINESS RELATIONS**
Sandy Amin

COPY EDITOR
J. Scott Wilson

WRITERS

Efren Almodovar
Chris Amos
Caroline Angel
Catherine Angel
Christian Argudo
Meredith Atwood
George Beck, Ph.D.
Robert (Bob) Bianchi, Esq.
Joseph Biasco
Michael D. Boll
Rebecca Calhoun
Ron Camacho
Eric Caron
Shai Carr
Jonny Castro
Joseph Celentano
Lt. Robert Centkowski
Anthony Ceravolo
Lt. Patrick J. Ciser (Ret.)
Sgt. Kaluba Chipepo
Sheriff David A. Clarke Jr.
Lori Cooper
Danielle Crosson
Aimee Del Sordo
Daniel Del Valle
Vincent D'Amico
John J. Devoe
Dr. Michael Doblin
Det. Ed Dolan
Bob Dvorchak
Ken Dye
Andrew Einstein
Sheriff Elias
Sgt. Anthony Espino
Sgt. Thomas S. Fano, (Ret.)
Dawn Fantasia
Eric Feinberg
Dr. Jim F. Ford, Jr.
Robert Foreman
Ted Freeman
Scott Frezzo
Michael Garcia
Chris Gialanella
Joel E. Gordon
Jon Greenawalt
Beth C. Grossman, Esq.
Christopher Halscheid
Joe Hammond
Tom Homan
Deon Joseph
Fasil Khan
Dr. Brian P. Kelly
Bernard Kerik

PHOTOGRAPHERS

Vincent D'Amico
Michael Garcia
Willis Hulings

WEBSITE/SUBSCRIPTIONS

www.TheBlueMagazine.com

EMAIL

contact@thebluemagazine.com

ADVERTISING

973-653-3446

OFFICE

NJ, NY, FL & CT
ph: 973-653-3446 | fax: 973-653-3447



The opinions and information provided in this magazine are the sole opinions of the editor and contributors and not their employers.

The Blue Magazine is published 9 times a year. (c) 2018 - The Blue Magazine/Envisage Productions LLC. All rights reserved. While every reasonable effort has been made to ensure that the information is accurate as of the publication date, The Blue Magazine and its employees, agents, clients and distributors shall not be liable for any damages arising from the use of or reliance on the information contained in this publication or from omissions to this publication. The www.TheBlueMagazine.com website is powered by ENVISAGE PRODUCTIONS, ENTERPRISE.

Layout & design by Dari Izhaky: dariizhaky@gmail.com

GOD BLESS OUR TROOPS!

Please share and recycle this magazine.

EDITOR-IN-CHIEF
George Beck, Ph.D.

**CHIEF DESIGN
EDITOR**
Dari Izhaky

**CREATIVE DESIGN
DIRECTOR**
Dan Larco

WEB DESIGNER
Joe Lemire

COVER IMAGE
Christian Bonilla

Sgt. Dave Kryger
Kirk Lawless
Julia Maki
John G. Malcolm
Eva Malone
Capt. Lori Mambelli (Ret.)
Deniz Majaqah
Michelle Malkin
Jay Martinez
Brian Mast
Nick Mauriello
Jimmy Meeks
Sheriff Leo McGuire (Ret.)
Anthony Mikitarian
Eddie Molina
Everett Moody
Lt. Joseph Pangaro (Ret.)
Timothy Parlatore, Esq.
Kris "Tanto" Paronto
Dr. Demetrick Pennie
William Peppard
Blake Percival
Joseph Petrocelli
Gary Przewoznik
Dr. Aaron Rapps
Geoffrey Rejent
Danny Reynoso
Rafael Rosa
Chief Rich Rosell
Lt. James Rotundo
Stephanie Ruane
Joel F. Shults, Ed.D
Christopher Scilingo
Cynthia Scott
Thomas Shea
Barry Sheinkopf
Leonard Adam Sipes, Jr.
Timothy Smith, Esq.
PO Valerie Stetz (Ret.)
Sgt. Jeff Stewart
Lt. Randy Sutton (Ret.)
Gregory Tamagnini
Julia Torres
Leroy B. Vaughn
Eddie Vega
Frank Voce
Bradford Waudby
Ryan Weber
Brian Weitzman
John Welsh
David Willoughby
J. Scott Wilson
Major Wesley R. Wise (Ret.)

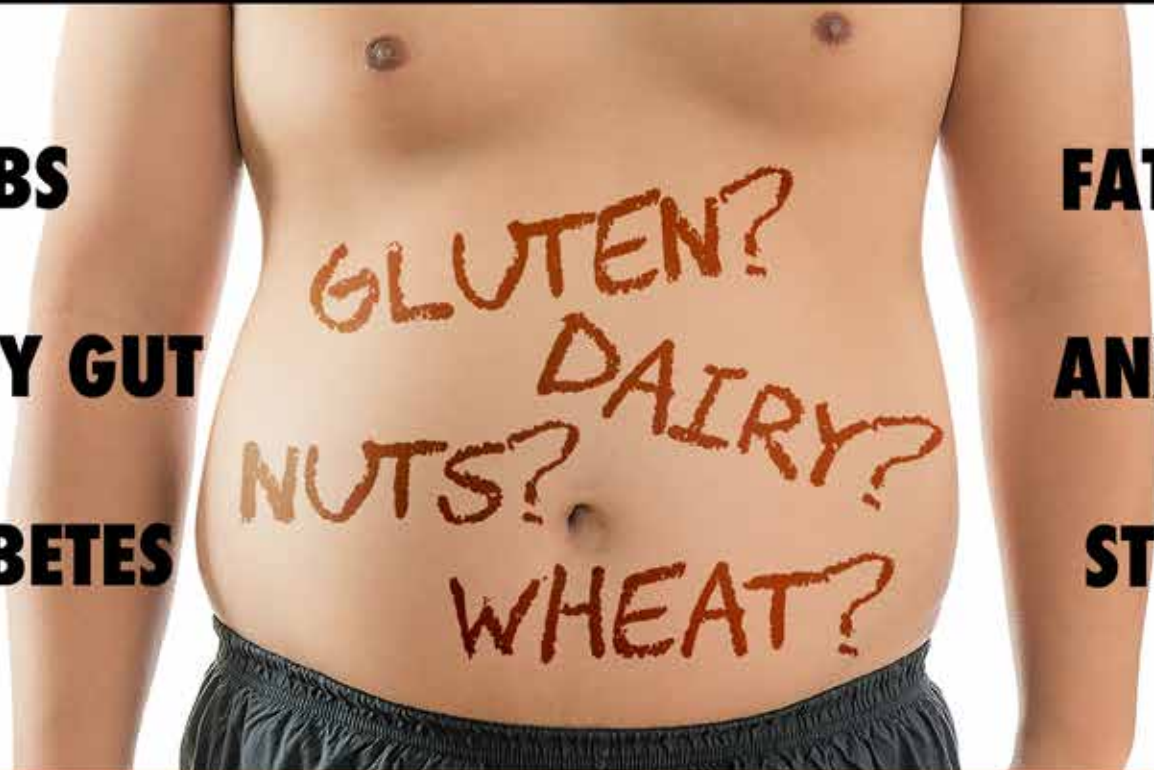
Barry Morgenstein
Joshua Oliveri
Bobby Ortiz

CONTENTS

- 6 **PUBLISHER'S POINT OF VIEW**
Daniel Del Valle
- 8 **NATIONAL VOICE**
Spirit-of-the-Law' vs. 'Letter-of-the-Law': What It Means for Alabama Guardianship Legislation
By Bernard Kerik
- 12 **NATIONAL PERSPECTIVE**
America's Media-Poisoned Well
By Michelle Malkin
- 14 **INSIDE VIEW**
President Biden's Crime Commission
By Leonard Adam Sipes, Jr.
- 18 **COVER STORY**
Spineless Police Leaders Continue to Lick Cop Hater's Boots
By David A. Clarke Jr., Sheriff (Ret.)
- 22 **OUTFRONT**
Police are Not the problem... Police are the solution.
By Joel E. Gordon
- 28 **PERCEPTIONS**
In a World Gone Crazy
By Lt. Patrick J Ciser (Ret.)
- 30 **REFLECTION**
Savoir the Years
By Major Wesley R. Wise (Ret.)
- 32 **BROTHERHOOD**
The Blue Line Flag
By Lt. Joseph Pangaro, CPM, CSO
- 34 **REACHING OUT**
An Open Letter to LeBron James
By Officer Deon Joseph
- 36 **VANTAGE POINT**
Are Their Wildest Dreams Coming True?
By Kirk Lawless
- 38 **EXCLUSIVE INTERVIEW**
Joaquin "Jack" Garcia
By Eddie Molina
- 42 **LOOKING BACK**
A Pennsylvania State Police Memory
By Dale Gabriel
- 44 **HEAR ME OUT**
When Will Police Stop Beating Themselves Up?
By Joel F. Shults, Ed.D
- 46 **OPERATION REBOUND**
Helping Our Heroes
By Michael D. Boll
- 48 **TRAINING**
Five to Survive
By Eric J. Caron
- 50 **RECOGNITION**
Essex County 200 Club Awards Officer Willie Jones' Valor
By Robert Foreman
- 52 **STANDING TOGETHER**
Maintaining Your Professional Composure During These Troubling Times
By Chief Rich Rosell
- 56 **STRATEGY**
It's Time to Sound the Charge
By David Willoughby
- 58 **BEHIND THE BADGE**
Life After the Sheriff's Department
By Tania Owen and Vickie Speed
- 62 **ON THE BEAT**
He Violently Attacked Me in an Attempt to End My Life!
By Lexie Bell
- 64 **POLICE CHAPLAINS PERSPECTIVE**
The Day to Choose a Side Has Come
By Chris Amos
- 66 **REMEMBRANCE**
Police Officer Jimmy Inn
Article & Artwork by Jonny Castro
- 68 **BLUE PAWS**
Law Enforcement Officers and Their Canines
By Joseph Celentano
- 69 **BLUE CLASSIFIEDS**
Local Merchants Serving Our Community

DEPRESSED, TIRED, CAN'T SLEEP? **CAN'T LOSE WEIGHT?**

IBS
LEAKY GUT
DIABETES



FATIGUE
ANXIETY
STRESS

IT COULD BE A CHEMICAL IMBALANCE!

OUR COMPLETE BODY SCAN INCLUDES:

INFLAMMATION TESTING • VITAMIN DEFICIENCY TESTING
ENVIRONMENTAL SENSITIVITY • TOXICITY EVALUATION
AND MUCH MUCH MORE...

CALL & BE TESTED (201) 632-1909

MED+WELL

M.T. Shahab, M.D. L.F.A.C.O.G., F.A.S.A.S.

33 CENTRAL AVE, MIDLAND PARK, NJ 07432



*"I ENCOURAGE EVERYONE TO COME TO MEDWELL.
THE TREATMENT IS FANTASTIC."*

PASSAIC COUNTY SHERIFF BERDNIK



Welcome to another excellent issue of Blue Magazine. We have a tremendous amount of information to share with you. 2021 is flying by! The summer is already here. Make sure you set time aside to spend with your family and friends. You will be glad you did!

Let's address the 800-pound gorilla in the room. You shouldn't be shocked to see our magazine cover. Active and retired officers constantly reach out to us with a commonality of thought — they are tired of their spineless leaders firing good officers to appease the cop-hating crowds. They are tired of watching police leaders sell out their morals to virtue signal to the anti-police crowd. From the many communications, you literally can hear them screaming to start standing up for law enforcement!

We know there are many excellent police executives out there. We've traveled near and far to speak with them and featured many in Blue Magazine. We've done so to offer stories of hope for the rank and file to see many courageous police executives who stand up for our profession. Also because these brave police leaders deserved the spotlight. Therefore, we appreciate all these fearless police leaders who aren't afraid of the cop-hating crowd and who support the men and women who work for them. We know it's much easier to take the road of appeasement. Yet, you risk your own career to do what's right. We need more of you!

To every officer out there struggling with the anxiety of the constant anti-police rhetoric, hang in there. We are experiencing a challenging time where retirements are skyrocketing and recruitment is dismal. The continuous negativity excited against law enforcement will not last forever. Most people support the police. It's hard to see this reality in the storm, but it's true. We are needed. We serve for the greater good of the community. Our associate editor, Chief Joel Gordon (Ret.), does a great job exposing this reality on pages 22-24. Chief Rich Rosell offers an inspiring article on maintaining composure during these difficult times on pages 52-54. Many of our writers in this issue also address similar tactics. Be sure to read this magazine.

Be safe and should you ever need us, reach out.

Daniel Del Valle,
Publisher

THIS ISSUE IS SPONSORED BY



VIP Service.



 **BLUE**  **STRESSTEST** 
LAW ENFORCEMENT HEART DOCTOR

*“There is a **simple reason** that law enforcement officers have some of the best pensions in the country; They **don’t live long enough** after retirement to fully collect them.”*

- **Heart attacks are always** in the top 4 to 5 categories of law enforcement line of duty deaths. Sudden cardiac death accounts for up to **10% of all** U.S. law enforcement LODD

- When viewed over a full 24-hour day, heart attacks likely become **the #1 killer** of all men and women in uniform.

Visit www.BlueStressTest.com Today!

'Spirit-of-the-Law' vs. 'Letter-of-the-Law':

WHAT IT MEANS FOR ALABAMA GUARDIANSHIP LEGISLATION



By Bernard Kerik

One early memory of my law enforcement career was the day I learned the concept of the-letter-of-the-law versus the-spirit-of-the-law.

Simply put the-letter-of-the-law means the law is applied exactly as written. For example - the speed limit on highways is 65 mph, any vehicle traveling at 66 mph or greater is in violation of traffic law and shall be issued a speeding ticket.

The spirit-of-the-law leaves room for officer discretion. This means I could consider other factors when deciding to issue a ticket, give a warning, or ignore a violation all together. Following the spirit-of-the-law allowed me to apply the law as the legislature intended, especially in situations with extenuating circumstances or a warning was more appropriate.

I think we would all agree, darting across the middle of a busy street can create a dangerous situation for all and could be grounds for a jaywalking violation, but casually walking across the middle of an empty street would not warrant a ticket. Endangering others by driving under the influence is not the same as not

coming to a complete stop at a stop sign.

Sometimes, however, the enacted version of a law does not quite hit the mark. The spirit is clear, but the letter of the law leaves room for interpretation - a loophole. We all know, just as water follows the path of least resistance, if there is a loophole in the letter of the law - there's a lawyer who will take advantage.

Terri LaPoint, an investigative journalist with RealNewsSpark, has written extensively on the exploitation and civil liberty destroying nature of Alabama's guardianship laws.

In early April of this year, LaPoint testified before the Alabama House Judiciary Committee on the need for guardianship reform.

LaPoint gave a powerful speech in which she pointed out the guardianship and conservatorship system started out as a way to protect the most vulnerable among us - our elderly. However, LaPoint has seen the system fail even though the 5th Amendment's guarantees that no person shall be "deprived of life, liberty, or property, without due process of law."

She went on to say some who have been trusted to look after our most vulnerable have used loopholes personally benefit from the way the current laws are written. In her reporting, LaPoint has also found a system, which uses fear tactics and a lack of accountability to exploit seniors and drain their estates of assets meant for their families to inherit.

She said so many seniors have been victimized by the current system that something must be done. At this moment, violent criminals in Alabama prisons have more rights than a senior put under guardianship. LaPoint closed by saying this could not have been the intent of the legislature and called for reforming this system.

I too do not believe Alabama's guardian and conservatorship laws were intended to be abusive, but as written, the letter-of-the-law permits exploitation. If a loophole can be exploited for financial gain or billable hours, we all know there will be more than a few attorneys who will take advantage.

In most situations, the spirit-of-the-law is sufficient to protect most people, but as seen in Terri LaPoint's excellent reporting on Alabama seniors, Joann Bashinsky, Marian Leonard, and Marguerite Trent Caddis - it isn't always enough.

This is why I support Alabama Representative Joe Lovvorn's (R-District 79) House Bill 603. Rep. Lovvorn's bill will bring much needed reform to Alabama's guardian, conservatorship, and probate court rules and procedures.

Among the many improvements proposed in HB603:

- "undue influence exerted on a person is not, alone, adequate grounds for determining that person is incapacitated and in need of a guardian"
- bill would prohibit the appointment of a guardian or conservator when a valid power of attorney or health care directive exists and the person chosen is willing and able to perform needed functions.
- HB603 would declare a guardianship void if the due process rights of the alleged incapacitated person were determined to have been violated.

The American Bar Association Rules of Professional Conduct states, "The legal profession is largely self-governing" and the "legal profession's relative autonomy carries with it special responsibilities of self-government."

When there is a loophole in a poorly worded law, we expect people to do what is right, not what is allowed. Unfortunately, history has shown us, especially in Birmingham, we cannot leave the fox to guard the hen house and expect it to "self-govern."

Predatory attorneys across this country know exactly what they are doing... and it is disgusting. They are pillaging the hard earned wealth away from their victims, sometimes leaving their heirs with pennies (as in the Marguerite Trent Caddis case - link).

I trust the Alabama legislature will do the right thing and pass Alabama HB603 into law. 🇺🇸

(Article courtesy of Newsmax)



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.





Easy, Simple and Trusted Home Financing

We know that this process can feel overwhelming. Whether you're buying a home for the very first time or doing renovations to build your dream home, we're here to make it easier for you.



Purchase

Ready to buy a home? Discover the three easy steps to get started.



Refinance

Is now the time for you to refinance? Find out what you'll need to know.



Renovate

Bought a fixer-upper or ready to give your current home a refresh? We can help.

Homebridge[®]

Mortgages for Blue



*100% FINANCING UP TO COUNTY LOAN LIMITS AVAILABLE ON PURCHASE LOANS. MINIMUM FICO SCORE REQUIREMENTS APPLY. **TO BE ELIGIBLE, LAW ENFORCEMENT OFFICERS MUST BE EMPLOYED FULL TIME BY A LAW ENFORCEMENT AGENCY OF THE FEDERAL GOVERNMENT, A STATE, A UNIT OF GENERAL LOCAL GOVERNMENT OR AN INDIAN TRIBAL GOVERNMENT; AND MUST BE SWORN TO UPHOLD, AND MAKE ARREST FOR VIOLATIONS OF FEDERAL, STATE, TRIBAL, COUNTY, TOWNSHIP OR MUNICIPAL LAWS.

HOMEBRIDGE FINANCIAL SERVICES, INC. CORPORATE NMLS ID #6521 (WWW.NMLS.CONSUMERACCESS.ORG). 194 WOOD AVENUE SOUTH, 9TH FLOOR, ISELIN, NJ 08830; (609) 933-8342. LICENSED BY THE N.J. DEPARTMENT OF BANKING AND INSURANCE 9200151. BRANCH ADDRESS: 1700 ROUTE 23 NORTH, SUITE 125, WAYNE, NJ 07470. THIS IS NOT AN OFFER FOR EXTENSION OF CREDIT OR A COMMITMENT TO LEND. LR 2018-218

Homebridge

MICHELE HENDERSHOT

MORTGAGE LOAN ORIGINATOR

(973) 464-7119

MHENDERSHOT@HOMEBRIDGE.COM

NMLS #89891



ENZO GENCARELLI

136 RIFLE CAMP RD.,

WOODLAND PARK, NJ 07424

(973) 445-6254

ENZOGENCARELLI@REALTYEXECUTIVES.COM



“HomeBridge Financial Services provides various loan products for all home purchases, refinances, investment properties, 203(k) renovation products (purchases and refinances), as well as 0%* down VA loan programs for Veterans or active military. Also inquire about our low down payment FHA mortgage options available for active law enforcement**”



Christopher & Vanggie Weber
REALTORS® - Sales Associates

Christopher - **973-202-1836**
Vanggie - **973-494-4082**
Email - **cnvsold@gmail.com**

Keller Williams Mid-Town Direct
223 Mountain Ave. Springfield NJ, 07081



America's Media-Poisoned Well

By Michelle Malkin

It's springtime in America. In halcyon days, we'd ring in the new season with fresh starts and fragrant flowers. But in 2021, the arrival of spring now ushers in yet another cycle of destructive urban riots — stoked and coddled by toxic journalists downplaying left-wing violence and demonizing all who dare call out the ruinous, race-based chaos for what it is.

As vandals and looters tore apart Minneapolis again in the wake of a cop-involved shooting, a suburban police chief tried to report on the dangerous conditions outside his station.

"Just so that everybody's clear, I was front and center at the protest, at the riot," Brooklyn Center (Minn.) police chief Tim Gannon told the media. He was there. They were not. This did not, however, deter the know-it-alls from castigating Gannon for using the word "riot." Cue the collective outrage and the ululations of the aggrieved.

"Don't do that!" one journalist exclaimed. "There was no riot," another propagandist retorted. "It was not a riot!" another indignant media wag chimed in.

Gannon did what reporters are supposed to do: Report. In a rare show of public courage by an

elected official in these hellish days, Gannon remained undeterred. Several officers were injured; 40 demonstrators were arrested, and 20 businesses were invaded and robbed. "The officers that were putting themselves in harm's way were being pelted with frozen cans of pop, they were being pelted with concrete blocks. And yes, we had our helmets on and we had other protection and gear, but an officer was injured, hit in the head with a brick... so we had to make decisions. We had to disperse the crowd because we cannot allow our officers to be harmed."

Outraged journo-activists apparently disagree. These same types of professional word massagers who bark at police not to call riots "riots" are the same types who've been calling the deadly conflagrations of every major American city since George Floyd's death last May "mostly peaceful protests." Our airwaves and newspaper pages have been saturated with loaded language and warped narratives about every high-profile police encounter exploited by Black Lives Matter and antifa from George Floyd to Ahmaud Arbery to Jacob Blake and now Daunte Wright.

"Not only are these "protests" immune from criticism about their violent criminal nature, but they are also miraculously immune from COVID-19."

Not only are these "protests" immune from criticism about their violent criminal nature, but they are also miraculously immune from COVID-19. When citizens in flyover country have gathered to resist lockdowns and mask mandates, the national media pounces on these peaceful protesters as selfish, reckless menaces to public safety. When inner-city thugs burn down auto repair shops, firebomb courthouses and police precinct offices, cart off diapers from Walgreen's, and raid liquor store shelves in the name of social justice, pandemic paranoia and condemnatory headlines suddenly evaporate.

Rigged media coverage. Rioters run amok. The threat of violence hanging overhead like thick cumulonimbus clouds. How is it possible for anyone accused in a riot-triggering incident from obtaining a fair trial? In a remarkable act of self-delusion, the presiding judge in the ongoing trial of former Minneapolis police officer Derek Chauvin rejected a defense request to immediately sequester the jury in the aftermath of this week's new bumper crop of riots. Stating the gobsmackingly obvious, defense attorney Eric Nel-

son argued that the violent outbreaks would be at the "forefront of the jury's mindset."

Judge Peter Cahill, however, shrugged off the threats and ruled that the jury doesn't need to be shut off from media and social media exposure until closing arguments began. Never mind the barricades and barbed wire outside the fortified courthouse. Never mind the half-billion dollars in damage already done by George Floyd's vigilantes. Never mind the blaring, front-page stories about shopkeepers preparing for bloody chaos if the jury doesn't rule the "right" way.

Instead, Cahill nonchalantly advised the jury to simply avoid the news during the trial. Sure, just ignore the acrid smell of anarchy permeating the air. Take no notice of wall-to-wall coverage of Gannon's resignation after he pushed back against the media. Pay no attention to the journalists raging at police officials calling out rioters. Tune out the black-clad militants screaming "All Cops Are Bastards" and "No Justice, No Peace." Pretend away the pretrial publicity and nightly news jeremiads from racial demagogues Al Sharpton and Benjamin Crump painting Chauvin as an evildoer on par

with Ted Bundy or Adolph Hitler.

With the media acting as relentless co-prosecutors and character executioners, the well of fair and impartial jurors who can weigh evidence without fear of retribution has been irreversibly poisoned. Like Minneapolis, Brooklyn Center, Portland, Los Angeles, Baltimore, Detroit, St. Louis, Ferguson and so many other cities before them, the Fifth and Sixth Amendment rights to an impartial jury, fair trial and due process have all gone up in choking flames. This is what the twilight of a once great and free country looks and smells like. 🌐

Source: www.creators.com

Michelle Malkin is an American conservative blogger, political commentator, author, and businesswoman.



Her weekly syndicated column appears in a number of newspapers and websites. She was a Fox News contributor and has been a guest on MSNBC, C-SPAN, and national radio programs. Malkin has written several books. She founded the conservative websites Twitchy and Hot Air. E-mail: Michelle.MalkinInvestigates@protonmail.com



PRESIDENT BIDEN'S CRIME COMMISSION

By Leonard Adam Sipes, Jr.

The White House is putting the creation of a national police oversight commission on hold.

I covered the President's Commission on Law Enforcement (under President Trump) but it seemed to indicate a lack of definitive research addressing crime and police practices. Nevertheless, it remains an interesting read. President Obama's and Vice President Biden's police and crime commission is entitled President's Task Force on 21st Century Policing. Crime task forces go back to the 1930s.

The problem with crime control and/or police practices is that it remains a guessing game, with advocates inserting their favorite philosophy without proof as to what works.

To my knowledge, proactive (self-initiated) policing is the only crime control endeavor that works. Proactive Policing Reduces Crime per the National Academies of Sciences, Engineering, and Medicine.

Advocates continue to propose violence interrupters or social programs, but the available

evidence as to feasibility is limited or doesn't exist per the US Department of Justice's Crime Solutions. Gov.

After spending decades in the justice system, my biggest disappointment is that crime and criminal justice practices have such limited research to guide us, breaking the promise of previous crime commissions that data and evidence-based programs could and would partially solve our problems.

From The Crime Report

The White House is putting the creation of a national police oversight commission on hold, nixing a campaign pledge made by President Joe Biden to establish one within his first 100 days, reports Politico. Before coming to the decision, the White House said it consulted with national civil rights organizations and police unions.

Both entities made clear to the administration that they thought a commission was not necessary and likely redundant. Biden first

promised to set up an oversight commission last June, roughly one week after Floyd's killing, calling for reforms to policing, including a national database of police misconduct and a ban on the use of chokeholds, but refraining from endorsing the biggest policy demands from the Black Lives Matter movement on issues like police liability, and declining to embrace their call to "defund the police" and reallocate funding to social programs and community priorities.

Civil rights advocates were especially concerned that a commission would be used as an excuse by lawmakers in the Senate — both Republicans and skeptical Democrats — to stall action on the House-passed police reform bill.

There was clear "commission fatigue" in all the meetings the White House held with civil rights groups and police unions in the wake of task forces established by both Obama and Trump that recommended and defended much, but resulted in no viable policy changes.

"My fear is that violent crime will continue to grow and that citizens living in high-crime communities will suffer the most."

Conclusions

Law enforcement and crime control practices are consistently in the news, yet the conclusions of "experts" make it clear that promising practices are little more than conjecture.

Cities are throwing much against the wall in the hope that something sticks. Most focus on social work endeavors. Where I believe that everything should be

on the table for discussion and examination, my fear is that violent crime will continue to grow and that citizens living in high-crime communities will suffer the most.

Violent crime and fear of crime are going through the roof because people want officers to back off and not be aggressive (proactive). Firearm and security equipment sales are skyrocketing.

People are moving out of cities - US Crime Rates.

Have people accepted a new level of violence? Seems so. Thousands are dying or injured via violent crime but it's negative encounters with cops that get the bulk of the attention. It's African American communities that are being hurt the most, but again, no one seems to care.

News reports suggest that the cities where protests and or riots have occurred are being hit the hardest - Governing.Com.

It's African American communities that are bearing the brunt of the violence - NBC

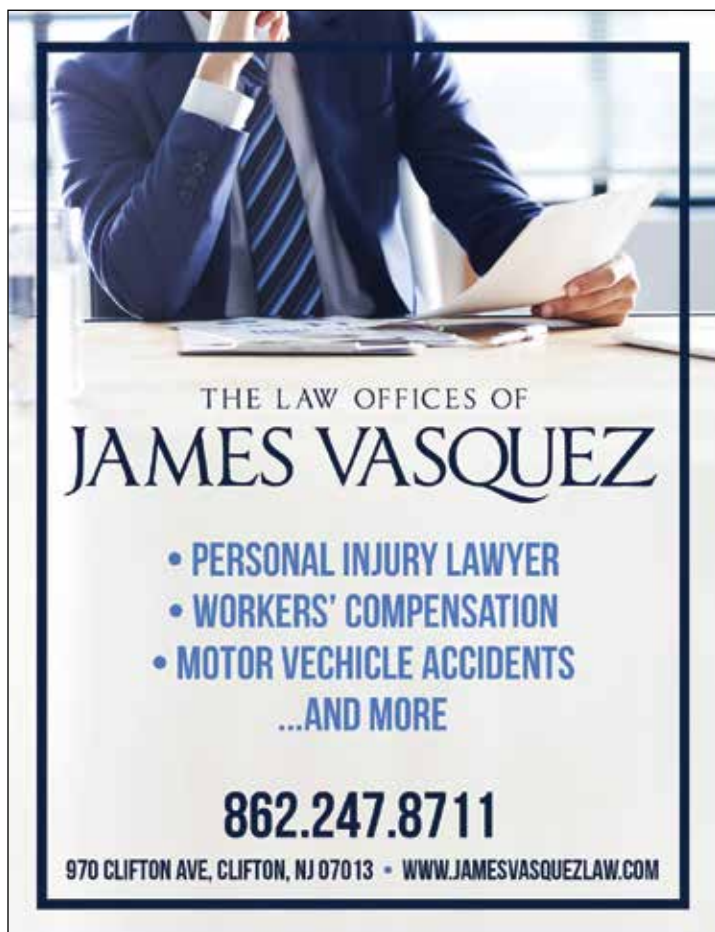
News.

There are articles linking police defunding and lack of proactive policing to increased homicides and violence - Washington Times.

There were 722 more homicides in nine U.S. cities last year, according to police data. More than 85% of the increase was in predominantly Black and Hispanic neighborhoods - The Marshall Project.

In my opinion, President Biden's decision not to proceed with a national commission is an admission that we do not have a clear, proven path to improved police practices and crime control measures. 🌐

Leonard Adam Sipes, Jr. is a retired federal senior spokesperson. A former Adjunct Associate Professor of Criminology and Public Affairs - University of Maryland. Former advisor to the "McGruff-Take a Bite Out of Crime" national media campaign. Past police officer. Aspiring drummer. Operator of CrimeinAmerica.net. His book based on thirty-five years of criminal justice public relations, "Success with the Media: Everything You Need to Survive Reporters and Your Organization" is available at Amazon and additional booksellers. He can also be found @ leonardsipes.com



THE LAW OFFICES OF
JAMES VASQUEZ

- PERSONAL INJURY LAWYER
- WORKERS' COMPENSATION
- MOTOR VEHICLE ACCIDENTS

...AND MORE

862.247.8711

970 CLIFTON AVE, CLIFTON, NJ 07013 • WWW.JAMESVASQUEZLAW.COM

THE PREFERRED



Fette



FETTEAUTO.COM

DEALER FOR **BLUE**

Troy Mol
(973)-277-4241



1137 US 46 East Clifton, NJ 07013

SPINELESS POLICE LEADERS CONTINUE TO LICK COP HATER'S BOOTS

By David A. Clarke Jr., Sheriff (Ret.) Milwaukee County

Police chiefs have reached a new low in being accomplices in the War on Cops with the revelation that law enforcement officers all across the country are being disciplined, up to and including suspensions, demotion and dismissal from the service, for expressing on their own time and on their own social media sites, posts expressing a dislike for the cop hating scumbags from Black Lives Matter (BLM). I called them scumbags, not the officers who posted.

Here is a sample of what officers have posted on social media about Black Lives Matter according to a Washington Times news story. Two officers in New Jersey have been fired or demoted for calling BLM, terrorists. In one post, one of New Jersey's finest was investigated by her agency for denouncing BLM tactics

and called them terrorists. Another officer from the same agency "liked" the post and offered support for her colleague's post. Even though the agency took no action, a town committee fired one of the officers and demoted a sergeant for calling out local politicians who sided with rioters. The chief did not back the officers. The chief should have exercised leadership here and refused to carry out the town committee's obviously retaliatory firing and offered his own resignation instead. Now that would have been an act of courage, but I digress.

In another instance, an officer from the Bellevue, Idaho Marshals' Office was suspended for a week for a posting calling out NBA basketball star LeBron James after he put out a tweet regarding an Ohio officer who used deadly force on a knife-wielding suspect who was attempting to

stab another girl. James posted the officer's picture in the post with the sentence, "You're next, #Accountability." He deleted the post from his account that has fifty million followers. The damage had been done and he knows it.

And in yet another incident, a Norfolk, Virginia police lieutenant anonymously donated to a defense fund for a man, who in an act of self-defense, shot and killed two suspects and wounded another during a riot in Kenosha, Wisconsin last summer. The man was charged and is awaiting trial. The lieutenant did use a city email address but did not identify himself or the agency. He wrote that the rank and file were behind his claim of self-defense. After what the police union said was a cursory investigation, the officer was fired.

A Los Angeles Police Dept. officer shared a meme on Valentine's



Day that had a picture of George Floyd with the caption, “You take my breath away.” He didn’t create the meme, he shared it. Should he have used better judgment? Of course. Should he be fired? Absolutely not, but LAPD Chief Michel Moore wants the officer fired. A reprimand would be in order here but again, Chief Moore’s moral preening and virtue signaling is more important to him than having his officers’ backs. George Floyd unfortunately has been elevated to icon status. This is the creep who held a loaded gun to the stomach of a pregnant woman in a home invasion robbery looking for drugs and money. He served eight years in prison. George Floyd’s death has caused enough damage and destruction all across the United States. He was involved in a criminal act, geeked up on fatal levels of fentanyl and not complying

with an officer’s lawful commands to take him into custody. Chief Moore using the career of one of his officers as cannon fodder is disgraceful.

One defense attorney was quoted as saying, “You shouldn’t have officers sounding off on political issues.” He went on to say that, “Officers, have to represent and protect everyone in the community, and how are you going to be able to do that effectively in a majority-black city if you’re posting anti-Black Lives Matter stuff?” He cites no example where police have refused to serve and protect. He also does not point out that BLM is a Marxist movement that advocates for the killing of police officers.

Now let me stop there for a moment to sound off on that claim by a defense lawyer. As to whether or not officers will protect everyone in the community regardless of their per-

sonal feelings, this defense lawyer needs to be reminded that five, count them five Dallas police officers were ambushed and killed with another nine wounded in 2016 while working to protect Black Lives Matter sympathizers at a protest. They were killed by a Black Lives Matter sniper. How is that for protecting everyone in the community?

Two New York police officers were assassinated in a New York City borough as they sat in their cruiser, serving and protecting a very diverse population. In Los Angeles, two LA sheriff’s deputies were ambushed and shot as they sat in their cruiser serving and protecting a very diverse community in Los Angeles. They were rushed to an area hospital and were met by a group of BLM sympathizers who blocked the emergency entrance at the hospital not letting the ambulance through while shout

ing anti police slogans.

There have been no reports or accusations that police are refusing to serve minority communities in spite of this hateful BLM movement. Officers have been spit on, have had rocks and bottles thrown at them along with urine- and feces-filled balloons and shot at as they

law enforcement executives to be able to set standards for off-duty conduct. In fact, there are court cases allowing it. As a former elected sheriff responsible for the good order of the service, a balance needs to be struck on this, however. It should be narrowly applied. I read all the posts referenced in the

about BLM that they do. If this was brought to my attention, I would not have ordered an “investigation.” This didn’t warrant an “investigation.” I would have called the officers in and told them to be careful what they post on social media. I would have ordered that a memo to go out to the entire agency reminding them of the good order of the service because the cop haters are on the prowl and looking to take them out through internal discipline. The end. A verbal warning would be appropriate. Suspension, firing and demotion for this is overkill and unnecessary. It is nothing more than virtue signaling trying to appease the cop-hating goons. It doesn’t work.

Our officers are under tremendous stress. They are working long hours due to riots, defunding efforts and short staffing due to retirements and resignations. It is affecting their mental health and quality of life outside work. These are human beings, not drones. Don’t these spineless police chiefs realize that? Do they even care? Our cops need a release from time to time and some empathy from their top commanders. Maybe if law enforcement executives said something that pushes back against the cop haters of Black Lives Matter, rank and file cops would not feel a need to spout off in their own defense. 🌐



are ordered to “stand down” while protecting a diverse group of people as they protest and even riot.

There is obviously a need for

previously mentioned cases. None of what was posted in my view was over the top nor did it discredit their agency. In fact, I feel the same way

Sheriff David Clarke Jr. is former Sheriff of Milwaukee Co, Wisconsin, President of AmericasSheriff LLC, Board member of the Crime Research Center, 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



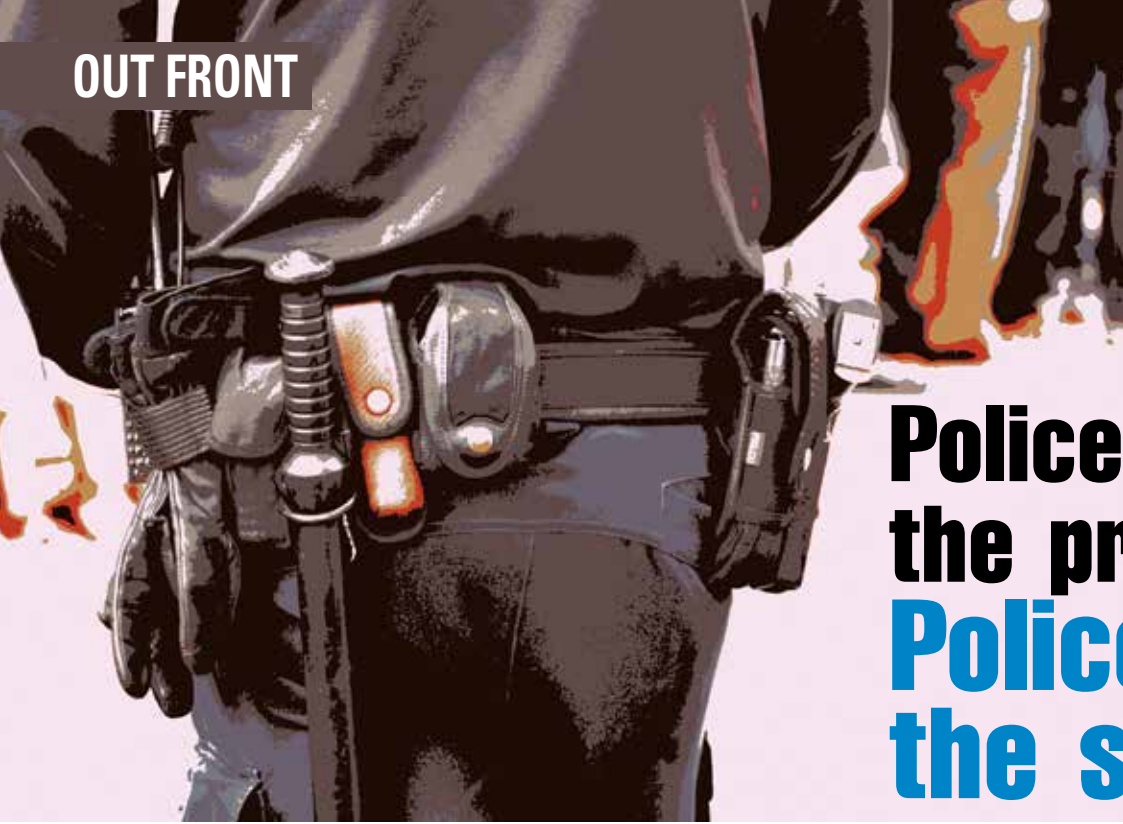
"The Gerling Institute has extensive experience and specializes in diagnosis and treatment of spinal injuries.

From basic home exercise programs to operative intervention, we are here to serve you as you have dedicated yourself to serving your community!"

- Michael C. Gerling, MD



212.882.1110
GERLINGINSTITUTE.COM
Michael C. Gerling, MD
Orthopedic Spine Surgeon



Police are not the problem... Police are the solution.

By Joel E. Gordon

“The police are the public and the public are the police; the police being only members of the public who are paid to give full time attention to duties which are incumbent on every citizen in the interests of community welfare and existence.”

- Robert Peel

This is the message that we MUST get out.

Why are the police paid? Training, knowledge plus the fortitude to deal with enraged, often chemically altered individuals in life and death situations are a primary reason that paid professionals are necessary to carry the burden of keeping the peace, often under impossible circumstances.

As someone who has served as an inner-city police officer, I can unequivocally state that cops do more good for their communities than anyone else yet often don't even

have a seat at the table while non-experts work to “reimagine” policing. While the untrained armchair police proffer tactical advice based upon emotion their suggestions actually can further elevate risks. It is obvious who has never been actively confronted by an enraged individual who is in a violent and often chemically altered state of mind impervious to pain.

I am particularly reminded of the time that I was confronted by an enraged individual I was tasked to attempt to keep from harming himself or others, later revealed to be under the influence of PCP. Phencyclidine works primarily as an NMDA-receptor antagonist. Behaviorally in humans, its effects are broad-spectrum and can induce hostility, delusions and hallucinations - psychotic effects somewhat related to the positive symptoms

seen in schizophrenia. While no evidence exists that PCP can increase strength per se, it does act as a dissociative analgesic, producing a sense of non-connectedness neurologically and a general decrease in pain sensation peripherally. The combination of properties -- with delusions, hallucinations and aggression -- can produce a physiological state where it appears the person is capable of superhuman feats, whereas the reality is only that they are more capable of/willing to commit self-harm and harm others. This particular individual was so powerfully violent in a hospital emergency department that it took six officers to control his violent physical movements until he could be medically “knocked out” to gain control. Imagine the lone officer encountering this individual or someone like him in an uncontrolled setting.

You've heard some of the "recommendations" of those who have never experienced such an encounter in a variety of other situations:

Warning Shots: Warning shots are prohibited in just about every jurisdiction in the U.S. Any discharge of a firearm by the police is typically classified as a use of deadly force incident. The officer is responsible for where the bullet goes and any damage it may cause. It should not be too difficult to understand that a warning shot could easily result in an errant bullet lodging somewhere that it does not belong and at the very least, if shot in an upward trajectory, what goes up must come down.

Shoot them in the leg: If struck in a lower extremity this may not stop a threat in a timely manner but it is still a potential actual deadly force by severing a femoral artery or other area causing a person to ultimately "bleed out." If the bullet completely transected the artery, the person would likely lose enough blood to be severely compromised within a minute or two, and they'd bleed out in under five minutes without prompt treatment and transport to a hospital.

Shoot any weapon out of their hand: Maybe on television or in a movie, but in real-time real world scenarios even the best marksman could not be assured of a clean shot in a frantic uncontrolled environment except perhaps in the rarest of circumstances.

Use of Chemical Irritant, Taser or Less Lethal Weapon: Level four or five on the use of force continuum (below). Designed to temporarily incapacitate, confuse, delay or restrain an adversary in a variety of situations but are not necessarily reliable to stop an active threat in all instances such as with an individual who is "feeling no pain," for example.

Rather than a theoretical hypothesis of what could stop a threat law enforcement professionals use a force continuum, a scale of force alternatives, to mediate the level of response used in a given situation. This continuum has been professionally developed in collaboration with those who possess real knowledge and expertise in a variety of disciplines including behavioral science, defense tactics, anatomy and physiology, ballistics, the law and real-world experience.

The force continuum is typically broken down into six broad levels. Each level is designed to be fluid as the need for force changes as the situation develops. For example, it is not uncommon for the level of force to go from level two, to level three, and back again in a matter of seconds.

- **Level 1 - Officer Presence:** The mere presence of a police officer in uniform or in a marked vehicle is often enough to stop a crime in progress or prevent most situations from escalating. Without saying a word, the mere presence of a police officer can deter crime by the simple use of body language and gestures. At this level, gestures should be non-threatening and professional. This "zero" level of force is the best way to resolve any situation, if possible.
- **Level 2 - Verbal Commands:** Used in combination with a visible presence, the use of the voice can most often achieve the desired results. The content of the message is as important as your demeanor. It's always best to start out calm but firm and non-threatening. Your choice of words and intensity can be increased as necessary or used in short commands in more serious situations. Police officers re-

ceive extensive training on how to use verbal commands most effectively.

- **Level 3 - Empty Hand Control:** Some situations will arise where words alone will not reduce the aggression. This is the time police officers will need to get involved physically. This is a level of control employed by police officers minus the aid of equipment or weapons. There are two subcategories called, "soft empty hand techniques" and "hard empty hand techniques."
- **Level 4 - Pepper Spray, Baton, Taser:** When the suspect is violent or threatening, more extreme, but non-deadly measures must be used to bring the suspect under control or affect an arrest. Before moving to this level of force, it is assumed that less-physical measures have already been tried. Pepper spray, once thought an effective street tool for police officers has lost popularity over the years because of its ineffectiveness, especially on intoxicated persons. A blow with a baton can immobilize a combative person, allowing officers to affect an arrest. The Taser discharges a high-voltage spark (50,000 volts) at very low amperage. The Taser fires two small darts, connected to wires, which drops a suspect at non-contact distance. They can be especially useful for controlling non-criminal violent behavior, such as persons who are mentally impaired.
- **Level 5 - Less Lethal:** This is a newer, acceptable and effective level of force that numerous police agencies have added to their use of force continuum policy and procedure. Less-lethal weapons were

"Cops do more good for their communities than anyone else."

developed to provide law enforcement, military and corrections personnel with an alternative to lethal force. They were designed to temporarily incapacitate, confuse, delay, or restrain an adversary in a variety of situations. Less-lethal weapons can be valuable when: lethal force is available as backup but it is determined that lesser force may subdue the aggressor or when lethal force is justified but its use could cause serious collateral effects, such as injury to bystanders.

- **Level 6 - Deadly Force:** If a police officer has probable cause to believe that a suspect poses a *significant threat of imminent death or serious physical injury* to the officer or others, then the use of deadly force is justified. It is obvious from all of the news about misuse of power by police, that this is easier said than done.

By the very nature of law enforcement, officers can be confronted with a potentially lethal threat at any given time. In many of these instances, officers may have no other reasonable option, given the totality of the circumstances, but to discharge their firearm in order to protect their life or the lives of others. The use of force is an integral part of a law enforcement officer's job, particularly when arresting criminal suspects. While most reasonable people believe that police should be permitted to protect themselves and others from threats to safety, what is often disputed is an officer's assessment of a threat and the

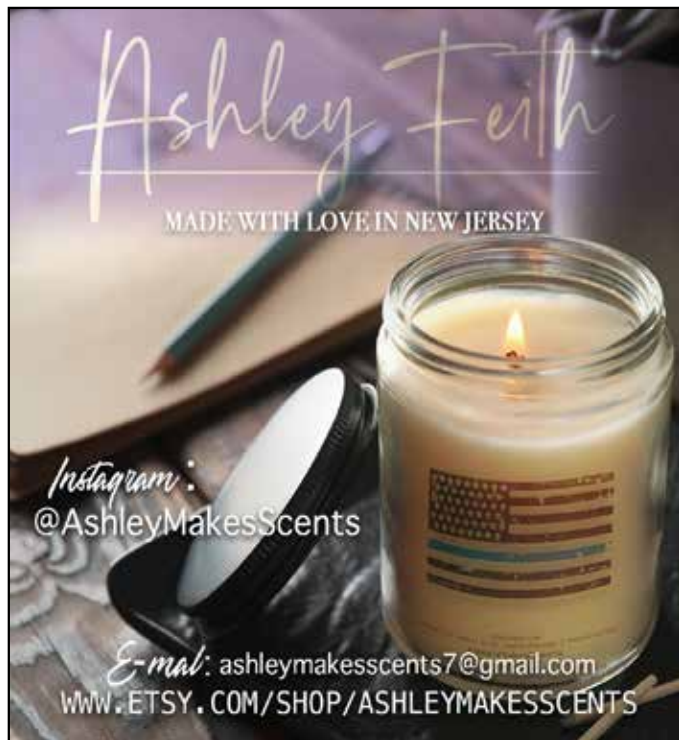
level of force selected to counter it. The level of force used must be tailored to the nature of the threat that prompted its use. In other words, a response is fully dictated by the actions and threat level of a perpetrator.

Although central body mass is the most reliable and accessible target proven to be likely to stop a threat, even a center body mass shot or shots does not necessarily guarantee an immediate stop to aggression. Case in point: In February of this year a Montgomery County, Maryland, sheriff's deputy was seen on a widely viewed internet video firing 12 rounds, striking an attacking individual at close range, after the deputy backed away, tried de-escalation, and attempted Taser deployment before the subject finally stopped his forward aggression and the attack ceased. A nearly identical situation, in the days before Tasers, was famously taught in the Baltimore City Police Academy of the '80s where a hostile aggressor failed to cease attack quickly after being shot numerous times center mass. Police are taught never to take anything for granted and always remain flexible in their response because in real-world scenarios there is no guarantee that any one technique will immediately stop an enraged aggressor. These life and death situations are not taken lightly.

Is it ever OK to use deadly force?

While there is always room for improvement, more tools and deployment training, it is not realistic to completely eliminate the use of deadly force by the police ... nor should it be in cases involving imminent danger in the maiming or death to innocent members of the public or to the police. There is no license for the police to kill, only a responsibility to stop a threat, to protect oneself and the people who need protection from those who are causing catastrophic harm to those around them. Who has their finger on the pulse of a community more than a front line community cop on the beat who has a sense of obligation toward the community in doing what is best for the overall safety and common good of the areas served? The answer lies within each dedicated and good-hearted law enforcement professional. May the protectors of our society always be the ones to prevail. 🌐

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 multi-jurisdictional 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



DR. ALEKSANDR MARTIROSOV



TRI-STATE HEALTH AND WELLNESS

ANA PAIS, LPC



FIRST RESPONDER COUNSELOR

ENIDA BERBERI
VASCULAR PROFESSIONAL



BLUESTRESSTEST.COM

MICHELE HENDERSHOT



HONEBRIDGE-MORTGAGE SPECIALIST

DR. JAY M. SHAH



SAMWELL - PAIN MANAGEMENT

JAMES VASQUEZ, PC



LAW OFFICES OF J. VASQUEZ

TROY MOL



FETTE FORD

visit **BLUE**

OFFICIAL LAW ENFORCEMENT BUSINESS DIRECTORY

MEET A FEW OF OUR
BLUEPROFESSIONALS

WWW.VISITBLUE.COM

SNORE

LAW ENFORCEMENT'S

SLEEP APNEA IS DANGEROUS AND CAN EFFECT ANYONE

JAMES GANDOLFINI



CARRIE FISCHER



REGGIE WHITE



JERRY GARCIA



ANTON SCALIA



MOSES MALONE



1-855-859-3300

MOST MEDICAL PLANS COVER SLEEP APNEA SOLUTIONS

EMAIL: INFO@ATHOMESLEEPSOLUTIONS.COM

WEBSITE: WWW.ATHOMESLEEPSOLUTIONS.COM

NO MORE



SLEEP APNEA DOCTOR

THE #1 REASON PEOPLE GET SICK
(AND CONTRACT CORONA-VIRUS) IS DUE TO LACK OF SLEEP



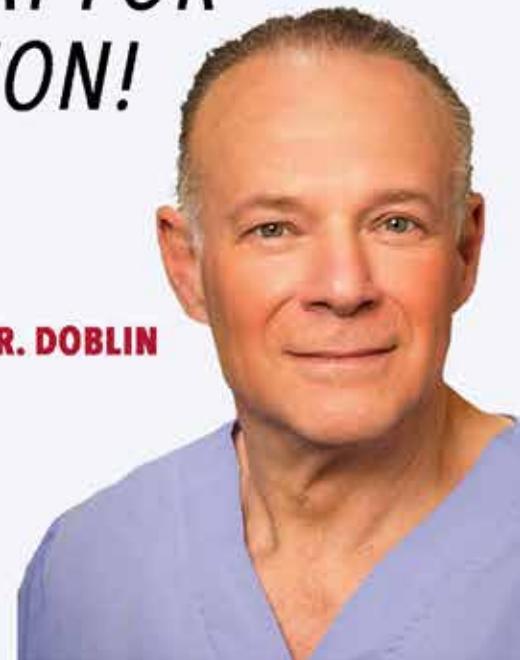
**SAY GOODBYE TO CPAP MACHINES &
ANNOYING MASKS. WE OFFER EASY,
CONVENIENT AT HOME SLEEP TESTS.**

*CALL DR. DOBLIN TODAY FOR
A **FREE** CONSULTATION!*



ELAYNE VELAZQUEZ
LAW ENFORCEMENT LIAISON

DR. DOBLIN



*DR. DOBLIN WOULD LOVE TO SPONSOR YOUR
MEETING AND PROVIDE LUNCH OR DINNER!
CALL ELAYNE AT 201.966.4812 FOR MORE INFO*



In a World Gone Crazy

By: Lt. Patrick J Ciser (Ret.)

When I was a younger man, 30-40 years ago, I saw division on many political issues. Sure, we had both extreme left and right groups, but they were certainly in the minority, and few people took them seriously. I remember a time, believe it or not, when Democrats believed in and supported law enforcement and the rule of law. And for the most part, I always saw some wiggle room for reconciliation on both sides.

A few months ago, we saw a radicalized party, against all odds, take the White House, the House of Representatives and the Senate, at the end of a very tumultuous year. I'm struck with deep sadness that we find ourselves in

this position. Democrats seemed to be on the wrong side of so many important issues facing our nation, yet still won. Let's take a look at a few of these extreme positions one by one.

LAW ENFORCEMENT

There was a day as I said when ALL politicians wanted to protect our citizens from crime; especially violent crime. We all have loved ones we wish to protect, and most of us have repeatedly supported victim advocacy groups over the years. We've seen the strengthening of domestic violence laws and the increased prosecution of sexual assaults. So why are many Dem-

ocratic politicians doing everything in their power to assist criminals? Sounds extreme, right? But it is happening in all of our Democrat-run states coast to coast. We're suffering from bail reform on steroids! Even some violent criminals are immediately let out so they can terrorize their victims again. Witnesses are being threatened and are now scared to death of testifying, even more so than before. Why do you think that half of the homicides in our inner cities aren't solved? "Warn a Brother" and "No Snitchin" are some serious shit to be sure! Victims learn quickly that our feckless judicial system isn't going to save them or their kids any time

soon. Why do we parole cop killers who should've gotten the death penalty? Why do Democrats turn a blind eye to the destruction caused by BLM and Antifa, and even support bailing them out like Vice President Harris has done? Why are Democrats not in favor of deporting criminal aliens and passing "Kate's Law?" And there's so much more!

ILLEGAL IMMIGRATION

At the DNC primary runoff last year, all the candidates from Joe Biden to Kamala Harris were asked, raise your hand if you're in favor of giving free health care to illegal immigrants. Every hand on that stage went up! There are an estimated 18-22 million illegals currently living in America. That admission alone could entice a million more to cross the border in the coming four years of the Biden administration. And you know who gets hurt the most, even more than the taxpayers? The illegals who are already here. If an illegal farm worker goes from \$5 to \$8 or \$10 an hour over a few years, he/she will now lose their jobs to the new immigrant willing to take \$5. Some Democrat governors curtailed interstate travel from certain states because of COVID, while the Biden administration is welcoming all immigrants regardless if they're bringing in any disease from COVID to tuberculosis. He's actually sending out letters to illegals who were deported by the Trump Administration to come back for a new hearing. Many gang members, like MS-13, are no longer in jeopardy of deportation under Biden's rules.

TRANSGENDER RIGHTS

I never understood bias against gays/lesbians in America. Ultra-religious groups, unfortunately, seem to

have disdain for them to the extreme. I always thought, even decades ago; who are they hurting? Certainly not me. So why don't we simply wish them well and move on? But today, this "group" has grown to be called the LGBTQ community. Now I, like countless others, definitely have a problem. You see, gay rights never infringed on other people's rights, but transgender "rights" absolutely do! None of us want a man, who believes that he's a woman, to share the same bathroom with our teenage daughters. No one wants to see their little girl dreaming while growing up, of competing in the Olympics one day, suddenly beaten by a transexual. When your rights trample another's rights, that's where we have a problem! We have "Special Olympics," perhaps we need "transgender" sports.

FIRST and SECOND AMENDMENTS

Censorship; did you ever think that in America we would see such a thing? The CCP, Russia, North Korea, among many others, have always had Government Controlled Media. For you old guys like me out there, remember during Watergate, when we actually had investigative reporters who looked out for the people? Today, we have liberal media that actually acts like an arm of the DNC. Progressives have infiltrated our media outlets and universities to a point where they're able to snuff out free speech at every turn. Why is it for years now you can't hear a conservative lecture at our top universities? And now we actually have censorship on all social media platforms. Mao would've been proud.

Biden and company also have BIG plans for our Second Amendment; how do they win with this stuff!! 🌐

"There was a day as I said when ALL politicians wanted to protect our citizens from crime; especially violent crime."

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.



Savor The Years

By Major Wesley R. Wise (Ret.)

Time has a way of moving quickly and catching you unaware of its passing. The years sail by unchecked by time. It seems like only yesterday that I was young, embarking on my dream job as a newly minted Baltimore City police officer, a freshly married brand new homeowner looking forward to starting a family. Yes, it seems like yesterday even though it was eons ago, and I can't but wonder where all those decades went.

I remember savoring the years as they passed, and I know that I lived them well. I have glimpses of how it was back then and of all my hopes and dreams as they flew by. And so it is that I sit here now looking at the winter of my life, with many more years behind me than in front of me, and it catches me by surprise. How did I get here so fast? Where did all the years go? Where did my youth – and my health – go? I remember seeing old people and thinking that their time was years away, far into the future. I remember thinking that winter was so far off that I could not fathom it or even imagine fully when it would get here or what it would be like.

But, here it is, the time has arrived. Most of my friends and family – those that are still with us – are retired and getting gray – and surprisingly, so am I. I see that old person in myself now. They move slower and more cautiously. Some are in better shape than I am, and some are clearly not. Like me, their age is showing, and we are all looking like those old folks we used to see and never thought we'd be. And of course, some – too many – have already passed on to a

better being.

Each day now, I find that just getting a full night's sleep is my target for the day. And taking daytime naps is not a treat anymore... it's mandatory, and at the most inconvenient of times, I just fall asleep where I sit, no matter the time of day!

And now... as I enter this new season of my life, ill-prepared for the aches and pains of age, ill-equipped to deal with my loss of vigor, youth and strength, and without the ability to remember or to do things I used to do effortlessly and enjoy immensely.

And I look at all the things that I wish I had done differently over the years. Some I regret immensely, and some I will never forget or feel bad about. But at least I know that though winter has come, and I'm not sure how long it will last ... this I do know – that when it's over on this earth... it's over. No getting it back. But then a new adventure will begin!

So yes, I have regrets; a few of them. I think about the many things I wish I had done but didn't... as well as some things I should have done but didn't, but there are also many things I'm happy to have done. A lifetime of challenges faced and met – and some unmet. But little regret other than having not taken better care of myself.

If you're like me, some of the things you used to care to do, you no longer care to do – or no longer can do. You sleep better, if at all, on a lounge chair with the TV blaring than in bed. What used to be freckles are now liver spots. Everybody for some reason seems to be whispering, and I say "Huh?" way too often. Why

don't they speak louder so I can hear them?

So, if you're not living in your winter yet... let me remind you that it will be here faster than you can imagine. And whatever you would like to accomplish in your life, do it now, sooner rather than later! Don't put things off too long!! Life goes by too quickly. So, do what you can TODAY, as you can never be sure whether this is your true winter or not! There is no promise that you will see all the seasons of your life one more time ... so, say all the things that you want your loved ones to remember... and hope that they appreciate and love you for all the things that you have done to, with, and for them in all the years past!!

Remember, life was a GIFT to you, and the way you lived your life was your gift to those who came after. I hope you made it a fantastic one, as I mostly did. Navigate the time you have left carefully because whatever you yearn for in life, that's all you have left.

Just sayin' 🌍

A thirty-six-year veteran of the Baltimore Police Department, Wes retired in 2006 as the Commander of the city's 911 System. While recovering from a stroke in 2014, he wrote two books about his experiences as a Baltimore cop. Wes has also self-published fourteen books for other writers. Need publishing help? Contact Wes at weswise78@gmail.com. A father of two and grandfather of ten, he and his wife of 49 years live near Baltimore, Maryland.



**WE WORK WITH MOST
INSURANCE PLANS!**



25% OFF

**ALL SERVICES
AND SURGERY**

**FOR
LAW ENFORCEMENT,
FIRE FIGHTERS,
AND MILITARY
MEMBERS!**



**MOLE/LIPOMA
REMOVAL AVAILABLE**

SURGICAL SERVICES

- Liposuction
- Gynecomastia
- Breast Augmentation
- Tummy Tuck
- Mommy Makeover
- Rhinoplasty
- Brazilian Butt Lift

NON-SURGICAL SERVICES

- NeoGraft Hair Transplant
- IPL Hair Removal
- Botox/Fillers for Lips & Face
- Kybella Double Chin Removal
- SculpSure Non-Surgical Fat Reduction



**NEW PATIENT
SPECIAL!**

**BOTOX \$10 A UNIT
WITH OUR PA OR RN**

* ONLY ONE PER PATIENT. CANNOT BE COMBINED WITH ANY
OTHER OFFER. CANNOT PRE-PURCHASE UNITS.

- PATIENT FINANCING AVAILABLE
- WE WORK WITH PPO PLANS

**CALL TODAY FOR A
FREE CONSULTATION**

DR. AYDIN IS A DOUBLE BOARD CERTIFIED PLASTIC SURGEON & MEMBER OF THE AMERICAN SOCIETY OF PLASTIC SURGEONS

140 N. Route 17, Suite 200
Paramus, NJ 07652

www.AydinPlasticSurgery.com
(201) 345 - 0100





THE BLUE LINE FLAG

By Lt. Joseph Pangaro, CPM, CSO

Blue is the color of many things. Like all colors, blue moves us, intrigues us, motivates us and is imbued with meaning. “True Blue” is a term and connection to the color that has stood the test of time. True Blue means loyal, respectful, honorable, just, and sincere. These may not have been the intentions of nature when she created the colors of the rainbow, but they have been adopted by people to describe a feeling or belief and how it is characterized by the color. When we think of colors, we can see a connection to other feelings and concepts.

Red is a powerful color and has a completely different meaning than and represents different feelings than blue. Red is fiery, sexy, aggressive and strong. We have the red power tie for men to express this connotation of power. Yellow, on the other hand, is a weaker color, yellow can say “caution,” slow down and a host of other things, but we don’t think of yellow as powerful or loyal, do we?

How about the little black dress or the pink bow, or the dark blue suit, they all send messages that we humans recognize, seemingly naturally. We don’t really think about it until we have to.

I teach a course on courtroom testimony. In that class I

cover how to use your reports, the tone of your voice, the way you take the oath, where you look in the room, how to treat the judge and the lawyers and I talk about the clothes you wear to testify, because colors reflect feeling and emotions.

I say if you are a witness in a multi-day trial, on day one and on direct examination from the prosecutor, you as a law enforcement officer should wear a dark color suit or dress with a blue tie. This color combination expresses strength, control and with the blue tie to accent it, integrity because blue gives that impression.

On day two, or whatever day you will face cross examination, I suggest wearing a brown suit or dress and a light brown tie. Brown is a nice color, neutral, calm and does not scream control and power, instead it is softer and when the defense attorney is grilling you, you want to appear honest and calm, even a bit vulnerable to the jury so they will see you as a person they can connect to as the big bad lawyer attacks you.

These color examples make the point; we do see colors as a way of defining something, expressing something and making a statement. So, did these implied characteristics come from me? No, they have been with humanity for thousands of years for reasons we may never be able to definitively say why, but colors

"When you take the oath, you are part of the law enforcement family forever and you are committed to the ideals of justice for your entire life."

move us, they speak to us and they do have power.

That being said, and with some understanding now of how color defines a thing, let's look at the Police blue line flag. First we have to define it. It is not an American flag with different colors; it is a different flag altogether. If it were the American flag, then it would represent our country, and arguably the police blue line flag does not represent the USA, it represents the men and women of law enforcement. The stars, stripes and configuration may look similar to the American flag, but that is just on the surface. The police Blue Line Flag, its meaning and what it represents goes much deeper than just representing law enforcement. It represents what law enforcement means to the members of the service.

The colors of the Blue Line Flag were chosen to highlight the blue line which represents every man and woman that has ever donned the uniform and walked a beat or patrolled the tiers. All of us are that blue line. No matter where we work, what size of our agency or our mission, job title, assignment or the color of our skin, where we were born or who we love we are all blue, and we walk the line of service to others. We protect the weak and defend the innocent; we chase the demons and run toward danger at our own peril. We suffer and sacrifice to the point of death to accomplish these

goals and complete our mission.

The Blue Line flag does not represent hate directed toward anyone, nor does it stand for oppression, or stand for one group's dominance over another. What it does stand for is duty, honor, fidelity, service to community, courage in the face of evil, dedication to principles of the greater good, and brotherhood and sisterhood bonded in a belief that there is right and wrong, good and bad and that those who stand on that Blue line are one.

A force for good in a free society; a force for peace in a time of chaos and a force of protection for everyone.

Ours is a noble profession and one deserving of our pride. Law enforcement at any level is built on a foundation of sacrifice and service to others with an undertaking that starts when we are young and makes demands of our time, our skills, our families, our hearts and souls. It is a profession that demands our respect and commitment to things greater than ourselves and it is a responsibility that cannot be disregarded for one second even after the years of active service are over. When you take the oath, you are part of the law enforcement family forever and you are committed to the ideals of justice for your entire life.

When I see the Blue Line Flag I see that pride, that nobility, that commitment, that dedication, that honor, and I see the blood that has

been spilled by those represented by the blue line flag that have made the ultimate sacrifice for others. That is what I see when I see that flag, because that is what it represents because we, the men and women who walk the blue line, say that's what it means. It is our creation, our expression and our representation of the essence of the blue line and the profession we belong to.

Others may disparage it, give it false meaning and assign to it false expression or hidden meaning but none of that is true. Our Blue Line Flag is blue for a reason and for all the things that the color blue represents. We must not allow anyone to define who we are or what our flag stands for. We are true blue. 🇺🇸

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 Managers 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. E-mail at: JPangaro@TrueSecurityDesign.com, www.TrueSecurityDesign.com





Dear LeBron:

I am not going to come at you from a place of hatred. There will be no name calling. I was raised to see the whole of a human being. Not to hyper focus on their flaws or make said flaws the whole of who they are. I'm an honest man.

What you do for children, and other acts of charity, shows a huge heart. You show to be a family man, and that's to be respected. You play for the team my family has cheered for since the 1960s, then myself since 1979. But... Your current stance on policing is so off base and extreme. Your tweet that targeted a police officer in Ohio who saved a young woman's life was irresponsible and disturbing. It showed a complete lack of understanding of the challenge of our job in the heat of a moment. You basically put a target on the back of a human being who had to make a split-second decision to save a life from a deadly attack.

It was a decision I know he and many others wish they never had to make. Especially when it involves someone so young.

Instead of apologizing, you deflected. You said you took your tweet down because you did not want it to be used for hate, when the tweet itself was the embodiment of hatred, rooted in a lack of understanding of the danger of the situation.

I don't know if this will ever reach you, but my hope is that one day I can sit down with you and talk. As a man of faith, I

AN OPEN LETTER TO

LeBron James

By Officer Deon Joseph

can have no hatred toward you. But I do feel I can help you understand the reality of the profession of policing, and that there is another side you need to hear. You are tired of Black folks dying? So am I. You hate racism and police brutality? So do I. But you cannot paint 800,000 men and women who are of all races, faiths, sexual orientations and are also mothers, fathers, sons, daughters, preachers, coaches, community members and just human with such a broad and destructive brush.

Unlike some who have dug their heels in the belief that police are inherently evil, I think if you yourself actually sat down and had a real honest and open conversation with a cop, there is a strong chance you may discover we are not the monsters you have come to believe we are, who deserve the hate and disdain you have.

And even if you come away feeling the same way, I could respect it, because at least you gave the other side your ear instead of only hearing one narrative.

The offer is on the table, LeBron. I know it's a long shot. But this division and hatred must stop. It's clear based on rising crime in marginalized communities that cops and the community need to build bridges to save lives on all sides. That cannot be done through the demonization of any group of people.

Just putting it out in the universe, brother. Even if not me, please take the time to talk to a police officer instead of judging them. No shade. Thanks for all the positive things you do. 🌍

Deon Joseph is a 25 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.



LEG PAIN? CRAMPS? RESTLESS, TIRED, HEAVY LEGS?

**Get Your Painless, On-Site
15 Minute Ultrasound Today!
Covered By Insurance.**

- **LEG PAIN, CRAMPS AND RESTLESS, TIRED, HEAVY LEGS ARE VERY COMMON COMPLAINTS AND ARE OFTEN BRUSHED OFF OR MISUNDERSTOOD.**
- **PAIN IN THE KNEE, HIP, LOWER BACK, FOOT AND CALF ARE SOME OF THE USUAL TYPES OF LEG PAIN.**
- **STANDING OR SITTING FOR LONG PERIODS OF TIME AT HOME OR WORK CAN CAUSE MANY OF THESE ISSUES.**
- **THE COMPLETE WORKUP SHOULD INCLUDE A FULL 15 MINUTE LEG ULTRASOUND WHICH IS OFTEN MISTAKEN FOR A LIMITED ULTRASOUND WHICH ONLY LOOKS FOR CLOTS IN THE LEGS.**
- **AS PART OF YOUR HEALTH AND WELLNESS, AN ULTRASOUND IS RECOMMENDED FOR SCREENING TO RULE OUT SILENT CAUSES OF COMMON HEALTH CONDITIONS AND MISSED DIAGNOSES.**

WE ALSO HELP WITH:

WEIGHT LOSS MANAGEMENT • PAIN CONTROL & MANAGEMENT • IV FLUIDS & REHYDRATION

WLS **CALL TODAY FOR YOUR CLOSEST LOCATION**
(844) 566-2723

Wellness and Surgery www.wellnessandsurgery.com



ARE THEIR WILDEST DREAMS COMING TRUE?

By Kirk Lawless



Recently has been nothing short of disastrous for cops across the United States. Police Memorial Week will add 362 names to the wall of cops killed on the job. As of 05/12/2021 we have had 124 cops killed and 57 have committed suicide at only 133 days into the year. And yes, there are folks to blame.

The embracing of terrorist organizations like Black Lives Matter, by politicians and folks with messed up moral compasses are adding fuel to the fire, those who coddle criminals, and those who glorify criminals and their behavior are to blame. “Influencers,” sports figures, LeBron James and Colin Kaepernick are two who come to mind as folks who can just screw right off. I can’t get fired for exercising my First Amendment Right to free speech. I don’t work for anybody and I’ve already been worked over by the cop-hating system, so I don’t care and I will not be quieted.

The folks spoiling for a civil war are to blame as well. The media “If it bleeds it leads” mentality are getting cops and civilians killed. We recently

had four cops murdered in one week. We, the police are now officially the enemy.

Missouri U.S. Rep. Cori Bush (D), Black Lives Matter supporter and activist appeared on the news here in St Louis on May 5. “Today’s decision to defund the St. Louis Metropolitan Police Department is historic. It marks a new future for our city.” What she said is true, except the future is dismal because of her way of thinking. Within days of applauding the decision that was made to not fill 200 vacancies in the SLMPD, 20 folks were shot and three killed in one night. Keep it under your hat, but the police didn’t kill them. Folks like Bush find it easier to condemn the police in general when it fits the Marxist agenda of BLM, but they’re not protesting the black on black crime that plagues this town.

St. Louis is home to some 300,000 people, who are protected by 1,343 cops soon to be 1,143. Yay! You’re getting what you wanted! Except, it’s more dead bodies, and sadly, most of them will be people of color, and killed by other people of color.

On April 30 the city’s 2nd District (its largest) was protected by five, count ‘em five, cops. That left one cop responsible for the area that includes Forest Park and its 1,326 acres, so four to cover the rest of the district. It’s dangerous for the cops, it’s dangerous for the citizens, but the folks like Bush want less police. I’ve chased bandits all across this area and the last thing the folks of color trapped in low-income crime-infested neighborhoods need is less police protection. That’s fact. The media barely touches on that during the nightly homicide montage. Not to worry, though, the 62 square miles of St. Louis City proper will be better off with 200 less cops!

President Biden chose Police Memorial Week to get a dig in on us, by saying the police were the reason there is such distrust in this country, implying that police officers were randomly killing folks of color. That is as unforgivable as it is insulting. He literally slapped every cop in America right in the face with his political double speak.

They also gave Mrs. Obama more facetime where she had to attack us

"Systemic racism. It always comes back to that, doesn't it?"

again implying she is scared to death that the police will target her girls and the outcome would be devastating. I think she's upset that they had to have "the talk" with their daughters. Here's a clue, all parents should have "the talk" with their kids regarding possible interactions with the cops. It's nothing new. All the cool parents are doing it, even the white ones! I had "the talk" with my kids. My dad gave me and my brother, "the talk." My grandfather gave my dad and his five brothers, "the talk," so singling out the notion that only people of color have "the talk" is such BS. Personally, I'm sick of it. I won't be shamed into feeling guilty for something I didn't do. And I won't get shamed or discounted for the color of my skin. Wait what's that called? Oh yeah, racism, and it's a two-way street.

Systemic racism. It always comes back to that, doesn't it? The thing that shocks me is that those who hold some sway, or can create a media frenzy by weighing in on something they know little about, stops right there, by creating conflict and bitching that this should have been handled differently and then they disappear. They offer zero solutions. They stir the pot, then leave.

These folks don't volunteer their time to go into what they say is "their" neighborhoods and make a difference. Do they go into the schools and tell kids how they should act during a car stop? Do they preach the ills of drugs and gunplay on the streets? I did it every damned day. It's not just a job for most of us; it's a calling.

I'm serious. I'm not sure how many parents neglect to tell their children how to cross the street without getting hit, let alone how to conduct themselves during an interaction with the police.

So Colin, LeBron, Cori, Joe, and Michelle stop being part of the problem and start being part of the solution. I will continue to do what I do. I have solutions; I have insight. I talk to many police recruits. Trust me, when we part ways they have a greater understanding of the difficulties of the job and what will be asked of them. And, I have never met one who said, "I can't wait to hit the street and kill someone for absolutely no reason!" It'll never happen. It doesn't work that way.

By leaps and bounds, you are changing things by defunding the police and demonizing us. You're

getting more cops killed. You are directly making cities like St. Louis more dangerous than we already were. We're number one in murders and again, it ain't the cops doing the killing. Keep it up. Keep draining the citizens of the only protection they have and need. You're just going to end up with a higher body count. Your dreams may be coming true, but be careful what you wish for. 🌐

Kirk Lawless is a 28 year, decorated, veteran police officer from the St Louis area. He's a former SWAT operator, narcotics agent, homicide investigator, detective and Medal of Valor recipient. Off the job due to an up close and personal gunfight, he now concentrates on writing. He's a patriotic warrior, artist, poet, actor, musician, and man of peace.





JOAQUIN “JACK” GARCIA

By Eddie Molina

Jack, retired FBI undercover agent, tells the Blue Magazine about his experience infiltrating the New York Mob

What's your mental image of a typical FBI undercover agent? I'm thinking youthful but experienced, maybe some thinning hair, great physical condition- would you agree?

That's not the case for one unique and wildly successful retired undercover FBI agent- Joaquin "Jack" Garcia.

Standing at 6 feet 4 inches tall and at his most, weighed nearly 400 pounds during his illustrious undercover career! His unique stature is part of what made him so effective. In fact, he was so good, he posed as an Italian gangster with roots in Sicily despite being a Cuban born American!

His most notorious operation involved infiltrating the

Gambino crime family- one of New York's most vicious mob organizations and a pillar in La Cosa Nostra - or this thing of ours. He made it as far as Joe Pistone, aka Donnie Brasco, in half the time and was one step away from becoming a made guy.

Jack's incredible undercover operation inside the mafia was brilliantly recaptured in his bestselling book, *Making Jack Falcone: An Undercover FBI Agent Takes Down a Mafia Family*.

In an exclusive interview, Blue Magazine sat down with Jack and talked about his harrowing undercover journey with the mob, what mob life is like, and what sets them apart from average law-abiding citizens.

But the mafia isn't what you might think it is. It has morphed over the years compared to Hollywood's previous depiction of it. The 1990s produced multiple mafia related movies; *Goodfellas*, *Casino*, *Donnie Brasco* and others. All were set in 70s and 80s. Because of those movies, I thought the mob life was about gunning down rivals in the street.

But Jack's operation oc-

curred in the 2000's--and a lot has changed.

Jack tells Blue, "They know the FBI and law enforcement is after them and they're trying to avoid getting caught. Leaving bodies on the street is bad for business. They have changed in that they are more discreet and not as brazen as they were." Jack continued, "They're still in the same business. As long as there's sports betting... book making... loan sharking and you have people out there willing to buy things that fall off the back of a truck, you're going to have the mafia."

Another common misconception is that they have bounties on law enforcement. And that's definitely bad for business. "The mafia knows that taking out a law enforcement guy... that's like the worst thing you could do. They know that the reign of terror will fall upon them." Jack continued, "In New York they had the killing of a DEA agent by this [mafia] guy named Faracci, I think the agents name was Hatcher. He's an undercover hero working with these guys and he was found dead, slumped

over in his car. Well, we tore up all of the gambling horns... we brought people in... there was constant heat. Wiretaps indicated that they [mafia] said 'find this guy Faracci, kill him and throw him outside the DEA's office.'"

Part of reality for mobsters is they often end up in prison. But unlike some convicts that manage to turn their lives around and live an honest life, mafia members don't prescribe to that ideology whatsoever.

"This is the only life they know. When you take that oath as a gangster in organized crime in the mafia, it's for life," Jack said.

And that's how Jack found Greg DePalma- a Captain with the Gambino crime family

Jack was able to sink his undercover claws into DePalma shortly after he was released from prison. Using his verbal judo and hypnotic charm, Jack eventually formed a close bond with DePalma. But the secret was more about money--and that's what fueled DePalma.

"I would say to DePalma 'look, I'm going down to Miami, I got to take care of some business for us'. So I would go down to Florida, do what I had to do, come back then I give them [mafia] a taste. Maybe an envelope with a couple grand, or watches from the forfeiture unit. He [DePalma] saw me then as an earner."

I wanted to dig deeper into DePalma's mentality, persona and general outlook on the lifestyle. Jack had no shortage of stories explaining it.

"When he [DePalma] came out [of prison] he did

what he did best and went back to the strip club where I was undercover and he reclaimed that club that was at one time under his umbrella. He hit the ground running and he did it the same day he got picked up from prison... that same day he started the shakedowns."

Some of the gangsters are intelligent and ambitious. There's no doubt they have the capability of living a clean, honest and successful life. However, Jack feels that is sadly unrealistic.

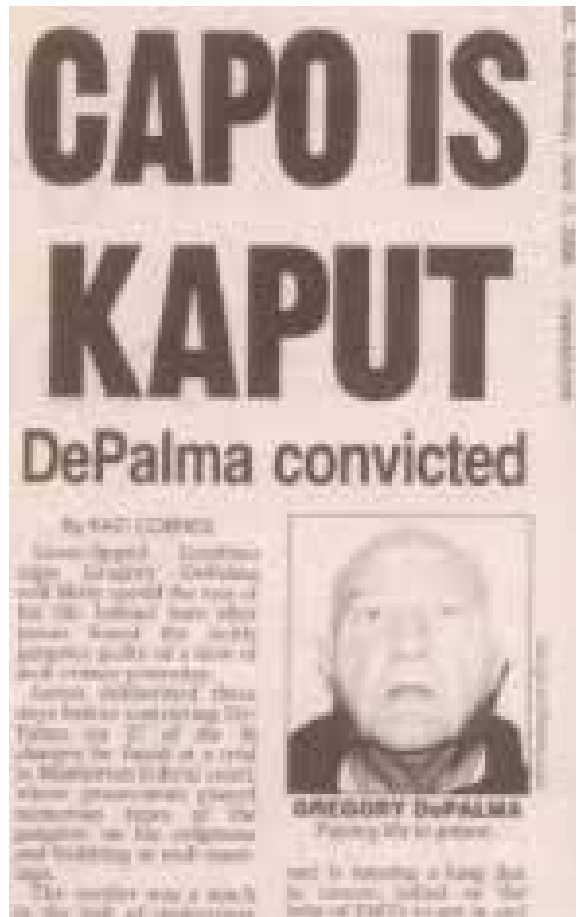
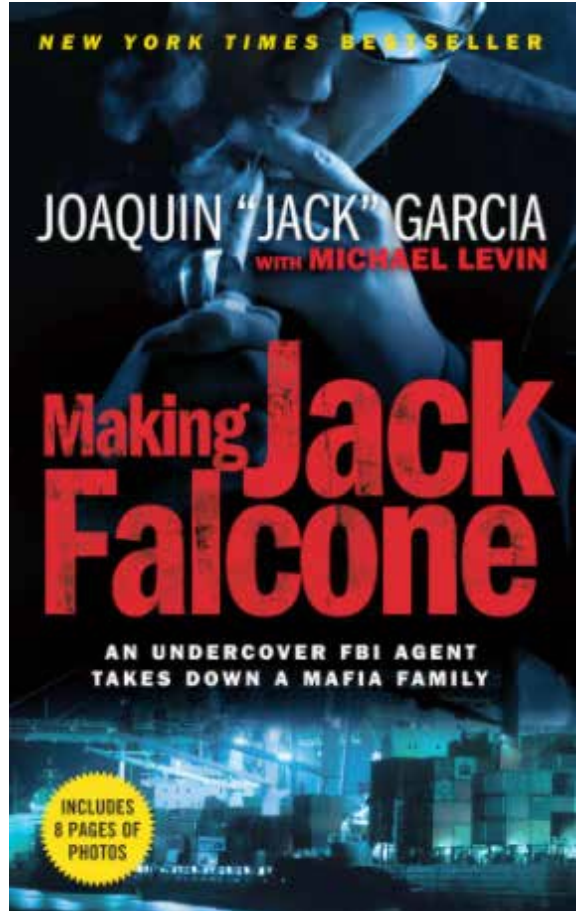
Jack said, "As far as going clean, some of these guys would probably do quite well out there but it's in their DNA, its inside them."

Jack recalls a scenario where DePalma and him are walking around a clothing store.

"He's shoving ties down his jacket, socks... I'm like 'what're you doing... I'll pay for that.' He says 'what're you crazy, this is what we are, this is who we are.' And it's so true," Jack said.

In total, Jack spent three years undercover with the Gambino crime family. Over that span, he more than earned the trust of DePalma. He was only a few short steps of becoming a made guy--quite an honor in the mafia that involves a heart-felt ceremony.

To become a made guy, you must be Italian and sponsored by a made man. Then in an intimate ritual, often in a basement or somewhere quiet, mafioso heritage is recited, scripted questions are asked and answered and a vow to remain loyal to the family for life





is confirmed. This is the oath every made guy takes and one of the most celebrated, life-changing events there is for a mafia member.

And that's how close Jack was. He had the trust and support of DePalma and his crew. And as far as the mob knew, he was Italian too (that still amazes me that Jack pulled it off).

But he didn't quite get there.

many other feats. After 26 years of service, he retired. He's now enjoying the fruits of his labor, a goal many law enforcement officers are looking forward to. Jack left a standard that seems impossible to exceed. Only one question remains, can you do better?

For reasons unknown, the case was closed just prior to Jack becoming a made guy. Jack disagreed with that decision and believes could have been the start of something enormous.

"I thought that... eventually in time I would get straightened out giving me access to the inner workings of the mob but also be able to introduce other FBI agents into other places in the U.S. like Chicago, New York. But I'm just a soldier, not management. The way it works it's safe, that's what they wanted done." He continued, "The assistant US attorney working the case, along with other agents working the case wanted it to remain open. There was no reason for this case to be closed because my life was not in danger in any way."

But Jack is a soldier and did what all true soldiers do, follow orders.

The case ultimately took down 32 dangerous criminals and dismantled the Gambino crime family and their affiliates. He continued on to lead a brilliant career and accomplished

COLLEGIATE
ORTHOPAEDICS
& SPORTS MEDICINE
INSTITUTE

SPECIALIZING IN

- SHOULDER
- ELBOW
- KNEE INJURIES

COLLEGIATESPORTSDOC.COM
(973) 200-7370
345 MAIN STREET, SUITE 201, MADISON, NJ 07940



You can pick up his book *Making Jack Falcone: An Undercover FBI Agent Takes Down a Mafia Family*, just don't forget to leave a review! www.amazon.com/Making-Jack-Falcone-Undercover-Family/dp/1439149917

Eddie Molina writes articles about law enforcement, first responder and military culture. He is also the author of A Beginner's Guide to Leadership, available on Amazon and his website, www.eddiemolina.com.





WE KEEP Our Law Enforcement Family On Point

128 Water St.
Newton, NJ 07860

65 Sparta Ave.
Newton, NJ 07860

“PROTECTING THE RIGHTS OF THOSE WHO PROTECT THE PUBLIC”

THE LAW OFFICES OF
FEELEY & LAROCCA, LLC

- ACCIDENTAL DISABILITY • ORDINARY DISABILITY • WORKER'S COMPENSATION/WORK RELATED INJURIES
- DISCIPLINARY TERMINATION MATTERS • CONTRACT NEGOTIATIONS
- PROMOTION APPEALS • APPEALS FOR REMOVAL FROM ELIGIBILITY LIST • DISCRIMINATION
- PERSONAL INJURY - (AUTO ACCIDENTS, SLIP & FALL, ASSAULTS, ETC.)

Once Public Safety Employees, Now Practicing Attorneys

JOHN D. FEELEY, ESQ.
SR. PARTNER

J.D., SETON HALL UNIVERSITY SCHOOL OF LAW

B.S. CUM LAUDE, FIRE SCIENCE/
CRIMINAL JUSTICE

JFEELEY@JJSLAWOFFICE.COM



TONY F. LAROCCA, ESQ.
SR. PARTNER

J.D., QUINNIPIAC UNIVERSITY SCHOOL OF LAW

B.A. CRIMINAL JUSTICE,
KEAN UNIVERSITY

TLAROCCA17@GMAIL.COM



ESSEX COUNTY OFFICE: 973.821.5360 | UNION COUNTY OFFICE: 908.486.3003

A PENNSYLVANIA STATE POLICE MEMORY

By Dale Gabriel



Today's PSP Memory takes me back 33 years. March 18, 1988 -- A day I will NEVER forget; my graduation from the Pennsylvania State Police Academy in Hershey. It was a TOUGH five months for me, but seeing the huge smile on my dad's face that day made it all worthwhile. I was just a kid. Look at this picture. I did not even know how to wear the "big hat" correctly.

To those of you NOT in law enforcement, it's much different than you THINK. It's not like what you see on TV. It's a calling, not a job. It's a way of life. It's what we ARE, not what we do. When others run for safety, we run TOWARD danger. Yet, there is so much hatred, So much disrespect. But we are still out there doing the job every day, much of the time for people who do not appreciate it.

Here is MY story

Going back five months earlier ... it actually all started on Oct. 19, 1987. That day, I embarked on what would be perhaps the most difficult, but also one of the most rewarding journeys in my life. I packed up my canary-yellow

Firebird, kissed and hugged my girlfriend (now my wife for 33 years, and my parents goodbye, and headed east. I had no idea what I was getting myself into.

Other than being 20 miles away at Saint Vincent College, and coming home most weekends, I had never even been away from home. The next five long months seemed like a lifetime for this college boy, about as anti-military as they come. I never DID learn to march very well. The classroom work was simple. Pool time was easy since I had swam nearly every day possible for the past 12 years or so (although we did not have it long because of a problem with the pool) Sure, the ONE thing I would be good at, and it was gone! The rest of the academy time was NOT easy.

My knees could NEVER take the morning run of up to 5 miles. If you could not make it by a certain time, you were punished, forced to do push-ups. I had become a push-up machine! Physical training had its ups and downs. There was fight class, actual live

hand-to-hand combat. Sometimes you were lucky enough to get the weak; others you WERE the weak. Range, working details, and much more; this was NOTHING like college! NOTHING!! And then there were the constant inspections. They certainly were not my friend, especially considering I did not have my mom to make my bed or do my clothes. I wondered every day what I had gotten myself into, and if I was going to be cut out for it.

But after that long, hard, seemingly IMPOSSIBLE five months, and finally passing the required tasks including the obstacle course at the exact time I needed (I still think they shaved a few seconds off my time), I would become a full-fledged Pennsylvania State Trooper. And we were here on this day celebrating. We had lost about a third of or original cadet class to grades, discipline, being unable to complete necessary tasks or just plain giving up! Other than being a father, this was easily one of most important accomplishments in my life.

I would spend the next 25 years doing what I still considered to be very important work, taking me from Shippenville in Clarion County, to Greensburg, then Kiski Valley. I was proud of the work I did. Proud to be a "Road Dawg" for the entire time. I was punched, kicked, bitten, spit on, run down by a car, dragged by a drunken driver, and even attacked off duty, resulting in a fractured skull and severe facial injuries. Not your routine 9-5! I kept plugging away. Several times, I was among the top 10 in DUI arrests in my troop, receiving the High DUI award. For about 18-20 of those years, I had the most DUIs at my various stations. I probably took part in taking a thousand drunken drivers off the road, and I hammered underage

drinkers. Hard! Fair or not. Right or wrong. These were the violations that I despised.

I thoroughly enjoyed the hundreds of programs I put on at schools, old folks homes, town meetings, Scout troops, 4-H Clubs, PTA meetings and many more. I was extremely proud to incorporate, then put on for five years, "Camp Clelian," a one-day police camp for the students at Clelian Heights, a school for persons with special needs. It was the first of its kind. EVER! Each year, it got bigger and better. After the last one, I received a personal phone call from Gov. Corbett and our PSP Commissioner. What great memories!

Unfortunately, though, as many do not know or cannot understand, the job eats at you. It takes so much out of you, changes you. My outlook on life changed.

We see a multitude of things the average person does not see. I had so many ups and downs over the years, hundreds of dead bodies, mostly fatal accidents and suicides, a few drug overdoses, fatal fires, even a few murders. I saw a man die screaming while trapped in his truck as fire raged around him. I found my daughter's best friend dead at a crash site. I sat and held a woman's hand as she expired along the side of the road while awaiting an ambulance, talking to her for what seemed like hours. Delivering death messages to

people, telling them they had just lost a loved one, was very difficult, completely draining you. You have to be direct and honest, yet compassionate in giving them what is likely the worst news of their lives. Over time, it hardens you. I saw people at their very worst, injured, hurt, and scared. Very often, however, I was able to provide them some kind words, some comfort, which I firmly believe helped them deal with the situation.

And I was blessed to work with and become friends with so many great people along the way. Unlike a "normal" job, your co-workers become more than just friends. They become your life line. They are guys and girls you know you can count on when the shit hits the fan. Brothers and sisters that you know will have your back, just as you have theirs. It's not just those in your own department, but many of the neighboring police officers you work with. Unfortunately, some of them were taken from us at the hands of murderers. May they all rest in peace.

All in all, it was a great career for me. I am proud of my body of work. I am proud to have set an example in my neighborhood, someone people knew they could count on and someone the kids could look up to. In addition, I was able to work midnight shift for much of it, which allowed me the time and ability to stay active in my three daughters' lives, which I think helped them turn into strong and successful adults.

I just cannot believe it's been 33 years, and I have been retired for almost nine. 🌍





When Will Police Stop Beating Themselves Up?

By Joel F. Shults, Ed.D

There is nothing but regret in the Chauvin case. Regret that the officer didn't get George Floyd medical attention earlier. Regret that the looters and arsonists think they had a hand in achieving justice. Regret that the shadow of the threat of riots can never be separated from the guilty verdict. Regret that this event is represented as evidence of routine abuse by police officers. Regret that Floyd's criminal activity was disregarded as irrelevant and minor, not even justifying an arrest. Regret that the science of forensic pathology is inexact enough to send someone to prison with conflicting assumptions about a cause of death. Regret that the public fails to see the multiple millions of contacts and arrests by police officers in unfathomably complex situations that are accomplished flawlessly.

We like to ask angry and confused citizens to wait for the system to work. Now we question whether the system worked. Many, if not most, police officers were just as disturbed by the Floyd video as other citizens. But they have all had to deal with arrestees screaming bloody murder for the crowds. Officers watch these videos with vicarious adrenaline as they relive their own struggles with drug-infused suspects who don't feel pain, can't think straight enough to stop resisting, surrounded by bystanders rooting for the arrestee while filming the event with the intent to post it with their own vile and false narrative. We want to accept the jury verdict, but we also know that perhaps, but for the grace of God, there go I. Would Chauvin have been criminally charged without the civilian video and outrage? We want to think so, since we

know an in-custody death would have been closely investigated. What we do know is that the assumption that this kind of thing happens a lot and is generally swept under the rug behind the blue wall of silence is not our experience. Cops get in trouble. They get sued. They get charged. They get fired. They lose their careers. They get chastised by their peers and admonished by supervisors. The old days of attitude adjustments in the alley have passed. We've gotten so much better, but in the era of community policing we somehow plowed ground where adversaries planted seeds of mistrust and separation. Maybe all the familiarity bred contempt. Maybe in making everyone Officer Friendly, we did a disservice to the public by masking the reality of being an armed government agent confronting genuine evil and chaos.

Nothing should change solely because of George Floyd and Derek Chauvin. It was a case for a jury, and a jury spoke. We give it due solemn regard and take from it the lessons it offers. The case should not be the center of the universe for whatever gets labeled as police reform. I was asked to comment on what changes in training should result from the verdict. My answer is that this was a human performance and decision error. It was not a training or policy failure. No one teaches prolonged neck compression, and no one teaches delaying medical care when a person in custody is in distress.

If an agency proclaims that it will be changing training and policy, it is tacitly admitting that what happened in the Floyd encounter was normal police behavior. It is like answering the ques-

tion, "Have you stopped beating your wife?" Were trainers' eyes suddenly opened to make them stop teaching neck-knee techniques and to ignore signs of medical distress? No, because we're already there. Agencies are well-advised to state that their policies were reviewed, and to make those policies public. What the public needs to hear is the truthful statement that this highly publicized event was an anomaly, with statistics and documentation to affirm this reality. We are much better served by each agency doing their own research into their interactions with the public to assess their department's training and culture and apply corrections where warranted.

This is not a call to disregard the verdict or the events that led up to it. We acknowledge the trauma that the

nation has vicariously suffered. But like any other trauma, we cannot measure all future encounters by the emotions stirred while in shock. We sort out the real threats, the real solutions, the real perspective, then we stop living in our trauma. 🌐

A retired police chief Joel Shults is an award winning writer, college professor, trainer, and first responder chaplain. He is the author of several law enforcement related books and numerous articles. He serves as a municipal judge and a coroner's investigator in rural southern Colorado. He can be found on twitter @chiefshults, and online at joelshults.blogspot.com and streetsmart-force.com.



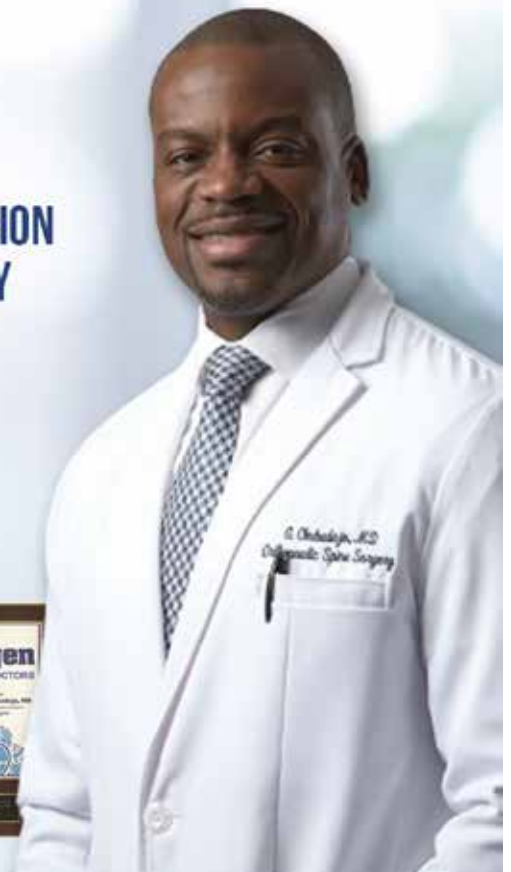
THE INSTITUTE FOR
**COMPREHENSIVE
SPINE CARE**

**NECK PAIN • BACK PAIN • SCIATICA • SPINAL FUSION
HERNIATED DISC • MINIMALLY INVASIVE SURGERY
PAIN MANAGEMENT • SPINAL SURGERY**

**877.854.8274
WWW.NYNJSPINE.COM**

5 LOCATIONS THROUGHOUT NY & NJ

GBOLAHAN O. OKUBADEJO, MD
WORLD-CLASS SPINE SURGEON



Helping Our Heroes

By Michael D. Boll



Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters who didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring

program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved, and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone who joins the team wants to help others and make a difference in someone else's life. Helping oth-

ers definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non-athletic events like hosting a BBQ, comedy show, tailgate, camping trip and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank “Doc” Schupp spearheaded our “Helping Heroes” program, and “Hero Day.” These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much more to heroes.

Soon we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators and numerous other groups and organizations.

How you can help

Financial donations are great, but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose where their funds go and the volunteers get to play an active role in changing someone’s life.

If you are interested in joining the team as a volunteer, would like us to speak at your event, contribute to our mission or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or emailmdbollio@optonline.net. or call 973-332-1556. To learn more, visit njvn.org

About New Jersey Veterans Net-

work: We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans’ needs by organizing public speaking engagements, meeting with business and political leaders

the resources that they require and deserve. 🇺🇸

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 Op-



across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives

eration Rebound Racing Team, a nonprofit organization that helps wounded veterans and first responders enjoy a better quality of life.



Five to Survive

By Eric J. Caron

During my 25-year career as a U.S. government agent investigating terrorism, I became all too familiar with the chaos and destruction that can be caused in attacks by terrorists and other criminals. One of the most deadly and heinous types of attacks is the attack by an active shooter. Because they have the element of surprise on their side, they hit us when we're unprepared and often blindside us in public places where we feel safe and our defenses are down. The cold reality is that active shooters have become a daily occurrence in the workplace, in entertainment venues, at parades and even in places of worship. Sadly, anywhere people gather to play or pray can become a target of a terrorist or other active shooter. The good news is that there are five very simple tools we can use to make sure we are Switched On and ready for the bad guy.

Before we proceed, let me answer a question I am often asked: "So, what does it mean to be Switched On?"

Being Switched On is a daily decision, a moment-by-moment choice, a

constant awareness and mindset. It can become part of our very DNA and act as a coat of armor that protects us from all types of threats, in all aspects of life. When it comes to an active-shooter situation, it can literally mean the difference between life and death.

Those who are Switched On have a high-functioning internal compass and GPS system. They have emotional equilibrium and dexterity. They recognize nuances in their complex environments, and are guided as to when to turn just a few degrees to the left or right, go forward full throttle, back up or come to a dead stop.

We've all seen news reports of people innocently going to a concert or theater only to be ambushed and gunned down by some maniac with an AK-47. Sadly, some of us have narrowly escaped such situations, known someone who has or lost a loved one who wasn't so lucky. So, we must be in the habit of being Switched On every time we are out in public. We must train our brains like a muscle, no different than our biceps. Train the mind and the body will follow.

Don't, and we could lose our lives during an active-shooter event.

Think of your favorite athlete in whatever sport. They develop muscle memory in executing a particular move or play by practicing and visualizing that move or play hundreds of times before you or I ever see them use it in their sport. That repetition is what enables them to make what they do look so easy. It is second nature to them.

By training your most important muscle — your mind — you will increase the likelihood of surviving an active-shooter event. So, take the time to prepare like an athlete. And remember that the event you're preparing for has much higher stakes than a sporting event — life and death! The following five to survive tools can empower us all so we can enjoy life as God intended us to. Train yourself to:

1. Engage your senses and trust your instincts.

- The essence of being Switched On stems from our minds. Our minds control our bodies, including sight, hearing and smell, as well as our God-

“So, what does it mean to be Switched On?”

given instincts. When we are Switched On, we listen as acutely as an owl, see with Clark Kent vision and sniff out danger like a bloodhound.

2. Scan the environment and devise a worst-case scenario plan.

- Keep in mind that, during stressful events, the mind automatically scans the memory bank for a predetermined plan. If no plan was put into place then none will be retrieved — and without preplanned instructions to follow, the body will freeze or make a fatal decision. The plan should be threefold:
 - ✓ Identify a primary and secondary exit. It is good to make a mental note of the locations of the exits but even better if we can physically walk our escape plan before we need it. In this way, we are like the elite athlete practicing a certain move a thousand times so it becomes muscle memory;
 - ✓ Identify safe havens or places to which we can escape; and
 - ✓ Identify objects to use for cover and concealment. It's important to know the difference between concealment (hiding under a table, for example) and cover-and-concealment (hiding behind a refrigerator or thick metal object capable of stopping a bullet, or in a locked room). Whenever possible, cover-and-concealment is preferable because it pro-

vides greater protection and safety.

3. Train yourself to scan the crowd, read people and identify potential threats such as a lone individual dressed inappropriately for an event.

And if you see something that doesn't fit or seems off in some way, say something to authorities. Never be afraid of being wrong and embarrassing yourself. It's better to be safe than sorry. It could save your life and maybe even the lives of others.

4. Listen to and focus on your breath when you're in close proximity to an active shooter or any violence.

As simplistic as that may seem, it has a major twofold effect:

- ✓ It breaches tunnel vision on the shooter and widens your perspective and eyesight so you can see and identify other threats; and
- ✓ Just as importantly, it helps you focus on your previously identified exit-and-escape plan.

5. Memorize this fact, repeat it over and over, and make it your mantra: “My main focus is to identify the threat, avoid the threat, and escape the threat.”

Period! Every time I am out in public, I will be Switched On.” Our instinct in times of crisis is to call loved ones or the police — but it's not the time unless you're out of harm's way. As we escape the chaos, we must prepare to encounter police (their response time is typically two to four minutes) by putting our hands up in the air. When they arrive, they will be expecting us to give a description of the shooter or shooters. With active-shooter incidents confronting us on a regular basis on the news, many people become scared and feel helpless. Some even avoid going out after dark or leaving the house at all. But we must not surrender to thoughts and fears of violence. Our minds can be put to much better use. In fact, they can become our best protection for avoiding active-shooter incidents and for protecting us if we should find ourselves facing an active shooter.

Your mind is your best protection and your best weapon! Train it well. Practice often. Remain Switched On. And live your best life. 🗣️

Eric Caron is a Special Agent (Ret) with 25 years of service. He is the author of "Switched On - The Heart & Mind of a Special Agent." His website is: Switchedonlife.com



RECOGNITION



Essex County 200 Club Awards OFFICER WILLIE JONES' Valor

By Robert Foreman

On a daily basis, law enforcement officers are required to put their lives on the line to 'protect and serve' their communities. Often, their acts of valor go unnoticed. However, this was not the case with Orange Police Officer Willie Jones. On April 30, 2021, Officer Jones was honored with the Valor Award for his bravery in the line of duty by *The Essex County 200*

recipient of the Valor Award.

Officer Jones, who was born in Essex County, New Jersey, admitted that the incident still remains with him nearly two years later.

"It was the first time that I had ever fired my gun in the line of duty," said Officer Jones. "So, it definitely stays with you."

While winning the Valor Award was an honor for Officer Jones, he was quick to acknowledge the actions of the other officer who was with him.

"First off, I want to thank Josh Anderson. He was my partner on the scene and he helped to secure the suspect. I don't know why he didn't get the award," said Officer Jones. "But winning the award felt good. It was kind of an 'ah' moment. I mean, I don't do this for the awards. I do it for the public, but it was nice to be acknowledged."

For more information on the *The Essex County 200 Club* check here: <http://200clubessexcounty.org/>

Club. The ceremony was held at the City of Orange Police Department.

On July 13, 2019, Officer Jones, 36, and Officer Josh Anderson were called to 400 Oakwood Ave for a volatile domestic dispute. The initial 911 call indicated that a male suspect, Jamahl Smith, had stabbed his sister, Tanya Smith. After arriving on the scene the officers encountered the suspect in the 3rd floor hallway of the building, brandishing a large kitchen knife. The officers ordered Smith to drop the knife, but he refused. Instead, the suspect began approaching Officer Jones, with the knife in hand, forcing the officer to shoot Smith three times.

While EMS was called Smith was later pronounced dead at the hospital. After an official review of the incident, it was determined that Officer Jones' actions had not only saved the life of Smith's sister, who had been stabbed several times, but the lives of multiple elderly residents in the building. It was because of his heroic actions that not only saved his life, but the lives of others, that Officer Jones became a natural

Robert Foreman has nearly 20 years of journalism experience and he has worked for a variety of publications, including The Herald News, The Daily Record and The Passaic County Pulse. He obtained a B.A. in Communications from William Paterson College, now University, in 1995. He has taken his life-long passion for writing and parlayed it into writing news articles, features, press releases, marketing materials, ad copy, plays and screenplays. Never one to rest on his laurels, the former journalist is always seeking to challenge himself as a writer. Born and raised in Paterson, N.J., he currently resides in North Carolina.



NEXT LEVEL LEADERSHIP

A Top Ranked Master's Degree Specifically for Law Enforcement



**NATIONALLY
RANKED PROGRAM**



TOP 100 UNIVERSITY



100% ONLINE



**DISCOUNTED TUITION FOR
LAW ENFORCEMENT**

When you enroll in University of San Diego's online M.S. in Law Enforcement & Public Safety Leadership program, you'll join a network of law enforcement leaders committed to serving their communities and working together to tackle the challenges facing agencies across the country.

“ I am convinced that the skills amassed throughout this program were largely responsible for my appointment to Chief of Police. From all-inclusive budgeting practices to reformist community engagement ideologies, I have successfully applied those principles toward the transformation of an agency starved for change. I passionately endorse the LEPSL program.”

- John Myrsiades
Chief of Police, Plymouth Township (PA)

Develop your leadership skills and prepare for promotion with this top-ranked master's degree you can earn from home.

CONTINUE YOUR LEADERSHIP JOURNEY – APPLY NOW!

CriminalJustice.SanDiego.edu
(888) 832-0239





Maintaining Your Professional Composure During These Troubling Times

By Chief Rich Rosell

A young cop I know recently lost his job last over some unfortunate social media posts. Ten years ago, nobody would have cared, but today, his posts made him look like the devil. Of course, it was self-inflicted, and could have been easily avoided. The problem was not the fact he made social media posts, rather it was his inability to deal with the subject matter which prompted the posts. He took the daily beatings by the

enemies of law enforcement to heart and was unable to accept them for what they are; nonsensical grandstanding by people who just hate cops. None of us like being the brunt of constant attacks. While the attacks on our collective character over the past year or so are as bad as I have seen in the 39 years since I took my oath, this certainly is not the first time law enforcement has found themselves being attacked.

In the 1960s, President Johnson created the *President's Commission on Law Enforcement and Administration of Justice*, which was meant to bring about sweeping changes in police departments. Police officers nationwide were painted with the same brush, made to look as though we were all actively involved in systemic police brutality. In the 1970s and 1980s, it was open hunting season on cops. Groups such as the Black

Liberation Army, the Weather Underground and other radicals attacked law enforcement (and other targets) with impunity. I can remember asking my father what lye was after I heard that someone threw it into the face of a New York City cop. In the 1990s and early 2000s, national drug traffickers found sympathetic shoulders on which to cry, and, by leveling accusations of disparate treatment, shut down many major drug interdiction initiatives throughout the country. In the past, we have weathered these attacks, as we shall now in the future. But unlike my friend, we need to take a step back and decide when and where to pick our battles.

This article is not about posting something stupid on Facebook, rather, it is about how an officer can avoid finding him/herself on the brink of ruining a perfectly good career by simply taking a step back before acting irrationally. Had my friend had the ability

"Don't sweat the small stuff"

to handle his emotions, he still would have a job.

Emotion can be difficult to handle. I would be lying if I said I have never lost my temper. We all have. I can remember some advice from senior troopers on how to deal with stressors. "Don't sweat the small stuff" was my favorite. Another saying I recall was "It's nothing but a game, so play the game until it's done." The most predominant advice in the State Police was "Shut up, stop whining, and do your job." But these days, we need more than just a saying to make it through

our day. I admit throughout most of my career it has been easy to shrug off the day and not take the job home with me. But now, the attacks on my brothers and sisters are omnipresent. They seem to follow me wherever I go. The multiple times per day people come to me and thank me for my service are nice, but they also serve to remind me of why they are doing it. They feel sorry for me; for all of us. I am not pitiable, and neither are you.

There is a book called *Meditations*, translated by George Long from the writings of Marcus Aurelius. Aurelius was a Roman emperor who reigned almost 2000 years ago. His writings are philosophical, in the Stoic tradition, and are grounded in morals and ethics. It is basically a 2000-year-old self-help book. Aurelius provides level-headed advice on how to deal with most of life's problems. I must admit that some of his suggestions are just not actionable to the hectic lives of contemporary police officers. It is arguably clear that Aurelius had neither kids nor

a first wife. His mother-in-law never came to visit for a few days and stayed for five years. He never worked rotating shifts. His favorite football team hasn't missed the playoffs for the last 10 years. But there are several lessons in this book which I think provide valuable guidance, arguably more valuable than "Shut up, stop whining, and do your job". There are three lessons which I would like to share with you.

Lesson 1:

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it;

"It's nothing but a game, so play the game until it's done."

and this you have the power to revoke at any moment."

What Aurelius is saying is **let it go**. The state of the world today, whether it is political strife or anti-law enforcement, is not our fault. Do not feel responsible for it. Cops have made errors and we are all taking the blame. There is little you can do about that. Let it go.

Lesson 2:

"You need to avoid certain things in your train of thought: Everything random, everything irrelevant..."

Bingo! Do you really care if ANTIFA thinks All Cops are Bastards? Does it matter to you that Mayor DeBlasio told his children to be afraid of the cops? It should not, because none of it is part of your mission. **It is all irrelevant.**

Lesson 3:

"Everything that happens either happens in such away as you are formed by nature to bear it, or as you are not formed by nature to bear it. If, then, it happens to you in such way as you are formed by nature to bear it, do not complain, but bear it accordingly. But if it happens in such way as you are not formed by nature to bear it, do not complain, for it will perish after it has consumed you. Remember, however, that you are formed by nature to bear everything whose tolerability depends on your own opinion to make it so, by thinking that it is in your interest or duty to do so."

This lesson is a little deeper and a little less obvious than the two previous. Aurelius postulates that nature forms your being to be able to handle or not handle a particular situation. Aurelius lived during a period of polytheism, and in his time, *nature* was blamed or credited with having effect on mankind. Today, many of those effects are attributed to God, so if you feel more comfortable replacing the term *nature* with God, by all means, do so. For those of you who might be a slight bit offended by that suggestion, I would refer you to Lesson 1.

So, when something occurs in your life that is troubling or traumatic, and you are of the consistency to live with it, Aurelius recommends that you do not give it a second thought (complain) and drive on *accordingly*. *Accordingly* is a key word in this lesson, because it implies that while the event might be traumatic, even life-changing, you can still live with it and accomplish the mission by keeping on task.

Part two of this lesson suggests that should you not be of the consistency deal with a traumatic event, complaining is not an option. He opines that if you cannot handle the issue, your option is to allow it to ruin you, for once you are at your lowest that event will go away.

Let's apply this rational to my friend who lost his job.

Had he been equipped to handle the onslaught of attacks on law enforcement, he would have met them with his head held high and not allowed them to deter his evenhanded application of the law. But he was not equipped. Instead, **he allowed** these attacks to consume him. He dwelled on them; tried to fight them as if they were an enemy with whom he could stand toe to toe. He allowed himself to be consumed

Shut up,
stop whining,
and do your job."

with his angst. And in the end, just like Aurelius says, after losing his job, the mindless attacks by our enemies disappeared for him, as he was no longer a cop and no longer their target.

The final part of this quote is a bit harsh, as it suggests that everyone has the ability to overcome anything if he/she is of the proper mindset to do so. I do not necessarily disagree with this assertion. This third point renders the second point moot, for if he is correct, a proper attitude toward adversity will always enable one to deal with it *accordingly*.

It would be senseless for me to recommend you stop letting these attacks bother you. I could never allow myself to accept them, therefore how could I expect that of anyone else? But I can tell you that you are stronger than you think, and you can bear these attacks on our character *accordingly* without succumbing to detrimental responses. You don't have to be consumed by the words and actions of our enemies. Rise above them for the sake of the communities and people we protect. Always maintain your professionalism. Our enemies can't take away that which we are unwilling to give them, especially our professionalism. And always remember, you are not alone. We outnumber those who would do us harm. 🌐



Chief Rosell is currently the Police Chief and Public Safety Director for the Town of Indian River Shores, Florida, the former Director of Public Safety for the Town of Dover, NJ and Township of Springfield, NJ, and a 27-year veteran of the New Jersey State Police, retiring at the rank of Captain. He has a very diverse skill set with vast operational, training, policymaking, homeland security, leadership, management and administrative experience.

ANA PAIS

THERAPY FROM THE COMFORT OF YOUR HOME

ANA PAIS LPC, CFRC
CERTIFIED FIRST RESPONDER COUNSELOR OF NJ

Specializing in Trauma, Anxiety, Depression, and First Responders

TO BE HEALTHY AS A WHOLE,
YOUR MENTAL HEALTH PLAYS A VITAL ROLE!
SCHEDULE YOUR **FREE 20 MINUTE** CONSULTATION.

908.292.8017

WWW.ANAPAISTHERAPY.COM

BLUESUICIDE.ORG

Join the Discussion



National Suicide Prevention Hotline

908-232-2880

IT'S NEVER TOO LATE





It's time to sound the charge

By David Willoughby

"Policing in our country is inherently and intentionally racist" - Rashida Tlaib

Can you believe a U.S. congresswoman tweeted this rubbish with all sincerity to her followers? She actually believes that we are "violent" and "aggressive murderers"! This is a woman who can influence others to transform our profession.

If her tweet doesn't make your blood boil, you should turn in your gun and badge and quit. What's pathetic is that her tweet is common thinking among numerous politicians and others in positions of power. Our careers are under attack. I, for one, will not remain silent. I will not sit back and just take it. If you consider yourself to be a part of the "Brotherhood," then you need to rise up and fight too!

It's time to sound the charge.

So, how, you ask? What can we do? Well, here is one simple task that ALL law enforcement officers can do to counterattack these imbeciles.

Step 1:

Look up elected officials within your municipality. It's not difficult to find county supervisors, mayors, county executives, school board members and others who have been put into positions of leadership/power. Go to the city/town/village/county webpage and look for the "contacts," or "emails" tab.

Step 2:

Cut/paste this to each elected official:

U.S. Rep. Rashida Tlaib, Democrat from Michigan, recently tweeted:

"It wasn't an accident. Policing in our country is inherently & intentionally racist. Daunte

Wright was met with aggression & violence. I am done with those who condone government funded murder. No more policing, incarceration, and militarization. It can't be reformed."

I want to know where you stand on Tlaib's tweet. Please choose from the following:

1. I strongly agree with her.
2. I agree with her.
3. I somewhat agree/disagree with her.
4. I disagree with her.
5. I strongly disagree with her.

Please do not respond with a long, politically correct answer, just a number.

Thank you.
(Sign your name and title)

Step 3:

Email each one individually and wait for a response. Give them at least two weeks to respond and tally all responses. Be ready for the usual politically correct crap that typically ensues when you're trying to ask a politician a question. Stick to your guns! Always be respectful and politely ask them for an answer (1-5). If they beat around the bush and don't give an answer, mark it down as a "Refused to Answer".

Step 4:

Once your deadline has passed and you have collected/tallied responses, let the world know! Start with your local labor union. Send out the questionnaire and results to every member of your union. Expose the law enforcement-hating schmucks to

our own brethren and explain why it's so important to vote them out. Send out mass emails to newspapers, radio talk shows and blogs. Expose them, expose them, and expose them.

I'm not going to sugar-coat this. The Democrat party, liberal snowflakes and American-hating commies are our biggest threat. They can ignorantly shoot their mouths off and send whatever social media posts they want to, but they better be ready for some payback from us when they do!

You will notice almost immediately the uncomfortable responses from many Democrats. Based upon my experience, several will refuse to answer, or not even respond. Stick to your guns, continue to push and record everything.

It will be obvious who defends and supports law enforcement. I have found that Republicans and conservatives will typically respond right

away with an astounding "5" and thank you for your service. Make sure to thank them for their support.

A warning for all who will follow my advice. Do all of this on your own time, and on your own personal email, and on your own personal computer. If you sign your name and disclose your title, be prepared to explain yourself within your Internal Affairs Division. Some coward politician(s) won't have the guts to respond to you directly, but they will anonymously send a complaint to your supervisor (happened to me).

I still believe that the overwhelming majority of Americans love law enforcement and support their local PD, or Sheriff's Office. But, there is a growing, loud minority that wants to see us de-funded, or abolished. If we remain complacent, they will advance in their cause. If we unite and fight, we will win. Your call. 🇺🇸

Dave Willoughby is a Marine Veteran, former Firefighter/EMT and is currently a Milwaukee County Deputy after serving as a Juvenile



Corrections Officer. He has earned degrees in Developmental Coaching and Communications as well as Fire Science and Emergency Medicine. He is married and is the proud dad to five daughters, six sponsor children, and two dogs.

UPDATE: On May 20, 2021, Deputy Willoughby received a call from a Lieutenant in the Internal Affairs Office of the Milwaukee County Sheriff's Office. She informed him that he was going to be suspended.

MONMOUTH UNIVERSITY | GRADUATE STUDIES

YOUR FUTURE: MASTERED

Advance your career with an M.A. in Criminal Justice. This innovative 30-credit program develops research skills, critical thinking, and strategic rationale needed for problem solving and policy making in the profession:

- No GRE required
- Optional Homeland Security Track, Leadership Track, Intelligence Analyst Track, or **NEW Community-Law Enforcement Relations Track**
- Graduate scholarships available for eligible students

Full-time federal, state, and local government criminal justice professionals may receive a 25% tuition discount.

LEARN MORE: [INFO.MONMOUTH.EDU/CJ](https://info.monmouth.edu/cj)



732-571-3452 | West Long Branch, NJ

LIFE AFTER THE SHERIFF'S DEPARTMENT

By Tania Owen and Vickie Speed



SERGEANT STEVE OWEN



DETECTIVE MITCH SPEED

“Those who would disrespect our flag have never been handed a folded one”

In 2016, LASD Sergeant Steve Owen was murdered in the line of duty when responding to a burglary in progress call in the 3200 block of West Avenue J-7 in Lancaster, CA. Sergeant Owen was 53, and a 29-year veteran of the Sheriff's Department. Owen was the recipient of the Meritorious Conduct Medal, Gold, and loved by the community he served where he was often involved in youth activities. At the time of the incident, Steve's wife Tania was an Arson Explosives Detective. They have three adult children: Chadd, Branden and Shannon.

Ten days before the murder, Detective Tania Owen met Vickie Speed at a fundraiser for Steve and Tania's fellow officer and friend, LASD Detective Mitch Speed. During his career with the Sheriff's Department, Mitch worked the jails and was later assigned to Lancaster Station, Patrol. He later promoted to the Burglary Suppression Team, where the team was awarded the Medal of Valor for arrests, stolen property and auto thefts. Mitch was promoted to detective working robbery and assaults at Lancaster Station and then had to step away from work when he was diagnosed with Stage 4 cancer related to work exposure. In March of 2018, Mitch was awarded a commendation for leadership by the Sheriff's

Department for being a leader in both his professional and personal life. Mitch and Vickie have one adult son, Brodie. During this time, Vickie spent 32 years working construction accounting and project management.

“Courage is not having the strength to move forward. Courage is moving forward when you don't have the strength.”

After the loss of both of their husbands, Tania and Vickie formed a bond and sisterhood. Days and months went by while they faced new struggles and often thought about their marriages, raising kids and the hurdles that families of first responders face, including losing a spouse.

Tania and Vickie were both asked to discuss the trials and tribulations of their lives. During these discussions, a singular question kept being asked, “How did you two make it work?”

In January 2019, Tania and Vickie were asked to share their story with a larger audience. With a little reluctance and not knowing if 10 or 100 people would attend, they decided to go ahead hoping they could at least help save one marriage. They agreed that their talk would be completely transparent.

To their disbelief, the auditorium was filled with 500+ people, who welcomed their stories and insight.

After that amazing evening, they continued to receive requests to speak at venues across the country, including:

The EPOCH Times – Truth and Tradition

-Newspaper publication, New York

TV Interview – Contending for the Faith

-Faith and Family Television, 7 Channels, 148 Stations

Radio Interview–About Faith with Alec Klein

-HLE Radio, Jennings, LA

Albuquerque Police Department

- Albuquerque, New Mexico

Albuquerque Police Department Wives

-Albuquerque, New Mexico

Rio Rancho Police Department Wives

-Rio Rancho, New Mexico

Los Angeles County Sheriff's Department

-Recruit Training/Academy Classes

"She" has something to Say – Online Media platform.

-Features women around the world who are making positive impacts



Their speaking engagements led them to write a book, "After the Badge" in an effort to help the marriages of struggling first responders. "After the Badge" will be released in January 2021.

Topics include:

- Sanctity of Marriage is Being Destroyed
- Breakdown of Family Structure
- Male Role Models Lost in the Home
- Losing Faith in an Uncertain World
- Infidelity
- Defined Marriage Roles of a Husband and a Wife
- Financial Issue
- Paying the Ultimate Sacrifice
- Losing Your Life in the Line of Duty

Tania and Vickie have made it a personal endeavor to meet with spouses in need, one on one. Along with that, they have taken their personal grief and put efforts into helping wives after loss and especially close to their hearts is helping spouses and families who are battling cancer.

TANIA AND VICKIE CREATE THE OWEN SPEED FOUNDATION

Wanting to use their hardships to help other law enforcement families, in March of 2020 Tania and Vickie created the Owen Speed Foundation 501(c)(3). The foundation works to:

- Give Financial Assistance to Families of First Responders
 - LEO Suicide, LEO Cancer and illness
- Partner with Community Programs
 - LASD Explorers
- Mentorship for Youth and Young Adults
 - Local High School Programs
- Marriage Retreats
 - Coming in Fall 2021

On Sept. 6, 2020, the foundation launched its first donation campaign for First Responder Suicide Assistance in recognition of National Suicide Prevention Week. As of the third quarter of 2020, there have been 110 first responder

suicides reported nationwide. The foundation recognizes that spouses of first responders who commit suicide can be left behind without benefits and have the financial needs of funeral expenses, debt and children to provide for. Through their foundation, Tania and Vickie are hoping to begin to assist families immediately.

COVID-19 has thrown some hurdles in front of Tania and Vickie. Due to COVID-19 restrictions, the foundation's Explorer and youth programs have been suspended. However, the foundation will launch the programs as soon restrictions are lifted.



VICKIE SPEED



TANIA OWEN

Tania and Vickie are looking forward to the foundation's Marriage Retreat being launched in 2021.

For More information about the foundation, ordering the book or donating, go to vickieandtaniam.com or owenspeed.com

Tania Owen

Author, speaker and law enforcement family advocate.



Tania was born in El Salvador, coming to the US in 1974. She became an officer in March of 1986, starting at the Santa Monica Police Department, then transferring to the Los Angeles County Sheriff's Department in October 1987. Since then, her career in law enforcement has spanned over three decades. She has had assignments in patrol, gangs, child abuse, crisis negotiations, Mounted Enforcement Detail and Bomb Squad where she was also a K9 Handler to "Tank" an explosives detection K9.

She is the wife of slain Los Angeles County Sheriff's Department Sergeant Steve Owen, who was murdered in the line of duty on Oct. 5, 2016. She now serves as the CEO of the Owen Speed Foundation.

Vickie Speed

Author, speaker and law enforcement family advocate.



Vickie grew up in a desert community in Southern California. Raised in a home with her mom, stepdad, sister and brother (also a retired LASD Deputy).

She spent 30 years working in construction accounting and project management.

Her husband, Los Angeles County Sheriff's Department Detective Mitch Speed died July 7, 2018 from cancer related to work exposure.

Vickie is also serving as the CFO of the Owen Speed Foundation.

When "happily ever after" doesn't turn out like you planned... there's still hope!

Retired Los Angeles County Sheriff's Department Detective Tania Owen is the spouse of Los Angeles County Sheriff's De-

partment Sergeant Steve Owen, murdered execution-style in October 2016 when he answered a burglary-in-progress call.

Vickie Speed is the spouse of Los Angeles County Sheriff's Department Detective Mitch Speed, who died from cancer in July 2018 as a result of exposure while on duty.

Though the two women hadn't known each other prior to their husbands' deaths, God supernaturally brought them together and then drew them into a relationship often described like that of the Bible's Ruth and Naomi.

Drawing strength from their shared faith in God, Tania and Vickie now provide wisdom and encouragement to other law enforcement officers and their families. In their inspiring book, *After the Badge*, they reveal the difficulties of being in law enforcement, including how both of their marriages were once almost destroyed – until each couple found the healing, forgiveness and restoration that came only from the hand of our loving heavenly Father.

WE SOLVE ALL PERSONAL & BUSINESS TAX PROBLEMS & DEBTS

We Do Not Charge Unless We Win... GUARANTEED!

We Handle Cases From All of NJ & NY

MALQUI TAX

EXPERTS

www.malquitax.com

1-888-787-0369

Federally Licensed to Represent Individuals and Business in all Tax Matters"

Caesar B. Malqui
IRS ENROLLED AGENT

*“Pain Relief With A **BETTER** Quality of Life.”*

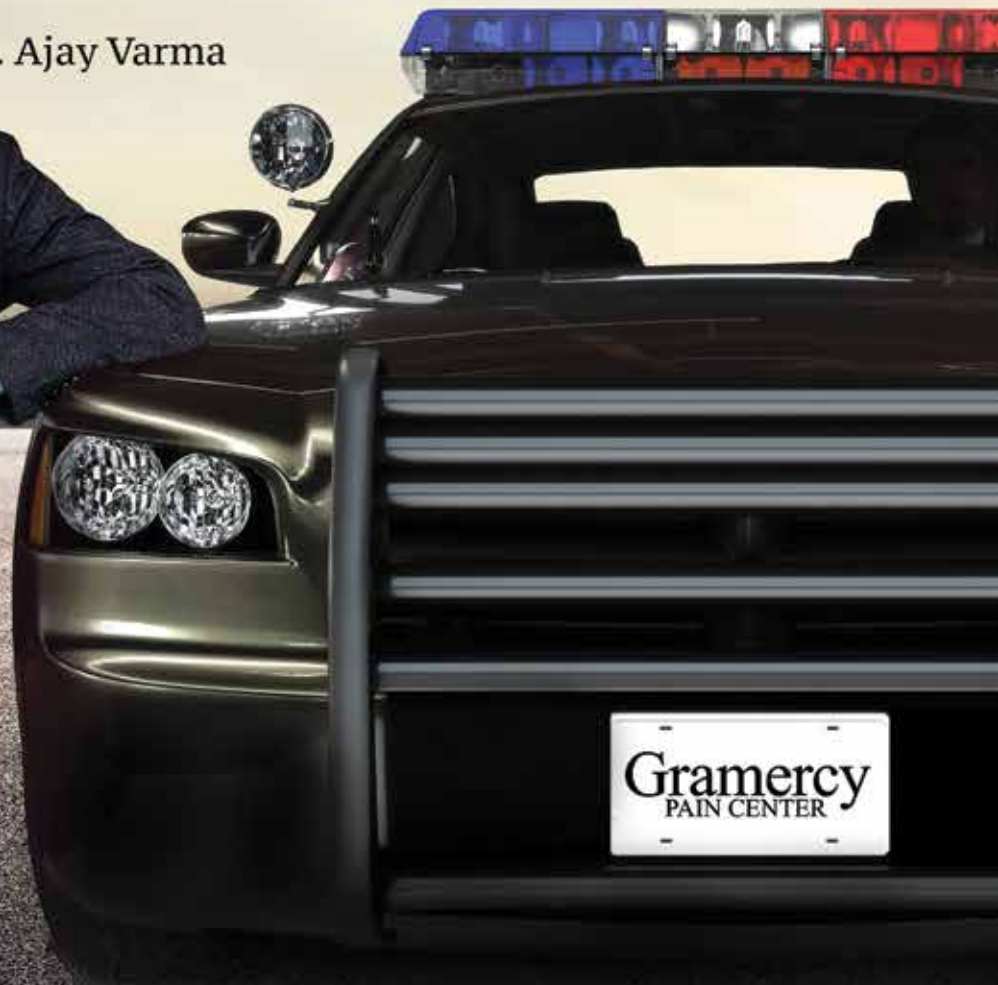


Gramercy
PAIN CENTER

TREATMENT OF:

- Spine Pain
- Nerve Pain
- Sciatica
- Back Pain
- Herniated Discs

Dr. Ajay Varma



Gramercy
PAIN CENTER

Call Today! (732) 788-0349
2124 Route 35 Homdel NJ, 07733



HE VIOLENTLY ATTACKED ME IN AN ATTEMPT TO END MY LIFE!

By Lexie Bell

"I'm going to fucking kill you, bitch."

These were the words said to me by John Pugna on Aug. 18, 2019. He then proceeded to punch me in the face and head over a dozen times. He threw me on the ground and tried to gouge out my eyes. He violently attacked me in an attempt to end my life. All of this was captured on my body camera. His wife threw herself on top of me to get him to stop hitting me and while she was there, he said, "This is my wife, and she's the only reason you're still alive." I thought I was going to die that day. However, I fought like hell, I was able to get up, hold him at gunpoint, and he was arrested.

He was indicted for attempted murder, felonious assault, assault and three counts of aggravated menacing.

In typical Cuyahoga County fashion, they let him plead to felonious assault and aggravated menacing, even though he legitimately tried to kill me. I argued against it but I knew I wouldn't win that.

At the sentencing, Judge Daniel Gaul said some wonderful things about the police, how he supports us and how we

are being unfairly treated by the media. He went on to say how terrible Pugnea's actions were that day and even called him out several times when he tried to make excuses for what he did because of substance abuse and a history of mental health issues.

Let me address that for a minute. The defense for him is that he had a workplace accident that caused him to suffer severe chemical poisoning in 1993 that put him in a coma and has thus ruined his life. OK, fine. But how about the fact that he tried to kill another North Royalton police officer back in 1982? What's his excuse for that? Judge Gaul brought that up in court and Pugnea got defensive saying that should have been expunged and was not relevant. Judge Gaul was apparently upset by this and called him out. This proves that he has a violent history prior to this accident. His history prior to the accident, to me, completely invalidates his argument that the accident is what caused his problems. Plus, everyone that I have ever met that knew Pugnea, going back to his high-school days, has said that he was always violent and aggressive and nobody was surprised by what he did.

Another argument is that he was

given a book to read that suggested he go off his medications, and so he did. The combination of him being off his meds and him starting to drink again is also why he did what he did and that somehow mitigates his responsibility. At the end of the day, HE made the decision to go off his meds and HE made the decision to drink, therefore HE is solely responsible for his horrific actions.

Judge Daniel Gaul seemed to agree with the prosecution, given his nice speeches and apparent disgust for Pugnea. However, in a shock to everyone in the courtroom on sentencing day, this judge gave him the MINIMUM sentence for the felonious assault. 4 to 6 years in prison. Time served for the aggravated menacing since he had been in the county jail for about 10 months. I was floored and extremely upset. He basically got four years for the attempted murder of a police officer. The judge pulled me aside after his ruling and told me that Pugnea would serve his whole sentence and that if I ever needed anything, to call him. What I needed was for him to give him a fair sentence, but obviously I wasn't going to get that. I left court that day completely dejected but at least relieved that it was over.

"Everyone that I have ever met that knew Pugnea, going back to his high-school days, has said that he was always violent and aggressive and nobody was surprised by what he did. "

That is until I got a phone call from a prosecutor saying that John Pugnea was just granted a judicial release by Judge Daniel Gaul after serving just nine months in prison. I was hysterical. I couldn't even talk.

The judicial release hearing was never put on the docket, so nobody other than the judge, defense, and prosecutor knew about it. Because it wasn't on the docket, the fail-safes they have at county where the victims would be notified completely failed. The prosecutor, who is actually a nice guy, is another overworked prosecutor at county and he was given this case with no knowledge and failed to realize its significance.

He dropped the ball and never called me as I'm sure has happened many times, which is why they have the "fail-safes." Why wasn't the original prosecutor assigned? I fully believe the judge tried to do this in silence so I would never find out. The only reason I did was because the prosecutor called me and admitted his mistake in not notifying me. A lot of people never own up to their mistakes, and I thank him greatly for that.

As of now, they put a hold on Pugnea's release because a lot of people are angry and have been putting pressure where they can. There has been a motion for reconsideration filed. The county violated the law

by not notifying me of the hearing. Also, the judge did not give proper findings at the release hearing. Judge Gaul had to justify his reasons for judicial release under ORC 2929.20, part of which is by him justifying that "a sanction other than a prison term would not demean the seriousness of the offense." I'd really like to hear his justification on that one.

I don't know the reason. What I do know is that this whole thing is absolutely disgusting. This is a slap in the face to all police officers. Nine months in prison for the attempted murder of a police officer. Seems fair.



JERALD P. VIZZONE D.O.
Board Certified Orthopaedic Surgeon



- SPORTS MEDICINE
- MINIMALLY INVASIVE

SPINE & ORTHOPAEDIC SURGERY

JPVIZZONE.COM | JPV@JPVIZZONE.COM
973.783.1444

**PREMIER POLICE
SCANNER**



Hudson River Radiology
Premier Outpatient Diagnostic Radiology

CALL FOR AN APPOINTMENT TODAY!
FEATURING 4 CONVENIENT LOCATIONS • FLEXIBLE SCHEDULING

JERSEY CITY 547 SUMMIT AVENUE 201.656.5050	WAYNE 516 HAMBURG TURNPIKE 973.720.0050	JERSEY CITY 560 NEWARK AVENUE 201.656.5050	UNION CITY 120-153 48TH STREET 201.330.1606
---	--	---	--

The Day to Choose a Side Has Come

By Chris Amos

As the sun was setting on the life of Joshua he delivered an impassioned message to the Children of God. He concluded with an ultimatum: "Choose you this day who you will serve. Either the gods of your fathers or the idols of the land in which you now dwell. But as for me and my house we will serve The Lord." Jesus nailed home the point even further. "You cannot serve two masters..." This reminds me of a story from during the Civil War. A man lived in one of the border states between the North and South. He was not sure which side to support. One day he came up with a brilliant idea. He would wear a Confederate military shirt and Union military pants. Inevitably, the war came to his small town. The Union soldiers shot him above the waist and the Confederates, below. The moral of all of these points, we all must choose a side.

I choose the side of Jesus Christ and His claim to be the one and only way to God the Father. I choose to believe law enforcement officers are called by God, most do not realize this, to maintain law and order. To protect those unable to protect themselves. To stand in the gap between the sheep and the wolves that seek to prey on them. I do not believe police officers are infallible, far from it. No, they are men and women, mothers and fathers, sons and daughters, just like the rest of us who have chosen to pursue an impossible job, not for fame or fortune, or certainly the applause of the masses, but because they simply want to make life better and safer for

their families and communities.

The mainstream media, at the urging of their handlers, have made it their life's pursuit to indict and ultimately undermine policing as we know it. They obsess over the occasional misuse of force, even attempting to paint legal and necessary uses of force by officers with the wide brush of racism, intolerance and hate. The countless stories of personal sacrifice, compassion, heroism and selflessness by men and women serving as law enforcement officers rarely sees the light of day.

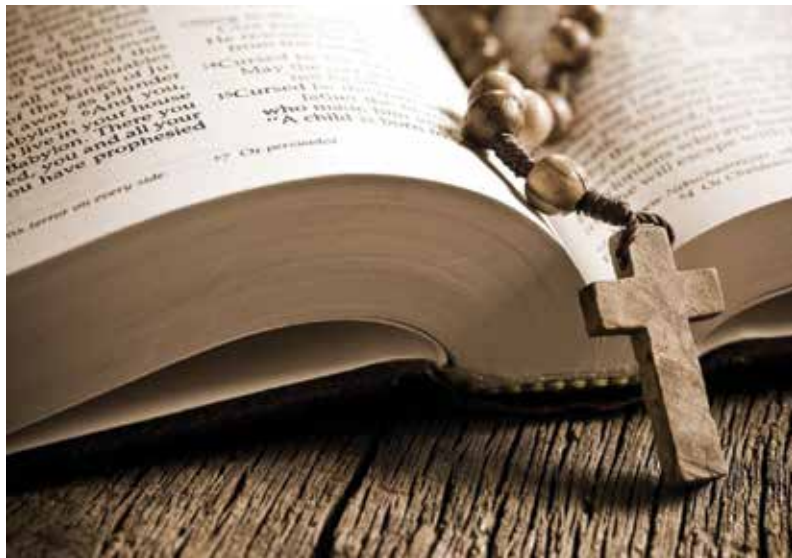
During my own, almost 27-year career, I fired my weapon three times, in one incident, while in the line of duty. And this was only after being shot twice while trying to make an arrest. Off the top of my head, I can think of over half a dozen times when I felt in fear for my life or the lives of others and yet did not fire my weapon. This is not unique to me. If you ask any police officer who has served over two or three years, they will tell you the same thing. The point being 99% of those serving in this most noble and honorable profession demonstrate tremendous self-control under the most stressful of circumstances. The attempt to paint police officers as a bunch of racist, trigger-happy, disrespectful bullies just is not true.

Imagine if every interaction of our politicians, schoolteachers, doctors, lawyers, salesmen, nurses, construction workers, ministers, fill-in-the-blank, was recorded. Imagine if those recordings were then put on social media, at times

out of context with the omission of particularly important facts. Imagine the field day that we would have. The truth is that at times we do see these kinds of interactions, but usually it is done by anonymous sources and “leaks.” Not so with police officers. Their actions are recorded and released, giving no thought to the context, the stress, the very reason that led to the officers being present in the first place. And often, important facts are intentionally and completely omitted. Facts like the individual shot was armed with a knife or gun and after being told repeatedly to drop the weapon chose rather to turn toward the officer or another person in an aggressive manner.

Do officers make mistakes? Absolutely. At times, those mistakes are in fact crimes so egregious those officers should be in jail if not under the jail. At other times, their mistakes are just that: mistakes. Tragic though they may be, they were still mistakes. Mistakes that do elicit consequences. Consequences that must be experienced by the individuals involved. And yet Jesus reminds us that he who is without sin, aka having never made a mistake, should throw the first stone of accusation and condemnation. Unfortunately, we are living in a time of such unrighteousness and self-righteousness that there is little room for the true righteousness found in Jesus Christ. As a result, the stones are flying from every direction and law enforcement officers are a popular target.

And so where do we go from here? The band-aid to our problems is to support the men and women of law enforcement. Tell them when you see them. Tell your local police chiefs, city council members, city managers and mayors that you support your police officers, deputies, state troopers ... Tell your representatives at the state and federal level that you support law enforcement, and while recognizing the few bad apples you stand in solidarity with the vast majority of officers who do the right thing, the right way, for the right reason. Voice your strong disapproval of politicians attempting to strip law enforcement officers of the very tools they need to do their jobs safely and effectively. Police officers are being assaulted and killed at an alarming rate. This must not be allowed to continue. Ironically, the great-



est critics against the police, those serving in the public sector demanding the defunding of police, also demand and often receive, law enforcement details to protect them.

The real change is that of choosing this day whom you will serve. The Lord Jesus Christ or Satan, the Prince of this world, and the worldly system he is seeking to establish by any means necessary. The United States of America, while by no means perfect, is the greatest obstacle standing in the way of his desire and design for this world. America may be damaged beyond repair, only time will tell. But until the fate of America plays out it is imperative for those of us blessed to be born in the greatest country in the world to choose this day whom we will serve. “Either the gods of your fathers or the social idols of the land in which you now dwell. But as for me and my house we will serve The Lord.”

See you at the finish line! It is closer than it has ever been. 🌐

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 over 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.



REMEMBRANCE

Article & Artwork
by Jonny Castro

*Police Officer
Jimmy Inn*

On May 11th, Stockton Police Officer Jimmy Inn responded to a residence for a report of a domestic disturbance. Jimmy walked up, knocked and stepped to the side. A voice on the other side could be heard saying "Hey, police." In a cold and calculated act, the man opened the door and shot the officer numerous times at point-blank range. A backup unit pulled up just as the gunman was standing over the fallen officer. The suspect raised his weapon and began shooting at the patrol car, which prompted that officer to return fire from the front seat of his vehicle. The suspect went back in the house, emerged moments later with his 8-year-old son and started to violently strangle the boy. A civilian bystander heroically tackled the suspect, which allowed the boy to free himself from harm's way. The officer then shot and killed the male, ending his rampage. Jimmy was rushed to the hospital where he succumbed to his wounds.

Officer Jimmy Inn was a 6-year veteran of the Stockton Police Department and leaves behind three children, including a 7-month-old son. Officer Inn was assigned to the Field Operations Division and was also a proud member of the department's honor guard. The well-liked and highly respected officer was remembered for having a heart of gold and was the very definition of what a police officer should be. Jimmy was 30 years old. 🌍

NEW YORK

MORTGAGES FOR **BLUE**

"HOMEBRIDGE FINANCIAL SERVICES PROVIDES VARIOUS LOAN PRODUCTS FOR ALL HOME PURCHASES, REFINANCES, INVESTMENT PROPERTIES, 203(k) RENOVATION PRODUCTS (PURCHASES AND REFINANCES), AS WELL AS 0%* DOWN VA LOAN PROGRAMS FOR VETERANS OR ACTIVE MILITARY. ALSO INQUIRE ABOUT OUR LOW DOWN PAYMENT FHA MORTGAGE OPTIONS AVAILABLE FOR ACTIVE LAW ENFORCEMENT"**



MEET OUR **BLUE** TEAM

MICHELE HENDERSHOT
NJ MORTGAGE LOAN ORIGINATOR
NMLS #89891
(973)-464-7119
MHENDERSHOT@HOMEBRIDGE.COM

NEW YORK

KRISTIN HESS
MORTGAGE LOAN ORIGINATOR
NMLS #364123
973-462-8400
KRISTIN.HESS@HOMEBRIDGE.COM

NEW YORK

homebridge



*100% FINANCING UP TO COUNTY LOAN LIMITS AVAILABLE ON PURCHASE LOANS. MINIMUM FICO SCORE REQUIREMENTS APPLY. **TO BE ELIGIBLE, LAW ENFORCEMENT OFFICERS MUST BE EMPLOYED FULL-TIME BY A LAW ENFORCEMENT AGENCY OF THE FEDERAL GOVERNMENT, A STATE, A UNIT OF GENERAL LOCAL GOVERNMENT OR AN INDIAN TRIBAL GOVERNMENT, AND MUST BE SWORN TO UPHOLD, AND MAKE ARREST FOR VIOLATIONS OF FEDERAL, STATE, TRIBAL, COUNTY, TOWNSHIP OR MUNICIPAL LAWS.

HOMEBRIDGE FINANCIAL SERVICES, INC. CORPORATE NMLS ID #8521 (WWW.NMLSDOCONSUMERACCESS.ORG), 194 WOOD AVENUE SOUTH, 9TH FLOOR, ISELIN, NJ 08830, (966) 930-6342. LICENSED BY THE N.J. DEPARTMENT OF BANKING AND INSURANCE 9200191. BRANCH ADDRESS: 1700 ROUTE 23 NORTH, SUITE 125, WAYNE, NJ 07479. THIS IS NOT AN OFFER FOR EXTENSION OF CREDIT OR A COMMITMENT TO LEND. LR 2018 218

Law enforcement officers and canines are a natural pairing, providing loyalty and pleasure to each other, forming close relationships and companionship. Send us a favorite photo of you and your 'best friend' to be displayed in Blue Paws!



*"Zero"
Sgt. Jaime Ricciardiello
Passaic County
Sheriff's Department*



*"Jellybean"
Ana Bedoya
Englewood Police Department*



*"Zoey"
Moe Stewart (ret.)
Nassau County, NY*



*"Gus"
Officer Robert Cobb
Nutley Police Department*



*"Belle" and
Stefanie Hirschhorn-Mount
NYPD (ret.) on the set of "FBI".
They play NY State Police K-9*



*"Coco Puffs"
Officer Rob Moore
Montclair State
Police Department*



*Let's go Rangers!!
"Sadie"
Officer Ken Porino
Fort Lee
Police Department*

If you and your dog would like to be featured in Blue Paws, please email your photo to Joseph Celentano at: bluepawsnow@gmail.com

*Joseph Celentano,
Host of the Blue Paws Podcast
on DDV Radio*



*follow me on:
Facebook @BLUE PAWS USA & instagram @bluepawsusa*

BLUEPAGES



201-791-7771

TRISTATE-HEALTH.COM

DISCOUNTED RATES FOR LAW ENFORCEMENT
for more information: www.jdepainters@gmail.com

JDE
PAINTER'S
CONTRACTOR

140 WesterVelt Ave., Hawthorne, NJ 07506
973-636-8239

Modern dental Vision

FAMILY DENTISTRY

901 N. Olden Avenue Trenton, NJ 08638 Tel: 609-392-2224 609-392-5554 Fax: 609-392-2278 MDVTrenton@gmail.com	6 Village Square East Clifton, NJ 07011 Tel: 973-546-7111 973-546-7227 Fax: 973-546-5225 Modern_Dental@hotmail.com
--	---

moderdentalvision.net



**COSMETIC & IMPLANT
DENTISTRY**

Dr. Aaron Z. Rapps

Hackensack, NJ (201) 343-3555
Fair Lawn, NJ (201) 797-2190

E-L FLOORING

PROSPECT PARK, NJ

SAFET, PRINCIPAL
ELFLOORING@HOTMAIL.COM

LAW
ENFORCEMENT
DISCOUNT

CARPET • VINYL • LAMINATES
CUSTOM CARPET BINDING

FOR FREE ESTIMATES, CALL 973-343-3823

CUSTOM WORK • COMMERCIAL/RESIDENTIAL • FULLY INSURED

West SHORE

Auto Sales



Nice Cars for a Good Price
Raul: 973-955-9396
Puly: 973-460-1429
Office/Fax: 973-881-0866
801 Market St., Paterson, NJ

We offer in house credit
to law enforcement officers.
Bad credit... no credit... no problem!
Come check us out.
Best used car prices for LEO

PREVENT DRYER FIRES TODAY!

"DON'T GET SNEEZY, CALL MR. WEEZY!"



**VENT
PROS**

AIR DUCT • DRYER VENT • CHIMNEY CLEANING & REPAIRS

1-855-413-VENT MYVENTPROS.COM



Salvatore Bellomo
Attorney at Law

17 Furler St, Suite 1
Totowa, NJ 07512

Law Offices of
Salvatore Bellomo

973-638-1790 Office
973-206-2007 Fax
njlawyer1@optimum.net

Everyone has a **STORY.**
Do you want to share **YOURS?**

please contact us at: **CONTACT@THEBLUEMAGAZINE.COM**

WE SUPPORT BLUE



**MOST INSURANCE ACCEPTED
31-00 BROADWAY, FAIR LAWN NJ 07410
WWW.BLUETRISTATE.COM**



TRI STATE
HEALTH & WELLNESS MEDICAL CENTER



OUR SPECIALIZED SERVICES FOR LAW ENFORCEMENT INCLUDE:

**FAMILY MEDICINE • FUNCTIONAL & INTEGRATIVE MEDICINE
VARICOSE VEINS • PHYSICAL THERAPY • HEALTH & WELLNESS
WEIGHT MANAGEMENT • ALLERGY TREATMENT
ANTI-AGING • BOTOX & FILLERS**

SET UP AN APPOINTMENT TODAY

**MOST INSURANCE ACCEPTED
31-00 BROADWAY, FAIR LAWN NJ 07410**

WWW.BLUETRISTATE.COM

**SUPPORTERS OF ALL LOCAL DEPARTMENTS
GUN LOCKERS • LITTLE TO NO WAIT TIME
WALK INS ALWAYS WELCOME**

Jennifer Fhi
**LAW ENFORCEMENT LIAISON
CALL 551-399-6521**



A person wearing a black hooded sweatshirt with the word "BLUE" printed in large, bold, blue letters across the chest. The letter "U" contains a black silhouette of a person standing with their arms at their sides. The person is wearing the hoodie with the hood pulled up over their head, and their hands are tucked into the front pockets. The background is dark and out of focus.

BLUE

WWW.THEBLUEAPPAREL.COM